

LOSS OF KENYON WON'T HALT ONWARD MARCH OF FARM BLOC

United States Senator Arthur Capper says farmer will soon be made efficient salesman with the legal right to market his products collectively.

KANSAS SENATOR BATTLES FOR RIGHTS OF FARMER



ARTHUR CAPPER

By Arthur Capper
United States Senator from Kansas

The loss of Senator Kenyon in his appointment to the Federal bench will in no way stop the progress of the Congressional program sponsored by the Agricultural Bloc. That program is going right on—and through,—impelled by something so high and big and just that beside it the personality of leaders and members alike of the Bloc pale into insignificance. We are all mere instruments of service to that vast portion of our population that tills the soil. Our names, like the colors of our ties, count for nothing. Our principles count for everything.

The question of cooperative marketing, long kept a little Orphan Annie standing outside on the doorstep of Congress, now occupies a position of honor in the mighty Senate chamber. With the President of the United States formally and officially committed to it, and with Alberto iron-barred Senate doors swinging way before it, it is just a matter of a short time before it will be written into the law of the land. The Volstead-Capper Bill will cut the irons from the farmer's heels and permit him to go to market alongside his neighbor and in comparative safety from the hands who would way-lay him on the road. The American farmer can never be an efficient man of his own products without the clear legal right to market them collectively.

Other measures to which the so-called Farm Bloc has given its sanction include the Capper-Tincher anti-grain gambling bill, bills regulating cold storage and providing for adequate control of the packing industry, the Capper-French truth in fabrics bill, the bill that places a representative of agriculture on the Federal Reserve Board and bills creating more liberal banking

credit, particularly personal credit, on crops and farm machinery, and making such paper more easily discountable.

Much of this legislation has been passed and the remainder advanced to a stage where passage, in the not far distant future, may be foreseen. The whole program of simple justice to the farmer has gained such momentum that nothing can stop it.

Not that there must be any let-up in the fight. With the departure of the Iowa Senator from the councils and voting strength of the Bloc, its members must and will carry on with increased vigor. And anyone who can see in the loss of Senator Kenyon anything like the possibility of the Farm Bloc disintegrating has his spectacles covered with Wall Street dust.

PARODY ON BUGLE SONG

Orchestra Practice

I.

The violin calls, and thru the halls
The toot of cornets, wild and wooly,
The quivering notes cause lumps in
our throats.

And the beat of drums, oh glory!
CHORUS—

Squeak, violins, squeak,
Set the wild notes flying.
Squeak, violins, answer cornets,
Trying, trying trying.

II.

Just listen dear and you shall hear
The strains of Yankee Doodle rising,
And Liza Jane will put to shame
The hammers in the basement ring-
ing.
Oh! sharp and shrill; my how we

chill,
And wish it were tomorrow.

Chorus—

III

Oh! say it's o'er and from the door
We see the leader's coattails flying
We laugh and grin and rub our chin
And feel so glad we're almost crying.
Chorus—

DOROTHY B.

Henry Klager returned from Umatilla Wednesday. Mrs. Klager and Louise are setting up now and will soon be home.

Vaughan Keys returned home Sunday. He stood his operation fine and is looking good.

Local Happenings

The Messenger family is under quarantine. Marie became ill Friday afternoon and Saturday the doctor was called who pronounced the case scarlet fever.

Lauren Cumins is absent from school.

Miss Price made a trip to Portland on No. One returning early Monday morning.

Every house in Boardman is again occupied. Mr. Goodwin is living in the Roots house, Mr. Tate in the Paine house and the Mays in Miss Runners house.

Mrs. W. H. Mefford, Mrs. Leo Post and Mrs. Max Dewese visited at the Garret home Wednesday.

Mrs. Bert Richardson is ill with a case of the grippe.

Mr. and Mrs. W. H. Mefford and family, Al Macomber and Mrs. Root and two sons motored to Arlington Sunday to visit the Dewese family. Mrs. Dewese and two children returned with them for a few days visit.

Lauren Cumins is absent from school suffering with an infection.

Mr. and Mrs. Tate moved this week to the Poine house.

Mr. and Mrs. Al Murchie have been on the sick list the last week. W. H. Stewart is recovering from a severe attack of the flu.

School has been almost demoralized the last week. A number of parents took their children out of school for fear of scarlet fever and a great many of the children are sick with the grippe or flu.

FOOD MIXTURE FOR HENS

Dry Mash Mixture for Laying Hens
100 lb. bran
100 lb. middlings
100 lb. corn meal
100 lb. ground oats or barley
100 lb. meat meal or fish
Feeding Schedule per 100 Hens
Morning—Three-fourths lb. grain in straw litter. Evening—Eight-tenths lb. grain in straw litter, all they will eat. Keep the above dry mash before them all the time, also grit, oyster shell, water, green feed, alfalfa leaves and milk if possible. They should eat 10-12 lb. of mash per day. If they don't, cut down the morning feed of grain.

DR. A. M. SIMMONS
PENDLETON OREGON
EYE SPECIALIST

Mr. Potter bought a car load of stock and farm implements a few days ago. Mr. Potter has rented the Ed. Hall place for the year.

The bakers are working hard now and nearing the end of the work in the East end Elmer Westervelt is now baling at Roy Brown's, and from there will move to Adolph Skoubo's. John Partlow is baling at Mr. Garrett's on the Mrs. Gibbons ranch.

Sadie Larson is indisposed and confined at home.

Mr. Ralph Humphrey, though still holding his post of duty, has been on the sick list but at this writing is reported better.

Mr. Dillabaugh took dinner at Earl Cramer's on Monday.

The East End telephone line has been out of working order the greater part of the week owing to the fact that the high derrick of necessity has to go under the line.

Frank Cramer is taking care of the baled hay at Mr. Garrett's place this week, for his daughter, Mrs. Gibbons.

Have any of you bachelors and widowers taken advantage of that new telephone in the West End?

We were sure proud of our paper last week, were we not? We think it a peachy paper.

Mr. Cohoon has been on the sick list this week, but is better at this writing.

Mr. and Mrs. Bins entertained at a delightful dinner Sunday, having as their guests Mr. and Mrs. Guy Lee.

Did you notice the "Headache Sheet" over the counter in the Post Office.

TICKLERS

On Its Way

"And what is an egg?" asked the missionary who was testing his hopeful pupil's knowledge of English.

"An egg," said the boy, "is a chicken not yet."

Why is a pancake like the sun?
Because it rises in der yeast and sets behind der vest.

What an awful gash you have on your forehead, Alton.
O, next to nothing—next to nothing.

Father—I never smoked when I was your age. Will you be able to tell that to your son when you are my age?

Roy—Not with as straight a face as you do.

Boardman Utellem

Boardman High School, Boardman, Ore., Feb. 24, 1922

The play cast for "Hot Tamale Land" met Monday afternoon in the library during the regular English period for the purpose of reading over the play. Miss Runner announced that she wanted all the parts learned in Act I, for practice Friday afternoon.

The cooking class made drop cakes last Thursday and sold them to the pupils at lunch Friday. A charge of 5c each was made. Four kinds of cake were spice, chocolate, plain and marble which were iced. The proceeds amounted to \$2.10.

Mohava Kutzner is not able to attend school this week on account of a cold and sore throat.

Extract from a laundry advertisement: "Don't kill your wife—let her do the dirty work."

The annual declamatory contest in the school was held last Friday during the English classes. In the Freshman class, which includes Freshmen and Sophomores, Wahnona Keys received first place with a tie between Truman Messenger and Caryl Signs for second. In the Jr.-Sr. class of English VIII, Ethel Broyles received first place and Dorothy Boardman second.

Those receiving first and second place in the declamatory contest were to speak at assembly Wednesday morning but due to the illness of many of the contestants this has been postponed.

The world that we are living in
Is mighty hard to beat;
We get a thorn in every rose,
But aren't the roses sweet!

SEE OUR NEW LINE

SPECIAL

FRIDAY, SATURDAY,
SUNDAY AND MONDAY

A TOOTH BRUSH FREE

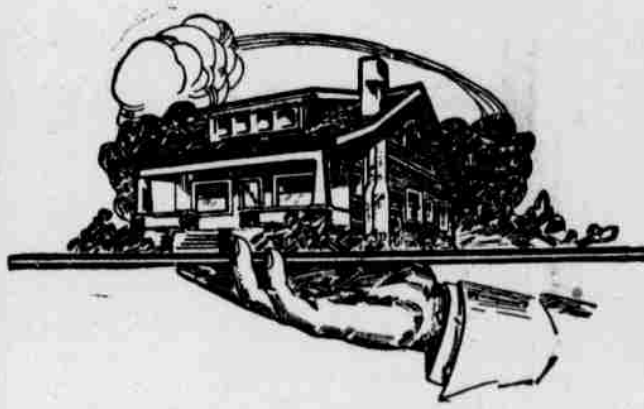
With Every Purchase of

TOOTH PASTE, POWDER OR WASH.

TRY

Umatilla Pharmacy

CLAY RINEHART, Proprietor
Edwards Building



For

Lumber,
Building Material
and anything usually carried in a
Modern
Up-to-date
Lumber Yard

See

W. A. Murchie
Boardman, Oregon.

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.)

EXERCISE FOR ADULTS

GEORGE J. FISHER, M. D.

THE history of man is that he has always been accustomed to vigorous bodily exercise. Consequently his muscles are numerous and large. About half the body weight is made up by the muscles. Thus they constitute a large part of his being. Furthermore, in his development the muscles came first. Heart, lungs, liver, nervous system, all came later. They came as a result of muscle contraction. When muscles were used in a greater variety of ways then there was need for richer blood, more elaborate digestion, and a nervous system to control them. Half the brain in fact is given over to the care of the muscles. Thus we see that muscles are exceedingly important organs. They are related to all the organs of the body. They are most closely connected with the nerves of the body and are very directly related to the brain. Well-toned, active muscles mean a good heart, strong lungs, good digestion, fine circulation, nervous control, and mental vigor. When the muscles get flabby and lose their tone the blood gets sluggish, the lungs lazy, the nerves jumpy, and the brain dull. You cannot neglect the muscles without feeling the results at many important points.

Now unfortunately most of our work today does not make sufficient demand upon our muscles. A great deal of it is done sitting still or standing still, and we were never made to sit still or stand still. We were made to be physically active. Most of the big muscles are quite closely related to the legs. We should concern ourselves with leg activity. Walking, slow running, leg bending, and body bending, and twisting from the hips are necessary. Note how quickly rapid walking or body bending affects our breathing, the heart rate, and if more prolonged, the digestion. Most of our ailments such as indigestion, short wind, dullness of the head, are due to muscle inactivity. Provide the activity and these will disappear. A brisk walk several times a day, indulgence in some favorite physical game once or twice a week, some muscle calisthenics in morning and evening, a daily sponge bath with a brisk rub will put most of us in excellent condition if practiced regularly. On the other hand to neglect this practice may result in a tendency toward sluggishness, occasional bilious attacks, chronic colds, increase of weight so characteristic now of mid-life, and shallow breathing.

Some of us too are in lines of work which tend to contract the chest, round the shoulders, bring the head forward, or push the lower part of the abdomen downward and forward, and thus lower the tone of muscles and the bodily organs which are closely related to them. In such cases exercises should be taken to counteract these conditions. All exercise should be taken with the head up, shoulders high, chest raised, and back slightly arched; when this is done it helps to keep the body in these positions.

People who may be in occupations which overexercise certain parts should by relaxation rest the parts affected. Those who stand a great deal should lie down when resting with feet slightly elevated. Rubbing of the tired parts in the direction toward the heart after a hot bath of the parts followed by cold will relieve the tension and the fatigue.

Most adults need vigorous exercise of the muscles located between the shoulders and the knees. Those who wish a special set of exercises I should advise to secure a copy of the Boy Scout Handbook. The chapter on Health and Endurance contains a good drill for daily use.

BEGINNING TO RUN

