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THIS HYMN OF REST

(By Frank L. Stanton.)

When I come ter de Evenin' Star—
Sun gone ter bed in de Wes',
Don't want no harp, fer ter olay up dar,—
awd, gimme res—sweet res'!

W'en de gate swing wide on de other side
I'll fly like de bird ter de nes',
O don't fergit how I stemmed de tide—
Lawd, gimme res—sweet res'!

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INSOMNIA

(By William E. Barton.)

I HAVE three good rules about insomnia. The first is, Do not get it. The second is, If you get it, do not keep it. The third is, If you get it and keep it, do not let it frighten you.

I suppose that all men and women whose work involves any considerable degree of thought and nerve strain, occasionally lie awake nights. In the case of a man whose work is always heavy, and whose problems are not easy to solve, there is strong temptation to take the problems to bed with him. They are uneasy bedfellows.

I make it a rule to drop my problems when I cross the threshold to my bedroom. Life is too short, and the hours for sleep are too precious, for the wasteful labor of night-worry.

As for sleeping drugs, they are useless and dangerous. They soon lose their effect for good, and the effect for evil lasts. I have let them severely alone.

What shall a man do who finds himself habitually lying awake at night, and who begins to be alarmed?

First, let him assume that if he is getting less sleep than usual, he probably needs less than he sometimes has needed.

In the second place, let him not waste the time that he lies awake. Let him learn to be good company for himself. Let him recall the best poetry he knows, and see if he remembers it all. Let him forget that he is trying to go to sleep, and think of things that he likes to think about.

Let not those things be the cares and worries of the day. He can shut them out, and one of the best ways is to become really interested in something quite remote from them. Let him ride his hobby in the hours when he has nothing else to do.

When there is no grist between the mill-stones, the stones grind themselves. That is what happens when a man lies and says, "Oh, I wish I could go to sleep! I shall be a wreck tomorrow." He surely will, if he goes at it in that fashion.

IT COMES HIGH BUT WE WANT IT

AS approved by the senate military affairs committee, the army appropriation bill calls for an expenditure of \$362,214,808 during the coming year. That is nearly four times the army bill of 1914 and over three times the amount expended on the army during 1915. It is a colossal sum to be paying out for the army in time of peace. But the worst feature of the situation is that the routine army expense is the least part of our military burden. The navy also costs a mammoth sum each year, then there are the wounded men to care for, pensions to pay and war loans to liquidate. All in all about 90 per cent of the federal government's outlay is for expenses of a militaristic nature. But of course the League of Nations is a visionary scheme and would "enslave America" so what can we do but go on footing the bill.

CHICAGO AND CUBA

A SPECIAL election in Chicago has decided that long-term bonds shall issue to cover \$8,000,000 of current expenses. Against a proposal politically so dishonest and financially so ruinous, leading citizens, business men's organizations and most of the newspapers vigorously protested; but the issue was decided by methods familiar in Mayor Thompson's career. Repeaters voted under convoy of gunmen; candidates were kidnapped, fist fights and shooting affrays were many, 150 arrests were made, and the seizure of 300 pounds of dynamite apparently designed for political use added interest to the occasion. In spite of the gravity of the issue, the eloquence of the appeals for civic wisdom and the natural indignation roused by a campaign of frightfulness, 526,700 registered voters out of a total of 888,681 failed to go to the polls at all. A majority of 11,742 votes was cast for Mayor Thompson's ruinous proposal; but to get that decision of the people he had to convince only 19 per cent of the electorate.

When that sort of thing happens in Cuba grave doubts are whispered of the fitness of the natives for self-government, and General Crowder is sent down to offer the community his friendly advice. Chicago, like New York, is supposed to be capable of governing itself, yet she permits a disastrous decision affecting the solvency of the city to be made by less than one-fifth of the people, shepherded at the polls by gunmen and bruisers. —New York World.

Many years ago the Main street of Pendleton was in a condition that was a source of no pride to the city. The street was unpaved and there were private wooden cross walks in front of our leading stores. It was a sad state of affairs and if it existed today Dr. McNary would need a special ward for motorists whose nerves had broken under the strain. When it was proposed to pave Main street there was much objection on the part of leading property owners on the ground that it would be too expensive and besides the horses would be unable to stand on the slippery streets. But there were other men who favored the improvement and they had their way. One of these men was George Darveau, late proprietor of the Hotel St. George. Mr. Darveau believed in improvements and in his prime he was no piker when it came to work for a larger and better Pendleton.

The decision of the supreme court that the federal farm loan act is constitutional is certain to be of benefit to agriculture; it means more favorable interest rates on farm loans and the news should cheer up the grower who has been worrying over the drop in farm product prices.

The company supplying Salem with gas now wants to raise rates; one more argument for developing hydro electric power in the northwest.

The Gasoline of Quality



Red Crown gasoline has well earned the right to be called "The Gasoline of Quality."

Its continuous chain of boiling points insures all of the qualities of a good motor fuel—readystarting, rapid acceleration, and maximum power.

You can get Red Crown gasoline wherever you see the "Red Crown" sign. Look for it on garages and service stations.

STANDARD OIL COMPANY (California)

MARRIED MEN WIN BASKETBALL GAME

(East Oregonian Special.)

ADAMS, March 1.—Adams played basketball in the city hall on Saturday evening, the Adams high school team and the married men. The men won the game, having several good players in their team.

Miss Blanche Isaac and Marjorie McMonies and Isabelle Ross of Pendleton, were the guests of Miss Geraldine Morrison over Sunday.

Dr. and Mrs. Fred Llewallen and daughter Barbara and son Frederick of Pendleton, motored to Adams Sunday and were the guests of Mr. and Mrs. J. T. Llewallen for the day.

Elizabeth Zoe Houser passed through Adams Friday.

Mr. and Mrs. Otho Llewallen motored to Adams from their ranch near Adams and were the guests of Mr. and Mrs. James Chesnut for the day.

Mr. and Mrs. Gladwyn Spencer and children were the guests of Mr. and Mrs. John Spencer Sunday for dinner. Will Holdman motored to the city of Pendleton Friday.

Mr. and Mrs. Chas. Dupuis and daughters, Irene and Francis, motored to Adams today and attended church.

A meeting was held at the school house on Thursday evening in which all took part who are interested in the different breeds and kinds of chickens. A great many discussions are held at different places in Adams now on chickens which are the best for meat and for the most profit for the farmer and people in the small cities and towns.

A community pound social was held on Friday evening in honor of Reverend Luther, who has moved to the former drug store and has arranged for real nice rooms and looks real home-like. No place like home.

Mr. Noble of Montana, was the guest of Miss Laura McFarland at the home of her grandparents in Adams, Mr. and Mrs. J. Coffey, for a short visit.

Mr. and Mrs. Murray of Arlington have moved to Adams and are living in the old Will Baker residence, now owned by S. E. Darr. Their son and wife and baby are guests for the summer.

Mrs. W. Nelson and son Marshal of Idaho are the guests of Mr. and Mrs. E. G. Marquis for the week-end.

Mrs. John Spencer is the guest of her son, Mr. Chester Spencer of Pullman, Wash., for a short time.

Mr. and Mrs. L. L. Llewallen and daughters, Dena and Doris, motored to the city of Pendleton Saturday.

Guy Mayberry and sister, Mrs. Bertha Kember, motored to Athena today to do some shopping.

Mrs. Charley Bunch, Mrs. Will Bunch, Mrs. Henry Bunch, motored to Pendleton Friday to do some shopping.

John Ogle was a Pendleton visitor Friday.

Miss Helen Blake of Pendleton high school, came home Friday to spend Sunday at home and returned on the 4:15 Sunday.

Mr. and Mrs. Zeb Lewis and son of Walla Walla, are the guests of Mr. and Mrs. J. T. Llewallen for a short visit.

Mrs. E. M. Whiteley was a business visitor in the city of Pendleton today.

Adams church services—Sunday school at 10 a. m.; 69 in attendance; morning preaching at 11 a. m.; young people's meeting at 7 p. m.; preaching at 8 p. m. by Reverend Luther on the Present Way of the World Today and the Later Day. A fine sermon and a good audience in attendance as it was usual.

Mr. and Mrs. Otho Stoll and children of Pendleton motored to Adams Sunday and were the guests of

FOR EUROPE'S HEALTH



MISS KATHERINE OLMSTED
Miss Katherine Olmsted of Rochester, N. Y., has gone to Europe to establish Red Cross health stations in 24 cities in Europe and Asia.

her mother, Mrs. Marlow, and remained for church.

Mr. and Mrs. Will Thorman and daughter of Pendleton motored to Adams Sunday and were the guests of her mother, Mrs. Marlow.

Mr. Clint Holcomb motored to Adams today on business.

Mrs. L. Clark and children and mother, Mrs. L. P. Bunch, motored to Arlington to visit relatives and friends for a short time.

Mr. Lawrence McIntyre of Helix motored to Adams today.

Will Bunch was a Pendleton visitor Monday.

G. M. Morrison motored to Adams Monday.

The farmers are busy hauling chop and having their plows repaired, getting ready for spring work.

John Whiteley, who has spent the winter at Garfield, Wash., was an Adams visitor Sunday and visited with his brother, Henry Whiteley, in Pendleton for the week-end.

DR. MATHEWS WILL BE THE SPEAKER

UNIVERSITY OF OREGON, Eugene, Mar. 1.—Dr. Shailer Mathews, dean of the theological school of the University of Chicago, associate editor of the Independent magazine and prominent as a lecturer and writer, has been selected to give the University of Oregon commencement address Monday, June 20, in Villard Hall. Dr. Mathews has been a lecturer at the University of North Carolina, Harvard University and others. He was state secretary of war savings for Illinois, president of the Western Economic Society, and trustee of the Church Peace Union founded by Andrew Carnegie. He has been editor of The World Today, Biblical World, American Journal of Theology, and is now associate editor of the New York Independent. Among his best known books are "The Church and the Changing Order," "The Individual and the Social Gospel," and "The Social Teachings of Jesus."

Dr. Mathews' address will be before the largest graduating class the University has ever had, about 150 being candidates for degree in June.

AGENTS MUST HAVE SEARCH WARRANTS

WASHINGTON, March 1.—(U. P.)—Revenue agents must have search warrants to "invade private homes in hunting for liquor," the supreme court held. It is believed this decision will prevent widespread prohibition raids unless the federal governor has information sufficient to obtain a warrant.

The decision of the court was set aside in the conviction of Lawrence Amos of South Carolina, for having "moonshine" whiskey in his possession. Amos' appeal was based upon a claim that the liquor was taken from his home without a warrant of search and seizure. The court ordered the liquor returned to him.

NAVAL COURT WILL MAKE INVESTIGATION

WASHINGTON, March 1.—(A. P.)—The naval court of inquiry has been ordered to investigate the sinking of the destroyer Woolsey by a steamer of a steel inventor off Panama Saturday. About fifteen of the Woolsey's crew are still missing. One sailor was killed and several were injured.

16 YEAR OLD BRIDE FOUND DEAD IN HOME

CHICAGO, March 1.—(U. P.)—Mrs. Catherine Semick, a sixteen year old bride of a month, was found murdered in her home. She was bound and gagged and apparently had been choked to death. The police have started a search for her husband.



THE CRASH OF TIMES

The Stupendous Slaughter of the Entire Stock of THE HUB Cash Store

High prices are doomed, we are going to sell or give away \$6000 worth of high grade Shoes, Clothing, Men's Furnishings, Ladies' Furnishings, Hats, Caps, etc., in

10 SHORT DAYS Beginning Wednesday March 2, at 9 a. m.

The chance of a lifetime to buy reasonable, dependable goods at a mere fraction of their worth. Door opens promptly at 9 a. m., be here and get your share of these wonderful bargains.

The Hub

745 Main Street