

# Building and Improvement

## HOME REPAIRING WORK IS ACTIVE

### City Residence Owners to Alter and Repair Pres- ent Buildings

Although no new homes were started last week, new construction continues active, although most of it is alterations and repairs to residences built some time ago.

There has been a marked tendency in La Grande during the last two or three years to improve homes by building on additions, etc., and contractors declare that there is still much of this work to be done in the near future.

Permits issued last week follow:  
May 15—Hert Carr, to alter and repair a home on N. between Seventh and Eighth, work to cost \$50.  
May 16—T. H. Maxwell, to build a garage on Adams between Spruce and Maple, to cost \$100.  
May 16—Ray Ward, to alter and repair a dwelling on Second be-

tween I and J, work to cost \$200.  
May 17—Dr. Murr, to erect a garage on Main between Second and Fourth, to cost \$200.  
May 17—Frena Turner, to alter and repair a home on Lake between First and Cedar, work to cost \$50.  
May 20—George Fager, to alter and repair a home on Second between Grandy and Jefferson, work to cost \$175.  
May 21—Hazel M. Robbin, to alter and repair a dwelling on First between Jefferson and Grandy, work to cost \$150.

**CURRIE HOLDS SOUTH'S 100-YARD DASH RECORD**  
DAVIDSON, N. C.—John Currie, Davidson College athlete, holds the South's best record for the 100-yard dash.  
In the recent North Carolina state inter-collegiate meet Currie made the 100 in 2.6 seconds. Two years ago, while a freshman, Currie raced with Scholtz and finished right at his heels. The Olympic star remarked:  
"Well, I guess I will see you at the Olympics in 1928."  
His guess may come true, for Currie is being trained for a place on the American team.

## AN ATTRACTIVE COTTAGE DESIGN



By W. W. Parry

In planning this home, the owner wanted a small compact little cottage, it must be a story and a half, rather than the bungalow type to take advantage of the view overlooking a lake.

A study of the plan will reveal that it has everything that the larger home has. A good sized living room, with French door opening onto a screened-in porch, dining room and small, compact kitchen. The fireplace has been omitted in order to reduce the cost to a minimum.

The basement stairs lead down to the grade door, which serves as the rear door as well. The basement is not partitioned, but is equipped with laundry trays, four drains, etc.

The second floor is two good sized bedrooms, nice roomy closets, and a good bath, with "built-in tub" and linen closets. A French door leads to an iron balcony, a place for smoking bedding.

The exterior walls are of facing construction, with stucco over metal lath. A soldier course of brick is used at the grade, as well as for brick steps, giving a touch of color. Iron hand rail is used as an ornament in front. The roof shingles are asphalt of reddish color.

The interior trim is oak for the first floor, pine in the second floor, with greenwood doors, the floor of the bath is of tile, while the balance of the floors, except the kitchen, are of oak, stained and waxed. Kitchen in pine for linoleum.

The cost is placed at \$2,500 to \$3,000, exclusive of heating and plumbing.

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You remember we advertised one patch fork yesterday and also some cleavers. They are all cleared up. That is the kind of action we get.

We are just getting ready to haul great quantities of shingles out to Summerville. I wish it were Summerville around La Grande but Old Man Winter still sticks his head out and blows his icy breath in our faces till cold chills run up your back and we still have some Oliver plows and Royal coal besides seven doors and window screens.

We have just four trucks hauling this morning and we have no time to loaf around.

Did you ever hear about that Red Top Square Deal fencing that Claude C. Pratt is selling? It is actually guaranteed to outlast any other farm fencing. The galvanized fencing that you buy the but one is wiped on cold wire—that is why it scales off; the galvanized fencing is the red top kind—red hot wires run out of a red hot oven into a tank of red hot zinc. We sell it at red hot prices and the farmers keep the path to one door red hot in hauling it out. Remember, it has a red top and you can look until you are red in the face and you won't find any other red top fencing only what comes from the Keystone Steel and Wire company, as that is their trade mark.

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## The Garden

**A FINE NEW BLUE ANNUAL**  
True blue flowers are always welcome and they are comparatively rare. A new annual that gives a mass of rich blue in the garden is particularly welcome and we have it in the new "Chinese forget-me-not, Cynoglossum aquaticum. This plant has been listed as both an annual and a biennial but it blooms at an annual and has behaved as such for most gardeners and does not live over.

July down seeds have produced a fine show of bloom in September. It is in appearance a dwarf form of the Italian Alkanet, Anchusa Italica, which has long been a favorite among perennials for the mass of rich blue it produces in the borders in June. Botanically, it is closely related to the anchusa. The flowers are very much the same in shape and color but the Cynoglossum is not a tall grower. Its height being from eighteen inches to two feet.

The leaves are small editions of the large rough leaves of the anchusa and from a rosette of these leaves arises the branching blooming stalks in deep blue. It has proved the easiest culture and seems to enjoy a light and fairly dry soil although not particular so far as noted. It also seems to thrive both in open sun and in partial shade.

It is a very handsome plant in combination with the lustrous carnation or Newport Pink larkspur. It has been described as cornflower-like. (The individual flowers are small, about the same size as those of the anchusa but produced in long sprays.)

It is one of the novelties of the year well worth trying and already European growers have taken the plant in hand and are sending out improved named varieties this year which will reach us another season. This is the second season it has been offered and it has made its way rapidly and promises to be a standby for rich blue in the summer garden.

## HEALTH

**SOME CAUSES OF BACKACHE EXPLAINED**  
By Henry Keller, M. D., New York  
Member Grogan Memorial Institute

High heeled shoes are frequently the cause of backache in women just as are pediculous abdomen in men. These kinds of backaches are called "static" because they are caused by mechanical disturbances.

Any position assumed by the body which will tend to throw the body forward is bound to put an extraordinary strain upon the lower part of the spinal column and upon the back muscles which are charged with the duty of holding the body erect.

It is surprising with how little effort it is possible to cure such backaches, provided the patient is willing to lend her or his cooperation. A proper shoe with good support of the pediculous system, etc., are at times sufficient to obtain relief. Unfortunately the women are a little more difficult to deal with, especially if the style of the season is interfered with.

Some backaches are due to injury. Because of the visible signs the possibility of overlooking this condition as a cause of backache

## Farm Pointers

Fake poultry remedies of all kinds and descriptions are on the market and it is well for the poultryman to investigate before buying. No patent medicine will cure the flu of the non-fry flock caused by influenza, says the extension service.

The greater the number of poultry kept on a given space, the greater the danger of disease. The longer this number is kept on a limited area, the more certain is the appearance of diseases. This is one problem of raising poultry.

A combination of frozen stock, improper handling, dirty nests, infrequent egg gathering, stunted males, late maturing pullets are responsible for a large percentage of small, cracked, dirty, stale, heated and rotten eggs sold on the farm.

A good whitewash for poultry houses is made by staking 10 pounds of quicklime in 2 gallons of water, covering it with a cloth and allowing it to stake for one hour. Water is added to bring it to the right consistency.

A weather-proof whitewash is made by staking a bushel of quicklime in 12 gallons of hot water, to which is added a solution of 2 pounds of common salt and 1 pound of sulphate of zinc dissolved in 2 gallons of boiling water. This is thoroughly mixed with 2 gallons of skim milk.

is remote. On the other hand, mild injuries to the back may cause suffering out of all proportion to the visible damage. An X-ray examination of the spine guards against a mistake here.

Infectious conditions of the spine, organic tumors in the abdominal cavity, or even stones in the kidneys may produce backache.

In my years of orthopedic practice I have encountered many hundreds of patients who suffer from pains in and about the joint regions with no visible pathology. The pains in most of them are worse at night, especially so in the early morning hours.

Many of these patients are irritable and apprehensive. Internal medication does not seem to have much influence over the source of the affliction. The pains are not constant. They may set up for a day or two and then return with greater severity.

Many of these patients suffer from "shooting-pains" in the back. These pains are most often caused by absorption of infectious material from some focus of infection. The source may be in the tonsils, teeth, or a sinus infection. A sluggish intestinal tract, a rectal fistula, a chronic gall-bladder disease, or a chronically inflamed appendix may also act as the focus of infection.

These cases require painstaking examination and analysis before interference be advised. On the other hand, once the physician is

The more often a cow is milked, the more milk she produces. Those milked twice a day, produce, within certain limits, the greatest milk figures show gains of about 18 per cent a year from milking three times a day are more possible. Three times over milking only twice but in their yield of milk than daily.

## ATTENTION HOME OWNERS!

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