

HEALTH HINT FOR TODAY.

Foul Air: Overpowers the sturdiest, Underwrites death, Loosens your hold on life. Annihilates health and happiness, Is no respecter of persons, Reduces earning power.

WHILE—

Pure Air: Upholds resistance to disease, Reddens blood, quickens steps, Energizes body and mind.

Accentuates the worth of living, Insures long life, Routens pneumonia and tuberculosis.

HEALTH HINT FOR TODAY.

Danger in Pat Drugs.

"Many chronic invalids," says Dr. D. H. Kress, "habitually take some pat drug, believing it to be the only thing that keeps them up, while it is, in fact, keeping them down. Some soda fountain drinks contain drugs. One who drinks one of these for a headache feels better, but he is not really better. People accustomed to taking such drugs imagine they cannot do without them. Most people want to feel well for the time being, whether they are well or not, and anything that will bring about this result, even temporarily, is welcomed. This is responsible for the prevalent use of patent medicines and drugs." It is a popular error that the mere banishing of pain is cure. The modern ideal of the healing art is not merely to remove the effect, but the cause. Stopping a headache, for instance, is not necessarily curing it. Pain is the cry of injured nerves, and to take some remedy that deadens the sensibility of the nervous system does not remove the cause of the headache, but injures the nervous system and tends to make it more necessary to use the drug again. Most people understand that it is not wise to take headache powders, but many do not understand that any drug that deadens pain or "relieves fatigue" is by that taken injurious. It is best to take no such remedy without the advice of a physician.

HEALTH HINT FOR TODAY.

Care of the Scalp.

When the hair begins to thin around the back of the neck and on the temples it is a danger signal. Use a hair tonic and massage the scalp every day. Don't rub the fingers over the scalp like mad and rub off what hair is inclined to stay or the new that is trying to grow. That is not massage. Place the fingers firmly on the scalp and with a rotary motion work all over the head, moving the scalp with every rotation of the fingers. It is necessary to keep the scalp fairly loose if you want the hair to grow.

HEALTH HINT FOR TODAY.

Worry in Sickness.

When an animal is sick it does not worry about it nor about the outcome. Its mental attitude does not hinder nature's healing processes. It goes into the sunshine, takes the rest cure and stops eating and recovers. But if we have rheumatism in one joint we expect other joints to become affected. We worry about it. It is, of course, well established that the right mental attitude assists in cure, and it is equally important to understand that the wrong mental attitude hinders health restoration. Reason, imagination and will power are big factors in the restoration and maintenance of health. Every one should know the laws of suggestion and apply them in relation to health. Discover what habits of living—exercise, breathing, diet, mental habits, especially—are conducive to health, live hygienically and expect health, happiness and success. The right mental attitude is vitally important.

HEALTH HINT FOR TODAY.

Turnips For Diabetes.

Turnips contain little nutriment in proportion to bulk, but are for this reason desirable in many cases where the cereals are not suitable on account of their greater tendency to fermentation. Turnips contain no starch and are therefore suitable in diabetes. They combine well with sweet potatoes, which are more easily digested than the ordinary potato, parsnips and carrots. Such a combination forms a suitable meal for those cases in which sugar fruits and bread and potatoes are undesirable on account of being much heavier and more liable to ferment.

HEALTH HINT FOR TODAY.

Care of the Eyes.

In a bulletin on the care of the eyes the Philadelphia department of public health urges parents to give particular attention to the eyes of newborn babies and to the first symptoms of "cross eyes" or "cast in the eye" of older children. Neglect of ailments of the eyes in the early stages of the trouble, it is stated, may result in permanently defective vision. The bulletin reads: "It is especially important that parents should appreciate the need of proper care of the eyes of the newborn baby and the urgent necessity of consulting a competent physician as soon as anything wrong with the baby's eyes is noticed, especially if there is a discharge from them. Many cases of blindness result from the disease known as ophthalmia neonatorum, or the eye disease of newborn babies, which could have been prevented had simple preventive measures been used or which could have been cured if treated in time by the doctor. "Children with 'cross eye' or with a 'cast in the eye,' as 'cross eye' is sometimes called, should be taken to a competent eye physician as soon as the defect is noticed and long before the child has reached school age. Neglect of 'cross eye' may result in blindness or defective sight in one or other of the child's eyes from misuse or improper use of the eyes, even in very young children."

HEALTH HINT FOR TODAY.

Best Hours For Sleep.

Experiments made recently at Columbia university have shown conclusively that sleep is more profound during the fore part of the night, the best sleep being obtained between 2 and 3 o'clock. The hours before 2 are better than those after 3. An adult can obtain the best results by retiring not later than 10 and rising at 5, cultivating the habit of profound sleep by concentrating the thought on the suggestion that one must sleep soundly and obtain all the needed rest before 5 o'clock and that one will rise thoroughly rested.

HEALTH HINT FOR TODAY.

The Business Man.

The following health rules for business men were compiled by three of the leading physicians of London: Moderate exercise. Good and free air. Suitable diet. Pure water. Plenty of sunshine. One hour's rest a day. One day's rest a week. One week end once a month. One good holiday once a year. Brain workers should have plenty of sleep.

HEALTH HINT FOR TODAY.

Fighting Pneumonia.

You don't get pneumonia in the open air. It gets you in the closed room. Fresh air and good ventilation are the best means of warding off pneumonia.

HEALTH HINT FOR TODAY.

Cold Weather Rules For the Baby.

Don't let people fondle the baby, particularly if they have colds. They convey them to the baby. Don't let strangers kiss the baby. Keep baby warm and dry. Wet or damp clothing should be removed at once and dry substituted. Don't put too many clothes on the baby. If after a trip in the open air it is cold put more clothing on. If it is perspiring it needs fewer clothes. After a trip in the air baby should be warm and dry. Give baby plenty of fresh air and sunlight and guard against abrupt changes of temperature. Healthy children should have plenty of fresh milk and fruit. Never give baby a sip of beer, tea or coffee. Keep baby's clothing loose at all times and let it kick. Give it warm baths at night. Give baby proper nourishment. If a baby does not gain in weight every week there is something wrong, and a doctor should be consulted.

HEALTH HINT FOR TODAY.

Laxatives.

Laxatives act in different ways, and some are more harmful than others. Sallies, for instance, impose heavy burdens upon the kidneys, besides irritating the bowels. When long used they produce an obstinate intestinal catarrh. Laxative drugs increase the condition which they are supposed to cure, while it is almost universally true that the most difficult cases to cure are those in which laxative drugs have been used. There are few physicians who will deny the truth of this statement. Many people use cathartics because they produce an immediate result without considering the injurious reaction that must follow. Many who have learned this from experience are led to believe that the use of the enema will overcome the injurious effects of constipation, but constant use of this means, good for occasional relief, is almost as harmful as drugs, the natural action being steadily lost. It is a mistake to suppose that mild laxatives are harmless.

HEALTH HINT FOR TODAY.

Eating Fruit.

The prevailing notion that fruit should be used rather as a dessert or eaten between meals and that it cannot serve as a substantial diet is an error. Much harm is done by the mixing of fruits with heavier foods, especially with meat and beans and milk, and acid fruit with milk and cereals and potatoes. Good physical as well as mental work has been done on an exclusive diet of bananas and apples.

HEALTH HINT FOR TODAY.

Singers and Diet.

"Alcoholic stimulants should be avoided. They make the voice heavy and irritate the throat. A hard drinker almost always has a hoarse, harsh voice. Never sing directly after eating. A singer should not eat greasy meats. No dishes made with four should be eaten. If one does not observe this regimen it will be found nearly impossible to sing coloratura passages as they should be sung." This is the opinion of a well known singer.

HEALTH HINT FOR TODAY.

A Remedy For Boils.

The region around a boil should be washed with soap and water, dried, and a drop of the following solution should be placed on the center of the boil: Iodine, one gram; acetone, three grams. Let stand a week before using. The mixture becomes blackish and stringy and no longer irritating. Later, if the boil does not recede, a dressing of glycolate of starch and boric acid (1-10), on absorbent wool, should be applied.

HEALTH HINT FOR TODAY.

Ingrowing Toe Nails.

When ingrowing toe nails are genuine they may prove troublesome to cure, as well as painful. Trim the toenail at the ailing corner very lightly, but fully at the opposite corner, but if both sides are affected clip them lightly and then scrape the center of the nail as thin as possible from the tip to the root. If adopted when it is first felt that the flesh is crowding the nail this method seldom fails to effect a cure. However, if the trouble is an old one, cut a piece off the top of a lemon and gradually work the toe into the lemon. There will be only one treatment of lemon required, and this may be given at night. When the toe is worked well into the lemon, bandage the toe and retire. This treatment detaches the nail from the flesh more quickly than any other method. In the morning gently lift up the corner of the nail with some blunt instrument and push underneath it a piece of carbolated cotton. Let the toe remain so for three days; then remove the cotton for a larger and clean piece, removing the cotton every three days for six changes. For some time after keep cotton between the flesh and nail and trim the toe nails straight across.



WOODLARK SQUIRREL & GOPHER POISON. THE BRAND THAT KILLS. REQUIRES NO MIXING OR PREPARATION. ALWAYS READY FOR USE ALWAYS RELIABLE. Sure death to Prairie Dogs if distributed early in the spring before the frost is out, and before the grass starts up. Hundreds of dog towns have been completely destroyed by the "Wood-lark" brand. Try it the first bright warm days this spring and be convinced. It's easily and quickly done. Don't wait till the grass begins to grow. They won't eat the poison then. Get a supply NOW and have it ready to use at the right time. The results will make your heart glad. But do it now. DESTROYS GOPHERS, SAGE RATS, and Ground Squirrels of all kinds. A single kernel kills. Most economical poison made. Hundreds have been killed with the contents of a single can. THE EARLY when feed is scarce and before the young are born, for best results. When you buy do not experiment. Ask for the "Wood-lark" Brand. It is the best. Money back if you're not satisfied. CLARKE, WOODWARD DRUG CO., PORTLAND, OREGON.

De LAVAL Cream Separators Sold on Easy Terms Pioneer Cream Co. Prineville, Oregon

The drunkard will have none of me. The heavy drinker says "no" when my name is mentioned. The man who craves rough—strong—whiskey passes me by. All this is as it should be—as I myself would wish it. I am not for them.

Cyrus Noble W. J. Van Schuyver & Co., General Agents Portland, Oregon

Summons In the Circuit court of the state of Oregon for Crook county. C. W. Elkins, plaintiff, vs. John Cripps and J. A. Dilworth and Mrs. J. A. Dilworth, his wife, defendants. To John Cripps, J. A. Dilworth and Mrs. J. A. Dilworth, defendants above named: In the name of the state of Oregon, you and each of you are hereby required to appear and answer the plaintiff's complaint filed in the above entitled court and cause, on or before the last day of the time prescribed in the order for the publication of summons herein, to-wit: On or before the 17th day of April, 1914, and if you fail to answer or otherwise plead to said complaint, for want thereof, the plaintiff will apply to the court for the relief therein demanded to-wit: For judgment against the defendant, John Cripps, for the sum of \$60.00 and interest thereon from the 10th day of April, 1913, at the rate of 6 per cent per annum, and for the further sum of \$50.00 attorney's fees paid herein, and for plaintiff's costs and disbursements further to be taxed. And for a decree of this court for the sale of the west half of the southwest quarter, and the northeast quarter of the southeast quarter, and the southeast quarter of the northeast quarter of section 22, township 14 south of range 16 east of the Willamette Meridian, in Crook county, Oregon, by the sheriff of said county according to law, and that the proceeds of said sale after paying the said attorney's fees, costs and charges, incident to said sale, be applied on plaintiff's said judgment, as prayed for in said complaint, and that the defendants and all persons claiming or to claim by, through or under them or either of them, be forever barred and foreclosed of all right, title and interest or right of redemption in or to said premises or any portion thereof, except as provided by law, as well as all persons claiming or to claim under said defendants or either of them, by virtue of any claim arising subsequent to the execution of said mortgage, and that the plaintiff have execution against the defendants, John Cripps and J. A. Dilworth, for any deficiency remaining after applying all of the proceeds of the said sale of said mortgaged premises, applicable to the payment of plaintiff's said judgment, and that plaintiff have such other and further relief as to the court may seem just and equitable. This summons is served upon you by order of the Honorable G. Springer, judge of the county court of Crook county, Oregon, made on the 3rd day of March, 1914, and prescribing that said summons be published six weeks in seven consecutive issues in the Crook County Journal, a weekly newspaper published at Prineville, Crook county, Oregon, and the date of the first publication of this summons is the 5th day of March, 1914, and the date of the last publication is the 16th day of April, 1914. T. E. J. DERRY, Attorney for plaintiff. Summons In the circuit court of the state of Oregon for Crook county. R. M. Powell, plaintiff, vs. John Cripps, defendant. To John Cripps, defendant above named: In the name of the state of Oregon, you and each of you are hereby required to appear and answer the plaintiff's complaint filed in the above entitled court and cause, on or before the last day of the time prescribed in the order for the publication of summons herein, to-wit: On or before the 17th day of April, 1914, and if you fail to answer or otherwise plead to said complaint, for want thereof, the plaintiff will apply to the court for the relief therein demanded to-wit: For judgment against you for the sum of \$44.00 and interest thereon from May 1st, 1913, at the rate of 6 per cent per annum, and for the further sum of \$25.00 attorney's fees, and for plaintiff's cost and disbursements to be taxed. And for an order of said court, that the west half of the southwest quarter, and the northeast quarter of the southeast quarter, and the southeast quarter of the northeast quarter of section 22, township 14 south of range 16 east of the Willamette Meridian, in Crook county, Oregon, in said action heretofore attached and levied upon, be sold to satisfy said judgment, attorney's fees, costs and accruing costs. This summons is served upon you by order of the Honorable G. Springer, judge of the county court of Crook county, Oregon, made the 3rd day of March, 1914, and prescribing that the said summons be published in the Crook County Journal, a weekly newspaper, published at Prineville, Oregon, and that the same be published at least six weeks in seven consecutive issues of said paper, and the date of the first publication is the 5th day of March, 1914, and the date of the last publication is the 16th day of April, 1914. T. E. J. DERRY, Attorney for plaintiff.

Notice of Contest Department of the Interior, U. S. Land Office, The Dalles, Ore., February 26, 1914. To Melvin L. Knight of Clackamas Oregon, contestee:

You are hereby notified that Thomas Cronin, who gives care to E. J. Duffy, Prineville, Oregon, as his post-office address, did on February 21, 1914, file in this office his duly corroborated application to contest and secure the cancellation of your homestead entry, serial No. 69148, made June 29, 1911, for s½ nw¼, ne¼ sw¼, nw¼ sw¼ section 9, township 17 south, range 18 east, Willamette Meridian, and as grounds for his contest he alleges that said Melvin L. Knight has wholly failed to reside upon, improve or cultivate the said tract for over two years last past; that he has wholly failed to establish his residence thereon as required by law or at all since making said entry and has wholly abandoned the same.

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 post office 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 of Publication

Department of the Interior, U. S. Land Office at The Dalles, Ore., February 12, 1914. Notice is hereby given that Benjamin F. Boydston of Roberts, Oregon, who, on October 5th, 1910, made Homestead Entry No. 67516, for ne¼ sw¼, nw¼ sw¼, s½ section 22, township 17 south, range 17 east, Willamette Meridian, has filed notice of intention to make Final Three Year Proof, to establish claim to the land above described, before Timothy E. J. Duffy, U. S. Commissioner, at Prineville, Oregon, on the 28th day of March, 1914. Claimant names as witnesses: James E. Warner, George W. Conrad, Marion Mayfield, Ben Hinderman, all of Roberts, Oregon. H. FRANK WOODCOCK, Register.

Notice of Publication

Department of the Interior, U. S. Land Office at The Dalles, Ore., February 14, 1914. Notice is hereby given that Leo Battinger of Prineville, Oregon, who, on December 29th, 1908, made Homestead Entry No. 62149, for ne¼ ne¼ and e¼ ne¼ section 6, township 18 south, range 16 east Willamette Meridian, has filed notice of intention to make Final Five Year Proof, to establish claim to the land above described, before Timothy E. J. Duffy, U. S. Commissioner, at Prineville, Oregon, on the 27th day of March, 1914. Claimant names as witnesses: Abbie Wilson, Blanch Wilson, Lillie Curtis, all of Prineville, Oregon; Alpha O. Myers of Redmond, Oregon. H. FRANK WOODCOCK, Register.

Notice of Publication

Department of the Interior, Not coal lands, U. S. Land Office at Lakeview, Ore., March 2nd, 1914. Notice is hereby given that Alex Fraser of Imperial, Oregon, who, on September 16th, 1910, made homestead entry No. 61013, for s½ sw¼ section 4, and nw¼ section 9, e¼ ne¼ section 8, township 21 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, United States Commissioner, at Hampton, Oregon, on the 14th day of April, 1914. Claimant names as witnesses: H. H. Hogg, H. R. Hogg, of Hampton, Oregon; W. T. Tins, W. Volgt, of Imperial, Oregon. J. J. F. BURGESS, Register.

Notice to Creditors

Notice is hereby given, by the undersigned, the administrator with the will annexed of the estate of William Smith, deceased, to all creditors of said deceased and to all persons having claims against said estate to present the same, with the proper vouchers, to the undersigned, at the office of M. R. Elliott in Prineville, Oregon, within six months from the date of the first publication of this notice. Dated this 12th day of March, 1914. J. H. ROSENBERG, Administrator with the will annexed of the estate of William Smith, deceased.

Notice of Publication

Department of the Interior, Not coal lands, U. S. Land Office at Lakeview, Ore., February 4th, 1914. Notice is hereby given that Henry Menzler of Rolyat, Oregon, who, on December 27th, 1909, made homestead entry (act Feb. 19 1909), No. 62712, for Lots 5, 6, 7, e¼ sw¼ section 6 and lot 1 ne¼ nw¼, section 7, township 22 south, range 21 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, United States Commissioner, at Hampton, Oregon, on the 14th day of March, 1914. Claimant names as witnesses: Isaac Zeroff, John O. Whitaker of Hampton, Oregon; Edward W. Gilliam, William Spillman of Rolyat, Oregon. JAMES F. BURGESS, Register.

Ask for piano votes at Prineville Merc. Co.