

# LUNCH GOODS FOR Sunday's Picnic

BOILED HAM  
LUNCH LOAF  
DRIED BEEF  
FRESH SARATOGA CHIPS  
CREAM BRICK CHEESE  
CANTALOUPE  
BANANAS  
WATERMELONS  
GRAPE JUICE  
LOGANBERRY JUICE

**J. G. Snodgrass Grocer**

Quality Phone Main 43 Service Honest Prices

## RED PEP'S PHILOSOPHY



"An apple a day keeps the doctor away. An onion a day keeps everybody away."

## Outting Suits

We now have a full line of Outting Suits for hunting, fishing or camping.

Any Price You Want  
5 per cent for cash

**THE  
TOGGERY**  
Andrews Bros.

## GOOD ADVICE TO TEACHERS

J. H. ACKERMAN HANDS OUT  
WHOLESONE TRUTHS.

Some Lessons on Good Citizenship and Other Topics.

J. H. Ackerman, former state superintendent of public instruction and now president of the Monmouth normal, advised over a hundred teachers in attendance at the teacher's training school in the Barclay school building at Oregon City to read the forthcoming speech of acceptance by President Wilson and the one delivered by Justice Hughes. Both documents, said President Ackerman, contained lessons of citizenship, and he advised to read them both, and then vote for the man they thought would be the best man for themselves personally.

**Need of Education.**  
Mr. Ackerman emphasized the importance of education to everyone. Every person, he said, should be trained to earn an honest living. Every boy must be taught the value of a dollar. This he said should be done by parents, but the teachers were in a position to help also, in their daily work.

In order to educate the children to save properly, he said, it was necessary for each teacher to save a part of their salary even though it be a small one. This habit, he said, was an important one, and each teacher should plan on saving something during the next term.

President Ackerman advised the teachers to move out of their home town. "You must stand out alone, and you can do better work, if you are in a town where you are not known."

**Parents Should Cooperate.**  
The boy, he said, who stays in his home town, is not appreciated as he should be, and when he reaches a city of the same size of his native town, many times has had a much better chance. The same rule applies, he said to teachers.

The teacher, according to Mr. Ackerman, must have cooperation from the parents, in order to do the most good. The parents, he said, should give the boys and girls an ambition, so they might have some goal in front of them to work towards.

**SUCCESSFUL TREE PLANTING.**  
Ninety-Nine Percent of National Forest Settings Survive.

More than 99 per cent of the trees planted by the Forest Service this spring at Hebo, Tillamook county, Oregon, on the Siuslaw National Forest, are still living, according to an inspection report just received by J. F. Kummel, Portland, Oregon, who has charge of the Forest Service planting operations in Oregon and Washington.

Seven hundred acres were planted in April and May with two-year-old Douglas fir seedlings, grown at the Wind River Nursery near Carson, Washington. The trees were spaced about 8' x 8', making a few less than 700 trees to the acre. The total cost of planting was \$4.50 per acre. This includes cost of growing the trees at the nursery and getting them to the area, as well as the actual planting operation.

For several years the Forest Service has been reforesting the treeless hills about Mount Hebo, and getting very satisfactory results. According to Mr. Kummel, the planting this year has been the most successful yet made in the district. Not only is the loss very small, but the living trees grade up well as to thriftiness. This is particularly encouraging, as the area is rather exposed, with rocky soil, and bears considerable vegetation which made planting difficult. While it is expected that the fall report on this area will show considerably greater loss, as some of the trees will be killed by summer drought, the plantation gives promise of being completely successful.

This planting is part of the general plan for reforestation which the Forest Service is carrying out in all the National Forest states as rapidly as funds and planting stock are available, says Mr. Kummel. Already 125,000 acres have been planted and the work is planned to go on each spring and fall until the old burns that are not restocking naturally and the barren areas capable of bearing trees on the various 153 National Forests are planted up. Over 15,000 acres were planted in 1915.

**SEATTLE LINE IS ASSURED.**

Steamers Are to Operate Between Coasts Via Canal.

Philadelphia, Aug. 1.—Practical assurance, in the form of a communication from Seattle, Wash., came to Dock Director Webster the other day that a line of freight and passenger steamers, between Puget Sound ports and Philadelphia via the Panama canal, would be started in November. A communication from John H. Bunch, head of the Alaska Steamship company, informs Director Webster that that organization is sending out circulars to agents throughout the country, giving information on the proposed service and soliciting assistance in securing the required passenger business.

posed service and soliciting assistance in securing the required passenger business.

Mr. Bunch says that he feels assured of obtaining the freight business with out a great deal of trouble, but that the passenger business must be developed. "We have in mind," said Mr. Bunch, "the handling of excursion tours, sailing the steamers from Seattle and making one-day stops at San Francisco, San Pedro, San Diego, Panama, Colon, Kingston, Santiago and Havan, making the trip to Philadelphia in about 27 days."

Director Webster is also carrying out the idea of publicity in the northwest. In the newspapers of that part of the country he is inserting advertisements concerning the port of Philadelphia. Everyone of the large shippers of lumber of the northwest section has been impressed by Director Webster with the availability of this port as a lumber center.

**LUCKY SPOKANE MAN.**

Drawer of First Prize Is a Young Day Laborer.

Spokane, Wash., Aug. 2.—It cost George Lennon of Spokane just 25 cents to be awarded the best quarter section of land on the diminished Colville Indian reservation, in the drawing recently held here by the government.

The name of Lennon, a young laborer, was drawn first from a list of 90,410 names. He gets his choice of 160 acres of land from a total of approximately 350,000 acres thrown open to settlement.

The lucky young man was employed on a construction crew at Sandpoint, Ida., when notified of his good fortune. Immediately he boarded a train for Spokane. Enroute he was a celebrity, the man of the hour, for the last great land drawing has been a live topic in the northwest for many months. People came from all corners of the United States to try their luck.

"I registered some time ago and then forgot about it, so I was very much surprised when told that my name was the first one drawn," said Lennon. "I shall look over the reservation thoroughly and locate on the best quarter section available."

Five thousand five hundred names were drawn, and among these are to be distributed about 1500 pieces of land. The drawing of the first numbers was a dramatic affair. The theatre in which the drawing took place was crowded, and thousands were turned away. The names of the tens of thousands who had registered were heaped on the stage, and four little Spokane girls picked at random the winners of Uncle Sam's gifts of land.

The Colville reservation is less than 50 miles from Spokane. It extends from the Columbia river on the east and south to the Okanogan river on the west. It is about 70 miles east and west, and 40 miles north and south. The elevation varies from 1000 to 6000 feet.

**HAPPY CANYON SHOW.**

Evening Feature at Round-Up Is To Be Incorporated.

Pendleton, Aug. 3.—For the purpose of protecting the Commercial as-

sociation against any claims, the Happy Canyon show, which is the evening entertainment in connection with the Round-Up, will be incorporated this year. The action was authorized at the meeting of the association last night at the suggestion of Roy Raley, who was appointed chairman of the committee in charge this year. W. L. Thompson, who was last year's chairman, asked to be relieved of the management this year.

Mr. Raley was one of the men who originated the Round-Up and has been active in its production each year so that he is considered fully qualified to take the management of the evening entertainment. He will work with the committee which was in charge last year.

He explained that the incorporation of Happy Canyon means nothing more than protection for the Commercial association against claims for damages such as was placed against the association last year when a woman spectator was accidentally injured. President Brock gave it as his opinion that the action was essential and the association gave its approval.

The amount of standing hardwood timber in this country has been variously estimated at from 400 to 500 billion feet. About 340 billion of this is in the southern states.



## "My Breakfast

half the year," says a doctor, "consists of A dish of Grape Nuts, one or two eggs, o fruit—

I recommend it."

## Grape-Nuts

is mighty nourishing and delicious. Made of whole wheat and barley, with all their goodness, including the priceless mineral salts so essential for normal balance of body and brain.

Crisp, ready to eat, easy to digest—an "energy" food of the highest value.

## "There's a Reason"

Grocers everywhere sell Grape-Nuts

## WORKING CAPITAL

The Summer heat develops a certain laxness in the working capacity of the individual—it does not in the least affect the working capacity of money.

Dollars deposited in a Savings Account in the United States National Bank labor with the same diligence every hour of the day, day in and day out, every day of the year, earning interest at 4 per cent.

**The  
United States  
National  
Bank** La Grande, Oregon.

ARE  
YOU

QUITTER?

THINK ABOUT  
IT AND WAIT.

## IN YOUR LUNCH BOX ON THAT CAMPING TRIP SUNDAY

Have one of those "mouth-watering" luncheon combinations—which are made so mouth-watering with "the big taste" of Deviled Ham.

### Lunch Box No. 1

Eggs stuffed with  
Deviled Ham  
Chicken Salad  
Lettuce Sandwiches  
Sweet Pickles  
Vanilla Wafers  
Snaparoons  
Old Master Coffee

### Lunch Box No. 2

Deviled Ham and  
Chicken Sandwiches  
New York Cheese  
Olives  
Strawberry Jam Sandwiches  
Ginger Cookies  
Barrington Hall Coffee

## WATERMELON ON ICE 3 1-2c POUND CALIFORNIA CANTALOUPE 5c EACH

### Fruits

Elberta Peaches  
Plums  
Blackcaps  
Red Raspberries  
Strawberries  
Apricots  
Cherries  
Bananas  
Oranges

### Vegetables

Green Onions  
Fresh Tomatoes  
Carrots  
Turnips  
Green Peppers  
Cabbage  
Dry Onions  
Green Beans  
Fresh Corn

**PATTISON BROTHERS  
GROCERY**  
PHONE MAIN 80



"I have used KC BAKING POWDER for a great many years and have yet to experience a failure in baking with it.

"I believe in the "safety first" idea and am sure of best results when I use K C.

"Yes, I have used others, higher priced powders too, but have always gone back to the old reliable."

## KC BAKING POWDER

is always sure to give satisfactory results. For good, wholesome foods use K C—insist on getting it.

**25 Ounces for 25c**  
(More than a pound and a half for a quarter)