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The Dangers of Too Much Sugar.

The substitution of candy for alcohol is very useful. If one must be operational, the effects of doing it with sugar are far less harmful. But there is a tendency at present to think that because candy is a valuable food, its unlimited use cannot hurt anyone.

This is far from the truth, as experts say, and they further declare that sugar is a useful food. So is lettuce. But a diet consisting chiefly of lettuce could hardly be called well balanced.

The danger in candy is the slow but insidious danger in alcohol, namely the temptation to consume too much to let it destroy the appetite for regular meals. Candy after meals never hurt anybody. A reasonable amount of candy in the middle of the afternoon, two hours or so before dinner, is a harmless and even useful "toke."

For one thing, sugar does stimulate just as quickly and vigorously as alcohol. Too much sugar on one day will be followed with irritability and hangover the next day. The children who eat too much candy are the cross, fretful, unhappy children.

The nervousness of which so many Americans complain can be overcome almost wholly by plenty of air, exercise, and wholesome diet containing plenty of green stuff. Candy work two ways toward nervousness. It increases the sensitiveness of the nervous system, with a consequent tendency to irritability, and takes away the appetite for the other foods which should accompany it.

Candy is a good food. Use it freely and comfortably. But don't abuse it.

A Menace Left by the World War.

One of the pathologies of the world war is the amateur crackpot. Baffles is coming.

LA GRANDE NATIONAL BANK
Capital and Surplus, \$240,000
Established 1887
Bank, Real Estate, and Insurance.
At Your Service.

AMONG THE SCIENTISTS

The knobs are attached to the backs of the blades of a new knife so that they may be used more easily.

One of the latest electrical inventions is an electric blanket which is designed especially for outdoor sleepers. The blanket is said to have a heating area of four by six feet, and can be regulated to an even temperature of from 82 to 112 degrees by a switch placed near the head of the sleeper.

In the Carthage geographical laboratory, Carthage Institute, Washington, D. C., rocks and minerals are now being reproduced by artificial means. In order to do this work the laboratory requires a furnace which can heat to 3,000 degrees Fahrenheit and a machine which can exert pressure to the extent of 10,000 pounds a square inch.

The telescript, an instrument which records both sides of a conversation, is said to be Thomas Edison's latest invention. The telescript consists of a dictating machine which has special receiving appliances and a socket in which the ordinary telephone receiver is placed. The message may be confined at any time by use of the dictating machine.

BROWNIES

A burnt child dreads a strange bed-fellow.

Talking too much and thinking too little has spoiled many a career.

Better a loaf of bread and content than a boiled dinner and indigestion.

The blue-eyed man and the black-eyed woman make a peach of a pair.

If a man is really like, his head will make him grow.

A man may be following the dictates of his conscience and yet never catch up with it.

Facial experts say that men with long noses are conceited. So are men with short ones, they say.

Some of these professional uplifters are almost as much of a nuisance as the professional shuffler.

An Amazon friend has the idea that a trained husband is one who doesn't even ask for a latchkey.

It is knowledge of the law and not ignorance that excuses many people in the breaking of the same.

THE WAY OF THE WORLD

The world likes a good loser, much better than a bad winner.

Half the fun in this world is watching the fun you are going to have.

Next to getting a new dress, what a woman likes most is getting a new dress and a little change from her husband.

A woman's idea of a perfect husband is one who can throw a whole night anywhere but in the middle of the bedroom floor.

Some fellows are like who they tell a young girl that she is beautiful and then they tell her that they are going to marry her.

Marriage is like any other sort of contract; it is no good when it's entered into by people who don't want to live up to it.

SOME REFLECTIONS

The politician who is wrapped in a mantle of mystery is indeed a mystery.

The man who marries his divorced wife is like a man who marries his divorcee.

When a fellow swears that he would do for his neighbor what he would do for his old man.

The man who is afraid of his own shadow is like a man who is afraid of his own shadow.

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HART SCHAFFNER & MARX CLOTHES
Once-in-awhile
Young Men!
Who are hustlers, put every ounce they have into everything they do—work or play; they usually do both well—these are the fellows for whom we have these fine HART SCHAFFNER & MARX clothes; they're young men who buy clothes as they do other things—with snap and zest.
WANT SEAM MODELS—
Such men look well in clothes of this type; they're the sort of men for whom the waist seam models are designed. Come and try on one.
YOUR CHOICE OF MODELS—
Besides waist-seam models, single and double-breasted, there are variety styles with plain back; no seam, and two and three button backs for the more conservative man. Try them all—no if you wish, and you don't have to worry about the quality; all the clothes we carry are well tailored, they're all wool and they're guaranteed to wear.
HART SCHAFFNER & MARX
Clothes do it; they're designed for all the sizes and shapes of the human figure. We can fit any of you easily. —Let us show you; you never know until you're shown. It may mean a money saving to you.
Remember every suit we sell is absolutely guaranteed to wear, to keep its shape, not to fade and to give complete satisfaction in every way—and YOU are the judge.
THE NEW STETSONS—
We have them in a great variety of shapes and colors.
All the newest shapes in browns, greens and light colors \$5.00 up; New "Jazz" Caps just in—plain round tops—good colors, all sizes, price \$4.75.
Copyright 1919 Hart Schaffner & Marx

and altogether the meeting was considered one of the most successful of the season. The next meeting will be at the home of Mrs. Ed. Halley, who will be assisted in the entertainment by Mrs. Frank Owsley.

COMING FATHERS

(Continued from Page One)

successful earnings crop with them. These men have been feeding cattle for the market for the past two years on a ration of ensilage, alfalfa, clover hay and sometimes cotton seed cake sold. Their cattle have always sold well on the market, and in fact Mr. Tolson considers the best condition that hay and ensilage is the most economical feeding ration of corn ensilage, corn fodder and cotton seed cake as long as this feed lasted. When the feed ran short alfalfa hay and barley were substituted for them.

Mr. H. H. Persons, of Elgin, has made corn an ensilage crop for the past season for best results and is very enthusiastic in the results secured.

Mr. J. F. T. Galloway, of Elgin, has wintered a number of cattle on alfalfa ensilage, and likewise is very well pleased with the results. He has reduced the amount of hay fed to 10 per cent and the cattle could have done for butchers' stuff. He accomplished this with the alfalfa with the same crop this year.

The Experiment Station at Elgin has been doing some experiments with the feeding of alfalfa to beef cattle, and has secured some very valuable results. In the winter they have found that by the use of alfalfa in the ration that they have been able to make the most economical feeding of fattening cattle.

Mr. J. H. Miller, of Elgin, has made alfalfa and ensilage the past season for best results and is very enthusiastic in the results secured.

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are considered a necessity. We have dairyman in this county who state that they would not have been able to produce milk economically the past two years without silage. They consider that they produce the hay required 50 per cent, and at the same time increase the flow of milk and the cattle are in better condition than when carried through on hay and grain. Quite a number of the men who are feeding ensilage to dairy cattle have built two silos, and are depending upon them as their main source of feed.

Some of the ensilage crops that have been used successfully in this county are wheat, oats, barley, red clover, alfalfa, corn and sunflowers. The use of alfalfa and red clover as an ensilage crop ordinary is not recommended except that they work well in combination with some of the smaller grains, the best being mixed when put in the silo. Alfalfa has been used very successfully. It has given good results in other states. However, we will have some time to test this year.

All of the above goes to say that we have found that the silo is part of the necessary equipment on farms where cattle or sheep are being wintered.

Elgin county will in all probability double the number of silos at least half this season.

Deserted Word

It has been estimated by a reliable authority that if the printed letters forming the word "desertion" were clipped from the magazines all the time that they occur therein during one year, they would reach three times the distance from the earth to the moon.

Animals and Birds. Recently speaking, an animal is not living anything other than a plant, a creature that has some mode of reproduction and of respiration. The term "animal" refers to one of the higher quadrupeds, such as cows, horses, sheep, etc. In a restricted sense the term "animal" is often used to designate the higher animals.

How the Sun is the Sun. The sun is a star, and like all stars it is a ball of glowing gas. It is the source of heat and light for our planet.

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Disfranchised. A novelist who had learned that a certain book editor was a great admirer of his works resolved to call upon the tradesman and introduce himself. Having done so, he noticed that the publisher scrutinized him rather curiously, but freely entered into conversation. When the novelist was about to depart he said: "Now you have met me, I suppose you will want to sell my books more than ever." "Perhaps I shall," was the answer, "but, at the same time, I wish I had not seen you."

Deep Diving.

The greatest depth ever reached by a diver is said to be 204 feet. The greatest depth at which useful work has been done is 182 feet. Sponge and pearl divers, working without armor, frequently descend to depths of about 150 feet.

Some very new all leather hand purses of the latest pattern from the factory direct are now shown at Silverthorn's.

Silverthorn's

FAMILY DRUG STORE
LA GRANDE, OREGON.

Wanted

Parties or firm, financially and otherwise able to give proper representation in La Grande and other towns in the region, for a moderately priced automobile line of respectable and proven merit. Want five wires and to such will make good retail proposition, give exclusive opportunity to give money. Address 522 Alder Street, Portland, Oregon.

Reverend the Compliment. A number of somewhat party held were following over a statement of accounts just placed before him by his clerical friend. "So a young lady," he said, "is a student type, but I can't imagine any girl being so ignorant." "How ignorant," she replied quietly. "We are so ignorant, for though you are of course splendid at figures, we could not say you were a good figure."

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Beats to Reaping Ideas. The life that is a "bomber" is charged with energy. The best plans in the world must be worked to make them productive. Life with ideas is something but it's the ideas plus active application that brings the fruits. Many a fellow with small ability, but that ability concentrated to a definite purpose, rises to merited recognition in life. When today's efforts forecast tomorrow's activities there is a continuity that produces rounded character and symmetrical development.

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La Grande Mattress Shop
And Weaving Works
Mattress Making and Repairing, Feather Mat,
Bosser Mats, Feather Renovating, Carpets and
Flair Rug Weaving.
All Work Called For and Delivered CHAS. EDWARDS Prop.
ONE BLOCK EAST OF FLOUR MILL PHONE RED 132