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RIPUBLIGAN
GLUB FORMED
Organization Adopted, ofticers Elected, Committee A Appointed and
Rousing Progam, all in Week.
 Tunary, Marvin Hedge, Jeen Dantar
and H. A. Daraall were appointed to



OREGOH NEWS MOTES OF.GENERAL INTEREST

| A cruise of the timber in Lake coun ty is being made for assessment purposes. |  |
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|  | Connervative estumates place the |
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| saturday broke |  |
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| on the sum |  |
| ach Timber comp | myrte |
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| educational bur | in <br> Heer |
|  | university at salem who |
| suectoo of he rrack and buldings |  |
|  | their relations with the in Dances are also torbiden |
| M nex |  |
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| Mrs. |  |
| der |  |
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|  | Here |
| Wells, state insurance commissioner, |  |
| tn a bulletin recentiy tasued. |  |
|  |  |
| ned at Lebanon September 27. | ${ }_{\text {chinte }}^{\text {cinit }}$ |
|  | when |
| e than 31 | Elmer McCor |
| me |  |
|  |  |
| ng its system in |  |
| douskas county court has |  |
| gh Pass Creek canyon so as to |  |
| nn the coi | the country. The pictures |
| The annual ploneer reuni |  |
| (outhern Oregon was to have been |  |
| has been postponed until october 5. |  |
| Earr G. Love, a convict, was shot | crst |
| and killed by guards of the state pri on when he attempted to escape tro | unth the tirst |
|  | time high |
| Hieve the congested condition |  |
| of the Bend schools the direet of the district have arranged to |  |
| det have arranged to has |  |
|  |  |
|  |  |
| an order for a carload of vetch | for |
| an at |  |
|  |  |
| Mining |  |
|  |  |
|  | ho, Vinegar and Cider company. Ther |
|  |  |
|  |  |
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Richest Woman Pecullar Character


all she disapproves, ber approving
grunt which goes as an indorsement.
form quite a contrast to the commor-
places intervewers usually have to



DRRNKNG WAIER WITH MEALS
IS SOMETMES BENEFICUL Occasionally one hears conflicting
aseertions in regard to the wholesomeness of the practice of drinking water at
meal time; these assertions being often
based upon hearray or unfounded im presions. Somewhat reeent physiologi-
cal studies indicate that while the drink-
ing of water with meals has no apparing of water with meals has no appar-
ent effect upon the utilization of the
fats, sugars and starches, its copions uee fats, sugars and starches, its copious use
does result in the better digestion and
atsorption of the ingested protein -that
tiseue building constitute which is the absorption of the ingested protein-that
tissue building constitute which is the
most abundant of the solids in lean meat. eqzs, and cheese, and that
constitutent which also characterizes
eartain The conclusion to be arrived at, then,
is that the use of water as a beverage is hat he ase of water as a beverage,
with meals, is desirable practice. It
may be added that drinking generous quantities of water during the conure of
the day is an important health measure the day is an important health measure
in the up-keep of the general health of
號 the body.
An unfor An unfortunate eating habit is that of
depending upon water as an aid to
swallowing food. If one has an swallowing food. Is one has not learned
to hororoughl masticate food-swallow-
ing it without the aid of a ing it without the aid of a beverage-
then it would seem wwse to subecribe to
the creed of the "dry eaters." -L. M.

The Beot, Double Stomach. In the first it stores awway the honengy t
so Industriously gathers up from the fowers until sach time as it it sem ready
to yleld it up. while the other stomach to yleld it up. Whtle the other stomach
is used stimply and solely for digestlon
 turns
turns
poant
trecto Dosit the honey it has gathered it con
tracts the muscles of the stomach, by
whed act the boney is ejected through
the manth. As to bee food, tis to varl the mouth, As to bee food, it is varl
ous in knde, conststing largely of the
honey it so patiently makes for others
"That land of oours was mighty poor When you bought its." a frrend of ourr
remarked to the wide a wake owner of remarked to the wlde awake owner of
a beatiful farm we passed the other
day, whereupon the owner dellivered bimself of a faithful saying and wor-
thy of all acceptation
ly mor migbty near.
"Youre mistalien," be sald.
 manage it tight this a true rule that
"there thore tin the man than xiere the
to the land"-Progresslve Farmer.

> superatitions of Royel sar, Napoleon, Bismareck

of "lucky" and "unlucky" days, Thurs-
day was the "untucks" day of Hery
VIIT of bla son Edy VIII, of bis son Edward and of his
daughters Mary and Ellumbeth. It the
strange that they should have died
upon thle day.

COUNTY AGENT
BUSY MIV
Helps Builds Silo, Inspects Potato Fields, Promotes Canning and Corn
Contests and Attends State Fair.
won first at our Counnty Fairm whill com-
vete Wednesday at the Stato Fair. They counties for the State Championship. Any person going to the State Fair
thould observe the four lots of five piza each shown by the Oregon Agricultural
College, which are the realt of an ex. College, which are the result of an ex.
perimental feeding trial. They will talk rimental feeding trial. They will talk
themselves.
8, B, Hall, County Agent.

