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**Furniture, Carpets, Wall Paper**  
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**W. W. Hollingsworth & Son**

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Corner First and Howard Streets

### HEALTHOGRAMS

By Dr. R. R. Daniels.

If you would be well in summer, don't over eat, either of meats or of starchy foods.

Drink plenty of water, but do not flood the stomach with water while a meal is being digested.

Don't drink ice-water, nor eat iced foods; both are a common cause for gastritis and diarrhoea.

Don't avoid fresh vegetables for fear of typhoid fever; more typhoid fever comes from over-eating on heavy foods than from anything else.

The body keeps itself cool in summer by perspiring. If you are exposed to the summer heat, drink plenty of water, and keep the pores open with a daily friction bath.

One help in keeping cool in hot weather is to take a sponge bath in tepid water every morning. This keeps the skin active, and an active skin means warmth in the winter and comfort in the summer.

Don't stuff yourself while spending your vacation in the country or in the mountains or at the seashore. If you do, you will have to pay for it when you get back with a "sick spell" of some kind, and in this way your vacation will do you little good.

There are still a few people who persist in wearing woolen underwear during the summer. Such a sin against health deserves the punishment they usually receive; discomfort from heat during the summer and plenty of colds as cold weather begins.

Regardless of the fact that those that are perfectly healthy can resist about all the disease producing germs, we should take every reasonable precaution to avoid germs of every kind. However, the woman who takes unusually good care of her ice-box, and refuses all ice but that made from distilled water, and then serves her family with nice fresh bread full of live yeast germs, is straining at gnats and swallowing camels.

### REAL ESTATE TRANSFERS

Clara Anthony et al to Kate B Lake 56'x1228' N Yamhill \$1.

Albert S Bibbins Trustee to John F VanKessel lot 41 Corbett acreage \$10.

Asher Coovert & wf to S Robertson undiv 1-5 int s 1/2 lots 7 and 8 blk 2 College add McMinnville \$300.

Alfred J Cormack & wf to Nels J Dundgren lots 5-6 and 7 blk 2 Revenue Orchards \$10.

Lillie M Elliott & hub to C A Buck N. 2 a lot 1 sec 2 t 3 s r 5 w \$10.

Emma Fitzhugh, Carrie A Latourette lot 1 and s 22' lot 2 Lorenz Roots add McMinnville \$10.

W M Fishback, C G and Mary A Scott lot 8 blk 6 O T Carlton \$10.

Leona Gilmore, Thomas H Glover n 1/2 John Monroe d l c secs 7 and 18 t 5 s r 4 w \$1000.

Andrew Kershaw & wf to Helen V Parker 453.79 ac in H H Simm's homestead and d l c t 5 s r 7 w \$10.

Andrew Kershaw & wf to Harry Edmiston lot 18 Corbett Acreage \$10.

Marie S Larry & hub to James

Cruickshank 70'x100' se corner blk "E" Saylor's add McMinnville \$10.

Ann A Lucas, Fred L and Letha M Ames to 100'x120' D D Deskins d l c in t 3 s r 2 w \$700.

Walter S Ormandy & wf to Nels J Lundgren lot 10 blk 1 and lot 3 blk 2 Revenue Orchards \$10.

G D Patch & wf to J H Dietz w 1/2 of s 1/2 of sw 1/4 sec 36 t 2 s r 3 w \$10.

C G Scott & wf to Frank and Nettie M Hurst 3.75 ac Peter Smith d l c in t 3 s r 4 w \$843.75.

A J Syron, John S Shaver and wf 77.44 ac in sec 20 t 3 s r 3 w \$1.

A J Syron, John S Shaver and wf 20 ft strip in t 3 s r 3 w \$1.

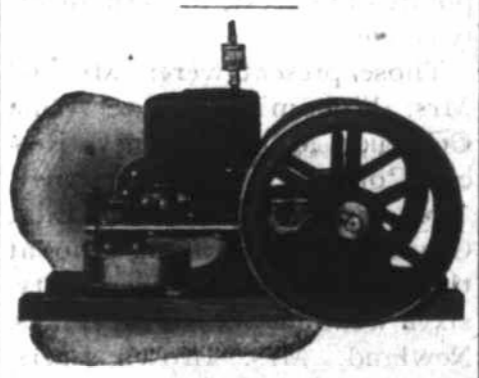
Walnut Grove Co to A A Morrison 79.58 ac in Martin Vaughn d l c in t 2 s r 4 w \$10.

F W Wallace and wf to H G Davids 5 ac James T Hembree d l c in t 4 s r 4 w \$1.

### JACK RABBIT PEST MAY SOON DIE OUT

A letter from Port Rock states that a disease has broken out among the jack rabbits in the valley and that they are dying by thousands. In some parts of the valley dead rabbits are so numerous that they are actually offensive to travelers along the public highways. From all over Eastern Oregon reports come that the rabbit is doomed to destruction. On the east side of Silver Lake and through the Conley hills they are to be found by the thousands; nearly every open piece of ground containing a dead rabbit. A year or so ago this disease was noticed among rabbits in the vicinity of Pleasant Valley, but it was not supposed to be effective enough or broad enough in its scope to rid the country of the pests, but this summer since the warm weather set in the disease has apparently sprung into new life and bids fair to solve the rabbit question in Eastern Oregon.—Silver Lake Leader.

### SI DRAFT GOES TO THE CITY



(Continued from last week.) Well, I thought I'd get my money's worth out of the R. R. Co., and I rode just as long as the train kept goin' and finally it pulled in on a side track at the Union Depot and I got off. When I stepped off the train about all I could see was a bunch of R. R. tracks, some huge buildings and some mogul locomotives comin' down the line and I had to take my little lookin' glass out of my pocket and look at myself to be sure it was me before I had nerve enough to start any place. Well, I thought to myself them Larkin-Prince fellers don't get their business by settin' round in one place all the time and I won't get any place either if I don't move out, so I proceeded to travel. After I got started the first thing that bothered me was one of the in-

fernal little news-kids and he says "Hey mister! get a paper and the war news" I never said anything but I looked war at him and he went on mindin' his own business. Well, by the time I dodged three or totor of them automobile colts and nearly got run over with a street car, I commenced to feel hungry and I asked a feller if he knew a good place to eat and he pointed to a place that said "Rainbow" on the front and I went in. There was a girl standin' by the door just where I went in and she took my hat, but I watched to see where she put it and I went on and before I could get located here come a feller with a fresh boiled shirt and pulled a chair out by one of them tables and I set down.

He handed me the front page of a Dutch newspaper, anyway I reckon that's what it was, cause I couldn't read it and he poured a glass of water out and I drank it. I kept lookin' at the paper he gave me expectin' him to say somethin' and he poured another glass of water and I drank it, and he poured me another one and I drank it, and he poured out another one and I says, "Say, mister, I ain't no water tank, Larkin-Prince Hdwe. Co., up at Newberg sell them, you can buy either redwood, fir or galvanized that will hold all the water you want to carry in a day. I came in here to get somethin' to eat. What hev you got?" and he says, "Can't you find nothin' on that Menu card that suits you? There's a good Merchants lunch for \$1 that is very good." Well, I says, I ain't no merchant, but I reckon I can stand anything that they can, so trot her along.

While he was gone, I was lookin' around and I says to myself I'll bet this is painted up with that "Acme Quality Paint" that Larkin-Prince sells, it looks mighty fine. When the feller brought on my eats I asked him a few questions and as he was not very busy we got to talking and come to find out he was a third or fourth cousin to one of the boys that work for Larkin-Prince, Hdwe. Co., up at Newberg and we had a pretty good visit while I was eatin'.

Someone had told him that the boys up there were out after the business all the time. I says you bet they are and right now they are sellin' a lot of them "Perfection Oil Cook Stoves" to the women to cook with this hot weather, and a lot of the farmers are buying new pumps, gasoline engines, bale ties, wagons, etc. They sell the very best lines of goods that the market affords and they'll guarantee satisfaction or your money back. It's a good place to get hardware and implements.

(Continued next week.)

### FREE CANADIAN HOMESTEADS

Why pay \$50 to be located. We give you full information where the best lands are in Western Canada and British Columbia that are close to railroad and town; name of guide on the ground; full directions to get maps and plats free; how to get homeseekers tickets; everything you need to know and locate yourself, all for \$3.00. Remit amount by post office money order and we will send you the complete information at once. The Canadian Homestead Company, 73-6th St., Portland, Oregon. The Farm Magazine, 411 Panama Bldg., Portland, Ore., for reference. 41-44

### Administrator's Notice.

Notice is hereby given that the undersigned has been duly appointed administrator of the estate of Lena E. Taylor, deceased, by the County Court of Yamhill County, Oregon, and has qualified. Now, therefore, all persons having claims against said estate are hereby notified and required to present the same, with the proper vouchers, to the undersigned administrator at the office of Clarence Butt, at Newberg, Yamhill County, Oregon, within six months from the date of this notice. Dated July 16, 1914. Jacob Taylor, Administrator of the estate of Lena E. Taylor, deceased. Clarence Butt, attorney for estate.

Weekly Oregonian and Graphic one year, \$2.25.

### QUEER NAMES IN HAWAII.

One Native is Called "The Man Who Washes His Dimples."

The natives of Hawaii are singularly picturesque in their choice of names. Mr. Scissors, the Thief, the Ghost, the Fool, the Man Who Washes His Dimples, Mrs. Oyster, the Weary Lizard, the Husband of Kaneia (a male god), the Great Kettle, the First Nose, the Atlantic Ocean, the Stomach, Poor Pussy, Mrs. Turkey, the Tenth Heaven, are all names that have appeared in the city directory.

They are often careless of the gender or appropriateness of the names they take. A householder on Beretania street, Honolulu, is called the Pretty Woman (Wahine Maikai). A male infant was lately christened Mrs. Tompkins, one little girl is named Samson, another the Man; Susan (Kukena) is a boy, so are Polly Sarah, Jane Peter and Henry Ann. A pretty little maid has been named by her fond parents the Pigsty (Hale Pua). For some unknown reason—or for no reason at all—one boy is named the Rat Eater (Kamea O i Ole).

The Rev. Dr. Coan of Hawaii possessed the love of his flock. One morning a child was presented for baptism whose name was given by the parents, Mikia. When the ceremony was finished the parents assured the doctor that they had named the baby for him. "But my name is not Michael," said the doctor, supposing Mikia to be aimed thereat. "We always hear your wife call you Mikia!" answered the mother. She had mistaken Mrs. Coan's familiar "my dear" for her husband's given name.

An old servant in Dr. Wight's family, at Kohala, caused her grandchild to be baptized in church the Doctor (Kauka), that was its only name. By way of compliment to the early physicians, many children were named after their drugs, as Joseph Squills, Miss Rhubarb, the Emetic, the Doctor Who Peeps In at a Door.

Names uncomplimentary, or even disgusting, are willingly borne by their owners; others convey a pleasing and graceful sentiment. Among the latter are the Arch of Heaven (Ka Pia Lani), the River of Twilight (Ka Wia Lina), the Delicate Wreath (Ka Lei ma Lii). The name of Liliuokalani, the former queen, means a Lily in the Sky.—Youth's Companion.

### Historical Novels.

To produce a so called historical novel has been attempted by many, but with indifferent success by the majority, so far as history is concerned. Alike the best known and the most successful authors of this class are Scott, Kingsley and Lytton. In grouping books of this type in an order of merit based on their historical worth it cannot be denied that "The Last of the Barons" should be awarded the first place, with "Henry Esmond" and "Hereward the Wake" bracketed as second. Victor Hugo's "L'Histoire d'un Crime," which has been called "the apotheosis of the special correspondent," is a notable example of a contemporary history written under a thin disguise of fiction.—Pearson's.

### The Eagle and the Lion.

A young curate who was showing an American girl through an old English cathedral enjoyed her appreciation of a handsome lectern. The Bible rested on the outspread wings of a powerful wrought bronze eagle. At the base of the lectern another symbol of the gospel was presented in the form of a great lion.

The clergyman yielded to the temptation to banter the fair visitor a bit. "We have a lion to watch the eagle," he remarked. "Yes," flashed the answer, "but the eagle stays on top."

### The Highest Windmill.

The highest windmill in England is the High Mill at Great Yarmouth. It is believed also to be the highest in the world. Built in 1812 at a total cost of \$50,000, its height in brick is 100 feet, and the wooden cage on the summit further increases this another ten feet. In a high wind the mill works at thirty horsepower and is capable of grinding nine coomb (an old English measure of four bushels) of wheat an hour or crushing ten coomb of oats an hour.

### Perjury.

There is practically no difference in law between an oath and an affirmation. False testimony given under either is perjury, punishable by a term in the penitentiary. An oath is sworn to on the Bible. Persons who object to testifying under that form are permitted to make affirmation of the facts to which they testify. The one form of testifying is just as binding as the other.

## A Bank's Responsibilities

This bank is responsible to its depositors for the money entrusted to its care.  
It is responsible to its stockholders for the safe investment of its resources.  
It is responsible to this community for a large share of the prosperity it enjoys and for judicious application of its resources to worthy business enterprises.  
Accounts of responsible people desiring the facilities of a strong, responsible bank, are invited.

## United States National Bank

"Oldest Bank in Newberg"

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NEWBERG, OREGON

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The Overland has been improved very much, has 114 in. wheel base, floating axle, electric lights, cowl dash, Warner speedometer, at \$1075 F. O. B. Newberg; or equipped with Gray & Davis generator and starter at \$1200.

### NEW PRICES ON FORDS

Five passenger, \$565, F. O. B. Newberg; roadster, \$515. If 300,000 Fords are sold before August 1, 1915, each purchaser receives a rebate of from \$40 to \$60. Come in and let us tell you about it.

## NEWBERG AUTO CO

## Lone Fir Dairy

Pure Milk and Cream is conducive to good health. This is the kind we supply our customers.  
Our Dairy is frequently inspected by the State Dairy and Food Commissioner and has been highly commended by that official. Give us a trial.

Phone Red 66 **R. B. LYLE**

## Help Make Oregon the Cleanest State in the Union

Unclean ideas in regard to sex scattered broadcast by the ignorant cause immorality, disease and suffering among the innocent.  
True, wholesome information helps to produce clean, healthful citizens capable of richer and more useful lives.  
Sex education should be provided when possible in the home. Pamphlets will be sent free for men and women, boys and girls of all ages. Send 2-cent stamp and state definitely ages and sex of children and other persons for whom pamphlets are wanted. Address

## The Oregon Social Hygiene Society

Dept. E. 720 Sealing Building, Portland, Oregon

The Weekly Oregonian and Graphic for One Year, \$2.25