

### HEADS FOR ORATORICAL CONTESTS ARE NAMED

Rules for the forthcoming oratorical and declamatory contests which will be held by the public schools of the county have just been compiled for the year 1920 and copies are to be sent out by County Superintendent W. W. Green at once. The county has been divided into six districts, each of which will have its own competition.

In district No. 1, Fred P. Austin, Pendleton city superintendent, has charge. This district includes the schools of Pendleton and vicinity, numbering districts, 12, 13, 16, 23, 25, 26, 27, 35, 39, 40, 44, 45, 60, 66, 68, 81, 84, 89, 91, 92, 95, 98, 103, 105, 113, 114 and 117.

Sevey Heads Milton District  
J. B. Sevey, superintendent at Milton, is in charge of district No. 2, which includes the schools in and about Milton-Freswater. The districts included are, 2, 4, 7, 8, 10, 18, 20, 22, 21, 28, 41, 42, 67, 72, 83, 90, 108.

F. C. Fitzpatrick, Weston, is in charge of district No. 3, including schools in districts No. 3, 11, 15, 17, 19, 29, 30, 45, 47, 49, 53, 55, 57, 59, 70, 82, 85, 95, and 96.

A. C. Yoelker, Hermiston, is in charge of the West Umatilla district, No. 4. The schools in this section are, 5, 6, 8, 14, 28, 50, 58, 61, 112, and 115.

J. O. Russell, of Pilot Rock school, is in charge of the districts in and about Pilot Rock, known as No. 5. The schools under his direction are, 1, 21, 22, 37, 43, 46, 53, 64, 77, 79, 80, 87, 99, 102, 106, 110, 111, and 116.

Paul Reed, principal at Helix, is director of the district in and about Helix, known as No. 6. His districts include, 32, 36, 54, 56, 59, 69, and 86.

Hold Sectional Contests  
Each of the six sections hold a sectional contest on or before the third Friday in April of each year to determine four speakers who shall represent each section of the county schools in the final contest, to be held at Pendleton on the first Friday in May of each year.

Each school district in the county is entitled to four contestants who shall take part in the sectional contest, but there shall be not more than one contestant for each division.

Each sectional contest shall determine the four best speakers in the respective divisions, and the winner in the sectional shall be eligible to meet in the final contest which is to be held in Pendleton.

The first rice ever shipped from America to the Orient has been sent from California. It was made necessary by the failure of the rice crop of Japan and China.

## To Prevent Flu and Colds

### Three Rules You Should Observe

- (1) Sleep 8 hours—With windows wide open
- (2) Eat wisely—exercise regularly—don't worry
- (3) Avoid crowds and persons having colds

#### Flu This Year Is Milder

The rules given above, recommended by the New York City Board of Health, are guides to good health at all times. Particularly should they be followed just now, when influenza is again abroad in the land. Authorities agree, however, that the flu this year is less severe than in the last epidemic—the attacks are shorter and the death rate lower. In fact, many physicians insist that the epidemics now being reported from so many sections are not flu at all, but simply the old-fashioned grip.

**Keep the Air Passages Healthy.**  
While we know very little more about the flu now than we did last year—the germ itself has never been positively identified—still most authorities agree that the flu germs are breathed in. If the system is in good shape and the membrane or lining of the air passages is in healthy condition—these germs are thrown off.

A good plan is to melt a little Vicks' VapoRub in a spoon, night and morning, and inhale the vapors, also apply a little up the nostrils several times a day, especially just before being exposed to crowds.

**Treat All Colds Promptly.**  
Above all, keep free from colds, as colds irritate the lining of the air passages and make them real breeding grounds for germs. Prompt use of Vicks' VapoRub aids in preventing colds. For head colds, sore throat or hoarseness, rub Vicks' well over the throat, and chest and cover with a warm flannel cloth. For deep chest colds, severe sorethroat or bronchitis, hot wet towels should first be applied to the throat, chest and back between the shoulder blades, to open

the pores. Then Vicks should be rubbed in over the parts until the skin is red—spread on thickly and covered with two thicknesses of hot flannel cloths. Leave the clothing loose around the neck, so the vapors released by the body heat may be freely inhaled.

These vapors, inhaled with each breath, carry the medication directly to the lungs and air passages. At the same time Vicks is absorbed through and stimulates the skin, thus aiding to relieve the congestion within.

**Use of External Treatments for Colds Increasing.**  
Vicks' VapoRub is the discovery of a North Carolina druggist who found how to combine in salve form the standard time-tested remedies, Camphor—Menthol—Eucalyptus—Thyme, etc.—so that when the salve is applied to the body heat these ingredients are liberated in the form of vapors.

Vicks is particularly recommended for children's croup or colds, since it is externally applied and therefore can be used freely and often without the slightest harmful effects.

The best evidence of the value of Vicks is the steadily increasing number of people who have been converted to the use of this "outside" treatment.

Beginning with the customers of a small retail drug store, the use of Vicks has grown year by year—state by state—until now more than 17 million jars are used annually. And this in spite of the fact that Vicks is a new form of treatment to many folks in the North and West. Vicks can be had at all drugists in three sizes—30c, 60c, or \$1.20.



Paramount  
MACK SENNETT COMEDY  
"UP IN ALF'S PLACE"  
featuring  
CHARLES MURRAY and Sennett Bathing Girl

### REDMEN WIN POINT BY VISIT TO CAPITAL

Assurance that an effort will be made to repeal a law which makes it possible for the department of the Interior to sell inherited Indian land without the consent of the heirs, was given to the Umatilla Indian delegation during their visit to the capitol.

Allen Patawa, James Ollicott, James Yamauwit and Richard Burke, members of the delegation who returned this morning from Washington, D. C., say that Mr. Merritt, assistant commissioner of Indian Affairs, Senators McNary and Chamberlain, and Representative Sinnott, all promised to aid the Indians in the matter. They promised help also in bringing about a change in a ruling which requires that an Indian take a patent for his land, even though he is incompetent. In many cases the Indians prefer to

have the land held in trust by the government.

The Indians were in Washington for 19 days and pronounce the city a "fine place." James Ollicott has been there before, but to the others the glories of government headquarters were new.

### HUSBAND AIDS IN PROSECUTING WIFE FOR GIRL'S MURDER

SAN FRANCISCO, Feb. 21.—Fred Thurston, who said he hoped his wife would hang for killing Jean Kimball, aided the prosecution today in its attempt to fulfill that desire. He produced a witness who testified that his wife appeared sane the day she shot and killed the girl whom Thurston declared he loved.

Mrs. Thurston killed Miss Kimball in front of the Palace hotel where the girl was cashier. Thurston had lived at the hotel and it was there Mrs. Thurston registered the day she killed Miss Kimball.

Mothers, Make Your Family Enjoy Their Breakfast

We are mixing a new batch of our

## Skookum Pancake Flour

And to introduce this article to all the households of Pendleton

WE HAVE PUT IN 40 OF OUR 4 1-2 LB. SACKS OF SKOOKUM PANCAKE FLOUR A ONE DOLLAR BILL

We have evenly divided these sacks between all the grocers in town.

Go to your Grocer, or phone him if you want. Give him your name and address, and for 50 cents you will get a breakfast food that can not be beat and a good chance on a one dollar bill.

All we ask you is to phone us if you found the bill and how you like the flour.

If you send the children give them your name and address on a piece of paper.

## UMATILLA FLOUR & GRAIN COMPANY Inc.

Phone 351 and 1014. Pendleton, Oregon

Confucius, Chinese philosopher, advocated the League of Nations two thousand four hundred years ago.

Scientists predict that they will be able to forestall the coming of epidemics in sufficient time for warnings and prevention.

**DR. W. H. REYNOLDS**  
Chiropractic Nerve Specialist.  
Rooms 1 and 2 Inland Empire Bank Bldg.  
Telephone 1018  
Hrs. 10-12 a. m. 1:30-5 p. m.

**DR. THOMAS C. OMART**  
Dentist  
Hrs: 9 a. m. to 12; 1 to 5 p. m.  
Phone 507  
742 Main Street, Over the Hub  
Pendleton, Oregon

# Lassen's Subdivision

I HAVE BEEN ASKED SO MANY TIMES TO SELL A PART OF MY FINE ALFALFA TRACT LOCATED AT RIVERSIDE JUST OUTSIDE THE CITY LIMITS THAT I HAVE HAD IT ALL SURVEYED AND PLATTED OFF INTO LOTS AND STREETS. MOST OF THE LOTS ARE 100 FT. BY 200 FT., WHICH IS FOUR TIMES THE SIZE OF AN ORDINARY LOT IN TOWN. THIS TRACT LAYS ON THE WEST SIDE OF THE PAVED ROAD GOING TO WALLA WALLA. IT IS A VERY CHOICE TRACT AND YOU WHO ARE THINKING OF BUILDING AND WANT PLENTY OF ROOM AND A NICE PLACE TO LIVE, HERE IS YOUR CHANCE. I WILL MAKE A SPECIAL PRICE TO THE FIRST FIVE PEOPLE TO BUY AND BUILD.

I SHALL BE PLEASED TO GIVE INFORMATION, PRICES, ETC., TO ANYONE INTERESTED.

**Dr. C. W. Lassen, Owner**  
Phone 27