

ATHENA PRESS

Tuesdays and Fridays

F. B. BOYD, Publisher

The Roosevelt's spelling looks like the English language in short skirts.

As for the game of football, it has not been reformed enough to hurt—any less than it did formerly.

Mrs. Hetty Green complains that she is poor. Still, there are lots who would feel rich if they were in her class.

President Roosevelt leaves no doubt of his feeling that the soldier and the sailor should receive uniform respect.

Cleveland is to have a manufacturing concern which will employ only cripples. Here's hoping it may never go lame.

It seems too much to believe it was ever preordained that any bright, healthy young man should be killed while playing football.

General Fred D. Grant says 90 per cent of the troubles in the army are due to bad liquor. Apparently the army is just like the rest of the world.

A New York chorus girl reports to the police that she has lost a bag of diamonds. What Pittsburg millionaire has been away from home recently?

Another American girl would sever the tie that binds her to a foreign fortune hunter. Far too often the marriage service is nothing but a bill of sale.

A Boston waiter died the other day, leaving an estate valued at a quarter of a million dollars. Which again proves that things come to those who wait.

Wojciech Raymnlak and Wladyslawa Kaczkoska were married in Chicago the other day. Probably neither of them is bothering much over the question of spelling reform.

Should Noah Webster come back to earth now and see what is being done to his dictionary he would very likely ask to be directed to the old men's home for has-beens.

Near Manchester, England, four girls have been arrested for making fun of a spinster's curls. This is proper. Let it be understood that a spinster's curls are their own reward.

There is probably nothing in Mr. Grover Cleveland's book on fishing that can be used in a political campaign, unless perhaps it might be a chapter devoted to lying.

Chancellor Day of the University of Syracuse says a man who smokes is a fool. We must remember, however, that Dr. Day is of the opinion that people who do not approve of the Standard Oil Company are criminals.

The German emperor has invited the pessimists to get out of his country and look for more pleasant surroundings. It isn't likely, however, that they will go. About the only pleasure a pessimist has is in staying around and complaining where he isn't wanted.

One of our wise men who has just returned from an expedition to the upper Nile claims to have added 1,000 years to history by showing that the earliest authentic date was 4241 B. C. If we keep on going back 1,000 years at a clip we may yet reach the period of the origin of our modern jokes.

With one woman suing for divorce in a Chicago court on the ground that her husband was too "affectionate" and another on the ground that her husband is too "courtous," it is easy to see that no one can tell what husband may next be made a defendant in a divorce suit. The courts ought to put a stop to some of this nonsense.

Someone who has found facts on which to base the opinion thinks that the amateur dieting to which so many are given just now is productive of far more ill than it can cure. Dieting, no doubt, rationally and with due regard for the needs of the body, does in most cases improve the health. But for Smith to change his diet according to the formula Brown found beneficial, without help or advice from a physician, is often a means of aggravating an already existing ill or of bringing on fresh ones. One man's diet may be another man's poison as is true a word, perhaps, as has been spoken, and accepting it as truth in this day of indiscriminate dieting may save many a good man from going from bad to worse in his attempts at self-help.

It is not what you eat so much as how you eat. Mince pie, well masticated, is better than bread boiled. The secret of table science is "festina lente." There is nothing altogether new to be concluded from the experiment of Prof. Fisher of Yale. His nine students learned to subsist on much less food and actually doubled their physical endurance in four months and a half of slow eating. This is no discovery, but it is earnest emphasis of a neglected truth—that what nourishes is not the quantity you eat but the quantity you digest; that only what is well masticated can be well digested. The great objection to patient mastication is its monotony. Nothing could be duller than the Gladstone recipe—chew thirty-

three times. A camel or a donkey might work its jaws with that deliberate calculativeness, but a social animal cannot become a mechanical chopping machine even for the sake of a serene digestion. Prof. Fisher did not compel his nine students to sit in silence and chew to the tune of the metronome. He simply required them to eat what they most thoroughly could enjoy. If a person likes what he is eating it is no hardship to have to eat it properly. This idea of personal selection is the most important one, so long as the importance of mastication is granted. What is true at Yale is not untrue in Chicago. The motto of all who eat should henceforth be: make haste slowly; choose as well as chew.

A story which has been handed down through many generations tells of a wealthy man who determined to make a practical test of the efficiency of his servants. He announced his intention of being absent from his estate for a long time. Before starting he called some of his helpers and gave them sums of money in varying amount, telling them to use the money until his return. Then he took a journey into a foreign country. When he came back he asked an accounting. The results of that investigation convinced him that some of his assistants were shrewd and saving, while others had no just appreciation of the value of money or the best ways to use it. The large fortunes of the present day have made it almost imperative that men of wealth give their children some training in business as a necessary preparation for the handling of the millions that are to be theirs in the days to come. It is stated that a celebrated millionaire, desiring to reduce the cares of business and also wishing to see what his children would do with the money, gave each of them \$1,000,000 before his death. No matter what the result might be in a given case of this kind the idea is a good one. Conspicuous lack of success or marked inefficiency of administration thus shown might have the effect of saving many a fortune by transferring it to those who do indicate ability to handle it. For years it has been no uncommon thing for graduates of famous Eastern colleges to lay aside frock coats and patent leathers the day after the receipt of the diploma in order to don the garb of the laborer in mill or factory where the father's fortune was made. Others have turned from the class room to take the places at the bottom of the ladder in counting room or office in order to learn every detail of the business to which they will succeed in the course of nature. The faithfulness of such workers is often forgotten when the escapades of others are heralded far and wide. In more than one case the wildness of the rich man's son and his lack of usefulness as a citizen are due to the fact that he never had a chance to show his ability as administrator or investor, but was brought up under the notion that, as heir to wealth, he should do nothing. With many men money burns a hole in the pocket. They have no sense of saving, no appreciation of what a dollar means. This is true of the poor and the rich alike. The thrift and saving of the poor are commended as providing for the future years. The ability to use money wisely, the power to select investments and to administer affairs ought to be a source of pride to the child of wealth in order that he may stand on his own merits in a critical democratic land and not be pointed out as some other man's son, with no virtues except the reflected ones of his ancestry.

She Probably Knew.
In a small Massachusetts college town is a charming young lady, also a learned professor. Nothing affords the young lady more pleasure than to upset the professor's pet theories by witty exceptions to his rules, as she did in this instance. They were both at a small social affair and the professor had the center of the stage. He was remarking:

"This is the age of specialties. No man can compete with a specialist in a given line. And even if both be specialists the most experienced man succeeds best."
"There is at least one thing, professor, in which the least experienced man succeeds best," the young lady asserted. "And what is that, if I may ask?" the professor said stiffly.

"Why, falling in love," she said, with a teasing smile.—Philadelphia Ledger.

Nimrod at Home.
A certain Deacon Sam Knowlton in his day had the reputation of being a great hunter. At the beginning of every hunting season he would go into Cumberland county and on his return he was always laden with many stories in which he figured as hero. But the fact remained that, while his supply of stories was always large, his game bag was usually empty.

One of his neighbors, a physician, heard his stories until he was tired. One evening at a social gathering the matter was being discussed.
"Deacon Knowlton a great hunter! Of course he is," exclaimed the doctor. "He is the greatest hunter in the State of Pennsylvania, but dare me if he was ever known to find anything!" —Philadelphia Ledger.

Success.
"Lazeley told me he was going out every day this week," said Goodley, "to see if he couldn't find work."
"Yes," replied Newitt, "and he was successful."
"Really?"
"Yes; he couldn't find it."—Philadelphia Press.

Transformation of Vegetables.
M. Mollard, of Paris, not satisfied with the useful grafting adopted by floriculturists, has started to transform vegetables. It is said he has succeeded in turning a radish into a potato.

RAM'S HORN BLASTS.

Warning Notes Calling the Wicked to Repentance.



CHARACTER finds itself, not by self-culture, but by Christian service. Men do not freeze onto the church that gives them a frosty reception. Many men would do a great deal more good if they would quit reforming the world.

Pushers are not always progressors. Groans do little for growth in grace. Sunday clothes do not make a saint. False pleasure grows into true pain. Giving will often cure your misgiving. Love never suffers through loneliness. Faith determines the emphasis of life. What you dedicate, God will consecrate. Religion is our relation to the divine. Making the pace unmakes the peace. No man has power with others who is not at peace with himself. The length of your life you cannot determine, but its worth you must. The worth of success is as nothing compared to the value of the struggle. To slight the rights of the weak is to make them strong to work your wrong. Honey running over the lips may hide but the adder's poison under the tongue. The helps we build by breaking our word always prove our greatest hindrances. It is worth while to wonder how you would feel in eternity without your Sunday clothes. Many satisfy themselves by agreeing with conscience, when obedience is what is needed. They have no difficulty in finding God in trouble who keep the path of prayer well worn. How great would have been the failure of His life without the apparent failure of Calvary! The rainbow of promise appears when the sunshine of His love meets the showers of our sorrow. If some people could see themselves as some other people see them, what revelations there would be! Many a preacher spoils a good interpretation of the Scriptures by a poor understanding of the saints. Some people never have a call to go to the heathen until they have to get down to brass tacks at home. When you complain of the sermon having nothing in it, stop to ask how much you put into it yourself.

TIPS FROM A MERE MAN.

Says We Are Not All Delightful by Nature.
From our earliest youth up we have been told to be virtuous, to be truthful, to be honest, to be polite; but it was left to Hubert Bland to tell us to be "delightful."
And yet, when one comes to think of it, few things are more necessary for the equipment of a woman of the world. As he so truthfully remarks, it is the one accomplishment which will last, "for middle age lasts longer than youth, and middle-aged ladies who are not delightful are not anything. To die with the consciousness of all your life having been a delightful person! Can anything be better than that, save living with the same consciousness?"
Now, no one, according to the author, being delightful by nature, it behooves the woman who wishes to become so to make of herself a work of art. Nature, having given the materials, "it is for you to work them up, remembering that a naturally gifted young woman is no more a delightful young woman than a box of colors is a picture."

The first step in the art of making one's self delightful is to conceal any possible knowledge one may have acquired during the course of one's life. Especially must this be remembered in conversing with the male sex. "Whenever a man talks to a young woman he tries his best to appear a little bigger all round than he knows himself to be. Unexpectedly to check his enterprise by showing that you know as much as he does has pretty much the same effect upon his mind as though you were suddenly to add twenty years to your age," while, as a matter of personal experience, the author goes on to say that whenever a pretty woman asks him something he doesn't know, he feels "more inclined to box her ears than to kiss her."
Since it is obviously easier to be delightful to men than to women, the woman who would be universally delightful must double her efforts toward the latter. "To them apply the golden rule—do unto women as you would have women do unto you. You will meet many fool women . . . but remember that the veriest fool woman of them all will probably be clever enough to know exactly when and where to stick her claws into the other woman."

Transformation of Vegetables.
M. Mollard, of Paris, not satisfied with the useful grafting adopted by floriculturists, has started to transform vegetables. It is said he has succeeded in turning a radish into a potato.

S. F. Sharp PHYSICIAN AND SURGEON

Special attention given to all calls, both night and day. Calls promptly answered. Office on Third Street, Athena, Oregon.

THE ST. NICHOLS HOTEL

J. E. FROOME, PROP.

Only First-class Hotel in the City.

THE ST. NICHOLS is the only one that can accommodate commercial travelers.

Can be recommended for its clean and well ventilated rooms.

COR. MAIN AND THIRD, ATHENA, OR.

COMMERCIAL LIVERY STABLE

HARRY M'BRIDE, MANAGER

Best Stock and Rigs in the City. Competent Drivers.

Stock Boarded by the Day, Week or Month at Reasonable Rate.

NORTH SIDE STREET, ATHENA, ORE.

O. R. & N. OREGON SHORT LINE

AND UNION PACIFIC

Through Pullman standard and sleeping cars daily to Omaha, Chicago; tourist sleeping car daily to Kansas City; through Pullman tourist sleeping cars, personally conducted, weekly to Chicago, with free reclining chair cars, seats free, to the east daily from Pendleton.

ARRIVE Daily.	TIME SCHEDULES ATHENA, ORE.	DEPART Daily.
11:55 a. m.	Walla Walla, Dayton, Pomeroy, Lewiston, Colfax, Pullman, Moscow, the Couer d'Alene district, Spokane and all points north.	11:55 a. m.
12:30 p. m.	Walla Walla - Pendleton Mixed	
4:53 p. m.	Fast Mail for Pendleton, LaGrande, Baker City, and all points east via Huntington, Ore., also for Umatilla, Heppner, The Dalles, Portland, Astoria, Willamette Valley, Tacoma, Seattle, all Sound Points.	4:53 p. m.
	Pendleton - Walla Walla Mixed	6:30 p. m.

J. S. Lobie Agent, Athena.

"Saving at the Spigot Wasting at the Bung"



That's what buying poor paint means. Paint may be low-priced by the gallon and be extravagant to use owing to its poor covering power and wearing quality. After the paint is applied it's too late to save. Start right and use

THE SHERWIN-WILLIAMS PAINT

MADE TO PAINT BUILDINGS WITH, OUTSIDE AND INSIDE.

It covers more surface, spreads easier, and lasts longer than any other prepared paint, or hand-mixed lead and oil.

CALL FOR COLOR CARDS

Umatilla Lumber Yard

THE TUM-A-LUM LUMBER CO.

JACK WEIR, MANAGER
Athena, Oregon

Building Material and Fuel

Yards at Walla Walla, Touchet and Lowdon, Wash., and Athena, Adams and Freewater, Oregon.

ESTABLISHED 1865 Preston-Parton Milling Co.

AMERICAN BEAUTY

Flour is made in Athena, by Athena labor, in the latest and best equipped mill in the west, of the best selected Bluestem wheat grown any where. Patronize home industry. Your grocer sells American Beauty for

\$1.00 per Sack

Merchant Millers and Grain Buyers

Waitsburg, Wash. - - - Athena, Oregon

BEE'S LAXATIVE. HONEY AND TAR

NO POISONS, CONFORMS TO NATIONAL PURE FOOD AND DRUG LAW. The Original Laxative Cough Syrup containing Honey and Tar. An improvement over all Cough, Lung and Bronchial Remedies. Pleasant to the taste and good alike for young and old. All cough syrups containing opiates constipate the bowels. Bee's Laxative Honey and Tar moves the bowels and contains no opiates. Prepared by PINE-ULE MEDICINE COMPANY, CHICAGO, U. S. A. SOLD IN ATHENA AT HAWK'S PIONEER DRUG STORE

FOR COUGHS KING OF CURES FOR COLDS THE WONDER WORKER

FOR THROAT DR. KING'S AND LUNGS NEW DISCOVERY

FOR COUGHS AND COLDS PREVENTS PNEUMONIA

I had the most debilitating cough a mortal was ever afflicted with, and my friends expected that when I left my bed it would surely be for my grave. Our doctor pronounced my case incurable, but thanks be to God, four bottles of Dr. King's New Discovery cured me so completely that I am all sound and well.—MRS. EVA UNCAPHER, Grovertown, Ind.

Price 50c and \$1.00 ABSOLUTELY GUARANTEED! Trial Bottle Free

SOLD AND GUARANTEED BY W. M. McBAIDE