

MAN'S ARTERIES.

And Some of the Causes That Tend to Make Them Harden.

"A man is as old as his arteries" is a common saying among physicians, which has come to be taken up by their patients. Dr. Herbert C. Clapp of Boston in the New York Medical Record comes forward with an article declaring that worry is a common cause of arteriosclerosis, the hardening of the arteries is not infrequently considered as one of the customary and proper accompaniments of a ripe old age—sometimes even of middle life—it is not universally so, and that even at fourscore years, as proved by autopsies, the arteries have been found to be perfectly sound. He cites the case of the champion old man, Thomas Parr of England, who died at the advanced age of 152 and whose arteries were found by Harvey—who discovered the circulation of the blood—on examination after death to be perfectly sound.

Dr. Clapp says that within certain limits the arteries do not harden because they are old, but are old because they are diseased. Among causes for arteriosclerosis he gives overeating, excessive muscular strain and excessive brain work. Worry produces functional disturbances and undue blood pressure. This brings with it arteriosclerosis. He holds that most worries are indulged in without an adequate reason, therefore, and cites the following quotation: "I am an old man and have had many troubles, but most of them never happened."

POPPING CORN.

Why the Heat Literally Turns the Grains Inside Out.

A grain of popcorn is filled with tightly packed starch grains. The interior of the grain is divided into a large number of cells, each of which may be likened to a tiny box, the walls whereof are sufficiently strong to withstand considerable pressure from within. Upon the application of heat the moisture present in each little box is converted into steam that finally escapes by explosion.

To obtain a satisfactory popping there is required a very high degree of heat. This causes the greater part of the cells to explode simultaneously. The grain of corn then literally turns inside out and is transformed into a relatively large mass of snow white starch.

If corn be old and dry it will not pop satisfactorily. A few cells near the center of the grain may burst, but the general result will be unsatisfactory. At the base of the kernels, where they are attached to the cob, the cells appear to be drier, and it has been observed that these cells are seldom broken in the popping.

Practically all the popcorn raised for market in this country comes from New England. Great quantities of it are popped, buttered and packed for sale all over the United States.—Harper's Weekly.

An Offer Declined.

Dr. Portal, the favorite medical attendant of Louis XVIII. of France, was offered an unusual reward for his services. Having cured Vestris of a severe illness, the famous dancing master said to him: "My dear doctor, I should never dream of offering you money. Between artists there can be no dealings except those of gratitude. To demonstrate mine, I will give you a valuable hint as to your department. I have often noticed that you have a most ungraceful way of carrying yourself. I can remedy that in a few lessons and teach you how to enter a sick room in such a way as to please the most exacting patient. We can begin now if you like." Much to the amazement of Vestris, Portal declined this offer and so lost the esteem of his illustrious patient.

Top Buttonhole of a Coat.

The buttonhole in one's coat does not owe its origin to the once universally worn fower, but to our ancestors' habit of buttoning their coats right up to the neck. Fashion changed, the coat was turned back, forming what the tailor calls the "lapel," and the buttonhole was utilized for the flower, which old portraits tell us was before this time tucked into the waistcoat near the waist, or if a belt were worn, in the belt. The primitive use of the buttonhole is still seen in the overcoat, which has a companion button on the other side for use in rough weather.—London Chronicle.

Plaster Casts.

Those who have plaster casts that they wish to preserve may protect them from dust by brushing them with a preparation of white wax and white soap, half a teaspoonful of each boiled with a quart of rain or other soft water. Use when cold, and when they are dried the casts may be wiped with a damp cloth without injury. To harden casts brush with a strong solution of alum water and brush with white wax dissolved in turpentine. Put the cast in a warm place to dry after using the latter, and it will have a look not unlike that of old ivory.

Had to Creep.

"Why do you say 'A blush crept over the face of the fair plaintiff?'" asks the editor.

"Because," explains the society editor, "there was so much powder on her face the blush had to creep or else it would rise too much dust!"

The Clever Ones.

Griggs—Some men are born great, others achieve greatness. Briggs—Yes; and others simply have the trick of making other people think they're great.

Do Your CHRISTMAS SHOPPING Early This Store is Headquarters for Christmas Supplies

JEWELRY

WE HAVE A SPLENDID LINE of jewelry, consisting of brooches, bar pins, beauty pins, emblem pins for the different orders—Rebeka's, Odd Fellows, Woodmen, Artisans and others, silver thimbles, bracelets, rings, hat pins, cuff buttons of all kinds, stick pins, watch chains and watch fobs and many other articles in this line that will make very appropriate gifts.

BEADS

In endless variety, gold, silver, pearl, glass and in all combinations at 5c and up

Only 10 cents

PERFUME

We only carry perfumes of standard grade, principally Colgate's. Come in different sized bottles and of different flavors. You need not hesitate to give these for presents as the quality is first-class. THE BOTTLE

10c, 25c, 50c and up

LADIES' PURSES AND HAND BAGS

We have a splendid assortment in this line, from the lowest-priced to the highest. All A1 values for the Money.

Genuine leather Purse, full leather lined; 16-inch leather-covered frame with small purse inside. SPECIAL

Only \$1.00

GERMAN SILVER MESH BAGS. SPLENDID VALUES, FROM

75c up to \$5

POCKET KNIVES

A splendid lot for boys and men. Nothing pleases a boy more. Medium sized knife with buckhorn handle, one large and one small blade, full brass-lined, only

60 Cents

POCKET KNIVES--continued

Medium-sized knife with buckhorn handle, three blades, full brass-lined, only

50 Cents

Small-sized knife for ladies, with neat shell handle, full brass lined, two blades

40 Cents

Medium-sized, pearl-handled knife, full brass lined, three blades of best grade steel; a very neat knife and a good one

\$1.25

Boys' metal handle knife with chain attached, one blade

5 Cents

RAZORS

WE HAVE SOME SPECIAL BARGAINS IN THIS LINE.

Razors that are worth \$2. each, made by W. R. Case & Son, bright, clean stock that we are selling SPECIAL AT ONLY

One Dollar

We also have a full line of Williams and Colgate's Shaving Creams, Soaps, Shaving Sticks and Powders. These are all first-class, as a trial will prove.

SHAVING BRUSHES

Of all kinds and at a less price than you can buy them for elsewhere, quality considered. BRUSHES AT

10c, 15c, 20c, 25c and up

HANDKERCHIEFS

Men's white and colored handkerchiefs, good full-sized ones. EACH

5 Cents

Fine Japanese handkerchiefs for men, silk-finished plain hemstitched and initial

10 Cents

Pure linen handkerchiefs for men, neat hemstitched border

15 Cents

Pure linen handkerchiefs for men, better grade, neatly hemstitched. Plain and with initials

25c, 35c and up

Men's pure silk handkerchiefs, plain and with initials, good grade of silk, full-sized

25c, 50c and up



BRADLEY MUFFLERS

We have a splendid line of these standard mufflers and they are always acceptable gifts, useful and appreciated. All colors in mercerized wool and silk for

25c, 35c, 50c and up

FANCY HALF-HOSE For Men

Made of selected yarns or finest cotton, mercerized wool and silk. Some are put up in fancy Christmas boxes with tie to match. Fancy and plain colors for

15c, 25c, 35c and 50c

GLOVES FOR MEN

Are always appreciated as a present and we have a nice assortment for you to choose from for either work, driving or dress wear. Fancy golf gloves with fleece lining; dress gloves with silk lining; wool mittens, good heavy ones, as well as extra heavy knit gloves that will be fine for driving. We have these with and without the gauntlet. We have anything you can wish for in this line and at the lowest prices. GLOVES

From 5c up to \$2.50 pr.

LADIES' GLOVES

In all kinds and suitable for any occasion, in wool, silk and kid, long and short length. Any lady would be pleased with a present like this

25c, 50c, \$1.00 and up

LADIES' HANDKERCH'FS

We have anything you could wish for in this line in lawn, linen, mercerized and silk, plain, hemstitched, lace and embroidered for

5c, 10c, 15c, 25c and up

Arm Bands, Suspenders and Ties

Put up in nice Christmas boxes are always nice presents and very acceptable. We have an exceptionally fine line of these goods in all grades.

Arm bands from 5c up to all-silk ones with fancy ribbon bows.

Suspenders and Ties in neat Holly boxes for 25c and up

BOOKS

Of all kinds, including Standard Copyright Books, linen and non-fading rag Books, Bibles, Poems, etc. These are marked at exceptionally low prices. Do not fail to look them over before buying elsewhere. You will save money by so doing.

HOLIDAY AND CHILDREN'S BOOKS SECOND FLOOR COPYRIGHT BOOKS 1ST FLOOR

NECKWEAR

We have a fine line of Ladies' Neckwear in all the latest novelties, Jewel Boxes, Fountain Pens, all kinds of Art Goods, Fancy Hose Supporters, Pillow Tops, Dresser Scarfs, etc. that are always nice for presents.

TOY DISHES

We have put in a large line of Granite and White Enameled Dishes for little folks. These look well and will not break. We also have a fine lot of plain and fancy China Sets of every description and most reasonable in price. JUST CALL AND LOOK THEM OVER.

GAMES

Of every description and kind from jack straws for 5c up to the best game boards, such as Base Ball, Crokonole Boards, Parlor Pool, etc. You must call and see them to fully appreciate the splendid assortment that we have and the reasonableness of the prices that we are selling them at

Toilet sets, Smoking Sets, Manicuring Sets, Military Sets, Shaving Sets, Etc. Some of the very best values that you have ever been offered. Come and see for yourself.

Christmas Tree Ornaments, Santa Claus Masks, as well as the other kinds of false faces, Christmas Bells—in fact any and everything that goes to make this the happy time that it should be.

We also have a nice line of Furs and Fur Sets, Shirtwaists, Skirts, Coats and Dresses for Ladies, Overcoats and Smoking Jackets, and Suits for men, Comfy Slippers for Ladies, Men and Children. All of these make nice presents and we will sell them to you at the right price.

THE PARIS FAIR Hood River's Largest ... And Best Store ...

What Is Causing the Restlessness Among the People of the United States?

By JAMES T. YOUNG, Professor of Public Administration, University of Pennsylvania

NEVER since the civil war have we had such an entire transformation of the political stage, such a complete UPSETTING OF THE DRAMA OF NATIONAL LIFE, both of men and issues, as during the last ten years.

For this the PROBLEM OF GOVERNMENT REGULATION IS CHIEFLY RESPONSIBLE. Our country is undergoing such a sudden change of management as usually comes but ONCE IN A CENTURY, and the central idea in this change is the extension of the GOVERNMENT CONTROL OVER ALL FORMS OF BUSINESS ACTIVITY.

Are we to interpret this as an outbreak of hysteria, a MOMENTARY INSANITY from which the nation will soon recover to pursue its former paths? Emphatically no!

THE ERA THROUGH WHICH WE ARE NOW PASSING MARKS A NATURAL, CONSISTENT STEP IN ADVANCE, AND, THOUGH, LIKE EVERYTHING ELSE WE AMERICANS DO, IT IS ACCOMPANIED BY SOME EXTRAVAGANCE AND EXCESS, YET WE ARE BUILDING A SOLID FOUNDATION FOR A MORE PERMANENT, PROSPEROUS AND HEALTHY BUSINESS STRUCTURE THAN HAS HERETOFORE CHARACTERIZED OUR SOMEWHAT ECCENTRIC METHODS OF MONEY MAKING.

The "regulative era" means that we are definitely PASSING FROM THE OLD ORDER to a different and perhaps HIGHER STANDARD, to which our business and political system must be adapted, just as to the higher cost of labor, the greater expense of raw materials and the high cost of living. The permanence of this new regulative system must be accepted.

Start the new year right by sub-scribing to the News.

U. OF O. BOYS DRILL FOR VISIT HERE

University of Oregon, Eugene, Ore.—Under the direction of M. L. Bowman, the University of Oregon Glee Club is fast pluming its wings for the 16th annual flight. Up-to-date songs with real music in them interspersed with rollicking college songs, sketches of college life and stunts form the program which the thirty members of the organization have been preparing in the nightly rehearsals since the opening of college.

Since the close of the football season Robert Fariss, a Eugene boy, who has a rare tenor voice, has been practicing with the Club. Fariss played guard upon the football team. He will be used as the hero in a sketch of college life in which Vernon Vawter, a Medford lad, figures as the unfortunate who was held away from the game with O. A. C. at Corvallis by posts from the faculty for low grades. Both Fariss and Vawter are beginning their fourth season on the Glee Club and have the experience and ability to make this portrayal of a college tragedy most graphic and amusing. Vawter has been worked in the stunts every year.

During the latter part of this month the Glee Club will give concerts in Astoria, Portland, Hood River, Heppner, Pendleton, LaGrande, Baker and The Dalles. The boys will gather in Portland on the 27th of December and visit the towns in the order named.

OBITUARY

Mrs. Gladys Hartley-Hammack Mrs. Gladys Hartley-Hammack died Monday afternoon at the home of her mother on State street. She had been in failing health for several months. Her death, although not entirely unexpected, came as a shock to her

many friends in this community who had known her since girlhood. The funeral was held yesterday afternoon from the house, Rev. J. B. Parsons of the United Brethren church officiating. There was a large attendance of friends, attesting to the sincere sorrow felt at the untimely death of Mrs. Hammack. She was 27 years old and had been married little over a year. She is survived, besides her mother and husband, by one brother, Howard, and one sister, Catherine. Six young men acted as active pallbearers at the funeral while six members of the

J. U. G. Club, of which Mrs. Hammack had been a member before moving to Portland, acted as honorary pallbearers.

Congregational Church

Services will be held as usual next Sunday. The pastor will preach in the morning on "The Unpurchasable Gift." In the evening Mr. Harris will give an illustrated talk with the stereopticon on the life of the foreign and belated races in our land, from Alaska to Porto Rico. All are cordially invited to these services.

Unitarian Church

The services next Sunday are as follows: Sunday School at 10; service at 11 with sermon, "The Attitude of Liberal Christianity in the Problems of Civilization" or "Liberal Religion applied;" at 6:30 the Young People's Religious Union will hold its meeting with Lena Koberg as leader.

An adv. will bring Christmas business.

The News can give you the best in printing.

Let it be...

STERLING SILVER

When you buy Sterling Silver for your home, you are practicing economy. You never thought of it in that light perhaps, yet Sterling is everlasting. You may take pride in it year after year—use it year after year—and still it is as good as ever. Many of our customers are collecting Sterling Silver for the home. Wouldn't you like to do it too? Our stock is complete and our prices low

Please step in and examine.

W. F. LARAWAY

Hood River, Oregon