

# Making A Start

is the vital step in building for prosperity—the step that, once taken and regularly followed, leads on to success, independence and happiness.

Now is the time to begin. Tomorrow is not as valuable as today. A Savings Account in the United States National Bank is a most helpful factor in building character and establishing a competence.

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## The United States National Bank

La Grande, Oregon.

# BOYS INDULGE IN SPORTFEST

Y. M. C. A. JUNIORS PUT IN BUSY DAY.

Secretary King Puts Lads Through Tests—Tigers Leading.

Saturday was a big day for the junior boys of the Y. M. C. A. In return for the attendance and interest during the past several months, the boys were given a long period of attention during the day. The junior class has grown during the past two months, until there is now an enrollment of nearly 50 lively boys. The work given the boys during the summer period is along the playground system of work and is very much enjoyed. The competitive system is used. This method keeps the boys keyed up all the time.

The two teams competing since July 1st are the Tigers and the Wildcats. The race has been neck and neck until Saturday afternoon, when the Tigers won a special game of ball and is now leading by the score of 61 points to 51. At the class period Sat-

urday morning, the following program events was given:

- Nine inning baseball game, won by the Tigers.
  - Five inning baseball game, won by the Wildcats.
  - 18-Boys' relay race, won by the Tigers.
  - 6-Boys' relay race, slow race, won by the Wildcats.
  - 6-Boys' relay race, fast race, won by the Tigers.
  - Longest time under water, won by Shirley of the Tigers.
  - Best dive for form, won by Ford of the Tigers.
  - Three times across the pool, won by Quinter of the Tigers.
  - Speed race, won by Bramwell of the Wildcats.
  - Six boys under water, won by Bramwell of the Wildcats.
  - 12 boys relay across pool, won by the Wildcats.
  - Swimming on back, won by Tuckey of the Wildcats.
- In the afternoon the boys were taken to Oro Dell by the secretary and a fast game of ball was played which was won by the Tigers. The boys then took a swim and the day was thoroughly enjoyed by all.

### Your Bowels Should Move Once a Day

A free easy movement of the bowels every day is a sign of good health. Dr. King's New Life Pills will give you a gentle laxative effect without griping and free your system of blood poisons, purify your blood, overcome constipation and have an excellent tonic effect on the entire system. Makes you feel like living. Only 25c at druggists.

### (Advertisement.)

#### Meals and Lunches for Recruits.

United States Army Recruiting Station, Federal Bldg., La Grande, Oregon, Aug. 9.—Sealed proposals, in triplicate, made out on the form next following, will be received here until 4 o'clock p. m., August 19, 1916, and then opened, for furnishing meals and lunches for the recruiting party, recruits, and applicants for enlistment in the U. S. Army at the above named recruiting station for the period commencing August 20, 1916.

The meals furnished must be substantial and of wholesome quality, in suitable proportions of meat (or fish), bread, vegetables, sugar, coffee, or tea, and the usual seasoning; to be well cooked and satisfactory quantity supplied. In addition to the meals, soap shall be furnished in the proportion of one pound to each 75 meals, and matches at the rate of six boxes per month, without extra charge. The meals and lunches must be neatly served (or furnished), three times daily, in a clean apartment with respectable surroundings, not too remote from the station, at such hours as may be designated by the recruiting officer. Each lunch shall consist of substantial and wholesome food, sufficient for a man's sustenance for one meal, but need not include coffee. When desired for carrying, the lunches shall be put up in neat and compact form, each separately or as desired.

The government reserves the right to reject any or all proposals, and also the right to terminate the agreement that may be made, at any time upon notice from the recruiting officer to the bidder whose proposal is accepted.

For further information relative to the manner of bidding, conditions to be observed, etc., apply to the recruiting officer.

Bidders are invited to be present at the opening of the proposals. Envelopes containing proposals should be marked "Proposals for meals and lunches, to be opened August 19, 1916," and addressed to the recruiting officer at the address given above.

CAPTAIN LEE M. CLARK, O. N. G. Recruiting Officer. 8-10-16

### The Best Laxative.

To keep the bowels regular the best laxative is outdoor exercise. Drink a full glass of water half an hour before breakfast and eat an abundance of fruit and vegetables, also establish a regular habit and be sure that your bowels move once each day. When a medicine is needed take Chamberlain's Tablets. They are pleasant to take and mild and gentle in effect. Obtainable everywhere.

### DELAYED INAUGURATION.

#### Why Washington Had to Wait Until April 30 in 1789.

Although March 4 is the date set by law for the inauguration of our presidents, there was one occasion when the rule was not observed, for George Washington was inaugurated on April 30, 1789, instead of March 4.

When the constitution had been ratified by the requisite number of states, the Continental congress by resolution of Sept. 13, 1788, set the first Wednesday of the following March (March 4, 1789) as the "time for commencing proceedings" under the new form of government.

Owing to delays of various kinds, such as difficulties of travel, etc., members of the first congress were very slow to assemble in New York, and a quorum of both houses was not obtained until April 6. The counting of the electoral vote, the notification of Washington and his journey from Mount Vernon to New York took until April 23, and his inauguration was set for April 30.

His term of office was, however, construed as having commenced on March 4, the date set by the Continental congress for the inauguration of the new government, and so it came to an end on March 4, 1793, although it lacked nearly two months of the four years provided for by the constitution.—New York Times.

### CATCH THEM AND KILL THEM.

#### Don't Keep Fish Alive After You Get Them Out of the Water.

Probably nine-tenths of the fishermen hereabouts make the mistake of trying to keep their fish alive after they are caught on the theory that the fish will taste better after they get home and prepare them for the pan for cooking. They string them and keep them in the water or let them die in the creel.

The custom is a mistake, according to the experts. They declare the best way is to kill the fish the moment it is landed by pushing its head back and thus breaking the neck or giving it a hard blow on the head. Then take a knife and "bleed" them by running the knife blade around the bottom of the gills.

"In order to get your fish home without any discoloration," declares a veteran angler, "take along a yard or two of white cheesecloth, and as soon as the fish is caught kill it and bleed it. Then dampen the cloth and wrap up each fish separately, taking care that no two fish touch each other.

"By doing this you will find that the fish will retain all the color marking just as clear and bright as when it was first taken from the water and the fish will be sweet and palatable."—Philadelphia Ledger.

### Napoleon's Custodian at St. Helena.

Sir Hudson Lowe, the man appointed by England to be the custodian of the emperor, arrived at St. Helena on April 14, 1816. His appearance was not prepossessing. He was extraordinarily thin, with a stiff carriage. He had a long, bony face, blotched with red and scanty hair of a dirty yellow color. His hollow eyes gleamed under thick, reddish eyebrows, but were furtive and restless, never looking straight at any one save by stealth.

"That is a bad man," declared Napoleon when he had seen him. "His eye as he examined me was like a hyena's caught in a trap."

He really resembled this horrid, stony animal in its walk as well as in hair and eyes. He never sat down when he was talking, but swung about hesitatingly and with abrupt jerks.—"With Napoleon at St. Helena."

### Life's Little Tragedies.

A youth dashed into the florist's shop.

"There was something wrong about those red roses you sent the lady on Lincoln avenue," he declared.

"I'm sure they were sent," replied the florist. "I remember the order. You said you wanted the very cheapest ones, a dozen and a quarter. Here, Joe."

The new boy came forward.

"You remember those roses you took to Lincoln avenue. Sure you got the address right?"

"Yes, sir. I took it off the bill for 'em, sir."

"Bring the bill here."

"I can't, sir. I put it in the box with the roses."—Cleveland Plain Dealer.

### Penalty of Laziness.

Head of Department—What's this lying on my desk? The last dunning letter received from my tailor, duly initialed by all my clerks. Oh, dear! What have I done? Actually sent it around to be duly noted by the whole staff without taking the trouble to look at it!—Filegeide Blatter.

### Of Some Use.

"Gentlemen," remarked the professor, "the general function of the heads of several learned members of this class is to keep their neckties from slipping off."—Harvard Lampoon.

The true services of life are inestimable in money and are never paid.—R. L. Stevenson.

### ORIGIN OF LAUGHTER.

#### Carrying the Analysis Back to the Lowly Prehistoric Clam.

Laughter is an involuntary physical reaction. Hughlings Jackson calls it "one of the innumerable epilepsies to which man is subject." It is apparently a universal heritage, though certain causes may operate more powerfully upon one individual than upon another to produce it. In the little child whose sensibilities are uncomplicated by any mental experience unless they be racial ones the shock of delicate touch—tickling, as we call it—first causes laughter. Why?

The claim of our psychologist carries us a long leap backward, to the most elemental form of animal life. Beyond the savage stands the monkey and dimly far beyond him the mollusk, whose only sense was that of touch. Picture this great-grandfather of living things lying motionless save for those nervous, fluttering, sensitive feelers extended to play the part of sight and hearing. A bit of seaweed bumps against them. A spasm racks the mollusk's whole being, crushing him into his shell until the surprise has abated; then the fact that no further attack follows brings relief.

This is the germ of the cause of our laughter spasm—a sudden shock, instantly followed by a feeling of relief. Only such shocks as were followed by relief became racial memories. Where relief did not follow the clam did not live to leave a heritage.—Burgess Johnson in Harper's Magazine.

### SPOILED HIS SYSTEM.

#### He Thought It Couldn't Be Done, but He Is Wiser Now.

I know a man who wears his shirts in chronological order—that is, if he buys a new shirt he tags it with his initials, numbers it and places it at the bottom of the pile. And no matter how much he likes it, he does not wear it until it comes out at the top of the pile. He went into worldly detail about the economy of his system, and he added that he arranged his socks and underwear in the same manner.

I told him that he would meet the woman of his dreams some fine day and that she would knock the spots out of his system. I told him that she would admire a particular shirt, caress its delicate stripes lovingly and ask why he didn't wear it oftener. And then he would send it to the laundry as soon as it was soiled and wear it as soon as it got back, and he would buy other shirts like it, and he would forget the system.

"Don't you believe it!" he said. "The person doesn't live who could upset my system!"

But I met him a few days ago—for the first time in a year. He was hurrying to catch a car, so I had only time to ask him how he was and how things were going. And he didn't have time to explain. He only shouted over his shoulder jubilantly, "I'm wearing 'em every which way!"

And I hadn't even heard he was married.—Cleveland Plain Dealer.

### Crossing the Bar.

Tennyson's famous poem "Crossing the Bar" was written, said his son, in the poet's eighty-first year "on a day in October when we came from Aldworth to Farringford. Before reaching Farringford he had had the 'moaning of the bar' in his mind, and after dinner he showed me the poem written out. 'That is the crown of your life's work,'" said his son, who was the first man after the poet to read "Crossing the Bar" and who passed the first criticism upon it in such fitting and generous language. "It came in a moment," said the poet, and he explained the plot as the Divine and Unseen, who is always guiding us. A day or two before he died the poet, calling his son to his bedside, said, "Mind you put 'Crossing the Bar' at the end of all editions of my poems."

### The Forehead and Health.

The forehead is the first feature of the face to show indigestion. The minute one's stomach is out of order there will be yellow spots on the brow. When one feels faint the forehead will instantly show it. When one is sick there will be freckles and pimples upon the brow, which was smooth and clear before. The forehead is as good an indication of one's general health as is the pulse.—London Globe.

### Ugly Comparison.

"Dnd, what do they mean by perennial?"

"Continuing from year to year," answered pop.

"Like my hat," interposed ma.

And then there was a deep, portentous silence.—Providence Tribune.

### Fatal Anxhow.

"Won't you try a piece of my wife's angel cake?"

"Will it make an angel of me?"

"That will depend on the kind of a life you have led."—Houston Post.

### Transcribing the Unreal.

"The poem 'Kubla Khan' was transcribed from a dream."

"I could make a great moving picture scenario from some of the nightmares I have."—Kansas City Journal.

### Selecting a Name.

"I think I'll start a magazine to be called 'Umbrage.'"

"Why that somewhat unusual name?"

"People are so apt to take it."—Louisville Courier-Journal.

### Fresh Water Sharks.

The great Lake Nicaragua and the Rio Grande, which connects it with the Caribbean, are inhabited by one of the few fresh water species of shark known in the world.

# Professional Directory

### FRATERNAL ORDERS

A. F. & A. M.—La Grande Lodge No. 41, A. F. & A. M. holds regular meetings first and third Saturday at 7:30 p. m. Cordial welcome to all Masons.

ROBERT S. EAKIN, W. M. A. C. WILLIAMS, Sec.

B. P. O. E. ELKS, La Grande Lodge No. 433. Lodge meets each Thursday evening at eight o'clock. Home and club privileges cheerfully extended to all Brother Elks.

FRANK C. BRAMWELL, Exalted Ruler. ADNA B. ROGERS, Secretary.

KNIGHTS OF PYTHIAS—Red Cross Lodge No. 27 meet every Monday night in Castle hall (K. of P. hall.) A Pythian welcome to all visiting Knights.

A. W. NELSON, C. C. DELILE GREEN, K. of R. & S.

MODERN WOODMEN OF AMERICA—La Grande Camp, No. 7703 meets on the first and third Thursday evenings of each month in the K. of P. hall. Visiting neighbors welcome.

H. E. DIXON, V. C. CHAS. JESTER, Clerk.

WOODMEN OF THE WORLD—La Grande Camp No. 169 meets every first and third Friday at K. of P. Hall. All visiting neighbors welcome.

O. L. M'DOWELL, C. C. E. W. EASTMAN, Clerk.

L. O. O. M.—La Grande Lodge No. 850 Loyal Order Of Moose holds regular meeting every Wednesday night at 8 p. m. in Eagle Hall, fifth floor Foley building on Adams Ave. Visitors always welcome. Dues payable at Young's Sweets.

GEO YOUNG, Dic. HARRY SWART, Sec.

F. O. E.—La Grande Aerie No. 259 on each and every Friday evening at 8 o'clock on top floor of new Foley building. Visiting members cordially welcomed.

J. P. RUSK, W. P. L. F. BELLINGER, Sec.

O. E. S.—Hope Chapter No. 13, O. E. S. holds stated communications the second and fourth Wednesday of each month. Visiting members cordially invited.

EMMA L. KIDDLE, W. M. MARY A. WARNICK, Sec.

ROYAL NEIGHBORS.—Iris Camp meets every second Friday Afternoon and fourth Friday evening, every month in K. of P. Hall. All visiting members cordially invited.

MINNIE BUNTING, Oracle. LILY C. KIMMEL, Recorder.

Safeguard Your Child. If your child is pale, dull, at times flushed, irritable and fretful you should attend to this condition at once as the chances are your little one is suffering from worms. Kickapoo Worm Killer is what you should get. This well known remedy in lozenge form is pleasant to take and expels the worms at once, the cause of your child's suffering. Only 25c at all druggists.

Liver Trouble. "I am bothered with liver trouble about twice a year," writes Joe Dingman, Webster City, Iowa. "I have pains in my side and back and an awful soreness in my stomach. I heard of Chamberlain's Tablets and tried them. By the time I had used half a bottle of them I was feeling fine and had no signs of pain." Obtainable everywhere.

THE FLAVOR OF "SPEAR HEAD" IS UNIQUE

A Chew That Has Been Famous for a Third of a Century

HAS THE RICH RED BURLEY TASTE

Chewing is the only way to get the rich taste of the tobacco leaf. And the only form of tobacco in which you get the leaf as Nature made it is the plug form.

A chew of Spear Head plug tobacco has a wonderful flavor such as you never did and never will taste in any other tobacco.

That Spear Head flavor is unique, mellow, fruity, everlastingly delicious and satisfying.

Spear Head has been famous for a third of a century as the richest, tastiest of chews.

It's made of sun-ripened, red Burley. And it's produced by the most modern methods, which develop the luscious flavor of the leaf to the supreme degree.

It is safeguarded at every step in its making. The factory is clean and sanitary—the processes are pure-food processes.

When the choice red Burley has been pressed into mellow, sweet Spear Head plugs you have a chew that simply can't be equalled.

Spear Head is the high quality chew of the world.

Try Spear Head—you'll never again be satisfied with any other chew. In 10c cuts, wrapped in wax paper.

## Looking For A Chance

To Save a \$ And Then Some? SEE THE REAL BARGAINS IN MY SECOND-HAND WINDOW

- \$ 2.25 Stands ..... 99c
- \$ 3.00 Stands ..... \$1.10
- \$10.50 Stands ..... \$3.98
- \$22.50 Sideboard \$ 9.48
- \$35.00 Sideboard \$14.50



Have about 50 good beds left of the SNAP I bought two weeks ago. BEDS going up—my price going down.

Beds for \$1.00, \$2.00, \$3.00 and \$4.00 These are good Beds. Worth dollars to you to buy here.

## F. D. HAISTEN FURNITURE ON EASY PAYMENTS