

**FEEDING THE BOY.**

**Every Healthy Youngster the Diet His System Craves.**  
The growing boy—the active, healthy, normal boy—is a better judge of his diet than mother or father or doctor. He needs every kind of food, plenty of it, and his system will naturally crave just those foods that are best for him.

Such, in substance, is the theme of an article in the National Food Magazine by Dr. H. E. Barnard.

There are two kinds of food—protein, with which the body is built up, and the growing boy needs as much of these as the full grown man, often more; carbohydrates, which are the fats and sugars and starches that supply heat and energy.

The boy's protein food need not all be meat. Dr. Barnard says "it is better that no small part of this nitrogenous food come from milk and eggs, cheese, beans and peas. If he has plenty of these rich and relatively cheap foods he will not crave meat so insistently as some growing boys do," Dr. Barnard continues:

"The boy needs a large quantity of carbohydrates. That is why his demand for bread and butter is limited only by the supply at hand; and when he uses almost as much butter as bread, do not stint him. By the pound butter is expensive, but it is pure, wholesome food, and he can use it readily. It will not make him ill; quite the contrary.

And do not be afraid of sugar and sweet foods. Sugar is a true concentrated food. Give him candy for dessert. He craves it and his craving is natural, not abnormal.

"The boy's instincts will lead him to choose the all around diet he needs."

**PINCHOT OUT AGAINST WILSON**

(Continued from Page 9.)

Whole country eagerly awaited the leadership of the President, Wilson dodged. He refused to take sides on the greatest moral issue of our time. He advised our people to be "neutral even in thought," undecided between right and wrong. While our friends abroad were fighting for the principles we held equally with them, he taught us that profits and ease were better than self-respect. President Wilson has done our Nation the most serious injury that any leader can do to any people by making us flinch with him from a great moral decision. Thereby he weakened our hold as nation on the principles which alone can make any people self-respecting, safe and strong.

Having led us wrong on the ground that we must be neutral in the face of the deliberate breaking of the world's peace, he has just reversed himself again, and in his speech at Shadow Lawn now assures us that "No nation can any longer remain neutral as against any wilful disturbance of the peace of the world."

It is bad enough that Wilson's foreign policy has left us, as the War draws toward its end, without a friend among the great nations of the world, and without the respect of any one of them. What is worse is that he has kept us from standing up for what we know to be right.

The ignoble standard of profit over principle which Mr. Wilson forced upon the country in our foreign relations, he has haphazardly himself as President. In what he has said, done, and left undone, the record shows him steadily dominated by political expediency.

These facts, and many others like them, have forced me to see that what Mr. Wilson says is no sign of what he has done, or of what he will do. The one thing his record shows is that what he stands for now he is not likely to stand for long. I do not care what his platform or his campaign declarations may be, be-

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cause the common experience of us all has taught us that to him they are simply "molasses to catch flies." Hughes, on the other hand, is a man of his word. His record as Governor of New York proves that. It shows him to be honest, fearless, and free from the domination of special interests and corrupt politicians. So far as the Conservation policies are concerned, both what he said and what he did could hardly have been better. I am confident that under him these policies will be safe. He is a strong man who will dodge no moral issues, and he will give us an honest and an efficient administration.

As a Progressive I believe in Nationalism. Do does Hughes. I am certain that under Hughes the progressive policies will fare better than under Wilson, and that the safety, honor and welfare of the country will be immeasurably surer hands.

I can not vote for Wilson because I can not trust him. He does not do what he says. Hughes does. Therefore my choice is Hughes, and I shall work and vote for him.

Very truly yours,  
GIFFORD PINCHOT.

No waiting at the Metropolitan for that shave or hair cut. Four chairs now ready.—Adv.

**LEGAL NOTICES**

**NOTICE FOR PUBLICATION.**  
Department of the Interior, U. S. Land Office at The Dalles, Oregon, August 19, 1916.

NOTICE is hereby given that Arthur A. Dickinson, of Bend, Oregon, who, on April 10th, 1911, made Homestead entry, No. 08649, for SW 1/4, Section 9, Township 17 South, Range 12 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 Bend, Oregon, on the 10th day of October, 1916.

Claimant names as witnesses: Charles R. Low, August Hallberg, Albert Harryman, Walter Daniels, Nels Anderson, all of Bend, Oregon.  
H. FRANK WOODCOCK, Registrar.

**IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF CROOK.**

Edna Burch, Plaintiff, vs. Leonard Burch, Defendant.

**SUMMONS.**  
To Leonard Burch, the above named defendant:

IN THE NAME OF THE STATE OF OREGON, you are hereby required to appear and answer the complaint of the plaintiff filed against you in the above entitled cause and court, on or before November 1, 1916, that date being six weeks from the first publication of this summons; and if you fail to so appear or otherwise plead, for want thereof the plaintiff will apply to said court for the relief prayed for in her complaint, to-wit: for a decree dissolving forever the bonds of matrimony existing between you and the plaintiff.

This summons is served upon you by publication thereof once a week for six consecutive weeks, pursuant to an order of the Honorable T. E. J. Duffy, Judge of the above entitled court, dated September 14, 1916.

First publication, September 20, 1916.  
Last publication, November 1, 1916.  
A. J. MOORE, Attorney for Plaintiff, Bend, Oregon.

**IN THE COUNTY COURT OF THE STATE OF OREGON FOR THE COUNTY OF CROOK.**

In the matter of the estate of Charles Pringle, deceased.

**NOTICE OF FINAL SETTLEMENT.**  
Notice is hereby given that the undersigned, James Ryan, administrator, of the estate of Charles Pringle, deceased, has filed his final account and report with the County Court of the State of Oregon, for the county of Crook, and that the 2nd day of October, 1916, at the hour of 10:30 o'clock a. m. on said day at the court room of said county—court in the court house in Prineville, Oregon, has been appointed as the time and place for the hearing of objections to said final account and settlement thereof.

JAMES RYAN, Administrator.  
WM. A. CARTER, Attorney for Administrator.  
Date of first publication, August 23, 1916.  
Date of last publication, September 20, 1916. 25-29c

**IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF CROOK.**

Edna Burch, Plaintiff, vs. Leonard Burch, Defendant.

**SUMMONS.**  
To Leonard Burch, the above named defendant:

IN THE NAME OF THE STATE OF OREGON, you are hereby required to appear and answer the complaint of the plaintiff filed against you in the above entitled cause and court, on or before November 1, 1916, that date being six weeks from the first publication of this summons; and if you fail to so appear or otherwise plead, for want thereof the plaintiff will apply to said court for the relief prayed for in her complaint, to-wit: for a decree dissolving forever the bonds of matrimony existing between you and the plaintiff.

ed to appear and answer the complaint of the plaintiff filed against you in the above entitled cause and court, on or before November 1, 1916, that date being six weeks from the first publication of this summons; and if you fail to so appear or otherwise plead, for want thereof the plaintiff will apply to said Court for the relief prayed for in her Complaint, to-wit: for a decree forever dissolving the bonds of matrimony existing between you and the plaintiff.

This Summons is served upon you by publication thereof once a week for six consecutive weeks, pursuant to an Order of the Honorable T. E. J. Duffy, Judge of the above entitled Court, dated September 14, 1916.

First publication, September 20, 1916.  
Last publication, November 1, 1916.

A. J. MOORE, Attorney for Plaintiff, Bend, Oregon.

**IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR THE COUNTY OF CROOK.**

Nelle Spence, Plaintiff, vs. John Spence, Defendant.

**SUMMONS.**  
To John Spence, the above named defendant:

IN THE NAME OF THE STATE OF OREGON, you are hereby required to appear and answer the complaint of the plaintiff filed against you in the above entitled cause and court on or before September 20, 1916, that being six weeks from the first publication of this summons; and if you fail to so appear or otherwise plead, for want thereof the plaintiff will apply to said court for the relief prayed for in her complaint, to-wit: for a decree forever dissolving the bonds of matrimony existing between you and the plaintiff.

This summons is served upon you by publication thereof once a week for six consecutive weeks, pursuant to an order of the Honorable T. E. J. Duffy, Judge of the above entitled court, dated August 5, 1916.

First publication, August 9, 1916.  
Last publication, September 20, 1916.  
A. J. MOORE, Attorney for Plaintiff, Bend, Oregon.

**IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR CROOK COUNTY.**

Sophia Fallon, Plaintiff, vs. Patrick Fallon, Defendant.

**SUMMONS.**  
To Patrick Fallon, the Defendant above named:

IN THE NAME OF THE STATE OF OREGON: You are hereby required to appear and answer the Complaint filed against you in the above entitled suit on or before October 6th, 1916, and if you fail to so answer, the Plaintiff will take judgment against you for the relief demanded in her complaint, to-wit: for the Decree of this Court dissolving the marriage contract now existing between yourself and the Plaintiff, awarding the custody and control of the children of said marriage to this Plaintiff.

This summons is ordered to be served upon you by the publication thereof in The Bend Bulletin, a weekly newspaper published in Crook County, Oregon, by order of the Honorable T. E. J. Duffy, Judge of said Court, said order being made and entered on the 16th day of August, 1916, date of 1st publication, August 23rd, 1916; length of publication, six consecutive weeks.

Dated August 23rd, 1916.  
C. S. BENSON, Plaintiff's Attorney.

**IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR CROOK COUNTY.**

Emma Ring, Plaintiff, vs. John Ring, Defendant.

**SUMMONS.**  
To John Ring, the Defendant above named:

IN THE NAME OF THE STATE OF OREGON: You are hereby required to appear and answer the Complaint filed against you in the above entitled suit on or before October 6th, 1916, and if you fail to so answer, the Plaintiff will take judgment against you for the relief demanded in her complaint, to-wit: for the Decree of this Court dissolving the marriage contract now existing between yourself and the Plaintiff, awarding the custody and control of the children of said marriage to this Plaintiff.

This summons is ordered to be served upon you by the publication thereof in The Bend Bulletin, a weekly newspaper published in Crook County, Oregon, by order of the Honorable T. E. J. Duffy, Judge of said Court, said order being made and entered on the 16th day of August, 1916, date of 1st publication, August 23rd, 1916; length of publication, six consecutive weeks.

Dated August 23rd, 1916.  
C. S. BENSON, Plaintiff's Attorney.

**NOTICE OF SHERIFF'S SALE.**  
By virtue of an execution duly issued by the clerk of the Circuit Court of the County of Crook, State of Oregon, dated this 21st day of August, 1916, in a certain action in the Circuit Court for the said County and State, wherein G. M. Slocum, Plaintiff, recovered judgment against Fred Gibson, Defendant, for the sum of Thirty Three and 63-100 dollars with interest at 10 per cent from March 19, 1912, Fifty Five and 35-100 dollars with interest at 10 per cent from June 29th, 1912 and Thirty nine and 50-100 dollars with interest at 6 per cent per annum from May 31st, 1916, and accruing costs.

Notice is hereby given that I will, on Saturday, the 14th day of October, 1916, at the North front door of the courthouse in Prineville, in said County, at 10 o'clock in the forenoon of said day, sell at public auction, to the highest bidder for cash, all right and title that the above named defendant Fred Gibson has or had at date of said judgment in the following described property, to-wit: The south half of the Southwest quarter Sec. Two and Southeast quarter of Southeast quarter of Section Three in Township Sixteen South of Range Eleven East of the Willamette Meridian in Crook County, Oregon.

E. B. KNOX, Sheriff of Crook County.  
Dated at Prineville, Oregon, this 7th day of Sept., 1916.  
By FLOYD A. ROWELL, Deputy.

28-32c.

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