

HABITS ARE TYRANTS.

Changing Them Too Suddenly is Apt to Produce Bad Results.

Those who form sudden resolutions to break off their habits, no matter whether they are good or bad, may be laying themselves open to an illness.

A man who for the last twelve years has made a rule of spending one week of his holiday each year in bed departed from the custom last year and for the first time throughout that period had an illness which kept him from business.

Here is a common instance of how the body adapts itself to environment. A man is kept in his bed for two or three weeks. When he gets up he finds it difficult to walk for the first day or two.

OLD TIME TRAINED NURSES.

Removing and Burying the Dead Was Part of Their Duties.

In their "History of Nursing" the authors, Miss Nutting and Miss Dock, quote from an article written in 1704 which gives an insight into what was required of the trained nurse in the eighteenth century.

"This occupation is as important for humanity as its functions are low and repugnant. All persons are not adapted to it, and the heads of hospitals ought to be difficult to please, for the lives of patients may depend upon their choice of applicants.

A Tradition Shattered.

The lady had no experience, but she had a lot of sense and determination. So when she entered the market she was as good as the next person.

Blaine's First Stump Speech.

James G. Blaine made his first appearance on the stump in the canvass in Maine in 1836. He went to Farmington to hear Senator William Pitt Fessenden speak and with no intention to speak himself.

The Voice of Experience.

"Demosthenes put a pebble in his mouth when he arose to make an oration."

Criticized.

Uncle Ezra—They have just discovered that the bank cashier has had a weak heart for ten years past.

Newly Discovered Evidence.

"Why do you want a new trial?" "On the grounds of newly discovered evidence, your honor."

The English of It.

He—You have had a week now to think of my proposal of marriage. She—Yes, and the more I think of it the less I think of it.—Cincinnati Enquirer.

PEOPLE SHOULD GUARD AGAINST APPENDICITIS

Bend people who have stomach and bowel trouble should guard against appendicitis by taking simple buckthorn bark, glycerine, etc., as compounded in Adler's, the German appendicitis remedy.

You will have no irritated face if you have your shaving done at Innes & Davidson's barber shop.—Adv.

NOTICE FOR PUBLICATION.

Department of the Interior, U. S. Land Office at The Dalles, Oregon, April 24th, 1913.

Notice is hereby given that Milton A. Palmer, of Bend, Oregon, who, on March 3rd, 1910, made homestead entry No. 06134, for N 1/4, Section 9, Township 17 South, Range 14 East, Willamette Meridian, has filed notice of intention to make final three year proof, to establish claim to the land above described, before H. C. Ellis, U. S. Commissioner, at his office at Bend, Oregon, on the 2nd day of June, 1913.

Claimant names as witnesses: Emory J. Taylor, James D. Davidson, Roy A. Woolley and Gus Hanke all of Powell Butte, Oregon.

8-12 C. W. MOORE, Register.

NOTICE FOR PUBLICATION.

Department of the Interior, U. S. Land Office at The Dalles, Oregon, April 24th, 1913.

Notice is hereby given that Jacob F. Thomas, assignee of Cora A. Swiger, of Bend, Oregon, who, on June 1st, 1909, made Desert Land entry No. 09742, for W 1/4 NW 1/4, Section 12, Township 18 South, Range 12 East, Willamette Meridian, has filed notice of intention to make final proof, to establish claim to the land above described, before H. C. Ellis, U. S. Commissioner, at his office at Bend, Oregon, on the 31st day of May, 1913.

Claimant names as witnesses: Jacob F. Thomas, Nicholas DeVries, George S. Young and George F. Hoover, all of Bend, Oregon.

8-12 C. W. MOORE, Register.

NOTICE FOR PUBLICATION.

Department of the Interior, U. S. Land Office at The Dalles, Oregon, April 24th, 1913.

Notice is hereby given that Mary E. Hoover, assignee of Cora A. Swiger, of Bend, Oregon, who, on June 1st, 1909, made Desert Land entry No. 010218, for S 1/4 SW 1/4 and NW 1/4 SW 1/4, Section 12, Township 18 South, Range 12 East, Willamette Meridian, has filed notice of intention to make final proof, to establish claim to the land above described, before H. C. Ellis, U. S. Commissioner, at his office at Bend, Oregon, on the 31st day of May, 1913.

Claimant names as witnesses: Jacob F. Thomas, Nicholas DeVries, George S. Young and George F. Hoover, all of Bend, Oregon.

8-12 C. W. MOORE, Register.

NOTICE OF FINAL ACCOUNT.

In the County Court of the State of Oregon for the County of Crook. In the matter of the estate of W. B. Sellers, deceased.

Notice is hereby given by the undersigned, the administratrix of the estate of W. B. Sellers, deceased, that she has made and filed with the County Court of Crook county, Oregon, her final account of her administration of said estate; and that the Honorable Judge of said County Court has set Thursday, the 15th day of May, 1913, at 10 o'clock in the forenoon of said day at the County Court Room in Prineville, Oregon, as the time and place of hearing of said final account.

Dated this 16th day of April, 1913. JENNIE SELLEIS, Administratrix of the estate of W. B. Sellers, deceased. Vernon A. Forbes, attorney for administratrix. 5-10

NOTICE FOR PUBLICATION.

U. S. Land Office at The Dalles, Oregon, March 26th, 1913.

Notice is hereby given that John Egle of Bend, Oregon, who on December 1st, 1909, made homestead entry, No. 06632, for E 1/4 SW 1/4 and W 1/4 SE 1/4, section 30, township 18 south, range 13 east, Willamette Meridian, has filed notice of intention to make final three year proof, to establish claim to the land above described, before H. C. Ellis, U. S. Commissioner, at his office, at Bend, Oregon, on the 16th day of May, 1913.

Claimant names as witnesses: Fletcher Edwards, Ralph A. Dunn, Milo W. Wilson, Edward S. Knotts, all of Bend, Oregon. 5-9 C. W. MOORE, Register.

NOTICE OF FINAL SETTLEMENT.

Notice is hereby given by the undersigned that he has made and filed with the clerk of the County Court of Crook county, Oregon, his final account as executor of the last will and testament of Arnt Aune, deceased, and that said County Court has set Saturday, the 17th day of May, 1913, at 10 o'clock a. m. of said day, at the County Court Room in Prineville, Oregon, as the time and place for the hearing and settlement of said final account, at which time and place any person interested in said estate may appear and object to said settlement.

Dated this 16th day of April, 1913. ANTON A. AUNE, Executor of the Last Will and Testament of Arnt Aune, Deceased. 69

NOTICE OF FINAL ACCOUNT.

In the County Court of the State of Oregon for the County of Crook. In the matter of the estate of George W. Knapp, deceased.

Notice is hereby given by the undersigned, administrator of the estate of George W. Knapp, deceased, that he has made and filed with the clerk of the County Court of Crook county, Oregon, his final account of administration of said estate and that the Honorable Judge of said County Court has set Thursday, the 15th day of May, 1913, at 10 o'clock in the forenoon at the County Court Room in Prineville, Oregon, as the time and place of hearing the final settling of said estate.

Dated this 8th day of April, 1913. O. C. HENKLE, Administrator of the estate of George W. Knapp, deceased. Vernon A. Forbes, attorney for administrator. 5-10

DAILY TRAIN SCHEDULE.

Joint Oregon Trunk-Deschutes Line. Arrival.....8:15 P. M. Departure.....6:45 A. M.

POLK'S OREGON and WASHINGTON Business Directory

A Directory of each City, Town and Village, giving descriptive sketch of each place, location, population, telegraph, shipping and banking points; also Classified Directory, compiled by business and profession. R. L. POLK & CO., SEATTLE

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PATENTS VALUABLE INFORMATION FREE If you have an invention or any patent matter, write immediately to W. W. WRIGHT, registered attorney Loan & Trust Bldg. Washington, D. C.

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Stop the Loss====Fires are Unnecessary Brick is absolutely fire proof in any ordinary conflagration. Brick Buildings never burn, although they are sometimes injured by falling timbers or combustible interior woodwork. A brick building is absolutely fire proof if wire glass is used in the windows and if burned clay floors are used. An interior fire in such a building is confined to the room in which it originates; no outside fire can attack it. The proportion of burned clay in a building construction measures its fire proof qualities. Burned clay is the only building material that has been through the fire before you get it, in such a manner that it will resist fire. All combustible material is burned out or the brick before you get it. WHEN YOU BUILD USE BRICK. The Bend Brick & Lumber Co.

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