

HEALTH HINT FOR TODAY.

Keep Your Mouth Clean.

The mouth is the most neglected and ill kept organ of the human body. Some authorities assert that our neglected and misused mouths are responsible for more human ills and losses of working efficiency than any other one organ in the body. Care of the teeth cannot be taught too soon. Children in school should be taught the care and proper use of the "human grinding machine." This is particularly true where children are not taught a few simple, regular habits about cleaning and brushing the teeth at home. Toothbrush drills are a regular course in some of our larger city schools. They should be in every school.

HEALTH HINT FOR TODAY.

Hot Baths For Pneumonia.

The method of using hot baths in pneumonia consists in immersing the body completely in water at 40 to 42 degrees C. and applying a napkin soaked in cold water to the head to prevent cranial congestion. Two baths of ten minutes' duration are given daily, and after each the patient is quickly dried and returned to bed, where he rests for half to one hour, after which a flannel shirt is put on until the next bath. Profuse sweating results, and, though the method is said to be painful, the results are excellent. The general condition improves rapidly, delirious patients are rendered quiet, and the sleepless obtain sleep soon after the bath. The method is unsuitable for children.

HEALTH HINT FOR TODAY.

Rules For Aiding Victim of Electric Shock.

Rest the palms of your hands on his loins on the muscles of the small of the back, with thumbs nearly touching each other and with fingers spread over the lowest ribs. With arms held straight, swing forward slowly, so that the weight of your body is gradually brought to bear upon the subject. This operation, which should take from two to three seconds, must not be violent, as internal organs may be injured. The lower part of the chest and also the stomach are thus compressed, and air is forced out of the lungs. Artificial respiration should be begun before any attempts are made to loosen the subject's clothing. This may be done by an assistant while it is going on. The artificial respiration should be continued without interruption for at least two hours or until a doctor arrives. No liquid should be introduced into the patient's mouth until he is fully conscious.

HEALTH HINT FOR TODAY.

Prevention of Auto-intoxication.

The germs which are always found in putrefying food material, inside or out of the alimentary canal, are the necessary accompaniment of putrefaction, and the question may be raised whether more harm than good may not be done by preventing the growth of these bacteria, which are in reality scavengers. The natural way to overcome auto-intoxication is not to produce it by eating improper food and then correct it by the growth of bacteria in the intestines antagonistic to the injurious bacteria, but to adopt such a dietary and to eat in such a manner as to prevent the auto-intoxication which follows wrong diet. In the prevention of auto-intoxication the maintenance of a right mental attitude, proper exercise and other means affecting elimination, also through mastication, are important factors as well as diet.

HEALTH HINT FOR TODAY.

Medicinal Value of Apples.

People ought to know that a good thing is to eat apples just before retiring for the night. Persons uninitiated in the mysteries of the fruit are liable to throw up their hands in horror at the visions of dyspepsia which such a suggestion may summon up, but no harm can come even to a delicate system by the eating of ripe and juicy apples before going to bed. The apple is excellent brain food because it has more phosphoric acid in easily digested shape than any other fruit. It excites action of the liver, promotes sound and healthful sleep and thoroughly disinfects the mouth. This is not all. The apple prevents indigestion and throat diseases.

HEALTH HINT FOR TODAY.

Care of Babies.

Watch especially the nose and eyes of the child. If the child has a bad cough do not let it be neglected, but take the baby at once to a doctor for treatment. Symptoms of serious bronchial disorders are usually evident at the start, and much sickness can be avoided by proper precautionary measures.

Give the babies plenty of fresh air, but do not let them become chilled. Watch the eyes and ears for any signs of soreness and have such ailments promptly remedied. Do not let a slight cold develop into a greater one that may lead suddenly to membranous croup or diphtheria.

Cleanliness and scrupulous care of the baby's eyes, ears, nose and throat mean the saving of many hours of worry for you and perhaps even the life of the child. Do not bundle up the baby too much simply because it is winter. Simply make sure the child is warmly clad.

HEALTH HINT FOR TODAY.

Household Liniment.

For a good all round household liniment which will keep and not require bottling the following is very useful: Bring one quart of clean soft water to the boiling point, add one pound of good white soap, shaved very thin; stir until smooth. Dissolve two ounces of crumbled camphor gum in one pint of turpentine. While the soap mixture is hot add the turpentine in which the camphor gum has been dissolved; stir until cool. This may then be poured into glass jars. For about 50 cents a large quantity of good "solid" liniment may be made. When using rub well into the affected part.

HEALTH HINT FOR TODAY.

Instinct in Eating.

Appetite should be the guide to what to eat. Serious injury results from interfering with the normal exercise of the appetites in many respects. We should follow nature. We should allow the instinctive desire for food free exercise within the scope which reason teaches us to be beneficial. While harm may be done by the suggestion that we must be careful to avoid injury from wrong eating, much good can result from knowing that we can select food wisely and influence good nutrition by the exercise of reason—as, for instance, in mastication. One can decide to chew three times as much as he has been in the habit of doing, and knowing that this will improve nutrition is a source of good suggestion, though the practice should be reduced to a habit requiring no special effort. If we admit that reason should not control in the selection of food we must admit that it should not control in the selection of thought; that we should think what we like, good or bad. Sanity and success lie in the proper balance of the objective and the subjective, reason and instinct.

HEALTH HINT FOR TODAY.

Cure For Headache.

A nervous headache may frequently be cured by several slices of lemon in a cup of strong tea, and a bilious headache is almost invariably put to rout by a tablespoonful of lemon juice in a cup of black coffee. The juice of half a lemon in a cup of hot water first thing in the morning is an excellent liver corrective.

HEALTH HINT FOR TODAY.

Sugar Foods.

The latest result of Professor Metchnikoff's experiments is that the injurious effects of auto-intoxication from the absorption of poisons generated in the lower intestine can be avoided by the use of sugar foods, the best for this purpose being, according to his tests, beets and dates. But he says sugar is so quickly absorbed that it cannot reach the lower intestine, where it is needed. This is true when the ordinary method of eating is followed, taking the heavier foods with only a small amount of sugar fruits. But if the latter are the major portion of the diet, making the evening meal of prunes, figs, dates and raisins, or if rice and raisins in equal parts, the sugar, constituting nearly all of the meal, will reach the lower intestine. With acid fruits for breakfast a simple proteid meal at midday and the supper of sugar fruits there will be little if any auto-intoxication, and with the system adapted to it great health improvement is certain to follow.

Wonderful, Wonderful!



Mrs. Asker—Has Van Dusen many family heirlooms?

Asker—A few. He has the style graphic pen his great-grandfather signed the Declaration of Independence with and the safety razor presented to him by Lafayette.—New York Globe.

A Broad Understanding.



"Now, look here, wife! You have got to cut out this extravagance! From now on I am going to put down my foot on all unnecessary expenses." "Huh! Your foot will more than cover all expenses!"—Chicago News.

Wish Was Father to the Thought.



"Excuse me; I thought it was somebody else." "No apology necessary. I wish it was."—Pittsburgh Press.

Mutual Desire.



"At last," he sighed, "we're alone. I've been hoping for this chance." "So have I," said she very frankly. "Ah! You have guessed, then, that I wanted to tell you that I love you?" "Yes. And I want to say 'No' and get it over with."—Philadelphia Ledger.

What's the Difference?



"But you can't shoot before the season opens." "It makes no difference. I never hit anything anyway."—Pittsburgh Dispatch.

So Generous!



She—Mrs. Grouch says she'll give us just six months to live together. He—Dear old optimistic soul!—New York Globe.

Notice of Contest
Department of the Interior,
U. S. Land Office, The Dalles, Ore.
February 27, 1914.
To Mabel A. Simons of Held, Oregon, contestee:

You are hereby notified that George McVey, who gives care T. E. J. Duffy, Prineville, Oregon, as his postoffice address, did on February 24, 1914, file in this office his duly corroborated application to contest and secure the cancellation of your homestead entry, serial No. 97797, made Dec. 9, 1910, for sw $\frac{1}{2}$ sec. 27, nw $\frac{1}{4}$ sec. 34, n $\frac{1}{2}$ sec. 34, township 18 north, range 20 east, Willamette Meridian, and as grounds for his contest he alleges that said Mabel A. Simons has wholly abandoned said tract of land for over three years last past; that she has wholly failed to reside upon, improve or cultivate the same as required by law for over three years last past or at all since making said entry.

You are, therefore, further notified that the said allegations will be taken as confessed, and your said entry will be canceled without further right to be heard, either before this office or on appeal, if you fail to file in this office within twenty days after the FOURTH publication of this notice, as shown below, your answer, under oath, specifically responding to these allegations of contest, together with due proof that you have served a copy of your answer on the said contestant either in person or by registered mail.

You should state in your answer the name of the postoffice to which you desire future notices to be sent to you. H. FRANK WOODCOCK, Register.

Date of first publication Mar. 5, 1914.
" " second " " 12, 1914.
" " third " " 19, 1914.
" " fourth " " 26, 1914.

Notice for Publication.
Department of the Interior,
U. S. Land Office at The Dalles, Ore.
February 19th, 1914.

Notice is hereby given that Charles W. Spring of Prineville, Oregon, who, on August 22, 1912, made Homestead Entry No. 010945, for n $\frac{1}{2}$ sec. 25, township 14 south, range 16 east, Willamette Meridian, has filed notice of intention to make final commutation proof to establish claim to the land above described, before Timothy E. J. Duffy, U. S. Commissioner, at Prineville, Oregon, on the 10th day of April, 1914.

Claimant names as witnesses: William H. Birdsong, Arthur R. Minkler, George W. Roberts, John A. Bostwick, all of Prineville, Oregon.
3-5 H. FRANK WOODCOCK, Register.

Notice for Publication
Department of the Interior
Not coal lands.
U. S. Land Office at Lakeview, Ore.
February 3d, 1914.

Notice is hereby given that Adna S. Fogg of Hampton, Oregon, who, on Feb. 21st, 1910, made homestead entry No. 03910, for w $\frac{1}{2}$ section 19, township 21 south, range 20 east, Willamette Meridian, has filed notice of intention to make three year proof, to establish claim to the land above described, before Chas. A. Sherman, United States Commissioner, at Pile, Oregon, on the 20th day of March, 1914.

Claimant names as witnesses: L. C. Peck, Burr Black, L. C. Miller, John O. Whitaker, all of Hampton, Oregon. JAS. F. BURGESS, Register.

Notice for Publication
Department of the Interior,
U. S. Land Office at The Dalles, Ore.
March 2nd, 1914.

Notice is hereby given that Alexander Rickman of Held, Oregon, who, on March 24th, 1910, made Homestead Entry No. 06309 for w $\frac{1}{2}$ sec. and e $\frac{1}{2}$ sec. 2, section 3, and on December 31st, 1910, made additional Homestead Entry No. 07890, for sec. 2, section 3, n $\frac{1}{2}$ sec. 3, and n $\frac{1}{2}$ sec. 10, township 19 south, range 19 east, Willamette Meridian, has filed notice of intention to make final three year proof to establish claim to the land above described before A. S. Fogg, U. S. Commissioner, at Hampton, Oregon, on the 10th day of April, 1914.

Claimant names as witnesses: Paul Held, Floyd Houston, John Holland, Shelle Holland, all of Held, Oregon. H. FRANK WOODCOCK, Register.

Notice for Publication
Department of the Interior,
U. S. Land Office at The Dalles, Ore.
March 2nd, 1914.

Notice is hereby given that Thomas N. Rickman of Held, Oregon, who, on March 21st, 1910, made Homestead Entry No. 00268 for sw $\frac{1}{2}$ sec. e $\frac{1}{2}$ sec. 1, and sw $\frac{1}{2}$ sec. 2 and on December 31st, 1910, made additional Homestead Entry No. 07891 for nw $\frac{1}{2}$ sec. sw $\frac{1}{2}$ sec. and lot 4, section 2 and lot 1, section 3, township 19 south, range 19 east, Willamette Meridian, has filed notice of intention to make final three year proof to establish claim to the land above described, before A. S. Fogg, U. S. Commissioner, at Hampton, Oregon, on the 10th day of April, 1914.

Claimant names as witnesses: Paul Held, Floyd Houston, John Holland, Shelle Holland, all of Held, Oregon. H. FRANK WOODCOCK, Register.

Notice
There will be a regular annual meeting of the Squaw Creek Irrigation Company at the courthouse in Prineville, Oregon, on Saturday, March 7, 1914, at 9 a. m., for the purpose of electing officers, for recapitalization, for the adjustment of the 1912 water rates, and for any other business that needs to be considered. The above meeting was voted at the November meeting.

E. T. SLAYTON, Secy.
February 12, 1914.

The piano has a beautiful tone.

Prineville Merc. Co. says, "Absolutely free to someone."

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Attorneys-at-Law
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Attorney-at-Law
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Chas. S. Edwards H. P. Balknap
OCCULISTS
Balknap & Edwards
Physicians and Surgeons.
(County Physician.)
Prineville, Oregon.

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

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

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

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Prineville, Oregon

W. A. BELL
Lawyer
The Dalles Oregon

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

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

Willard H. Wirtz
District Attorney
Office in Crook County Bank Bldg.
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Strangers welcome.
T. L. Coon, N. G.; Estes Short, V. G.;
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One piano vote with every
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Reasonable rates. Remember us when in
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Notice of Contest
Department of the Interior,
U. S. Land Office, Burns, Ore.
January 28, 1914.

To William T. D. Powell, contestee:
You are hereby notified that Joseph H. Roundtree, who gives Paulina, Crook county, Oregon, as his postoffice address, did on February 2, 1914, file in this office his duly corroborated application to contest and secure the cancellation of your Homestead, Serial No. 05365 made April 13, 1911, for w $\frac{1}{2}$ sec. and w $\frac{1}{2}$ sec. section 34, township 10 south, range 24 east, Willamette Meridian, and as grounds for his contest he alleges that W. T. D. Powell has wholly abandoned said tract for more than 12 months last past; that said tract is not settled upon and cultivated as required by law.

You are, therefore, further notified that the said allegations will be taken as confessed, and your said entry will be canceled without further right to be heard, either before this office or on appeal, if you fail to file in this office within twenty days after the FOURTH publication of this notice, as shown below, your answer, under oath, specifically responding to these allegations of contest, together with due proof that you have served a copy of your answer on the said contestant either in person or by registered mail.

You should state in your answer the name of the postoffice to which you desire future notices to be sent to you.

Wm. FARR, Register.
Date of first publication, Feb. 19 1914.
" " second " " 26, 1914.
" " third " " March 5, 1914.
Date of fourth " " 12, 1914.

Prineville Merc. Co. say, "The piano is fine."

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Finest Brands of Wines,
Liquors and Cigars.
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