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SINFUL TO WORRY.

Many authorities agree that it is bad policy to worry. Along comes Rt. Rev. Charles E. Woodcock, Episcopal Bishop of Kentucky, who says, it is also sinful:

"People are getting life badly mixed up. They are shortening their lives by 10 years by senseless worry. Worry weakens the heart and hardens the arteries. People are carried away by the mistaken idea that one can't live without worry.

"Worry is an evil. It destroys more than rum or vice. It is as sinful as drinking or gambling. It is a guilty, sinful, cowardly thing. It is always a personal weakness."

Work harms no one. Worry does. It is turning your mental forces into a groove and not getting out of it. It is like a musician playing too long on one string. The string wears out. Medical authorities agree that worry hardens the arteries, weakens the heart, and increases the blood pressure. Remove the cause of worry and the blood pressure is immediately lessened.

There's the rub: Removing the cause. What are you worrying about? No matter what the cause, you must stop worrying. It does not improve the situation in which you find yourself. It makes it worse. It unfits you for the battle of life. Smile. Take more open air exercise. Avoid stimulants. Sleep in the open air. Bathe daily. Cultivate optimism. Tackle the battle of life every morning refreshed. Soon you will conquer and the cause of worry will be gone.

LABOR BUYS LIBERTY BONDS.

While it is not possible to give exact figures either as to the number of subscribers or the amount of bonds bought, yet reports from many corporations and firms which are large employers of labor show that the working men of America were numerous and liberal purchasers in the initial two billion dollar issue of Liberty Bonds.

There can be no doubt that the working men of America are a class of citizens whose patriotism and ability afford a tremendous market for government bonds. The safety of the Liberty Loan Bonds and their exemption from all federal, state and local taxation, except inheritance and estate taxes constitute them an ideal investment for the smaller investors, and the labor element of America seems to have been quick to appreciate the fact. That they will be liberal purchasers in the next issue of the Liberty Loan Bonds may confidently be relied on.

The working men are willing to buy liberally according

Supporting the Government

This is a time for every citizen to support the United States Government and many are doing so at considerable cost or sacrifice to themselves.

We have joined the Federal Reserve Banking System established by the Government to give greater financial stability and strength to the member banks and protection to their depositors.

You can give your support to this great Government enterprise and also obtain its protection for your money by becoming one of our depositors.

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Federal Reserve
System

La Grande National Bank

Hart Schaffner & Marx Clothes



Hart Schaffner & Marx Clothes

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Here's the answer in a few words: Buy Hart Schaffner and Marx Clothes. These clothes are economical because they're made of all wool; because the tailoring is done by experts; because the style and fit are right. Such clothes last a long time and always look well—it's real economy in the long run—We'll prove it.

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to their means and are able to buy largely in the aggregate. The assistance given them by their employers in many instances in the way of arranging it so that they could pay for the bonds by installments out of their wages, together with similar facilities offered by practically all of the banks of the country, greatly aided the wage earners of the country in their purchase of Liberty Loan Bonds.

EDITORIAL COMMENT.

The Foreigner Will Go Scot Free.

The Democratic party during the present term will levy a greater tax on the American people than was dreamed of. They will spend so much money that it will take a century to rid America of the effects of it; they will spend more in a month than both the North and South both spent during the four years of the Civil War; yet they refuse to increase the tariff on imports to pay it. That means that as long as the Democratic party stays in power the poor man's medicine, his tobacco, his deeds, notes, his gasoline, his newspaper, his books, and everything he buys, although made right here at home will be taxed to pay the bill, while the foreigner will be allowed to ship in scot free a great many things that we could make just as well.—Findley (Ohio) Republican.

Senator McNary Praised.

"The Republican Committee on Committees of the Senate has shown rare judgment in recognizing the ability of Senator Charles L. McNary of Oregon by appointing him to committees where he will be able to render most valuable service to his constituents and the country. Mr. McNary has been given membership on nine committees, several of which handle matters of prime importance to the people of the west. In his work on Indian affairs, Irrigation, and Public Lands, Mr. McNary will have the benefit of his long and close association with the subjects, and the advice of his Oregon friends to whom such matters are familiar. The committees on Philippines and Manufacturers also will claim a share of his attention. Mr. McNary's assignments give him unusual prestige for a senator just entering upon his duties as a national legislator.—The Chicago Republican, July 14.

No, This Man Is Not Crazy, Just Queer

Washington, August 20.—(United Press)—He was an earnest inventor and the August heat hadn't gone to his head, either, he said.

He wanted to help his country, and suggested this means of killing the U-boat.

"Prevent all merchant ships from strewing garbage on the ocean. Then the sea-gulls wouldn't trail the ships.

Then take some tame U. S. submarines, and throw food out from them to the gulls. Very simple. Gulls learn to associate periscope of submarine with food. Follow submarines. German U-boat pops up its periscope, while gulls circle about for food. Destroyer notes gulls, knows they mean periscope. Kills U.boat.

(P. S.—The U-boats still gather their toll.)

JAPAN SELLING SHIPS TO ALLIES.

Tokio, July 7.—(By mail)—(United Press)—Japan has made \$50,000,000 from ships since the outbreak of the war. Thirty-two merchantment, aggregating 200,000 tons, have been sold to England, France, Italy, America, Spain and Norway for \$42,500,000. The money obtained from the sale of ninety trawlers is estimated at \$7,500,000.

RED CROSS CHAPTER SUBMITS ITS MONTHLY REPORT

Membership Is Now Two Thousand and Forty-Five—Receipts and Disbursements

La Grande Chapter American Red Cross begs to submit the following report for the month ending August 16, 1917.

Former membership	1927
New annual membership	112
New subscribing membership	5
New life membership	1
	2045

New Memberships.

La Grande Chapter	3
Young Women's Auxiliary A	8
Young Women's Auxiliary B	8
Elgin Auxiliary	9
Wallowa Auxiliary	3
Union Branch	12
Joseph Auxiliary	57
Hot Lake Auxiliary	6
Perry Auxiliary	12

Receipts.

Cash on hand	\$304.61
Membership dues	129.50
Sale of yarn and needles	3.20
Union Branch for Hospital Supplies	108.26
Donation from Park Booth Fund	150.00
Proceeds of Girl's Red Cross Dance	20.00
Proceeds of Ladies' Red Cross Card Party	31.25
Proceeds of Thursday Bridge Club Dance	138.50
	\$885.32

Disbursements

Membership dues sent to Washington	\$ 32.50
Telephone	2.00
Freight and Express	9.43
Printing	2.50
Hospital supplies	122.67
Cash on hand	716.22
	\$855.32

MRS. THOMAS GOODHUE, Secretary.