

SOUND SLEEP IS NATURAL

(By Dr. Frederick Stricker)

Although the body cells are ever busy, they are not tireless, and at intervals require rest. During sleep the heart beats more slowly, respiration is less rapid, the muscles in general are relaxed. The gland cells, too, diminish their secretions, and digestion is slow. The production of heat is lessened and the body must be protected from cold. Consciousness is the only function that is entirely in abeyance. Sleep is deeper during the first few hours and gradually becomes lighter until awakening occurs.

In order to enjoy good health, it is essential that sleep be not interfered with. For a healthy nervous system, nothing is more indispensable than steady and sound sleep. Most adults require about eight hours of sleep. By going to bed at the same hour every night, the habit of dropping off promptly and immediately to sleep is soon formed. A cheerful state of mind, with the avoidance of worry, permits sound sleep. The sleeping room should be cool and well ventilated, the windows being left open.

Loss of Sleep Hurts.

The loss of sleep has always been recognized as pernicious in its effect. Inability to sleep is one of the commonest complaints of man. It is not a disease; it is a symptom or manifestation of something else. It is rather unusual for a patient to consult a physician for sleeplessness alone. For some reason, most people do not consider sleeplessness of enough importance to consult a physician. They wait until it is just one of many complaints of a nervous or physical breakdown. This is a wrong procedure. Many times if a person affected with sleeplessness would consult a competent physician at the beginning, serious impairment of health might be avoided.

How to Go to Sleep.

Slow, deep, rhythmic breathing is useful when awake, partly as a substitute for sleep and partly as an inducer of sleep. One's best sleep is with the stomach practically empty. It is true that food puts one to sleep first by diverting the blood from the head, but it disturbs the sleep later. Sleeping out of doors is more restful than sleeping indoors. The character of sleep depends largely on the mental attitude on going to bed. One should get in the habit of absolutely dropping work and care at bedtime. If then one suggests to himself the most pleasant thought which memory or imagination can conjure up, his sleep is likely to be far more peaceful and restful than if he takes his worries to bed. If one is worried, it

OUT OUR WAY

FIFTY YEARS AGO TODAY.
(CUSTER'S LAST STAND)



THE WORLD SURE LOVES A WINNER
IN ANY SORT OF FIGHT,
BUT IT ALSO LOVES A LOSER
WHO DOES HIS LOSIN' RIGHT.

By WILLIAMS

WALLOWA PERSONALS

WALLOWA, Ore. (Special) — Max Kell, who was seriously injured here a couple of weeks ago when he was struck on the head with a gun by Bert Hopkins, has recovered sufficiently to be able to be out on the streets again.

A considerable number of voters were present at the annual school meeting held in district No. 40 June 21. George Cusins was elected as director for a term of three years and G. C. Meek was re-elected clerk.

George Cusins and Roy Gastin were visitors here the last of the week.

F. A. Downing, of Leap, has been busy the past several days digging a ditch for a pipe line to carry water to his buildings. He is piping the water a distance of about a quarter of a mile.

L. V. Lathrop and family, of the Leap section, were Wallowa visitors the first of the week.

A number of farmers have been busy the past few days shearing their small bands of sheep.

Mrs. Meek and sons were Enterprise visitors the last of the week.

Oscar Maxwell was busy the last of the week hauling feed and machinery to the U. G. Couch ranch in the hills, where he has a large tract of summerfallow to cultivate.

evening.

Mr. and Mrs. F. V. German, of Perry, were week end visitors at the home of Mr. and Mrs. H. A. Thornburg.

Tom Gibson, of Birch creek, passed through Starkey the last of the week on his way to Whitman national forest with his band of sheep.

Jack Starco and Jess Plunkett were business visitors to La Grande Monday.

Mr. and Mrs. Jim Rose, of Menaham, were visitors at Starkey Wednesday.

Mr. and Mrs. Jess Griffin, of Hoquiam, Wash., visited here last week with Mrs. Griffin's sister and family, Mrs. W. A. Smith.

Mr. and Mrs. Clyde Stultz and family visited at the home of G. F. Hagey last week.

Mrs. Evans, of Mt. Glen, is visiting her daughter and family, Mrs. W. H. Briggs.

STARKEY PERSONALS

at the McDow home Sunday.

Misses Marie and Francis Miller were business visitors at Medical Springs Monday morning.

Edward Wolf was a Sunday guest of Laurel and Deaher Lay.

Jim Gobel, of Big creek, and his sons Lenora and Guy were visiting at the Joe Lay home last week.

Mr. and Mrs. Joe Lay motored to Baker Sunday.

Bill Green and sons were at The Park Monday buying calves.

STARKEY, (Special) — Otis Ford, of Granite, passed through Starkey last week on his way to Pendleton, where he expects to stay until after harvest.

A Fourth of July picnic has been planned for July 5 at Starkey. A dance will be given in the

PARK PERSONALS

THE PARK (Special) — Dr. Kamborg, of Medical Springs, was visiting at the Park Monday.

John Bates, of La Grande, passed through the Park Monday.

Oswal Volwinkler and son Bill were Saturday night guests of Mr. and Mrs. J. B. Hunter. He brought in some vegetables for the people here.

Miss Ouelo Vandevanter and Miss Viola Huton were Sunday guests of Mary Vander.

Miss Francis and Marie Miller were fishing on Catherine creek Sunday afternoon.

Ed Dolphin, of Emmett, Idaho, is visiting for a few days with Clarence Vanorder.

Frank Wigglesworth was a guest

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Naturally, when most of the consumer demand is concentrated on a few cuts of the meat animal, the other cuts are neglected and are sold at a comparative lower price. Since the less-demanded cuts when properly prepared are fully as tasty and nutritious as the better known cuts, they offer an admirable opportunity for the housewife to serve meat more often at the same cost.

Below we suggest a few of the less-demanded cuts. Try them out tomorrow. You will find them easy to prepare and their flavor will win approval of the family.

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