

Bed Should Surely Claim One-Third of Person's Life.

Not Much Difference as to What Particular Portion of the Night Is Devoted to Slumber, but Grab Off Enough.

For a long time and in the majority of places in this country it has been the habit to stay up late at night, and In some places the early morning hours have not been given much attention. Of course this refers principally to the larger towns and cities, and while there would of necessity be some people getting to work at seven o'clock the averege man or woman coming along at eight or even later would find things still in the cleaning-up and opening-up stage. Sunrise, on the mountains or at sea or in the rural districts, is an event worthy of attention and well rewards the early riser with its beauty and significance, but the early riser in the town or city has usually found everything untidy and must step over ash cans and dodge the sweepers and be satisfied with the sleepy grunts of workmen who are getting things into shape for the business of the day. It is anything but picturesque and is most unattractive.

decided that at least one-third of a person's life was properly spent in bed, and therefore, when the crowd stops up until midnight, it is healthy and wise to remain under cover, or anway on the pillows, until eight o'clock. The dancer or card-player '(certainly we mean bridge and other perfectly proper games), lingering for the last one step or the final hand, until one o'clock, should not be disturbed until nine. And so oh, according to the accepted plan of health and happiness. But taking the other side of the argument-or rather, reversing the program-let the average person retire at ten o'clock and rise at six.

Probably a whole lot of people will grumble at the schedule suggested, and done. We haven't been appointed sleep director yet, nor yet given the right to wake people up at a certain hour. A great deal has been done, however, in the last year that tends to a more reasonable sleeping and waking scheme. Through the winter and early spring two nights each week were allowed lim-Ited lighting only. This was calculated to send the people home earlier than usual, and served to keep some folks at home after dinner or supper, according to the designation of the evening meal. A great amount of fuel was saved, according to report, and up to date no damage has been reported to business, society or individuals,

The stores are closing early and the tendency seem to be for an early retirement generally. In Mlaml they are trying out a curfew-but it isn't a relatives and friends in this vireal curfew. It only refers to young cinity. He has a twenty day them. To make the misery should be elevated to tion, her friends say, folks under a certain age, and it won't amount to a great deal. The English understand that sauce should be provided of suitable strength for both the Library Chief Says Books Keep Yank gander and the geose, and in England the curfew law closes all places of amusement and all business enterprises at a certain reasonable time. Parents ere expected to take care of their young daughters and sons and themselves, The thearers and concert halls, restaurants and dance halls and recreation enterprises generally plan their programs to begin early and end in time for their patrons to get home considerably before midnight. There is no penalty for rising early in London or elsewhere, and the population, now very generally retiring about ten o'clock, is likely 90 per*cent up at 6 a. m. A very large per cent is certainly up at five o'clock and many at four, and some earlier. The eight hours mentioned is not a rigid rule of health or really beneficial to everybody. That it is enough for 90 per cent of the population of this country is certain, and thousands and thousands can live happily, beautifully and profitably with a smaller average of sleep. A few really need more than eight hours. Thomas A. Edison has been quoted as saying that four hours' sleep was sufficient-for him. Perhaps he said it, and possibly that is enough for some men at some period of their lives. The great big majority need more than four hours, and also can do very well with eight. It is then evident that by going to bed as early as ten o'clock and rising at six the worker will have a whole lot of morning time-the best always for work or pleasure or both.

Sublimity Shots

Wm. Hermens and Isadore Mr. and Mrs. Theodore Highberger, who live east of town, Bell returned Monday from an in our neighboring town of Stay-

were pleasantly surprised Thurs- over Sunday visit at O. A. C. William Hildesheim, who is A merry crowd of young folks day evening by their friends, neighbors and relatives, the ocanniversarp. As evening drew fol a visit.

near the visitors commenced coming and before long a full sized celebration was under way. The rvening was spent in playing games, cards and dancing. Excellent, refreshments were served to which ample justice was done. The guests departed at a late hour, wishing Mr. and Mrs. Highberger many more years of happy married life. Among those present were: Mr. and Mrs. Nick Heuberger, Joseph Heuberger, Mr. and Mrs. ing. Joseph Etzel and child, Mr. and Mrs. Albert Weidner and chil- eph Odenthal, George Welter, dren, Mr. and Mrs. Ed Highber- Miss Margaret Gries and Miss ger, Mr. and Mrs. Peter Bark- Agnes Boedigheimer motored to

Mrs. August Albus, Mr. and Whoever it was who discovered sleep Mrs. Ed Tate and family, Mr. day, Nov. 20th, for the benefit ever, as his parents had received and Mrs. Joseph Zuber and family, Wm. Van Handel and family. Mr. and Mrs. Bert Branch The hall was prettily decorated he was in good health, they are and family, Mr. and Mrs. Roy Orren and family, Mr. and Mrs. Ben Gescher and frmily, Mr. and Mrs. Joseph Hildesheim and family, Misses Theresa Heuberger, Dora and Katie Albus, Edna Tate, Lucy Staiger, Agnes Bock, Anna Levermann, Margaret Griss, Edith Hurt, Nettie Van Handel, Messrs, Gust Hen-

dricks, Nick Heuberger, Jr., we don't pretend to say that it must be John Albus, Peter Gries, Joseph and William Odenthal. Lawrence Smith, Lawrence Van Handel, and the jubilarians. Mr and Mrs. Highberger, and family.

> The Sublimity schools reopened classes Monday, November 18th, after being closed three weeks on account of the influerza epidemic.

John Gray is on the sick list writing.

Feter Welter, Jr., who is with the merchant marine, is visiting furlough.

James Ripp has purchased the However, as it was moonlight Sestak & Thomas phone and in- they got through all right, even stalled it in the Ripp home. if they got here a little late,

ton Tuesday

business trip to Portland in the dancing. A good time is reportinterest of the firm. He return- ed by all present. ed Tuesday.

home Saturday and Sunday.

Andrew Larsen, William Odenthal, Lawrence Smith and Edward Bell attended the Victory dance at Turner Saturday even-

Joseph and James Ripp, Josmeyer and daughter, Mr. and Salem Sunday evening. _

> of the Patriotic Home League, a letter from him under date of was attended by a large crowd. Oct. 16, in which he stated that with the national colors. The trying to ascertain the correctorchestra from Silverton furnish- ness of the report and are hoped first c'ass music and gave ing that there may be some misgeneral satitfaction.

Sestak & Thomas are moving their meat market building north several feet, as it occupied part of the street. Their intention is to build a cement sidewalk on that side of it. Joseph Breitenstein and Joseph Koenig on that side of the street.

Mr. and Mrs. George Glover returned Monday from their ranch near the coast, where they have been for some time.

Miss Teckla Roeser and Miss Marie Schulte were Stayton visitors Friday.

The orchestra from Silverton, on Wednesday of last week. complete a tire also went flat.

HOGS

Joseph Susbauer was a caller

with the army at Camp Lewis, attended the party held at the casion being their 25th wedding was home Saturday and Sunday Alva Smith home west of town Sunday night. The evening Geo. Bell left Sunday on a was spent in playing games and

Mr. and Mrs. Zimmerman of Sim Etzel, who is attending Portland are visiting at the home the Studegts Army Training of Mrs. Zimmerman's parents, Corps at Corvallis, visited at Mr. and Mrs. Joseph Susbauer,

> Sublimity has been in darkness since Sunday, Nov. 10th. on which date the electric light plant at Stayton went out of commission. The people got out their coal oil lamps and John D. has again come into his own. However, here's hoping that things will "brighten up" soon. Word has been received that Mrs. Henry Miller's nephew,

Ernest E. Eckerlin, had died in The dance given on Wednes- France on October 5th. How-

> When She Goes After an Offender, He Had Better Surrender Peacefully.

take.

Coleman, Tex.--Mrs. John R. Bannister is the new sheriff of Coleman county. All who know her say that have alrecdy built cement walks when she buckles on her six-shooter and goes out to make an arrest the offender had better make peaceful surrender if he knows what is good for him. It is not meant by this that Mrs. Bannister is a woman of the roughman type-on the contrary she is unassuming, quiet and prepossessing in looks. The sum and substance of it is that she belongs to a stock of westerners that does not know what fear is when it comes to fulfilling what she believes to be her official duty.

Mrs. Bannister's husband, Captain but is reported improved at this which played for the dance here Bannister, who died recently, was sheriff of Coleman county for many years. His wife assisted him in his work in was in hard luck coming down. many ways and is said to be thorough-Their lights went out and they ly familiar with the details of the ofhad to drive eight miles without fice. It was but natural that she should be elevated to the vacant post-

HOGS

Stayton, Oregon

Dec. 1

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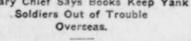
Slippers Made From Hats.

00 Now it happened, over there, that, though army hats were plentiful enough, hospital bedroom slippers were very, very scarce. It took a long leap of salvage ingenuity to take apparel from the head of a man and put it on his feet. But that is what the army did. With dies it cut the brims of the old army bat, which was then usually on the road to ruin, into shape of the Ce human foot, stitched two layers together, stitched them back and forth. as is done with Japanese slippers, turned the fragments into heels, turned the crown into tips, used bits of uniform for the uppers and sent off to the Red Cross a prodigious sapply of bedroom slippers .-- Donald Wilhelm in Harper's Magazine.

C.

Rolling a Plane.

To "roll" an nirplane is to turn it 0000 over sideways while fiving. The pilot continues rolling until the machine is flying level again. The stunt is practically a sidewise loop.



New York .- Declaring that the "leisure hour of the American overseas is the hour of greatest moral peril," and that good reading does much to keep lonely soldiers straight. Dr. M. L. Rainey, field manager of the American Library association, has reported to the New York state branch how soldiers, sailors and social workers have been provided with good reading matter. Doctor Rainey said that in ten months the association has established 42 libraries for the army and stocked them with 600,000 books and 2,000,000 magazines, all of which had been contributed. The working force consisted of 318 persons, one-

third of whom served without pay,

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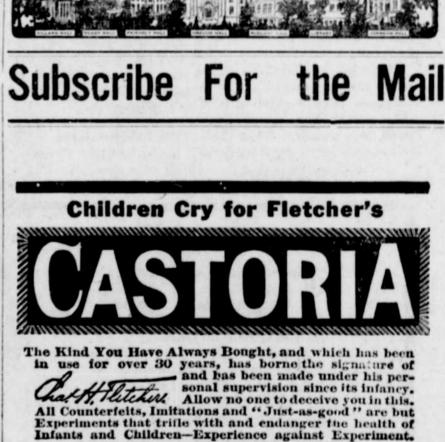
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Nov. 30

Don't wait Come early in the Season an last but not least, come early in the day, for weak evening lights.

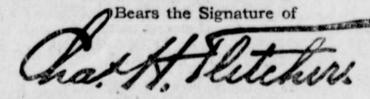
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