

Local Happenings

The high school pupils are having examinations this week.

Mr. Mulkey helped Mr. Kutzner with his butchering Saturday.

Lela Hecker of The Dalles, is here visiting at the Gilbreth home.

Mrs. Glenn Mitchell was a visitor at the home of Mrs. Mulkey on Saturday last.

The school board has placed an order with Ira Berger for a carload of coal as his bid was the lowest.

Commissioner C. A. Bleakman, of Hardman, announces his candidacy for re-election in another column.

The members of the Boardman election board are receiving appointment slips from the county clerk this week.

W. A. Murchie is putting up ice from the Columbia this week. About sixty tons will be packed for next season's use.

The West Side bus route has been changed to go directly south from the school house as long as the roads are in suitable shape.

A new call for outstanding warrants is being made by the school clerk covering the last installment of tax money received from the county treasurer.

The school closes its first semester's work this week with most of the usual examinations and announcements of the second semester's work which begins next Monday.

M. L. Morgan was the host at his home in the country to a very pleasant stag affair last Friday evening. Cards were greatly enjoyed by the guests who were Ralph Wasmber, Stanley Hatch and W. A. Price.

A daily rabbit drive has been the order of the day for some time past

as a supplement to the poison campaign. It is estimated that at least 15,000 rabbits have been killed by both methods this winter.

The cooking class of the Junior High School department staged a pie sale at the cafeteria luncheon on Monday. Three kinds were served: apple, lemon, and chocolate. The demand greatly exceeded the supply.

Mrs. Kutzner and Mrs. King, leaving their babes in charge of their fathers, attended the dance Saturday night. Those mothers like to trip the light fantastic toe, too. That reminds this is Woman's Rights Day.

The rabbit drive in the East End last week was well supported by people from all over the project. Lunch was served at the Roy Brown home. About fifty men were present. We are just going after the rabbits.

Dumpy Cohoon observed his sixth birthday last Wednesday, Jan. 11th. He invited his little playmate, Basil Cramer to dinner in the evening. Others present were Mr. and Mrs. Earl Cramer. All enjoyed the dainty repast which the Missus so ably planned for them.

No mention was made last week of the surprise given for Ralph Humphrey. Of course Ralph was in town, but came hastening home when a neighbor sent a hurry up call for him to come and attend to his horse which was sick (?). He brought Lyle Blayden with him, and Lyle was champion pedro player.

Mrs. Effie Richie, who is president of Union 17, visited at the Hereford home during her stay in Boardman. She attended rallies at Stanfield and Nolin before coming here. Unfortunately she suffered a severe attack of tonallitis while here so was unable to go to Irrigon where a rally was to be held on Friday night.

How to Be Healthy

The Crusade of the Double-Barred Cross
Practical Talks on Disease Prevention

Prepared by the
OREGON TUBERCULOSIS ASSOCIATION

(Practically every adult person is infected with tuberculosis. This infection need not be a source of danger. To keep the latent infection from becoming disease, bodily resistance must be kept at its best. This series of articles shows you how to keep healthy.)

HOW NOT TO CATCH COLD AND HOW TO MINIMIZE ITS EFFECTS WHEN CAUGHT

By S. ADOLPHUS KNOPF, M. D.,
New York.

EVERYBODY knows what a cold is by its effects, but perhaps not everybody knows that it is due to a germ sometimes called micrococcus-catarrihalls. We may get this germ from the careless cougher, sneezer, or excited talker, through tiny droplets or sprays. The cold may develop at once, or it is quite possible that we also carry the germs for some time within us. When our system is rendered less resistant by chills, overeating, or intemperate acts of some kind or other, or by being badly nourished or overworked, these germs have a chance to multiply and then produce the symptoms of a cold.

To prevent infection, it is of course best to avoid the close proximity of a careless sneezer, cougher, spitter, or excited talker who expels small particles of saliva (droplets) when speaking. If one is on familiar terms with the individual, he can advise caution such as sneezing or coughing in a handkerchief, or at least holding the hand before the mouth during a so-called dry cough, which is in reality never dry, for droplets are expelled whenever there is a cough.

The individual who expectorates should, of course, always try to deposit his sputum in a receptacle (spittoon, cheese-cloth, or handkerchief) when indoors and in the gutter when out-of-doors. In crowded assemblies, street cars and subways, the dangers of becoming infected by others with the catarrh germs of course always exists.

What can we do to protect ourselves by making our system less susceptible when we are exposed? It must be remembered that when we are in good health, the germs of a cold coming from one afflicted with the disease have little effect on us, nor will those which may lurk within us have much chance to multiply and do harm. In the healthy individual the white blood corpuscles in our blood stream take care of the invading microbes. They swallow it; hence the name "phagocytes." Thus the best way to protect oneself from catching cold is to keep in the best physical condition.

In order to make the body resistant to contracting colds, breathe as much good, pure air as possible all the time, breathing quietly and deeply, particularly when out-of-doors. When indoors try to be in a well ventilated room. Whenever convenient, take special breathing exercise every hour or two raising and rolling the shoulders upward and backward during the act of slow and deep inhalation, retaining the air for about 5 seconds while holding the shoulders backward, then exhaling a little more rapidly than it took for the inhalation, during which act the shoulders move forward and downward.

Accustom the body to a daily application of cold water in the form of a plunge, shower bath, or a cold sponge. One unaccustomed to the use of cold water must of course begin gradually. This can best be done by standing in water at a temperature of about 105° F. and squeezing out a sponge soaked in cold water at a temperature of 85° over the back of the neck, in front of the neck, and over the left and right shoulder, so that the whole body receives the ablation, the head remaining dry. Should the individual not react, that is to say, feel warm after the bath, he should return to a warm bed for a few moments. In a few days reduce the temperature of the cold water to 80° then to 75°, until he comes down gradually to 45°, which is the average temperature as it comes from the faucet.

The judicious use of cold water, as just indicated, is the best means to guard the system against what is commonly called "catching cold." The circulation will be improved, the respiration will become deeper and more regular, the skin more resistant, and the whole system less susceptible to chills.

Besides the external use of cold water, always bear in mind that the drinking of five to six glasses of cold water a day between meals, will materially help in the preservation of good health. The constipated individual produces an auto-intoxication, that is to say, creates a poison in his system which renders him below par and more susceptible to the invasion of the germs of common colds.

RABBITS MUST BE EXTERMINATED SO SAYS ORDER OF COUNTY COURT

Pursuant to authority given in Chapter 127 of the 1919 Session laws of the State of Oregon, the Morrow County Court has instructed the County Agent to serve notice to the parties owning, leasing, occupying, possessing, or having charge of or dominion over land infested with jack rabbits, that steps must be taken immediately to exterminate the same under supervision of the county agent.

1. Poison will be furnished as long as funds voted for that purpose are available.

2. Each individual will be required to provide proper bait, treat, put same out on lands he owns or controls, which are infested with rabbits.

3. Poison will be placed in the hands of the committeemen in areas that are infested from whom it can be secured. It is also available at the county agent's office.

4. Prepare poison baits as follows: Dissolve one ounce sulphate strychnine in one gallon of boiling water and sprinkle on 10 to 12 pounds of alfalfa leaves, chopped alfalfa, last cutting of alfalfa hay, wheat or rye heads, or short cuttings. Stir the bait constantly so that all will become thoroughly dampened.

5. Put out in the trails in the canyons where the rabbits are congregating while sheep are off the range. When the sheep are on the range the pens can be used. These must be rebaited however before putting out the poison to get the rabbits accustomed to feeding there, otherwise the pens are absolutely valueless and the poison put in them practically wasted.

6. In the wheat growing sections the wheat headings are much more effective than any other bait. Alfalfa is best in alfalfa growing sections.

7. Poison put out by parties on land which they own or control need not endanger stock which will later be pastured on that range, providing it is scattered properly. Don't pile it up. Put out a few straws or heads in a place. If put out in piles you can take up what is left before stock are turned out. The strychnine sulphate is soluble in water and is washed off into the ground with the rain that usually comes about the time the snow leaves, providing the bait is not put out in piles.

8. In places where drives can be organized successfully or other

means put into effect for immediate control of the pest, they can be substituted for poison.

9. The law provides that every man shall proceed to act promptly and that this announcement published in the newspapers gives sufficient notice. The law also provides that unless the holdings are rid of the pest, that the court shall hire the work done and the expense will be assessed to the individuals and collected in the manner taxes are collected. The law is not designed to and will not work hardships on any man who attempts to comply with its provisions. Because of the great damage done by these rodents, the court deem it imperative that concerted action be taken and it is expected that every individual owning or occupying land infested with jack rabbits will comply promptly to the end that these rodents may be controlled and exterminated while conditions are favorable.

Ground squirrels will also come under this provision of this act and action expected in season.

Published by order of the County Court of Morrow county on January 5, 1922.
C. C. CALKINS,
49-3t County Agricultural Agent.

Food Prices Show Decrease.
Washington, D. C.—Retail food prices in 16 principal cities in the United States decreased 12 to 18 per cent in the 12 months ended December 15, last, the bureau of labor statistics announced.

WALLULA CUT-OFF

Engineer Purcell, the federal bureau road representative, has informed the state highway commission that he is placing the Wallula cut-off on the state map as a primary or inter-state highway.

The state of Washington has placed this road on their program, they having about six miles to construct. They will construct as soon as Oregon designates this road. The Eastern Oregon member of the commission stated this road would not go on the map until the present mapped roads of the state were constructed.

There is some two million of federal road money available for Oregon this year. Can the State Commission afford to be arbitrary in telling the Federal Commission where they shall spend this federal money? The Federal Commission is in ac-

cord with the State Commission in allotting a portion of the federal funds for the Oregon trail. If the Federal Commission were to be arbitrary and transfer the Oregon trail funds, let us say to the Roosevelt Highway, would not they be standing in the way of the betterment of the state?

cord with the State Commission in allotting a portion of the federal funds for the Oregon trail. If the Federal Commission were to be arbitrary and transfer the Oregon trail funds, let us say to the Roosevelt Highway, would not they be standing in the way of the betterment of the state?

The Oregon trail and the Columbia highway Wallula connections are roads inter-state in character. The Oregon trail from a traffic or constructive standpoint to the state of Oregon, will never compare to the Wallula cut-off with its Yellowstone, Evergreen and Lewis & Clark connections.

Is the federal road money for the state of Oregon to be stalemated thru the manipulation to control traffic over certain routes? The Portland Telegram quoted Commissioner Barrett as follows: "The location of the Columbia River highway was a mistake in the first place. It should have followed up the Deschutes and then gone thru central Oregon. The people who come to this state from the East should not be taken down a sand and sagebrush road instead of thru the great grain fields of the

state." It does not seem that Mr. Barrett would make this as a statement of fact, though his time has been short as commissioner. The Columbia highway was located down the Columbia River for the very same reason that the railroad was so located.

A matter of grades and the down-grade tributaries to the trunk road. With the welfare of the tourist in view, why not the railroad, along with the highway, back thru the wheatfields? While it would place us on a "rubber neck" transportation basis, the tourist would at least see wheat.

The Wallula cut-off is a necessary addition to this trunk road. The Lewis & Clark highway has just been placed on the map, starting at Missoula, Montana, and routing thru to Wallula. From the summit of the Bitter Roots, a water grade to the sea.

The government engineer aided with a common sense federal road law sees things in a broad constructive way, and is not bound by collective "Main Streets" in his findings. Let's find ourselves for a Greater Oregon.

Bargain Offer till February 1st

Your little paper will soon be a year old. Started at the beginning of the slump, under adverse circumstances, the Mirror has enjoyed some prosperity, nevertheless, and the solution of the small town paper has been solved.

Boardman is not large enough to support a printing plant and publish a paper of her own, but under the present arrangement she is getting a bigger and better paper than many other towns of three times the size.

The publisher knows you have your own little setbacks and "getting by" is the chief interest in life just now. But when things go "fluey" with the farmer, the printer has hard sledding too.

So, to co-operate with you and share the loss, we are going to offer the Mirror at a reduced price for a few weeks.

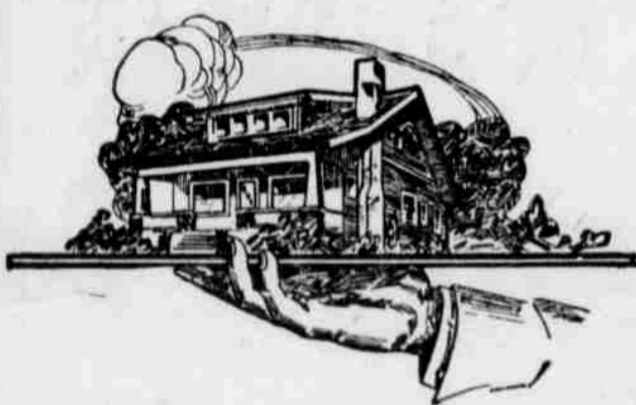
Most of you are in arrears to some extent, but it is because money is scarce. But money is just as scarce with us as it is with you.

To all who will pay their subscriptions in advance for one year between now and February 1, 1922, we will make a rate of

\$1.50 Per Year

We have never asked you to pay the second installment of your subscription, fully appreciating the condition of the rancher these days, but by meeting you half way, may we not expect renewals from all of you and new subscriptions from the few who do not take the paper.

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