#### YOUR BRAIN.

Keep It Plastic by Not Overeating as You Grow Old.

Up to a certain age the brain remains plastic enough so that If an injury occurs to the thought brain the person can begin over again and create new knowledge centers in the other hemisphere.

This has happened in many cases where young people have lost certain powers or faculties by cerebral lesions and have afterward recovered these faculties by developing new centers in the other brain. It rarely happens after the age of forty-five, and the reason is because most persons after passing that age soon clog their brains with calcareous matter by overeating and destroy the plasticity of their brains by filling them with food waste.

If all people past the age of fortyfive would live on twelve ounces or less of solid food per day we should soon find that one may receive new ideas as readlly at seventy-five as at fifteen. You cannot do it, however, if your brain is a hardened mass of waste matter. If you overeat you will be "sot" in your ways and a has-been at fifty. Keep your phonograph records soft and receptive.-Nautilus.

### A STAGE VILLAIN.

His Reputation Clung to Him Outside the Theater.

An actor in a small company was unable one night to get accommodation at the only hotel in an English town, it is said, because its proprietor, a remarkably slow going person for such a place, recognized him as the villain in the melodrama who had stoken a cash box, set fire to a house, killed a detective, damaged a race horse and betrayed the hero's sister.

But something like this really did happen to George Scott, manager of the Alhambra in London. In his younger days Mr. Scott was a stage villain of the deepest dye, and one of his favorite parts was that of the wicked Levison in "East Lynne."

After playing the character a few nights in Blackpool he had occasion for wishing to change his lodgings and, knocking at the door of a house in the next street, was greeted by the good lady who opened it with a shrick and the subsequent exclamation:

"What! It's Levison, the dirty vil-Ye can't 'ave rooms in my 'ouse! Get out or I'll call the perlice!" -London M. A. P.

Steel Pen Helps Forgers.

The crime of forgery has been facilitated and increased by the modern introduction of metallic pens, gold and steel, says a writer in the Indianapolis News. The old fashioned quill pen was smooth and pleasant to write with, though it sometimes balked and sputtered, but it did not lend itself to skillful imitations as easily as the metallic pen does. The crime of forgery doubtless has been promoted by the almost universal education of modern times. In an age when everybody writes and when many are skillful penmen forgerles are much more frequent than they were centuries ago, when the person who could handle a pen was an exception. Many modern criminals make a living by committing forgeries, victimizing hotels, banks, capitalists and business men generally.

Domestic Economy.

"Hey, mon," exclaimed the braw, bonnie north countryman, "thrift is a wunnerful thing!" "Yes," replied his English traveling

companion. "You're right there. Now, I gave my wife a ten pound note to manage on last time I was away, and -would you believe it?-instead of exceeding it she saved nearly a sovereign out of it to buy herself a hat!"

"That's nowt," replied the Scotsman. "My wife gives the kids ha'pennies aplece to go to bed supperless; when they're asleep she takes the ha'pennies off on 'em ageean, and then she makes 'em do wi'out ony breakfasts for losin' 'em! Hey, mon, that's thrift!"-London Scraps.

### The Mendicant.

There are those who ascribe the word "mendicant" to the silly appellation put forth as a conundrum, meaning a poor wretch beyond the power of mending. But something very close to the term was in use as long ago as when Chaucer wrote his "Canterbury Tales." In the "Sompnoure's Tale"

this occurs: Therefore we "mendiants," we sely freres, Ben wedded to poverte and continence, To charitee, humblesse and abstinence,

The "sompnoure" of Chaucer was, of course, a summoner, or apparitor, and a person of low estate, and here we have, it is believed, the origin of the word, which came into common employment later.

How About a Good Back View?

'Auntic Liz had a hard time having her picture taken today," said her nephew, who had just opened a photographic studio and had very courteously asked his aunt to come and pose for a new picture.

"Why, what was the trouble?" asked his brother.

"Well, you see, when I told her to look pleasant she didn't look natural, and when I told her to look natural she didn't look pleasant." - Ladies' Home Journal.

Not a Romance.

Louisville Courier-Journal.

"Dear heart," she murmured. "Only 20 cents a pound," explained the butcher. "I think I'll take some liver." -

Let no man presume to give advice to others who has not first given good counsel to himself.-Seneca.

### THE SHIPWRECKER.

Mis Life Made Up of Hardships, Ad-

ventures and Accidents. The career of the shipwrecker conlists of a series of hardships and adventures and accidents and narrow escapes from the first day he enlists with a big wrecking company up to the time he is brought ashore from the grim ship he calls "home" crippled or fatally injured. Of all the professions that demand heavy toll of human life none, not even mining or powder making, is as dangerous as the one of these wreckers. Every year these daring men, who brave storm and wave and tempest to save the stranded liner, to raise the sunken ocean greyhound, to rescue the ship impaled upon rocks and, if nothing else, to salve what valuable cargo may be removed from helpless wrecks, meet death by the score. Many of them, exposed often for days and nights to the icy blasts of winter seas, to driving blizzards and to drenching storms that bite to the marrow, succumb to pneumonia. Others at work on the pitching, tossing barges have legs or arms shattered during the risky operations of removing masts or of slinging wrecking pumps or other castings that weigh tons. Others have hands or feet so dreadfully frozen that these must be amputated, and still others are wiped out of existence after suffering hours of untold agony and exposure before the eyes of their helpless comrades.-Appleton's Magazine.

### HICCOUGHS.

A Simple Treatment by Which They May Be Cured.

Did you ever take nine swallows of water to cure the hiccoughs? Do you remember the time some one scared the hiccoughs away by telling you of a whipping due for some meanness?

Well, science has been studying hiccoughs and caught the hiccoughs by the "nape of the neck." The nine swallows of water had a little science in it, and so did the scare cure. The scientific biccough cure consists in pressing down to numbness the nerve that connects the stomach, heart, lungs and brain, the pneumogastric nerve. The pressure partially and locally paralyzes this nerve and of necessity

the hiccoughing must cease. Have the hiccoughing patient sit down and be at ease, with the muscles of the neck relaxed as much as possible. Grasp both sides of the neck somewhat toward the back part and press down steadily and as hard as the subject may permit for about one minute, having the patient work the head from side to side. Within about one minute the nerve will be numbed and rested, and the spasmodic motion will cease. It may require longer pressure in some cases, but the result is sure if patience is maintained. - Ohio State

A Thirteenth Century Drink.

Thirteenth century tastes in 1000 had few limitations. Besides the "fowl of Africa and the rare gadwit of Ionia" mentioned by Fitzstephen, gourmets in the time of King John used to regale themselves on herons, cranes, crows, storks, cormorants and bitterns. Some would wash their meals down with wine, but the majority drank mead or metheglin. Mead, according to Holinshed, was only the washing of the combs after the honey had been taken from them and so poor a beverage that it had to be spiced, peppered or made palatable with sweetbrier or thyme. But metheglin contained one hundredweight of honey to twenty-four gallons of water and must have been much more intoxicating than the strongest old ale of the present day .- London Chronicle.

Calling the Deaf.

"To waken a deaf person who wishes to be called at a certain time in the morning is about the hardest proposition a hotel clerk runs up against," said a member of that fraternity. "To ring the telephone is useless, because the man can't hear. Knocking, for the same reason, is futile. Now and then a guest who has lost his hearing suggests that he leave his door open so we can walk right in and shake him, but even if he does appear to be dead game there are so many chances of somebody less guileless than ourselves walking in ahead of us that we can't consent to that simple expedient. It seems to me the man who can patent a device for waking the deaf is sure of fame and fortune, not to mention the gratitude of the brotherhood of hotel clerks."-Exchange.

To Save the Tablecloth.

Nothing is more provoking to the careful housewife than to have a perfeetly clean tablecloth liberally bespattered with gravy the first time it is used. Get a large table napkin-one to match the tablecloth if possibleand a piece of white olicloth cut an inch shorter and an inch narrower than the napkin. Place the oilcloth where the meat dish will stand and spread the napkin over it. The gravy cannot penetrate through the ollcloth. Thus there is a considerable saving in the washing bill.

How It Looked.

"I think you ought to turn the lights up a little when your beau comes," said the boy who is beginning to use blg words to his older sister. "I wouldn't sit in the dim light if I were you. It looks too conspicuous."-New York Press.

The Real Reason. "Why don't you go down Mill

street? "Well, you see, on one side of it lives my tailor and on the other side my shoemaker, while a canal runs through the middle."-Meggendorfer Blatter.

REFEREE'S SALE OF REAL PRO-

Whereas an order of the Circuit Court of the State of Oregon for Umatilla County, was made and entered on the 6th day of March 1909, in the case of E. M. Russell and wife Plaintiffs, vs. W. C. Russell and wife, W. A. Welch, Lucinda Russell, insane, May Russell, Walter Russell, infant, Arthur Russell, infant and Ada Russell, infaut, and R. J. Slater guardian ad litem for said Walter Russell, Arthur Ruse all and Ada Russell, infants and for Lucinda Russell, insane, defendants. Wherety the lots one, two, three, four, five and six in block three Stafford's addition to the city of Athena, Umatilla county, Oregon according to the plat thereof now on record in the office of the recorder of conveyances of said county; and a certain other piece of land bounded as follows: Beginning at monument number six which is situated 502 feet east and 660 feet north of the quarter section corner between sections 18 and 19 T. 4, N. R. 35, E. W. M. thence south 310 teet more or less to the north line of Harrison street in Stafford's addition to the city of Athena, thence running west 460 feet more or less to a point directly north of the west side of Fifth street Athena; thence north 310 feet mere or less to a point directly west of said monument number 6; thence east 460 feet more or less to the point of beginning at said monument number six, containing about three acres more or less; and wherein the undersigned was appointed referee for the purpose of making said sale.

NOW THEREFORE notice is hereby given that under and by virtue of said order I will on Saturday the 10th day of April 1909, at one o'clock P. M. at the court house door in Pendleton, Oregon sell to the highest bidder for cash all the right, title and interest of said above named parties in and to the above described premises as by law provided, the same and all its appurtenances thereto belonging. Dated this 12th day of March, 1909.

B. B. Richards, Referee.

ADMINISTRATOR'S NOTICE. In the County Court of the State of Oregon for Umatilla County. In the matter of the estate of Joseph

A. Rainville, deceased. Notice is hereby given that the undersigned has been appointed administrator of the above entitled estate by the above entitled court, and has qualified as the law directs; all persons having claims against said estate are hereby notified to present the same with proper vouchers at the office of Lowell and Winter, Despain Block, Pendleton, Oregon within six months

from the date hereof. Dated this 26th day of January, Joseph T. Rainville, Administrator.

ADMINISTRATOR'S NOTICE. In the County Court of the State of

Oregon for Umatilla County. In the matter of the estate of James Rainville, deceased.

Notice is hereby given that the undersigned has been appointed administrator of the above entitled estate by the above entitled court, and has qualified as the law directs; all persons baving claims against said estate are hereby notified to present the same with proper vouchers at the office of Lowell & Winter, Despain Block, Pendleton Oregon, within six months from the date hereof.

Dated this 26th day of January, Joseph T. Rainville, Administrator.

ADMINISTRATOR'S NOTICE TO CREDITORS.

In the County Court of the State of Oregon for Umatilla County.

In the Matter of the estate of Adele St. Dennis, deceased.

Notice is hereby given, that the undersigned has been appointed administrator of the above entitled estate by the above entitled court, and has qualified as the law directs. All persons baving claims against said estate are hereby notified and required to present them with proper vouchers as required by law at the law office of Peterson & Wilson at Athena, Oregon, within six months from the date bere-

Dated this 5th day of February A F. S. Legrow Administrator.

## FARM LANDS FOR SALE

No. 180-\$75.00 an acre will buy one of the best foot-hill farms that is for sale in the East end of Umatilla county. This farm contains 560 acres, 200 acres in summer fallow wheat, 25 acres in pasture, balance in stubble; good barn for thirty horses, good house and all kinds of outbuildings; water piped to the house and barn from a large spring; some good fruit. Terms, about \$10,000 cash and as long as you want on the balauce.

We have a number of fine farms that we would like to show you if you are wanting to buy.

Copeland & Ginn. Walla Walla. No 10 Second St.

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My son Rex was taken down a year ago with lung trouble. We doctored some months without improvement. Then I began giving Dr. King's New Discovery, and I soon noticed a change for the better. I kept this treatment up for a few weeks and now my son is perfectly well and works every day. MRS. SAMP. RIPPEE, Ava, Mo.

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#### SUMMONS

In the Circuit Court of the State of Oregon for Umatilla County. Jessie B. Bennett, Plaintiff vs. William A. Bennett defendant. To William A. Bennett, above named Defendant:

You are hereby notified and required to appear and answer the complaint of the plaintiff flied against you in the above entitled court and suit within six weeks from the date of the first publication of this summons which said first publication is made on Friday the 29th day of January A. D. 1909. And you will take notice that it you fail to appear and answer the said complaint or otherwise plead thereto, within said time plaintiff for want thereof will apply to the court for the relief prayed for and demand in her said complaint to-wit: for a decree of the court delaring atsolutely void the marriage contracted and entered into by plaintiff and defendant at Lewiston, Idaho, on September First A. D. 1908 and for other equitable relief.

This summons is published pursuant to an order of the Honorable H. J. Bean, Judge of the Sixth Judicial Disrict of the State of Oregon, duly made and entered on the 22nd day of January A. D. 1909.

Peterson & Wilson, Attorneys for Plaintiff.

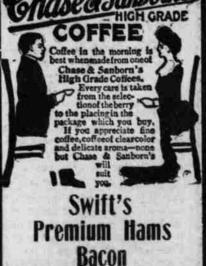
The Lurid Glow of Doom.

was seen n the red face, bands and body of the little son of H. M. Adams, of Henrietta, Pa. His awful plight from eczema had, for five years, defied all remedies and baffled the best doctors, who said the poisoned blood had affected his lungs and nothing could save him "But," writes his mother, "seven bottles of Electric Bitters completely cared bim" For Eruptions, Eczema, Salt Rheum, Sores and all Blood Disorders and Rheuwatism Electric Bitters is supreme. 'Only 50c.

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DR, SHORT, Dentist Weston Oregon Office over Cully's Grocery. Hours, 8:30

a. m. to 5:00 p. m. \* PETERSON & WILSON Attorneys-at-Law

Athena, Oregon. - Pendleton, Oregon.

WATTS & NEAL

Attorneys-at-Law Athena, Oregon. - Freewater, Oregon.

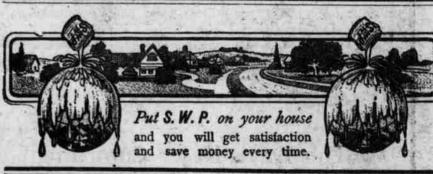
Fhrough Pullman standard and sieeping cars daily to Omaha, Unicago; tourist sleeping car daily to Kansas City; through Pullman tourist sleeping cars, personally conducted, weekly to Chicago, with free reclining chair cars, seats free, to the east daily from Pendleton. TIME SCHEDULES . DEPART ATHENA, ORE. Daily. Walla Walia, Day-ton, Pomeroy, Lew-iston, Colfax, Puli-man, Moscow, the Coeur d'Alene dis-trict, Spokane and all points north. 1:05 p. m. 1:05 p. m. Walla Walia - Pen dieton Special 10:08 a m Fast Mail for Pendleton, LaGrande, Baker City, and all points east via Hun pointse st via Hun tington, Ore. Also for Umatilla, Hepp-ner, The Dalles, Portland, Astoria, Willamette Valles Points, (alifornia, Tacoma, Scattle, all Sound Points. 4:15 p. m

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