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Redfield & VanVactor.
ATTORNEYS AT LAW.
Office on west end of May Street
Heppner, Oregon.

C. E. WOODSON,
ATTORNEY-AT-LAW
Office in Palace Hotel Heppner, Oregon

Phelps & Notson
ATTORNEYS AT LAW.
Office in Odd Fellows Bldg Heppner, Oregon.

HIGGS & WINNARD
PHYSICIANS & SURGEONS.
Special attention given to diseases of
the eye, ear, nose and throat.
OFFICE: The Fair Building.
HEPPNER, OREGON.

Frank B. Kistner,
PHYSICIAN AND SURGEON.
Office in Patterson & Son's drugstore
Residence in Morrow building over
Patterson & Son's Drugstore.

DR. METZLER,
DENTIST
Located in Odd Fellows building.
Rooms 5 and 6.

DR. M. A. LEACH
DENTIST
Permanently located in Heppner. Office
in the new Fair building. Gas ad-
ministered.

The Belvedere
FINEST WINES,
LIQUORS & CIGARS.
One hundred empty barrels for
sale. Five hundred barrels of ex-
tra fine cider vinegar on tap. . . .
HEPPNER, - ORE.

Buy on Credit!
this \$60 Machine for \$25
FREIGHT PREPAID.
It is a high-arm, drop
head, ball bearing, lock-
stitch, double feed, self-
threading shuttle; has
automatic bobbin winder
and other latest improve-
ments. This is the ANTI-
TRUST MACHINE. It is
the same machine agents
are asking you \$60 for. All
attachments go with each
machine. Sold for only
\$25 cash and \$1 monthly.
Write TODAY for free
FRUITFUL CATALOGUE showing
elegant household goods we will ship (freight
prepaid) on Easy Payments—our new CREDIT plan.
Gervitz Furniture Company
173-475 First St., PORTLAND, OR.

**SWOLLEN VEINS
SPRAINS-STRAINS**
Cured by our Hand Woven
Elastic Bands and Stock-
ings. Over-fatness and
weaknesses relieved by
our Abdominal Belts.
Write for blanks and book.
WOODARD, CLARKE & CO.
PORTLAND, OREGON

Groshens & Shaw
Proprietors
Union Saloon
and
Star Restaurant
---In Connection---

Meals Night and Day
Everything First-class

The Brick Saloon
We carry in stock only a
very high grade of

Barrel and Bottled Goods
We carry the lead-
ing brands of
FINE CIGARS
Draft and Bottled
Beer.
HEPPNER, - OREGON.

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Branch Office, 62 F St., Washington, D. C.
For news and opinions—the Oregonian.

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(Opp. Leach Bros.' store.)
REFITTED AND FURNISHED UP TO DATE
Hot and Cold Water
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Rates \$1.00 Per Day and Upwards
Special attention to Traveling Men.
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LEXINGTON, - OREGON

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Only complete set of abstract books
in Morrow county.
HEPPNER, - OREGON.

THE BREWERY
The Best Liquors
and Wines.
HOPGOLD BEER
Leading Brands of Cigars
C. F. McCarter, Prop.

**Red Front Livery &
Feed Sables**
Stewart & Kirk, Props
**FIRST-CLASS
LIVERY RIGS**
Kept constantly on hand
and can be furnished on
short notice to parties
wishing to drive into the
interior. First class : :
CALL AROUND AND
SEE US. WE CATER
TO THE : : : :
**COMMERCIAL
TRAVELERS**
AND CAN FURNISH
RIGS AND DRIVER ON
SHORT NOTICE : : :
Heppner, - Oregon

Hacks and Bugyles
CALL AROUND AND
SEE US. WE CATER
TO THE : : : :
**COMMERCIAL
TRAVELERS**
AND CAN FURNISH
RIGS AND DRIVER ON
SHORT NOTICE : : :
Heppner, - Oregon
Liberty Meat Market
Rasmus & Boyer
Fresh and Salted Meats
Fish on Fridays
Highest market price
paid for fat stock
HEPPNER, OREGON
Heppner Gazette
\$1 per year
NOTICE FOR PUBLICATION
Department of the Interior, Land Office at
The Dalles, Oregon, April 16, 1906.
Notice is hereby given that the following-
named settler has filed notice of his intention
to make final proof in support of his
claim, and that said proof will be made by
J. P. Williams, U. S. Commissioner, at his
office in Heppner, Oregon, on May 21st, 1906.
viz: James M. Hanson, of Harbison, Oregon,
on H. E. No. 787, for the SE 1/4, S 1/4, NE 1/4
and Lot 1, Section 2, Tp. 5 S., R. 24 E., W. M.
He names the following witnesses to prove
his continuous residence upon and cultivation
of said land, viz:
James H. Wyland, William McDaniel,
Marilee Ball and W. T. Reynolds all of Har-
bison, Oregon.
MICHAEL T. NOLAN, Register,
April 19-May 24.

COMMON SALT.

**Its Excessive Use a Fruitful Cause of
Bright's Disease.**
Apropos of the recent death of
Charles Yerkes from Bright's disease
of the kidneys, it seems a fitting time
to say something of the danger attend-
ing the excessive use of common table
salt, especially if one has an affection
of the kidneys.
It has been demonstrated by well
known physiologists that only small
amounts of sodium chloride (common
salt) are essential for the well being
of man. Bunge claims that a person
using a mixed diet only requires from
one to two grams (fifteen to thirty
grains) daily. However, most people
consume excessive amounts, from ten
to twenty grams (150 to 300 grains).
Professor Widal found that when a pa-
tient who had nephritis, or kidney dis-
ease, was given ten grams (140 grains)
of sodium chloride (common salt) for
several days he increased in weight,
due to dropsy produced by the salt.
The amount of albumen in the urine
increased, and headache, nausea and
stupor developed, producing a condi-
tion resembling uraemic poisoning.
Professor Widal was able to make the
dropsy appear and disappear at will
by increasing or withdrawing the use
of the salt.
Recent reports from the New York
board of health show that the mortality
from kidney disease is greatly on the
increase; hence it behooves us as
intelligent physicians to disseminate
such knowledge as will be preventive
or remedial in Bright's disease or other
diseases of the kidneys. Refraining
from a too strenuous life and the
avoidance of excesses, particularly in
diet, alcoholic drinks and common salt
will do much toward the prevention of
diseases of the kidney.
The reason why a person who has
nephritis should use but little common
salt is because the excessive use of it
produces dropsy and retards the activ-
ity of the sweat glands by increasing
the osmotic pressure of the blood.
Two grams (30 grains) of salt are a
great plenty for the average person.
Milk contains from 1.2 to 1.7 grams per
liter (little over a quart). A hundred
grams of bread has an average of 1.3
grams; 100 of beef has about 1.15
grams. Widal, who is a recognized Eu-
ropean authority on this subject, recom-
mends the following daily diet in
kidney diseases: Four hundred grams
(about 12 ounces) of meat, 1,000 grams
(about 1 1/2 pounds) of potatoes, 180
grams (about 3 ounces) of sugar, 80
grams (about 2 2/3 ounces) of butter
(unsalted) and 2,500 cubic centimeters
(about 2 2/3 quarts) of fluids.—Samuel
G. Tracy, M. D., in New York Times.

The Czar's Daughter.
On a recent occasion at New Peter-
hof all the members of the czar's fam-
ily were present at a ceremony, in-
cluding his four little daughters. These,
however, drove up last, to find that the
entrance to the palace was blocked by
another carriage. The Grand Duchess
Olga, the eldest of the four, was vis-
ibly disconcerted, and, beckoning to a
tall Cossack, she ordered him to bid
the owners of the vehicle to move on
and make room for the emperor's
daughters. The soldier saluted, but
made no attempt to obey the mandate.
The irate little lady, unable to tolerate
the insult thus openly offered to her
imperial person, leaned out of the car-
riage and called aloud in her shrill,
babyish voice, "Please to move on!"
There was a moment's silence, then
the door of the carriage opened slowly,
and no less a personage than the czar
himself alighted and shook his finger
rebukingly at his imperious little
daughter.—London M. A. P.

Gold From the Sea.
This has no reference to the wild
plans that have from time to time been
exploited for extracting gold from sea
water, but it relates to the attempts
made in Queensland and New South
Wales to recover gold and other pre-
cious metals from the sands on the sea-
shore. The treatment of these sands
has been undertaken, it would appear,
with some promise of success. Not only
gold, but platinum and uranium, have
been found. It is thought that the met-
als find their way to the strand from
submerged rocks which are broken and
triturated by the violent waves assail-
ing the coast.—Youth's Companion.

Odd Case of Robbery.
A curious case of museum robbery is
engaging attention at Weimar. An
agent offered some time ago to the
Goethe-Schiller museum a series of
Goethe manuscripts, which on examina-
tion proved to have been stolen from
the museum itself. The agent explained
that he had received them in good
faith from a well known antiquary in
Berlin. A search of the antiquary's
house brought to light many other doc-
uments belonging to the Weimar mu-
seum.

Mrs. Mary Ayers of this city
died in Portland last Tuesday.
The remains were shipped to this
city and the funeral occurred Tues-
day. Obituary notice will appear
next week.

Royal Baking Powder, Absolutely Pure

Made from Pure Grape Cream of Tartar

In baking powder Royal is the standard, the
powder of highest reputation; found by the
United States Government tests of greatest
strength and purity.
It renders the food more healthful and palat-
able and is most economical in practical use.
Housekeepers are sometimes importuned to
buy alum powders because they are "cheap."
Yet some of the cheapest made powders are sold
to consumers at the highest price.
Housekeepers should stop and think. Is it
not better to buy the Royal and take no chances—
the powder whose goodness and honesty are never
questioned?
Is it economy to spoil your digestion by an
alum-phosphate or other adulterated powder to
save a few pennies?

ROYAL BAKING POWDER CO., NEW YORK

LIVE STATE NEWS

Senator Heyburn, at his home
in Washington, is suffering from a
relapse and his ultimate recovery
is regarded as very improbable.

A general strike of union team-
sters of Chicago is probable unless
they are granted one day of rest
out of seven. At present the
great majority work Sundays as
on week days.

Governor Deneen of Illinois has
signed the primary election law.
He is not satisfied with it, but says
it is the best that could be passed,
as it is a compromise between five
factions.

Northern Pacific officials deny
absolutely that they are seeking to
bottle up the Harriman line into
Tacoma. The rumor that they
would utilize a spur franchise to
lay a network of tracks where the
Union Pacific will need land is
pronounced absurd.

Advices from Dawson and North
Fork, Alaska, are that the rivers
at both places are higher than
ever before known. A raise of
another foot at North Fork will
practically destroy the town, as
all the houses are flooded now,
and cellars full. At Dawson the
water is now within a foot of the
floor of White Pass wharf.

The Foreign Commerce of the
United States for April aggregated
\$251,000,000, of which \$107,000,-
000 was in imports and \$144,000,-
000 in exports. These figures are
given in a bulletin issued by the
bureau of statistics, which says
that only in one previous April in
the history of the country's export
trade has the total of imports and
exports reached as much as \$200,-
000,000.

The freighter Teucer, of the
Alfred Holt line, reached Tacoma
from the Orient, breaking all
Pacific records and beating the
Shawmut to port, though that
vessel started a day ahead. The
Teucer made her maiden trip in 13
days. She is built on new lines,

having no masts. She is also
without stanchions in her hold.
Her capacity is 20,000 tons. Her
initial performance beats the
records made by the big Hill
liners, Minnesota and Dakota.

Frank Loveland, of Madras,
Ore., has just purchased a 1300-
foot drilling machine and will de-
termine if water can be obtained
by sinking a well in that section of
central Oregon. The first work
will be done on Agency Plains.
Later the machine will be moved
to Madras to the famous "hot air"
well, which is now down 150 feet.

Arthur Robbins escaped from
the Medical Lake insane asylum
two months ago, since which time
he has been a fugitive. He was re-
captured near Clearwater, Idaho,
May 22. While at large he at-
tempted to kill his brother at
Clearwater, and failed because the
gun would not go off. When found
he had no arms. He will not ac-
count for where he has been.

The appointment is announced
of Arthur F. Staller, private secre-
tary of Senator Levi Ankeny of
Washington, to the private secre-
tary's position for Secretary of the
Treasury Shaw. Secretary Shaw
and Mr. Staller both came from
Iowa, and attended the same
college in that state. Mr. Staller
was formerly managing editor of
the Walla Walla Union, which he
left to become Senator Ankeny's
secretary.

Fortunate Missourians.
"When I was a druggist, at Livonia,
Mo.," writes T. J. Dwyer, now of Grays-
ville, Mo., "three of my customers were
permanently cured of consumption by
Dr. King's New Discovery, and are well
and strong to day. One was trying to
sell his property and move to Arizona,
but after using New Discovery a short
time he found it necessary to do so. I
regard Dr. King's Discovery as the most
wonderful medicine in existence."
Surest Cough and Cold cure and Throat
and Lung healer. Guaranteed by Pat-
terson a Son Druggist, 500 and 52.
Trial bottle free.

The news of both hemispheres—in The
Weekly Oregonian.
A recognized authority—The Weekly
Oregonian.

S. E. CARR, Pres. B. F. CULP, Vice Pres. W. S. WHARTON, Cashier

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Capital Stock \$50,000 Fully Paid

**LOANS MADE AT EIGHT PER CENT
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Organized under the laws of the state of Oregon
\$25,000 daylight burglar insurance carried
Member of the American Bankers Association
Insured Bank money orders issued
Accounts by mail solicited
All communications answered the same day they are
received

The Bank of Heppner through its large connections is in a
position to extend large accommodations and the greatest safety
to all its depositors

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