

CHEHALEM CENTER

Mr. and Mrs. Enos Ellis were Sunday visitors at the home of C. G. Jacobson.

Miss Gladys Smail made a week end visit with her friend, Miss Lila Hodges, over Sunday. Mr. and Mrs. Walter Hess have a fine new graphophone which they and their friends enjoy.

Miss Ruth Meyer remained home from high school work during last week on account of a severe attack of tonsillitis.

Robt. Walton departed Monday for Hood River and he expects to go to the Alberta country later. Maurice Walton may accompany him.

Next Tuesday evening, March 18, the church will hold a reception for the twenty-two new members gained lately. All are welcome to attend.

Mrs. M. L. Christianson was brought down from West Chehalis to the home of Mr. and Mrs. J. D. Crater Saturday to remain for some time.

Last Friday evening Mr. and Mrs. Sheldon Stubbs held a social for a number of the young folks, each and all declaring the time passed very pleasantly.

Mrs. Elizabeth Palmer gave a wonderfully good sermon Sunday morning on "Prayer Service." Forest Allen delivered a very interesting talk on "Peace" in the evening at the church.

Miss Ethel Morris will give an evening's entertainment, consisting of her very pleasing readings and music this Friday evening at the school house. A full house should be present as she will give a good entertainment.

The W. C. T. U. ladies had the pleasure of holding a meeting for Mrs. A. Kemp, state president of W. C. T. U., at the home of Mrs. J. C. Willis Wednesday. A very pleasant afternoon was spent, the hostess serving icecream and cake. Mrs. Elizabeth Palmer, of Springbrook, was also present.

Last Saturday evening a number of the Chehalis Center people went over to Dundee to hear our contestants give their contest. Miss Edith Walton, received the medal at the contest held at the Chehalis Center school house. There will be two other classes giving a contest in the near future, the young men and young ladies again.

HANDY HUSBAND

Know How to Get Part of the Breakfast.

"I know one dish I can prepare for breakfast as well as any cook on earth," said my husband one morning when the cook was ill and he had volunteered to help get breakfast. He appeared with his dish and I discovered it was Grape-Nuts which, of course, was easy to prepare for it was perfectly cooked at the factory, but it was a good illustration of the convenience of having Grape-Nuts about.

"We took up Grape-Nuts immediately after returning from a five years' sojourn in a hot country. Our stomachs were in bad condition and we were in poor health generally.

"In a day or two, we liked Grape-Nuts better than any other kind of food on the table. We both gained steadily in health and strength, and this was caused by Grape-Nuts and Postum.

"A friend of ours had a similar experience. She was seriously ill with indigestion and could find nothing to eat that would not give her heartburn and palpitation, especially at night.

"She found that a small dish of Grape-Nuts with cream made her a satisfactory supper and gave her a comfortable night's rest. In a short time she gained several pounds in weight."

"There's a Reason." Name given by Postum Co., Battle Creek, Mich.

Ever read the above letter? A new one appears from time to time. They are genuine, true and full of human interest.

AN OLD TIME DINNER.

Curious Table Manners of England in the Seventeenth Century.

An account of hospitality in England in 1629 gives a good idea of the manner in which a country gentleman of the period lived. Dinner and supper were brought in by the servants with their hats on, a custom which is corroborated by Fynes Moryson, who says that, being at a knight's house who had many servants to attend him, they brought in the meats with their heads covered with blue caps.

After washing their hands in a basin they sat down to dinner, and Sir James Pringle said grace. The viands seemed to have been plentiful and excellent—"big pottage, long kale, bowls of white kale," which is cabbage; "brach soppe," powdered beef, roast and boiled mutton, a venison pie in form of an egg and goose. Then they had cheese, cut and uncut, and apples. But the close of the feast was the most curious thing about it.

The tablecloth was removed, and on the table were put a towel the whole breadth of the table and half the length of it, a basin and ewer to wash, then a green carpet laid on, then one cup of beer set on the carpet, then a little lawn server plighted over the corner of the table and a glass of hot water set down also on the table; then he there three boys to say grace, the first the thanksgiving, the second the Pater Noster, the third prayer for a blessing of God's church. The good man of the house, his parents, kinfolk and the whole company then do drink hot waters, so at supper, then to bed."

BREAKING INTO FARMING.

Some Advice to Those Who Yearn to Woo the Soil.

"How can I make a start?" ask men who have grown tired of uncontented positions.

Certain things seem clear. First, the individual must decide for himself just which line of work he prefers, and then he should secure a good knowledge of the theory of it. The next thing is to develop a knowledge of the practice of the work, and about the only way to do so is actually to work awhile at it. Don't be too badly alarmed. In this day the farming business are crying for labor, and the workers are paid well for their services.

Next, he ought never to buy a place "unseen." He should look over the prospective farm, consider location, soil, climate, markets and labor conditions. In short, he must be prepared to handle a farm business like any other business. He must be prepared for hard physical and keen mental work.

If he is capable of these, especially of the latter, he need not be afraid to venture into a farming proposition, for it will repay his efforts. But if he hasn't this ability let him stay right where he is.

"Never let him attempt to show the natives how to farm, for without good business management behind it he will find farming about the hardest work with the poorest pay on earth.—Justin Miller in Countryside Magazine.

One Way to Get Fame.

Walter was something of a wag. One day his father said to him:

"See here, my son. You must begin to think of the future. What are you going to do to gain fame and fortune when you grow up?"

"I'm going to make toothpicks," answered the boy.

"Going to make toothpicks! I don't understand how you'll ever become famous."

"Why, father, it will be easy enough. I'll manufacture millions upon millions of them, and on each I'll stamp my name. The toothpicks will be in everybody's mouth, of course, and so will my name. And if my name is in every one's mouth I shall be famous enough."

"Well, well," said the astonished gentleman, "I think I would do well to let that boy alone."—St. Louis Globe-Democrat.

Her Suspicion.

"I declare for it," said Aunt Fretty Frawits to Mrs. Judge Tubman. "I believe old Captain Pegginton is thinking about marrying again. Burt Blurt says the cap'n painted up his wooden leg yesterday. Burt didn't tell me, but he told Ellick Smart, and Ellick repeated it to his sister Priss, and Priss told it to Phenny Partlow, and Phenny told it to the sweet potato peddler, and the sweet potato peddler told me not ten minutes ago. So I guess it's so."—Kansas City Star.

Reckless Bravery.

"Have you ever stopped to think how many deadly germs there are on a dollar bill?"

"Oh, yes," replied Mr. Jobson, sighing, "but whenever I see a man with a big roll of bills in his hand I long to share his peril."—Birmingham Age-Herald.

The Tree of Genealogy.

It is with the tree of genealogy as with the oak of the forest—we may boast of the timbers it has given to a state vessel, but say naught of the three-legged stools, the broomsticks and tobacco stoppers made from the ends and chips.—Douglas Jerrold.

Stingy.

"They tell me that Blank is awfully stingy."

"He is! Why, if that fellow killed two birds with one stone he would want the stone back!"—Exchange.

The reputation that is built on cleverness is temporary; that built on character is permanent.

A REAL BLIZZARD.

It Was the Worst Snowstorm Now England Ever Experienced.

In February, 1717, occurred what is considered to have been the greatest snowstorm that ever visited this country—or perhaps any other. So deep was the fall that practically all through the New England states people were barricaded in their homes, and it was a considerable time before that section was opened up for traffic.

Accompanying this snow there were a terrific tempest and a very low temperature. It was not only in sections, but all over the north, and at many places it drifted to the extent that it may be said that "whole villages were snowed under."

The blizzard caused a very heavy damage to property and especially to live stock. Thousands of cattle perished throughout the country because their owners were unable to go to their assistance, and many remarkable instances were related of rescues. On one New England sheep farm it is said that 1,100 sheep, the property of one man, were found dead, and one flock of a hundred, on Fisher's Island, were found buried sixteen feet in the snow. Two of them only were alive, they having subsisted on the wool of their companions for twenty-eight days after the storm.—Philadelphia Press.

TREES AS BAROMETERS.

Why It is a Sign of Rain When the Leaves Show Their Backs.

Persons who are close observers are frequently seen the trees when the foliage presents a much different appearance from that ordinarily seen. This is more noticeable in poplar and silver leaf trees.

The odd appearance is due to the fact that the backs of the leaves are turned up, showing the under sides, which are, as a rule, a lighter color than the upper side. Some of the leaves are such a light green as to appear almost white when the backs show in the sunshine.

This behavior of the leaves is due to an unusually low barometric condition of the atmosphere, which causes the leaves to curl a little and flip up in the breeze to such an extent as to show their backs or under sides.

The low barometric condition produces local showers, and it is always safe to predict rainfall when the leaves are seen to have their backs up. Long before the white man came to America Indians knew of this sign and placed great reliance on it. Science also finds knowledge of it among savage tribes of Asia, Africa and the Pacific Islands.—New York American.

Lo's Business System.

Old settlers will tell you that the Indians broke the first ground for wheat growing purposes in the spring of 1801. The Indians got their first ideas of settling on land and establishing permanent homes from association with the cowboys. Members of the tribe, including Pocatello Tom, Chiss Eye and Big Lipped Pete, broke some ground and seeded a few acres of wheat.

When the wheat was harvested and thrashed in primitive Indian fashion the growers began to market the grain. The native wheat king would deliver wheat to American Falls or elsewhere in the vicinity for 50 cents a bushel. If the customer went after the grain the price was \$1 a bushel. When questioned as to the meaning of their singular business methods the Indians would invariably reply: "You come to my wickup, you heap want 'um. Me come to your wickup, maybe so you don't want 'um at all."—Farming Business.

England's Oldest Borough.

As Salisbury is well known as Sarum, so is England's oldest borough, Barnstaple, as Barum, which may have been the Roman name of the town. According to old memorials, "the old name of the town was Abertawe, because it stood toward the mouth of Taw river." The Saxons changed it to Berndenstaple. Barnstaple appears to have been represented in the Witenagemot or Anglo-Saxon parliament. Thus it is one of the oldest boroughs, if not absolutely the oldest, in the kingdom. Its broadcloth manufacture, once an important industry, has now died out, but there are manufacturers of lace and gloves, large cabinet works, tanneries, and potteries (Barum ware).—London Globe.

Study of Synonyms.

Little Dulcie was asked by her teacher to define the word "whimsical." "It means 'odd,'" she replied. "And now," the teacher went on, "please write a sentence containing the word properly used."

Hesitatingly the little ten-year-old took up a pen and after a moment's thought wrote, "There are two kinds of numbers—whimsical and even."

Dog Carts in Holland.

Residents of Bunschoten, Holland, make use of the little carts drawn by dogs, which are to be seen in very many parts of the Netherlands, and have a fine breed of tall, yellow, smooth haired dogs, which they sometimes harness three abreast.

Venice of Brazil.

Pernambuco is called the Venice of Brazil on account of its numerous lakes, rivers, waterways and an immense coral reef with which nature has completely encircled the city and inside of which all but the very largest ocean vessels anchor.

When the fight begins within himself a man's worth something.—Brown, Ing.

LURE OF THE EASY CHAIR.

Do Not Let It Wearing You From Good Healthful Exercises.

The United States public health service has issued a bulletin against the rocking chair, the "old armchair," about which poets have woven some of their prettiest verse; the office chair and any sort of a chair so comfortable in form that it invites repose.

Not because germs of a deadly sort lurk in the easy chair, upholstered or plain. Not for that reason does the health service of our government condemn it, but because a man with an easy chair at hand is likely to form the habit of sitting in it when he ought to be up and around, taking exercise that he must have if he is to keep well.

The easy chair is to blame for much of the heart and kidney disease, appendicitis and indigestion which afflict the business men of our day and entrap so many of them off when they ought to be in the prime of life. These diseases were almost unknown a generation ago, when men worked more in the open air. Walking was the thing that kept them well and strong up to eighty and ninety years of age.

But now men sit as they ride to and from work in motor or street cars. They sit at their work in office or factory. About the only so called "exercise" many of them get is riding in a motorcar. It is a "sitting down" age, and the government warns of its dangers.

MAKINGS OF A HAPPY MAN.

Qualities That Make Life a Joy For Their Possessor.

We have noticed the happiest man many a time. He works for his living, and he gets a good one. One thing we notice is he is a man of fine habits; doesn't squander a cent on liquor, tobacco or betting. He saves his money and is getting ready to buy some property. He loves his home, plays with the children, reads good books and keeps company with his wife. Because of his good habits he saves a little which will give him a chance to make an investment.

And then there is another thing—he is a reliable man. He does good work. He will not smooth over bad work. He is honest in whatever he does. Every dollar he gets represents just that much of honest labor. It is this, largely, that makes him prosperous and happy.

Water keeps its own level, and so do conduct and character and propriety. If a man is mean and low, so will the consequences be. He cannot be one thing and his experience another. A low lived man may grow rich and happy, but it will not be for long. Anybody can tell what's the matter with a man if he is with him a day. He will soon see if the other is a spleen, a stomach, an uplift or a hope.—Ohio State Journal.

Saving For a Sunny Day.

Jake Pentecoff was a unique character. He had a large family, and, although he was reasonably diligent in the use of saw and ax on the village wood piles, he frequently came to seek aid from the city fathers.

"I gotta' haff a sack of flour," said Jake on one occasion. "I'm all out, and my family is starvin'."

"All right, Jake," said the official. "If you need a sack of flour and have no money to buy it with we'll get you a sack. But see here, Jake. There's a circus coming to town in a few days, and if we get you a sack of flour are you sure that you will not sell it and take your family to the circus?"

"Oh, no," said Jake. "I already got tat safed up. Yes, I got money to go to the circus."—Youth's Companion.

Controlling the Temper.

Good health is the first requisite of a good temper. All one knows or feels finds expression through the body. Thought, will, action, are all influenced by its condition. Whatever impairs the integrity of the body or disturbs the harmony of its wonderful organization creates discord for the whole being. Unpleasant feelings due to ill health are likely to produce corresponding unpleasantness of disposition. The disorder, if prolonged, results in a bad habit, thus becoming an element in individual character. Deranged digestion, vitiated blood and other impaired vital processes are at the foundation of much of the irritability, impatience, caprice, ill temper and so called naughtiness of childhood.—Good Health

Ginger and Pepper.

Ginger was well known in England even before the Norman conquest, being often referred to in the Anglo-Saxon manuscripts of the eleventh century. It was very common in the thirteenth and fourteenth centuries, ranking next in value to pepper, which was then the choicest of all spices, costing on an average about 1s. 6d. a pound.—London Mail.

Complete Success.

"Somebody told Vanessa that if she would walk backward down the stairs she would see her intended."

"Did it work?"

"Completely. She fell down the stairs, and now she is engaged to the bright young doctor they called in."—St. Louis Post-Dispatch.

Negative Judgments.

Negative things often show positive traits. For example, it is fairly safe to judge a man by the company he quits and by the things he does not say.—Youth's Companion.

From the evils sent by heaven there is deliverance; from the evils we bring upon ourselves there is no escape.—Jitsu Go Kyo.

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