

Farm Pointers

A limestone country is a rich country is an age old truth.

Land plaster is used on potato seed to prevent bleeding and to stimulate growth of young plants by the soil department of U. A. C. experiment station.

The turning under of green manure crops in Oregon this season depends upon the moisture and weather conditions. This is done early because of abnormally low spring rains, says the experiment station.

When the cow is comfortable and contented, says the Oregon experiment station, she responds with a flow of milk far in excess of that which she gives when she is uncomfortable and irritated. In June weather cows also a larger amount of milk than in the cold and wintry weather. If producing

all the rest of the year, in stall and barn conditions as nearly possible like those of June—in warmth, light, ventilation with sunlight and with succulent foods like silage and roots to replace June grasses—Honey responds with a generous flow of milk.

Sourness in soils is produced as the natural result of the decay of organic matter. It is well known that on some newly cleared Oregon timberland many crops do not do well. A sound system of production can be established on a new piece of land that will produce satisfactory cover crops by using limestone applications, reports the experiment station.

Essential points in raising calves in Oregon, according to the experiment station, are briefly stated, as follows: Sweet fresh milk at 55 degrees F., regularity of feeding, a uniform amount, clean pails and clean, dry pens, well lighted and ventilated.

A tame elephant eats more than one thousand pounds of green fodder and twenty-five pounds of unhusked rice daily.

The Oldest Flivver Tourist



Mrs. Abigail Whitaker of Chicago is 92—but she's as enthusiastic about motorcars as any woman a fifth her age. She has just started on a trip from Chicago to New York, alone, in her flivver.

CATHERINE CREEK PERSONALS

CATHERINE CREEK (Special)—The rain of last Friday and Saturday benefited the crops in this vicinity.

A. Busick is ill of a cold and sore throat.

Roy Jones and Ed Finkle were looking after some cattle in the hills last Sunday.

Phyllis Jones has been visiting at the home of Mr. and Mrs. Ed Miles for several days.

Mr. and Mrs. Waltz, of North Powder, were Sunday guests of Mr. and Mrs. J. P. DeVore.

Miss Eunice Busick left last Thursday for Portland where she will attend summer school. She will be met in Portland by her friend, Miss Murphy, who will also attend school there.

Mr. and Mrs. Alta Phillips, of North Powder, were Sunday guests at the home of her parents, Mr. and Mrs. W. R. Phillips.

Miss Stella Edgerton left last week for Bellingham, Wash., where she will attend summer school.

Mr. Taylor had the misfortune of losing one of his best milch cows last week.

Roy Jones is helping Mr. Cusick with his haying this week.

The season for salmon fishing in Catherine creek is almost over.

Mrs. Godday and family were Sunday guests at the home of her daughter, Mrs. Arthur Mowdy.

Miss Elma Cusick attended Sunday school at Union last Sunday.

Charles Green and Harry Prather are reported to have sold their ranch to parties on Big creek.

Vogel brothers are moving their band of sheep from Badger Flat to the range on the Minam.

Mrs. Wigglesworth and Mrs. Stachel, mother and sister of Mrs. DeVore, left Thursday for a month's visit in Portland and Seattle.

stance or have an enlarged heart, if not detected early, will cause disability or death. Schools and colleges supervising their athletic activities by regular physical examinations. The large number of youths, as well as adults, not under this supervision, should have an intelligent knowledge of their physical condition. Keeping fit might unfit. Physical culture changes, disregarding age and individual resistance, giving the same exercise to the strong and weak, will do more harm than good. It is, therefore, imperative that each person should know his physical limitation.

Golf and baseball, both lauded as life saving games are not without danger to those with organic lesions or lowered resistance. Swimming, one of the most wholesome sports when indulged in moderately, claims many victims through daring diving contests. The heart and nervous system should be in perfect co-ordination.

Amusement parks with daring thrill devices do permanent physical damage to those not able to stand the continuous shocks.

The automobile with all its attractions and wonderful advantages looms up as one of the most beneficial means of recreation. Yet it becomes of essential concern to the tourist from a health standpoint owing to the congestion of roads, fumes of carbon monoxide, cramped position for long periods, apprehensions of danger and exposure to climatic changes.

Every man, woman, and child, irrespective of age, should have a complete physical examination at least once a year. This examination will detect the evidence of toxic goiter, nervous disturbances, irregularities of heart, lungs, and digestive organs.

Blood tests and urinalysis determine the condition of the kidneys and the general health. The rate of blood pressure, evidence or tendency to hernia, diseased joints, bones, tonsils, eyes, ears, sinuses, and teeth forewarn against excessive physical exercise or exposure until the defect is corrected. This periodical health survey should retard disease, minimize suffering and prolong human life.

HEALTH

MODERN SPORTS
(By Charles P. Kuhn, M. D., Detroit.)
Member Gorgas Memorial Institute

In keeping with the spirit of advancing civilization, modern progress has coined a new term, "Americanitis," whose slogan is "Speed and Thrill." No longer are the ordinary games attractive without excitement, daredevil stunts and thrills to make them interesting. The desire to excel in competitive sports, irrespective of one's resistance or physical condition, is the rule rather than the exception. Violent exercise so common among youths and adults is causing disease, pre-senility and premature death to an alarming extent.

The handsome athletic youth with fully developed muscles, envied by less fortunate, may have exhausted his residual nerve supply.

23 and 30



Mrs. Anna Campbell, 80, mother of five children and grandmother of 11, has become the bride of Luther MacPherson, 22, an 18-a-week mill worker. The two live in Cleveland, where MacPherson was a boarder in her home.



End

that kitchen rush
Quick Quaker
cooks in 3 to 5 minutes

FOR hurried mothers, there is no breakfast that compares with Quick Quaker. It's faster than plain toast.

No breakfast rush, no fuss, no bother.

Provides the excellently balanced breakfast ration of protein, carbohydrates and vitamins—plus the "bulk" to make laxatives less often needed—that doctors urge for everyone today.

All the rich Quaker flavor is there. You will like it. Your grocer has Quick Quaker—also Quaker Oats as you have always known them.

Quick Quaker

VAN WINKLE IS DRAFTING THREE PROPOSED BILLS

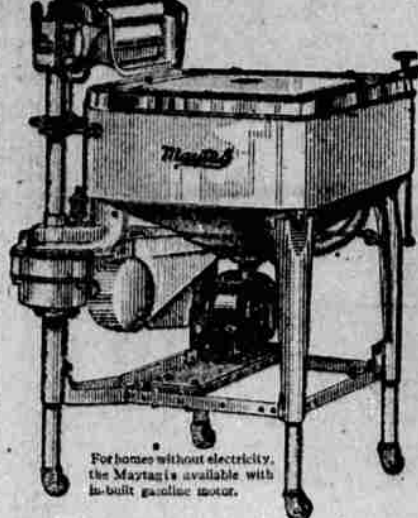
SALEM, Ore., June 25. (AP)—Attorney General Van Winkle is preparing tentative drafts of three legislative bills that will be submitted Monday to a subcommittee of the state tax investigating committee, which will meet in Salem.

One of the measures being prepared would limit the millage tax as levied by state institutions of higher learning, which it is believed would increase to an unwarranted amount when the state assessed valuation is increased. The limit has not yet been decided on.

Another measure would limit to the 1926 basis the amount of bonded indebtedness allowed by law for the same reason as in the case of the millage tax.

The third measure would change the assessment date from March 1 to January 1.

9 Outstanding Maytag Features



- 1 Washes faster.
- 2 Washes cleaner.
- 3 Largest hourly capacity. Tub holds 21 gals.
- 4 Most compact washer—takes floor space only 25 in. square.
- 5 Cast aluminum tub—can't warp, rot, swell, split or corrode—clean itself.
- 6 Easily adjusted to your height.
- 7 Clothes can be put in or taken out with the washer running.
- 8 Metal wringer. Self-adjusting. Instant tension-release.
- 9 Electric motor for wired homes—Gasoline motor where no electricity is available.

9 Reasons for World Leadership

Don't Overlook this Offer - a Week's Washing FREE

TRY the MAYTAG—do a week's washing with it—test it thoroughly at home, without obligation or expense.

See how carefully it washes the finest lingerie and curtains. How thoroughly it washes heavy, bulky pieces—even grimy playclothes, greasy workclothes. How clean it washes, without hand-rubbing, even collar and cuff edges.

See how easy it is to wash with. How quickly it washes—big tubfuls in 3 to 7 minutes; whole washings—50 pounds of dry clothes—per hour.

Phone Us—we will lend you a Maytag. Try it. If it doesn't sell itself, don't keep it.

Maytag

Aluminum Washer

Deferred Payments You'll Never Miss

The Maytag Shop

With Newlin Book & Stationery
Phone Main 90

FREE. Send for new, beautifully illustrated Cook Book. It contains over 100 recipes for preparing delicious foods. Write Corn Products Refining Co., Dept. A, Argo, Ill.



Joel's

A Lower Priced Service Store

10 LBS. NEW POTATOES.....45c
2 LBS. STRING BEANS.....25c

Two Deliveries a Day.

Watermelons 2 1/2c lb on ice

Apricots for canning, crate.....\$1.65
Small Pork & Beans, 3 for.....29c
Medium Pork & Beans, 2 for.....25c
Potato Chips, fresh, pkg.....10c
Deviled Meat, can.....10c
Pumpkin, can.....20c
Hominy, can.....20c
Root Beer Extract.....25c
(Makes 5 gallons of root beer)
Easy to make.

P. S. Pimientos, 2 cans for.....25c
Best Grade White Beans, lb.....10c
Lima Beans, lb.....15c
Pineapple, 3 cans.....69c

Cold Lunch Meats of All Kinds.
Roasts, Steaks and Frys.

SKAGGS UNITED STORES

\$1 FEATURES

AT SKAGGS STORES, JUNE 26TH TO JULY 2ND

- | | |
|--|--|
| 15 Lbs. Pure Cane Berry Sugar.....\$1.00 | 11 Kellogg's Corn Flakes.....\$1.00 |
| 3 Sks. 9-lb. Best Eastern Cornmeal.....\$1.00 | 11 Post Toasties.....\$1.00 |
| 1 Tall Cans "Federal" Milk.....\$1.00 | 9 Pkgs. Shredded Wheat.....\$1.00 |
| 22 Small cans "Federal" Milk.....\$1.00 | 9 Pkgs. Kellogg's Bran Flakes.....\$1.00 |
| 4 Doz. Economy Jar Caps.....\$1.00 | 25 Bars Crystal White Soap.....\$1.00 |
| Doz. Boyd Mason Jar Caps.....\$1.00 | 26 Bars P. & G. White Naptha.....\$1.00 |
| 7 Cans Fancy Am. Beauty Shrimp.....\$1.00 | 4 Large Pkgs. "Rinsol" Powder.....\$1.00 |
| 2 Pkgs. Kerr's Hotcake Flour.....\$1.00 | 4 Large Pkgs. "Sea Foam".....\$1.00 |
| 1 Can, 2 1/2 lb. Skaggs Syrup.....\$1.00 | 2 80c Citrus Powder Deals.....\$1.00 |
| 4 Lbs. Full Cream Cheese.....\$1.00 | 14 Rolls Best Toilet Tissue.....\$1.00 |
| 3 Lbs. Fancy Assorted Cakes.....\$1.00 | 13 Bars Skaggs Fine Toilet Soap.....\$1.00 |
| 12 Large 10c O'Henry Candy Bars.....\$1.00 | 12 Bars Palm Olive Soap.....\$1.00 |
| 8 Cans Good Standard Corn.....\$1.00 | 8 Pkgs. Chesterfield Cigarettes.....\$1.00 |
| 8 Cans Standard Peas.....\$1.00 | 8 Cans Prince Albert Tobacco.....\$1.00 |
| 8 Cans Standard Tomatoes.....\$1.00 | 15 Lbs. Golden "C" Brown Sugar.....\$1.00 |
| 3 Cans Good Bartlett Pears.....\$1.00 | 12 Lbs. Pure Cane Cube Sugar.....\$1.00 |
| 6 Cans Solid Pack Tomatoes.....\$1.00 | 8 Lbs. Fancy Golden Bananas.....\$1.00 |
| 6 Cans Van Camp's Hominy.....\$1.00 | 25 Lbs. Fine New Cabbage.....\$1.00 |
| 4 Large Cans Green Gage Plums.....\$1.00 | 18 Large Juicy Oranges.....\$1.00 |
| 7 Cans Tender String Beans.....\$1.00 | 30 Real Large Fancy Lemons.....\$1.00 |
| 5 Large, 2 1/2 Van Camp's Beans.....\$1.00 | 33 Lbs. Best Old Spuds.....\$1.00 |
| 3 Large, 2 1/2 Libby's Sliced Pineapple.....\$1.00 | 23 Lbs. Best New Spuds.....\$1.00 |

Spend Your Dollar Where It Buys The Most

SKAGGS UNITED STORES

STORE NO. 359—Phone Main 711

STORE NO. 65—Phone Main 35

La Grande, Oregon

Orders of \$2.50 or over delivered free.