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My little children, these things write I unto you, that ye sin not. And if any man sin, we have an advocate with the Father, Jesus Christ. 1 John 2:1, 2.

MIND CURE FOR OBESITY

A dietitian of note has pronounced obesity the result of a state of mind. The way to get thin is to take the correct attitude toward thinness. He is cautious enough to add that in addition it is necessary to follow a correct diet and to take correct exercises.

This must be welcome advice to the stout. They have always felt that fate had been unkind to them in adding unwanted pounds to their mortal frames, and that doctors are even more unkind in suggesting drastic dietary changes and tiring exercises.

Fortunately for their new mental peace, the author of the mind-and-meat theory does not elaborate the precise nature of the diet or exercises that should accompany "thinking thin." If the gentleman is right, we shall see our stout friends returning with a relish to cereals, sweets and fats, and then counteracting their indulgence by concentrating, as they eat, on the slender lines which will mark their figures on the morrow.

But if faith is the essential factor to the thinking-thin system of losing weight, we fear that few persons will grow thin by that method, for there is not a stout man or woman who would not be thin if thinking made them so. They have been thinking soberly and seriously on the matter ever since the first wrinkle appeared under the chin.

HOW OLD IS OLD?

Victor Hugo imagined Paradise as a place "where the children are always little, and the parents always young." Keats had much the same idea in his poem about the bas-relief on the Grecian urn. But in a world managed largely by middle-aged men and women the idea of youth becomes comparative; and a man is "as old as he feels."

Newspaper reporters are mostly youngsters, and that is why reports of gatherings of men and women of 50 or 60 often mention the fact that "most of them are still active."

Undoubtedly this seems a miracle of nature to a lad in his twenties. Yet how old need a man be to be inactive? The average man of 50 or 60 is impelled by such an insinuation to pinch himself. "What is the reason for this?" he asks. "Why all this expectation of decrepitude in a man of my few years?"

Old age is comparative. The only "old people" are those older than yourself. And the youth who expects inactivity in people in the prime of two score years and ten will, when he attains that age, consider himself a recent graduate from adolescence.

People no longer grow old. Men of 70, even 80, and they are not exceptions, are accomplishing more than their grandfathers did at 50. We know a young woman of 99 who still performs the duties in her house and garden and who is confidently looking forward to the time when she will be 115 years old. "As a man thinketh in his heart so is he."

Perhaps the trouble is that the alienists have been examining the lawbreakers instead of the lawmakers.

Bills

- (By the Associated Press) House bills introduced: HB 221 - By McCourt - Increasing pilot commissioners from three to five, giving them authority to set pilot fees on Willamette and Columbia rivers and reducing salary from \$300 to \$200. HB 222 - By Clackamas county delegation - Amending code to eliminate words Clackamas county. HB 223 - By Peates - Permitting county courts to secure rights of way for construction of county roads within city limits. HB 224 - By Schupp - Prohibiting appropriation of water from Benjammin lake and its tributaries and creating game refuge in Lake county. HB 225 - By livestock committee - Relating to licensing of dogs. HB 226 - By committee on fisheries - Making it unlawful to buy or sell within state troll-caught Chinook salmon less than 28 inches, caught beyond three mile limit with consent of California and Washington and locking toward uniform legislation. Passed by house. HB 198 - By Angell - Requiring payment by estate or relative financially able to do so for care and maintenance of insane and feeble minded persons committed to state institutions and requiring counties to pay for their care in certain cases. HB 215 - By Brumough, Hyman and Senator Crawford - Creating an apart-

THE CRIME IN THE DUTCH GARDEN

HERBERT ADAMS

SYNOPSIS: When a stone is thrown, murderously tossed over the Dutch garden Jimmie Russell, amateur detective, recalls that her niece, Evelyn Blake, had consulted him regarding death threats against the amateur. The body was found by Evelyn's sister Marjorie soon after she and Dr. Netherton had talked with her and while according to Evelyn she and her housemaid Louise were sitting in the house. Evelyn's story and help to establish an alibi for Green, the chauffeur who with Joe Allen a discharged gardener, is suspected of the crime. Major James to Police Superintendent Richmond that his presence near the murder scene was due to his having been called by Miss Querdling who traced on all romance. Constable Hanson reports having seen a strange car and driver nearby on the night of the tragedy and Green tells of encountering an empty automobile.

Chapter 8 THE BORROWED HAMMER

SUPERINTENDENT Richmond's curiosity regarding the mystery of the car Green had seen as he hurried for the doctor was hardly satisfied by the meagre description the chauffeur gave it was, he said, a Morris two-seater, similar to many in the neighborhood. There was no one in the car and the top was up. The superintendent suggested that the driver, knowing most of the cars nearby, could say who it was.

"There are lots of Morrises," said Green gruffly. "Like Captain Stirling's, but two Morrises in the dark are as much alike as black cats. I keep saying I don't know." He cleared at the insistent Richmond.

"I suppose the light were on, suggested Jimmie in his friendly way. "Did you notice the number?" "No, sir. I was run in for the doctor."

But Jimmie's further inquiry revealed that when Green had returned the same way the car was gone Jimmie exchanged significant glances with Richmond. Granting the story true, it would have been easy for a killer to hide in the shadows of the garden before escaping in a waiting car.

Then they left him and went to the gardener's cottage to verify the story of the hammer. "That's right," Ben Acres told them. "My hammer was broken. I'd borrowed Ted's. He came along and fetched it."

Thus Green's explanation of his brief absence from the garage appeared confirmed. He was, it appeared, at Ben's when Janet went out to the garage. The first time to tell him of Lionel's slings had returned in time to meet her on her second call.

It was as Donald said the next morning, "a very queer business, but Jimmie's smile when he added, "If Jimmie doesn't clear it up, I doubt if any one will. You believe the chauffeur did it, don't you, Jimmie?"

"I believe he could have done it, but that is a different thing," was the reply. "You see, there is really little to work on—apart from those letters, virtually no clues. What if it's poison, you have an immediate field of inquiry, and in case of shooting or stabbing, the weapon can be traced. But here a mass of stone is pushed on a defenseless woman below. Motives in many quarters may be alleged in the case of a dictatorial man. The seat had been moved, but Miss Querdling might have done that herself."

Donald, Nancy and Jimmie were at breakfast on the Wade veranda overlooking the links. The tragedy was inevitably the morning's topic. "Surely," said Nancy, "only a very strong person could throw the figure over!"

"No," said Jimmie. "We examined it very carefully—at least, we examined the combination one that is undisturbed. It is beautifully balanced, but a girl could push it over. A child almost might. It fell quite free and, I suspect, death was instantaneous."

"How terrible!" shuddered Nancy. "Who could have planned such a thing?" "Was it planned, or was it a sudden wicked impulse?" answered Jimmie. "A premeditated crime may be well thought out, but there is often some oversight, some slip, that leads to detection. The sudden setting of an opportunity, as this may have been, is far harder to track down."

"I was sorry to hear about Mrs. Frater, poor girl, is she really dead?" inquired Nancy, crossing the conversation. "Poor girl!" said Jimmie. "I pictured her as fat, fair and fifty-five. A typical cook. What is she like?"

"Not that," laughed Nancy. "She might be 27. She is not bad-looking five days between application and issuance of marriage licenses."

"I believe it is known definitely," he wrote, "where the vice-president's sister is going to sit. It will be impossible for many social-minded Washingtonians to shine properly in society in accordance with their social and financial ambitions."

All Washington knows that the man who is called "Old George" does not now and never has had any social ambitions. Hearty in his second decade of office hours at the capitol, in fact, he has been described as one of the loneliest men in Washington.

Give him his favorite pipe, plenty of tobacco and cigars and he is content. He has said that the most attractive thing about a dinner he could think of is to be able to walk into a restaurant, order what he pleased, and not look on the opposite side to see how much it costs.

Milk fish raised in tidal ponds near Manila, P. I., has an annual harvest value of more than \$3,000,000. Ventura county, California, marketed 1,000 tons of by-products of lemons in 1930.

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Copy for this Column must be in by 9 a. m.

NOTICE TO CREDITORS The undersigned have been appointed by the County Court of the State of Oregon for Union County, as the Executors of the estate of Alford E. Hartley, deceased. All persons having claims against the said estate are hereby directed to present them to the undersigned at Cove, Oregon, within six months from the date of this notice.

Dated February 16th, 1931. CHARLOTTE WALL HARTLEY, EMERY A. HARTLEY, Executors of the Estate of Alford E. Hartley, deceased. H. E. DIXON, Attorney for Executors, La Grande, Oregon. Feb. 16-23, Mar. 2-9-16.

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Notice of Final Account Notice is hereby given that the undersigned administrator with will annexed of the estate of Matthew Wells Mitchell, deceased, has filed her final account in the County Court of Union County, Oregon, and said Court has set March 2, 1931, at 10 a. m. at the County Court Room in La Grande, Union County, Oregon, as the time and place to hear objections to and for consideration of said final account. LILLIE F. BROWN, Administrator. Cove, Oregon. Feb. 2-9-16-23.

Mail Pilot Killed ATLANTA, Feb. 16.—The roster of mail pilots skimming across Southern skyways today was stripped of a resourceful pioneer. Johnny Kyle, frequent encounter with the elements, was killed at Candler field yesterday before a crowd of several hundred persons.

Travelling a treacherous night route between Atlanta and Richmond for the Eastern Air Transport company Kyle was rounding out three years as a mail flier which saw him gain much respect in the Caterpillar club. In September, 1929, he took to his parachute near Crew, Va., and landed safely although his ship, dry of gasoline, was destroyed.

During a night rainstorm May 2, 1929, his plane roared into the side of Stone Mountain near here. The machine was wrecked, but Kyle survived a split lip and a broken finger.

Another mountain fell the impact of Kyle's plane on August 18, 1928, when he plunged into one near Old Fort, N. Carolina. Both wings were stripped from his ship but the mail was saved.

In Washington By Herbert Plummer WASHINGTON — There are few things more capable of exciting the disdain of Senator Norris of Nebraska than "socialism" as it is conducted in Washington.

The social scheme of the capital really irks him almost as much as his pet aversion—the "power trust." During a recent visit to the capitol at what he calls "his great mysterious social sham."

His recognized wit and humor, his art of ridicule, have been turned more than 180 degrees in this direction, and each time everybody chuckles.

Back in the days when Dolly Gann was engaged in a controversy as to where she should sit at official functions, he almost convulsed the capital with a jocular letter to the secretary of state, demanding that Stimson hurry his decision in the matter so that official society might be relieved of the "social" suspense in which it now finds itself.

No Social Yearnings "It is well known definitely," he wrote, "where the vice-president's sister is going to sit. It will be impossible for many social-minded Washingtonians to shine properly in society in accordance with their social and financial ambitions."

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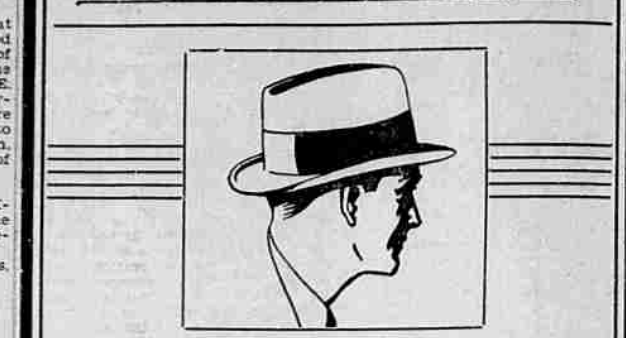
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The kind of hat that gives men that distinguished look — full of style and built for quality — jaunty snap brims with raw edges — also roll brims — and a five dollar bill buys any of them.

Grande, Union County, Oregon, sell to the highest bidder for cash in hand, subject to redemption, the following described real property and all of the title, right, interest and equity of the said defendants and each of them, in and to the said described real property, on the date of the mortgage foreclosed in said suit or since acquired therein or thereto, or that they now have therein or thereto, to-wit:

A strip of land 10 feet wide by 110 feet deep of the northwest side of lot numbered nine (9) and a strip of land 10 feet wide by 110 feet deep off of the southeast side of lot numbered eight (8), in block numbered one hundred and fourteen (144), of Chaplin's Addition to the town of La Grande, Union County, Oregon, together with all the interest for or since acquired therein or thereto, and Annie Roesch in the brick wall on the southeast side of the building now on said premises, which wall is jointly owned with Ulrich Lotter, together with all the furniture and fixtures in said building now belonging to the said John LaBine.

The proceeds of said sale to be applied to the payment of the said judgment and decree after payment of the costs of sale of the said described premises. Dated at La Grande, Oregon, this 31st day of January, 1931. JESSE BRUSHGARS, Sheriff of Union County, Oregon. Dates of publication: Feb. 2, 9, 16, 23, March 2.

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