

Appeal for Children of Central Oregon

EDITOR JOURNAL:
We need help to begin a philanthropic and educational scheme for the children of the scattered ranches of Central Oregon. Although district schools are provided by the state, they are so far away from the children's homes that few can attend them for many months in the year. Most of these country children, therefore, receive only six months' teaching in each year, and that generally by young and inexperienced teachers who are constantly changing.

Sunday schools are almost impossible and church services very rare. Many districts are still without schools at all, so the greater number of these children of Central Oregon are growing up with no religious instruction and very little moral training.

The sheriff's report in the Crook County Journal states that, "Improvements are needed in the county jail, for crime is on the increase in Central Oregon. A young lad is caught derailing trains and says he did it to see what would happen. Three school girls are charged with altering money orders sent them by their parents. Their excuse is, 'We knew it was not exactly right, but did not know it was so very wrong.' Immorality is also becoming more prevalent.

We propose to build and furnish a number of cottages near the Post school house. These will be for the accommodation of the children (mothers, too, if they wish,) of distant ranches. And thus will be gathered a nucleus of children in a central boarding home. A really first-class educator can then be given them in the district school, for increased members means money for experienced teachers.

On Sunday church services and Sunday school will be arranged for. A committee is being formed to carry out this plan. A sum of at least \$500 is needed at once to build and furnish one or two cottages to be ready by September.

And if our wealthy brothers in Oregon will respond to this appeal, money is also being asked for to form an endowment fund for giving free board and residence to the children of poor struggling homesteaders, and making a charge of food expenses only for all other children.

Having been offered the position of teacher for the Post school, we ourselves will offer \$100 out of our salary if others will also help on this scheme.

Mrs. L. A. HOLLOWAY, M. A.

His Hilarious Outburst.
There is a doleful looking but substantial Scot living in London whose business ability is above the average, but everything he does is done with the glum and melancholy air of a man constantly wrestling with some problem of the soul. He rarely speaks unless spoken to. He never smiles, and his eyes have a fixed but intense expression. One day he was returning to London with several companions. The whole party were Scotch, but the glum man's companions were of general type. One of them told a humorous tale, over which the rest laughed up-

HEALTH HINT FOR TODAY.
Cleansing Nose and Throat.
A famous throat doctor who cares for the vocal organs of many of the greatest of our opera singers makes the unqualified statement that if throats and noses were systematically cleansed many illnesses, including bronchitis, catarrh and consumption, would be averted.

A salt water douche and gargle to cleanse the throat and nose thoroughly should be used, he declares, at least twice a day.

"Fill a wide mouthed bottle," he advises, "holding a pint, with boiled water and add to it a teaspoonful of common sea salt. When you rise in the morning and when you retire at night, after gargling the throat with the solution, fill the hollow of the hand with it and draw it up the nose, throwing the head back. This last should be done carefully. It will cause coughing, but will completely clear all the little spaces and intricate passages of the nose and throat."

HEALTH HINT FOR TODAY.
Animal Food.
Letting alone its inadvisability when you are ill, there is no doubt that in the case of the majority of healthy persons the less the quantity of animal food in the diet, when this is replaced by suitable nonanimal food, the better do the qualities of mental and muscular endurance become and the less the tendency to organic disease of every description. This is no evidence that a small quantity of animal food will directly cause organic disease or that nonanimal food will prevent it. But it would seem to indicate that harm from over-eating is more likely to be caused by animal foods than by non-animal foods and that if the body is inefficient from any cause nonanimal foods are better. This is especially true as one becomes older and the body less efficient from that cause.

One of the main arguments against meat as a staple diet, provided that it is fresh and clean, is that it gives the internal organs, liver and kidneys, much more work than is necessary, while not improving one's health and strength in a corresponding degree. So if you are not as healthy as you might be and you want to make everything favorable to improving yourself, or if you are healthy and want to live long and do the best work you are capable of, then abstain from meat, or at least cut it down so that it is but a flavor in your staple diet.

HEALTH HINT FOR TODAY.
Tooth Powders.
Unless one knows of what they are made tooth powders must be used with caution. Precipitate chalk is good, and it may be perfumed as one chooses. There are several excellent tooth powders on the market, and chalk, variously "doctored," is the basis of some of them. It is admirable for the teeth. Persons who have trouble with softness of the teeth are often advised to wash the mouth out night and morning with milk of magnesia. It is said to have a very good effect upon the teeth and gums.

Washing the mouth with a weak solution of salt and water is also excellent. The breath may be sweetened and the teeth helped by washing the mouth two or three times a day in water to which has been added a tablespoonful of lime-water. Tartar can occasionally be removed from the teeth by rubbing them with a stick dipped in lemon juice, and a stick dampened and dipped in powdered pumice is good for taking spots from the teeth.

HEALTH HINT FOR TODAY.
Sleeping in the Open.
It is better to sleep on a sleeping porch that is screened in than it is to sleep inside of a room, however wide open the windows may be kept. But it is still better to sleep on the porch which is not screened in at all or on the roof under the open sky, where the air may circulate most freely about the body. The person who becomes accustomed to sleeping out will find that he requires no more coverings than he would in the house. In fact, on a chilly night he will be likely to find himself much colder in his chamber than he will be in his porch or roof bedroom. The free circulation of air about the body is instrumental in creating warmth. The warmth is also greater inside of the body by reason of a large absorption of oxygen.

HEALTH HINT FOR TODAY.
STERILIZED LINEN.
When There's a Contagious Disease in the House Look Out For Bedclothes.

When there has been serious illness in the home and while there is serious illness one of the most important things to do is to thoroughly sterilize the linen—not only the bed linen, but all handkerchiefs, towels and everything with which the patient has come or is constantly coming in contact with.

The moment that linen is removed from a sickbed it should be put in cold water and kept there until time for washing. In water it becomes quite harmless, and absolutely all danger from it is eliminated.

One great trouble is that doctors who advise soaking the linen in various germ killing solutions or promptly boiling the linen do not realize that all stains in the linen will under such conditions be made practically indelible. Of course every housewife prides herself upon her spotless linen, and to stain a great quantity of it is, in her mind, a catastrophe.

When the doctor says, "Soak your linen in this or that preparation," or "Boil all the linen at once, long and thoroughly," he does not realize that this will prevent any stains on the linen from ever coming out.

Practically all trained nurses today in private families know this is not necessary. They know that such linen put in water and kept in water will remain quite harmless. After the linen has thoroughly soaked the laundress may easily wash out the stains before putting such linen into the hot water for boiling or before soaking in some germ destroying preparation. As a matter of fact, no germicide is needed. A long and thorough boiling of this linen will serve that purpose and kill every germ that lurks in the folds or meshes of the cloth.

WHAT TO DO WITH EGGS.
Recipes Particularly Good For Tea Room Service.
Eggs opera are especially good for tea room service, and now that so many of these places of refreshment are run by women all over the country the recipe may be of interest. Butter an individual shirring dish; break two eggs into it; set the dish into a moderate oven to remain until the egg white is slightly coagulated through-out. Set the dish on a breakfast plate; on one side of the eggs in the dish dispose half a dozen cooked stalks of asparagus.

EGGS OPERA AND EGGS A LA DAUPHINE.
paragus, a teaspoonful of Hollandaise sauce above, and on the other side of the eggs group cubes of calf's liver broiled on one or two skewers and serve at once. To cook the liver pour boiling water over a slice of liver, cut a scant three-fourths of an inch thick, then cut in cubes. Butter one or two skewers and run them through the cubes. Broil over a moderate fire about four minutes, turning each ten seconds. Push from the skewer to the side of the egg.

Set two small slices of toasted bread, well buttered, on a serving dish. Above dispose about eighteen hot, cooked asparagus tips. Above the tips set two poached eggs. Pour over the whole a scant cup of Madeira sauce, in which six or eight peeled mushroom caps (sliced or not have been simmered about ten minutes.

How One Woman Manages.
Owing to the fact that the maid is usually away on Sunday evening the duty of preparing this informal meal falls on the house mother. In a certain household the little daughters are permitted to take turns at preparing supper, with the understanding that it must be limited to sandwiches or an equivalent, cake, fruit, tea or chocolate.

"They are not allowed," she explained, "to serve anything heavier, not only because it is undesirable, but because they might attempt to outdo each other in elaborate dishes and thus turn what they now call 'sport' into a burden that would dampen their youthful ardor. They enjoy making sandwiches, and cookbooks are explored for new ways of making them, which, by the way, are endless. Of course I am taken into their confidence, but the rest of the family are not allowed to know what awaits them for supper. And I keep up their interest by letting them have freedom of choice in the purchase and preparation of food materials, for I recall how I hated this work when a girl because I was told what to prepare by my mother."

Care of Aluminium Ware.
There are two kinds of aluminium ware, the "spun" and the "cast." The spun is much lighter and should be chosen for light weight utensils and not for frying pans or serviceable kettles. Never use any alkali in water in which aluminium is washed. It will cause the outer surface to become dark. Polish nice ware weekly with a good whiting or silver cream, and the ware retains its luster longer.

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Bobby's Beautiful Thought.

Bobby—Uncle, couldn't a fellow have a fine Sunday's dinner if he was as hungry as me an' as roomy as you—London Tit-Bits.

Plausible.

The Customer—Is that a real ostrich feather?
The Salesman—What, for tenpence? Oh, no, madam; "ostrich" is merely its name de plumet!—London Sketch.

Excellent.

"Do you know a good preventive for seasickness?"
"Yes."
"What is it?"
"R e m a i n ashore."
Even So.

Successful.

"The devil is generally in good humor."
"He has reason to be."
"Why?"
"Because he has the majority of us working for him to beat the band."

Opulent.

"Are you making anything this season, John?"
"Yes."
"What?"
"A big bluff."

Opulent.

"Is Brown rich?"
"Rich?"
"Yes."
"I should think he is. Why, his wife has an operation every year, just as some women go to the sanatorium."

WASTED OPPORTUNITIES.
God is in politics. God is in government. He always has been, and He always will be. All service in the twentieth century is somehow connected with government. We are on the threshold of an age in which the teachings of Jesus are at last to get into government. What happened to the prodigal son has happened to a whole race of humanity. We have run riot in individualism, in materialism, in selfishness, until now we are reduced to the husks. We are beginning to see at last that man cannot live by bread alone. The mission of the church is to inspire. We are beginning to see that life is growth in service. The only hell that we can conceive of in this life or in the next is the spectacle of wasted opportunities.—Winston Churchill.

Sheriff's Sale of Real Estate Under Execution in Foreclosure.
In the circuit court of the state of Oregon for the county of Crook.
J. W. Boone, plaintiff,
vs.
Uri S. Minkler, defendant.

By virtue of an execution issued out of the above entitled court on the 6th day of May, 1913, in favor of the above named plaintiff, J. W. Boone, and against the above named defendant, Uri S. Minkler, upon a judgment against the defendant for the sum of \$1709.85 with interest thereon from the 6th day of May, 1913, at the rate of 10 per cent per annum, and \$150 attorney's fees, and the further sum of \$25 costs, which judgment was entered and docketed in the clerk's office of said court on the 12th day of May, 1913, and decreed by the court that Lots two and three and the east half of the southwest quarter of section eighteen, township fifteen south, range seventeen east of the Willamette Meridian in Crook county, state of Oregon, be sold in the manner prescribed by law, notice is hereby given that I have levied upon and I will, on the

Ordinance No. 204.
An ordinance providing for the laying and constructing of cement sidewalks and cross walks on both sides of "A" Street, between Second Street and Fifth Street, in Prineville, Oregon, and designating the manner of paying for same.

The people of the City of Prineville, Oregon, do ordain as follows:

SECTION ONE.
That within ninety days after the passage of this ordinance, a cement sidewalk and curb be laid on both sides of "A" Street, between the curb line on the north side of Second Street and the curb line on the south side of Fifth Street, in Prineville, Oregon, and that the costs and expenses of the building and laying of such walk and curb be charged against and made a lien upon all lots, parcels of land and adjoining real estate, directly benefited thereby, for the full cost of building and laying the same, and that the said costs shall be collected in the same manner as costs are collected in making street improvements.

Provided, however, that the property owners affected by this ordinance shall be allowed thirty days after the passage of this ordinance to elect whether they will build their respective portions of said walk or not, and in all cases where no notification of election to build shall be filed by said property owners in writing with the Recorder within said thirty days, the City shall proceed at once to build said walks and charge costs of same to the property owners affected as above outlined.

SECTION TWO.
That the said sidewalks shall be connected with proper cross walks to be built by the City, and costs of building and laying of same to be paid out of the general funds of said City.

SECTION THREE.
That the said sidewalks and cross walks, whether built by the city or the property owners, shall be laid and constructed in accordance with the City ordinance or ordinance and in accordance with the plans and specifications adopted by the City Council, and on file with the City Recorder of the City of Prineville, Oregon.

Passed by the City Council on the 9th day of June, A. D. 1913, after the third reading.
Approved by the Mayor this, the 9th day of June, A. D. 1913.
G. N. CLIFTON,
Mayor of the City of Prineville, Ore.
Attest: A. R. BOWMAN,
[Seal] City Recorder.

HAVE YOU Filed your Deed? Of Course. HAVE YOU An Abstract?
Certainly everyone has an abstract now. Do you know where your corners are. Well, No, Not exactly.

Brewster Engineering Company, Prineville, Oregon, will locate them for you and guarantee the work. Surveying, Platting, Irrigation Engineering. Phone Pioneer 204.

L.O.O.F. Lodge meets every Tuesday night.
Strangers welcome.
Geo. Noble, N. G.; Bert Barnes, V. G.; T. L. Coon, Sec.; C. B. Diswidie, Treas.

Professional Cards.
W. P. MYERS N. G. WALLACE
MYERS & WALLACE
Lawyers
Kamstra Bld'g, Prineville, Ore

The J. H. Haner Abstract Co.
Incorporated
Prineville, Ore.
Farm Loans. Bonds.

Prof. A. W. Grater,
Divine Healer
Office in Morris Building three doors south of Journal office.
Prineville, Oregon

D. H. PEOPLES
Civil and Irrigation Engineer
Room 11 Adamson Bld'g
Prineville, Ore.

Dr. Howard Gove
Dentist.
Crook County Bank Building

J. K. Rosenberg
Physician and Surgeon
Calls answered promptly day or night
Office two doors south of Adamson's Drug Store. Residence corner 1st and Main Streets.
Prineville, Oregon.

Chas. S. Edwards R. P. Belknap
OCCULISTS
Belknap & Edwards
Physicians and Surgeons.
(County Physician.)
Prineville, Oregon

T. E. J. DUFFY
Attorney-at-Law
(Successor to W. A. Bell)
PRINEVILLE OREGON

C. C. Briz
Attorney-at-Law
Real Estate
Cornett Building, Room 6
Prineville, Oregon

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Prineville, Oregon

W. A. BELL
Lawyer
The Dalles Oregon

M. R. Elliott,
Attorney-at-Law
Prineville, Oregon

Willard H. Wirtz
Attorney-at-Law.
Office in M. R. Biggs' office.
PRINEVILLE OREGON

M. E. Brink
Lawyer
A street, Prineville, Oregon.

J. Tregelles Fox
M. R. C. S. Eng; and L. S. A. London; License Oregon State Medical Board. Specialist in Surgery; Hygiene; Allimentary Canal; women and children's diseases, etc. Office and residence Third street near Court House, Tel. Pioneer. Calls answered promptly, night or day. Charges moderate

Report of the Condition
Of The First National Bank at Prineville, in the State of Oregon, at the Close of Business, June 4, 1913.

RESOURCES	
Loans and discounts	\$280,134.37
Overdrafts secured and unsecured	14,105.47
U. S. Bonds to secure circulation	12,500.00
Bonds, securities, etc.	3,869.75
Banking house, furniture and fixtures	12,516.27
Other real estate owned	2,700.00
Due from National Banks (not reserve agents)	53,222.61
Due from State and Private Banks and Bankers, Trust Companies and Savings Banks	673.67
Due from approved Reserve Agents	126,494.19
Checks and other Cash Items	6,078.74
Notes of other National Banks	3,170.00
Fractional paper currency, nickels and cents	115.45
Lawful money Reserve in Bank viz: specie	\$28,514.00
Redemption fund with U. S. Treasurer (5 per cent of circulation)	825.00
Total	\$445,020.47
LIABILITIES	
Capital stock paid in	\$ 50,000.00
Surplus fund	50,000.00
Undivided profits, less expenses and taxes paid	64,975.09
National Bank Notes outstanding	5,700.00
Due to state and private banks	
Dividends unpaid	100.00
Individual deposits subject to check	372,517.24
Demand certificates of deposit	11,628.14
Total	\$445,020.47

I, T. M. BALDWIN, Cashier of the above-named bank, do solemnly swear that the above statement is true to the best of my knowledge and belief.
T. M. BALDWIN,
Cashier.

Subscribed and sworn to before me this 16th day of June, 1913.
M. E. Brink,
Notary Public.

CORRECT—Attest:
CARRY W. FOSTER
G. W. NOBLE } Directors
T. H. LAPOLETTE }

HE TOOK ONE ASIDE.
Fearfully. Not so the human problem. He sat in a corner of the railway carriage glowering at his mirthful friends. Half an hour afterward, however, when all were standing at a street corner before separating, he took one aside and said solemnly and slowly: "Ye would observe that I did na' laugh at yond' story. Well, I saw the joke. Ye might not think it, but I have a keen sense of humor."

Genes and Glass