

The Maupin Times

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the Act of March 3, 1879.

I. O. O. F.
WAPINITIA
Lodge No. 209, Maupin, Oregon.
meets every Saturday night in
I. O. O. F. hall. Visiting mem-
bers always welcome.

B. F. TURNER, Secretary
H. R. KAISER, N. G.

Don't forget the Pendleton
blankets at Wilsons.

For Sale

One black saddle horse.
Lester E. Crofoot.

Wamic News

married in The Dalles.

While on their way to Portland
last Tuesday Mr. and Mrs. Geo.
Magill encountered a terrible
wind and rain storm just after
passing Hood River. The weath-
er permitted George to go with
out a coat and he threw the gar-
ment in the rear of the car but
when the storm came up he reached
for the needed protection he
found the wind had swept it as
well as his overcoat out and he
went on to his destination coat-
less. They visited in Oregon
City and Vancouver Wn. return-
ing Sunday.

Ed and John Fitzpatrick have
bought a sheep ranch on Juniper
Flat.

Andy Bailes and Mrs. Laura
Kennedy brought Mrs. Mary
Batey from Dufur yesterday
where she has been the past six
weeks taking medical treatment.

Liberty Chastain arrived Thurs-
day from West Fall. A party
charivariied he and Mrs. Chastain
at the Emma Chastain home that
night. About seventy were
there, many coming from Tygh.
The crowd went to the hall and
danced. Music was furnished
by Mrs. Zumwalt, Irma Driver
and Jim Woodcock.

Mrs. Chastain and family were
guests of his mother here Sunday.

Emmit Zumwalt and family
visited at the Willis Norval home
in Tygh Sunday.

Frank Wing was here Sunday
from Will Creek. Housty John-
son accompanied him back to
work on the market road.

Mr. and Mrs. Guy Brittain are
back from Mill creek. They
will move in the Harper Apart-
ment-house.

Mrs. Ethel Magill, Naomi and
Gertrude, Winston Lake and
Miss Beatrice Powell went to
Fisk Bothwells Sunday.

Arly Magill and Alda Norval
were guests at the Fisk Bothwell
home Sunday.

Jim Woodcock and Irma Drive-
ver went to Smock today. Irma
has been here with her grand-

GRAIN DRILLS

We can sell you a **SUPERIOR**

**THOMAS
NEW PEORIA
VAN BRUNT**

or get **REPAIRS** for you

GET OUR PRICES

R. E. Wilson Co.

Phone Your
Parts Orders

ORDER
PARTS BY
NUMBER

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 tuberculous. 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-catarrahalis. 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, splitter, 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 it 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 a 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 ablution, 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.

mother the past three weeks. Grant Ledford took Elsie to

Sherars Bridge Tuesday. She went to White Salmon to pick apples.

Mrs. Maggie Woodcock and Cecil were over from Maupin Sunday at the A. E. Lake home. Gilbert Illingsworth is going to school in Tygh, staying at the Orange Brittrin home.

Mrs. Mary Gibson had an attack of the intestinal flu last week. Hubert Norval was sick with it for several days.

M. Glass, the water ditch man was here last week looking up the ditch interests.

The one months old baby of Mr. and Mrs. Dick Savage is ill. The infant is threatened with pneumonia.

Wapinitia

Mrs. Carrie Weberg and Mrs. Sinclair were Maupin visitors Friday.

F. G. Magill was in Maupin on Thursday.

Mr. Jackson of Summit house was in Wapinitia this week. Clyde Flinn and family have

-New Today-

Found—Door key. Times office

Four milk goats for sale or trade—Mrs. A. Philmlee.

Colgates Octagon Soap Flakes, 3 pkgs. for 25cts.—Maupin Drug Store.

"SNAPPY"—Four piece orchestra for dances and entertainments.—Call Chas. Brown or Leon Frasier. Dufur, Oregon.

One Pint Thermos Bottles, \$1 each.—Maupin Drug Store.

Ground Cherries six cents a pound at Ed Bothwell's.

Two pkgs. Camel Cigarettes, 35c.—Maupin Drug Store

Two yearling colts to trade for a cow.—R. H. DeCamp.

Washing done reasonable—Inquire, Mrs. Rosa Stockton, opposite Cook Hall.

Four 10c. pkgs. Matches for 25c; 6 for 35c. Maupin Drug Store.

In stock at the Times office—Wedding cabinets, plain and fancy stationery, cards, stork cabinets, carbon paper, tags, butter parchment and cartons, school report cards, cardboard and paper in large pieces.

For Sale: Will deliver 11 head of purebred yearling Lincoln Rams to Grass Valley for \$25.00 per head, also 50 head of purebred Lincoln ewes and lambs for sale.—J. D. Gilmore, R. 2, Box 88, Goldendale, Wn.

For Sale—One Rooster, eighteen laying hens.—G. E. Cunningham

Section men wanted—Oregon Trunk Section, Maupin—G. E. Cunningham, Section foreman. For Sale—160 A. wheat land.

320 A. for rent, for term of years in connection. \$2,000 will handle. Eva M. Harpham Maupin Or.

Farm equipment of all kinds for sale—Eva M. Harpham Maupin, Oregon.

Our fall shipment of blankets and robes and auto robes just arrived—R. E. Wilson Co.

gone to Wenatchee Wn.

Mr. and Mrs. Robt. Ellinwood were in Maupin this week.

J. M. O'Brien and son Marion have returned from Salem where they attended the State Fair.

Leonard Wilson and wife were in Maupin on business Thursday.

Mrs. Evans and little daughter who have been visiting her parents, Mr. and Mrs. Houghton have returned to their home in Portland.

There were 47 cars parked at the school house last Saturday, when folks came from far and near to attend the ditch meeting

Judge Atkinson of The Dalles was in our midst Saturday.

Mrs. Rosie Stockton is at the Mott home helping care for the sick.

Calvin McCorkle has rented the Ayres place on the Flat and expects to move there soon.

Rev. and Mrs. Matthews returned from Portland Saturday bringing as their guest Mrs. Boyce.

Ed. Thomas who has been very sick is thought to be a little improved in health.

The Sunday School meeting last Sunday was well attended and a good time enjoyed by all. Besides the local speakers others to take part were Clark Smith and Mr. Zell of The Dalles and Mr. Plowman of Centralia Wn.

L. D. Woodside took Mrs. Hartman, Crystal and Anna West to The Dalles Saturday.

Bruce and Dewey Bothwell expect to leave Thursday for Soap Lake Wn.

N. G. Hedin and wife went to Bend Wednesday to attend an Irrigation Conference.

A new family has moved into the Graham house formerly occupied by Arnetts.

Roy Rice and Lawrence Powell entered high school this week. Mrs. J. L. Maddron left Monday for her home in California.

Some times a fellow gets pretty well along in years before he realizes that brains were given him not solely for hair fertilizer.

James Chalmers
Horse Shoeing and
General Blacksmithing
Maupin, Ore.

Dr. T. DeLarhue
EYESIGHT SPECIALIST
Glasses Properly Fitted
Exclusively Optical
Rooms 17-18 Vogt Block, over
Crosby's Drug store,
The Dalles, Ore
Phone Black 1111

E. B. DUFUR
Attorney at Law
MAUPIN, OREGON

NOTICE FOR PUBLICATION

Department of the Interior
U. S. Land Office at The Dalles, Oregon, July 19th, 1922.

Notice is hereby given that Chester R. Pechette of Wapinitia, Oregon, who on March 13th, 1920, made Homestead Entry No. 021521, for SE1-4SW1-4, S1-2SE1-4, sec. 8, SW1-4SW1-4, Section 9, E1-2W1-2, E1-2, section 17, Township 6 south, Range 13 east, Willamette Meridian, has filed notice of intention to make three year proof, to establish claim to the land above described, before F. D. Stuart, United States Commissioner at Maupin, Oregon, on the 15th day of September 1922. Claimant names as witnesses: Edward Gabel and John Porchette of Maupin, Oregon, Thomas Kienzell and Curtis Abbott of Wapinitia, Oregon. J. W. Donnelly, Register.

NOTICE FOR PUBLICATION

Department of the Interior
U. S. Land Office at The Dalles, Oregon, Sept. 14th, 1922.

Notice is hereby given that John MacInnes of Shaniko, Oregon, who on May 12th, 1919, made Homestead Entry No. 020673 for SE1-4SW1-4, SW1-4NE1-4, NE1-4SW1-4, and NW1-4SE1-4, section 27, and on Dec. 7, 1920, made Ad. H. E. No. 020674 for SE1-4NE1-4, and E1-2SE1-4, section 27, E1-2NE1-4, and E1-2SE1-4, section 34, SW1-4SW1-4, section 35, Township 6 south, Range 14 east, Willamette Meridian, has filed notice of intention to make three year proof, to establish claim to the land above described, before F. D. Stuart, United States Commissioner at Maupin, Oregon, on the 27th day of October, 1922. Claimant names as witnesses: Hurstel D. Hollis and E. A. Troutman, of Maupin, Oregon, Edward Kramer, of Criterion, Oregon, Malcolm McDonald, of Shaniko, Oregon. J. W. Donnelly, Register.

NOTICE FOR PUBLICATION

Department of the Interior
U. S. Land Office at The Dalles, Oregon, September 14, 1922.

Notice is hereby given that Irl Davis of Dufur, Oregon, who on September 12th, 1917, made Homestead Entry No. 019249, for SE1-4SE1-4, Sec. 23, E1-2 SW1-4, sec. 24, NW1-4NW1-4, sec. 25, N1-2N1-2, sec. 26 and Feb'y. 21, 1921 made stockraising Additional homestead entry No. 021789 for S1-2SE1-4, sec. 27, N1-2N1-2, SW1-4NE1-4, NW1-4SE1-4, Section 35, all in Township 6 south, Range 13 East, Willamette Meridian, has filed notice of intention to make three year proof, to establish claim to the land above described, before Register and Receiver, United States Land Office at The Dalles Oregon, on the 27th day of October, 1922. Claimant names as witnesses: Claude C. Foster, of The Dalles, Oregon, Ed Faulk, of The Dalles, Oregon, John M. Conroy, of Tygh Valley, Oregon, Cyrus Lofton, of Tygh Valley, Oregon. J. W. Donnelly, Register.

Butter Nut Bread

The bread that made mother stop baking. Received fresh every day at

BUTLER'S

Eyes Tested ON

Saturdays and Sundays

Old Bank Building Maupin, Oregon

O. R. Dinwiddie
Registered Optician

BLACKSMITHING

I have opened a blacksmith shop in all-around blacksmithing at my old stand opposite Woodcock's mill and am prepared to do work at reasonable rates.

A. F. MARTIN

BUTLER'S

Grocery and Meat Market

Every Thing for the Table

Winter will soon be here. Are you prepared with a full supply of food for your family to meet those cold and wintry days?

IF NOT Make your purchases early.

We are receiving daily our fall food stuff to supply you, taking great care to buy for you the very best at the least possible price.

We wish to thank you for the business you have given us during the spring and summer and we hope to receive your valued orders for winter supplies.