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ATHENA, ORE., APRIL 9, 1909

Canada has a problem in its Senate. As at present constituted it is an appointed not an elected body, and the appointments are for life. If either of the two parties remains in office a long time naturally the political complexion of the senate changes, for the vacancies caused by death or resignation are filled by appointees of the same politics as the government. The result is not good and there is much dissatisfaction over it. Now the senate is considering a plan of having two-thirds of its membership elected. The idea is to have each province divided into senatorial districts, the number in each province to be determined by its population.

The Oregon's Teachers Monthly is endeavoring to secure an expression from the teachers and county school superintendents of the state as to their choice for state superintendent. It is understood that J. H. Ackerman will not be a candidate for reelection. The county school superintendents have been first requested to name their choice and these will be considered as nominations. The names of those nominated by the superintendents will then be published in the monthly and the teachers of the entire state requested to vote upon them. The names of the voters are not to be given out.

Whatever view may be held as to woman suffrage it is clear that the present movement having for its object the securing of the suffrage has passed the age when it can be treated with ridicule or as an inconsequential matter. With Sweden, Australia and New Zealand granting the suffrage within the last year, with woman suffrage in four of our own states, and with activity and influence displayed in Great Britain, certain it is that the demands now being made upon many of our state legislatures to grant votes to women, have an insistence and force never before seen.

Port Orford Tribune: Addison Bennett is writing a series of articles from Coos Bay. He graciously gives them 40 feet of water on the bar and about all the Port Orford cedar in existence, ignorantly ignoring the fact that there is twice as much in Curry county, and that Port Orford harbor has twice 10 feet, which is the gift of God.

Carl Haberlinch is the secretary of 13 cheese factories and several small dairies in Tillamook county, representing about 350 dairymen. He handled more cheese than any one else in Oregon last year, the amount being 2,073,390 pounds valued at \$259,355.29 being two thirds of the output of Tillamook county.

A young man formerly residing in Eugene and boarding at a hotel left in September 1907. He returned the other day and when he went to the hotel for breakfast he handed the clerk

a meal ticket issued to him shortly before he left and which contained space for one meal which had not been punched. He had kept the ticket in his pocket for over a year and a half to use in case he should ever return there. That man ought to get rich, says the Guard.

A strange case of loss of memory was solved recently in Milwaukee, when William Childs, aged 35, after having been mourned as dead for two years, suddenly recovered his memory upon hearing the click of a photographer's camera. The sound brought back to him that he was once a dealer in photographic supplies in Brooklyn, N. Y. He says that something snapped in his head two years ago and he does not remember now anything that has happened during that period.

Statistics by the Medford Commercial club show that 75 per cent of the newcomers into the northwest during the past year turned to farming, stock-raising and dairying, while of the others more than 50 per cent took up orcharding and chicken raising in districts tributary to the settled communities.

An Ohio minister says kissing is worse than drinking whiskey. His experience might be interesting.

Count Boni agrees with Carnegie that it is more difficult to keep a fortune than to acquire it.

THOSE LITTLE HAMMERS.

It has been a source of personal pleasure to know that some of our enterprising citizens have commenced boosting for Athena. A public park—that sounds good. But it is a cause for regret that we must record the fact that some have gotten out their little hammers and commenced "knocking." Too bad we have no place of confinement to put the knockers. But who would be door keeper? Let us confess that we are too much inclined to knock—knock on enterprise, knock our merchants—in fact knock every thing but the thing that needs knocking, and then when someone has the "grit" to knock the thing that needs it, someone at once begins to knock on him.

Yes the park is all right, so is Athena. True there is room for improvement. What shall we do to bring it about? One thing is to put up little hammer and get out a good old fashioned jack screw and go to boosting.

Why not have good schools and other good things that will bring the people back. They have not left because they did not like the town or country. I have talked to people who have left, and they had rather live in Athena than anywhere else; but some things must be improved or it is impossible. Lets make the changes. Lets fill up the empty houses. No, Athena is not dead. She has just been asleep. She is now waking from her slumbers. With a good park, the coming electric line, and better schools, a boosting, hopeful population, a graveyard full of knockers, we would have the best community on earth. Lets have it. Every body boost.

U. Gesagen.

GET THE WALKING HABIT.

The good effects of fresh air in health building are so commonly understood that the really beneficial idea of exercise in the outdoor air is sometimes overlooked. The open window will not alone build up weakened bodies or impoverished lungs. To get the best effects of fresh air in the lungs the one exercise free to all not physically incapacitated is walking. Yet few will walk where they can ride and fewer still are in the habit of walking for its hygienic value.

In the Spokane country there are few days in the year when one need be kept under shelter by heavy snow or rain or discouraged from exercise

by excessive heat.

But there is little hygienic value in bustling through the crowded downtown streets and breathing the dusty air with thousands of others. The walk that counts is one that carries the pedestrian up the hill to a higher, purer atmosphere or over the sod of a nearby woods or country roads, where there are no impure exhalations and the dust of travel does not reach. The smell of the wood, of the grass, of the flowers, of the soil itself is invigorating. In the winter the sharp, frosty breath of the snow carries health building properties.

Brisk walking in the fresh air is the surest cure for lassitude, is the most healthful appetizer for the daily meals and the nightly rest. The worries of the day may be smoothed over in the cool evening stroll, the duties of the day mapped out in a brisk morning jaunt. The effects of the walking habit will be discovered in the nerve system, in the digestive organs, in the quickening of the brain faculties, as the habit grows, just as surely as it builds up muscles and health.—Spokane Review.

TAFT AND HIS \$75,000 SALARY.

The country seems to have the impression that Congress, at the recent short session, fixed the President's salary at \$75,000 a year and also allowed him \$25,000 a year for traveling expenses. It increased his salary to \$75,000, but it cut off the \$25,000 annually for traveling expenses which had been allowed President Roosevelt for three years. So in the "long run" Mr. Taft would not be any better off financially than his predecessor if he should do a great deal of traveling. The increase in salary went into effect March 4, while the appropriations of \$25,000 for traveling expenses made for the current fiscal year runs until the first day of July. Mr. Roosevelt, between July 1 last year and March 4 this year, spent \$9000 for traveling, and so Mr. Taft found a balance of \$16,000 in the fund when he entered office. He may spend all of that amount in travel between now and July 1, if he shall choose, but, with Congress on his hands, he is not planning to make any long trips.

The new President likes to travel, and the prediction here is that he will very likely use up most of the increase in salary in going about. In the old days a President could travel extensively without any drain on his own financial resources, but he cannot do it now. The railroad-rate law applies to him as forcibly as to the most humble citizen of the land, and when ever he takes a railroad trip he must pay his fare, and he must also bear the expenses of the Government employes he takes with him. Mr. Taft's closest friends say he would like to make at least one long "swing around the circle" each year; and they understand it is his fixed determination to make one or two trips to the Panama Canal during his administration. He had planned to make a trip to Alaska this summer, but the talk about the White House now is that he will probably not go, or at least that no plans will be perfected until Congress disposes of the tariff and goes home.—Boston Transcript.

OUT OF THE GINGER JAR.

The tomato can but will it? The cheaper the shoes the louder the squeak.

The wife of a henpecked husband is usually set in her ways.

The man who persistently sits down is sure to become hard up.

No matter how well mother may feel she is continually on the mend.

It is important to have clear vision. Even the potato must have sound eyes. Neither a boil nor a cabbage amounts to anything unless it comes to a head.

If young Spendthrift would settle down he might soon be able to settle up.

One of the most insidious and unexpected forms of attack, is to tread upon a tack.

You can always gauge the importance of a man by the angle at which he wears his hat.

There is quite a difference between the door-jamb and the jam mother used to make.

"There is the wreck of time!" exclaimed Jones as his clock fell from the second story.

There are no stripes on a flagstone but if one falls on it hard enough he will be likely to see stars.

Some of the neckwear worn by fashionable young men is so loud that you can hear it in the next block.

Most anybody can retail butter, eggs and vegetables, but we have never met a man smart enough to retail a dog.

Sometimes when a woman throws a brick at an old hen in the garden, it is harder on the scenery than it is on the hen.

The best way to cultivate an appetite is to cultivate a field, and then you will have both an appetite and the wherewithal to appease it.

Some folks have rats in their garrets, some have rats in their cellars, while not a few young ladies have good sized rats in their hair.

Do you ever see a man on the railway train who is all bows and smiles to chance acquaintances, and who will ride twenty or forty miles beside his wife without more than a word or two of conversation? Unfortunately there are a few such men; but none, we hope among Our Folks.

REPAIRING

We repair all kinds of fine and complicated watches, Repeaters, Chronographs, Chiming and Cuckoo Clocks. Try us. H. H. HILL, Jeweler Palace Drug Store.



We have just received a new line of Men's Furnishings consisting of hats socks neck ties, suspenders, handkerchiefs, collars, cuffs.



Soldier Balks Death Plot.

It seemed to A. J. Jackson a civil war veteran of Kemp Tex., that a plot existed between a desperate lung trouble and the grave to cause his death. I contracted a stubborn cold, he writes that developed a cough that stuck to me, in spite of all remedies, for years. My weight ran down to 130 pounds, then I began to use Dr. King's New Discovery, which restored my health completely. I now weigh 178 pounds. For severe Cold, obstinate Coughs, Hemorrhages, Asthma, and to prevent Pneumonia it's unrivaled. 50c. and \$1.00. Trial bottle free. Guaranteed by Palace Drug Co.

For health and happiness—DeWitte Little Eraly Risers—small, gentle, easy, pleasant little liver pills, the best made. Sold by Palace Drug Co.,

Washington. Once Gave Up to three doctors; was kept in bed for five weeks. Blood poison from a spider's bite caused large, deep sores to cover his leg. The Dr. failed then Bucklers Arnica Salve completely cured me, writes J. Washington, of Bosqueville, Tex. For eczema, boils, burns, piles its supreme. 25c. at Palace Drug Co's.

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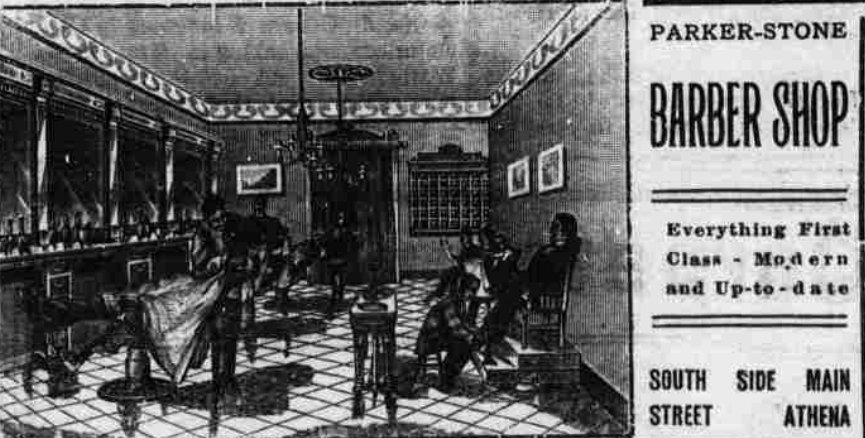
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