

### VIRTUE OF THRIFT.

Cultivate It Earnestly, but Do Not Carry It to Excess.

Thrift is a composite quality. It embraces within itself nearly all of the great virtues. It involves industry, prudence, forethought, self-denial.

It certainly has no relation to nigardliness or meanness. Some men would let their grandmothers starve for the sake of a few dollars. Such action cannot be called thrift. A virtue carried to excess becomes a vice and is no longer a virtue.

Thrift that does not take into partnership honesty of character develops into covetousness and avarice. Thrift is the opposite of thoughtlessness, prodigality, improvidence and waste.

Thrift means better homes and better food, more comfort and enjoyment, less waste and less anxiety. It is possible that a large proportion of people have earnings so small that saving seems impossible. But this is no reason for their being unthriftful.

Out of it grow confidence, quickened energies, firmer courage, more stalwart thought and hope, more orderly citizenship, education for the children and the independence and self respect that lift aimless, hopeless drudges up to the true manhood that aspires and achieves.

—Christian Herald.

### RUNNING AND BREATHING.

Why the Exertion Makes the Lungs Gasp For More Air.

It is hard to breathe after running awhile, because your body requires more blood in circulation. The efforts of your heart, brain and lungs make breathing difficult. We breathe to take air into the lungs, where the blood which has once been through the arteries and comes back on its return trip to the heart is exposed to the air in the lungs before going back into the heart.

Unless you are in good training—your wind in good condition, as we say—it is almost impossible for you to supply the lungs with enough air for the purpose, but whether you can do it or not the lungs call upon you for more air and cause you to try to get it, and that is what makes you get out of breath.

The Difficulty of Sounding Certain Words on High Notes.

English as is commonly sung has become so hard to understand that musical authorities are earnestly seeking a remedy. And the composer is principally to blame, says Francis Toye, writing in the London Nation.

"That there are difficulties in singing certain English syllables on certain notes may be admitted," says Mr. Toye. "English, unlike German and Italian, is not predominantly a language of broad vowel sounds. It is awkward, for instance, to sing 'ax' or 'her' or 'sun' with a loud, sustained tone on a high note. But if composers knew their business they would not, save in any exceptional circumstances, ask the singer to do anything of the kind."

"Half the imaginary difficulties of singing English arise from the incompetence of many composers in setting it to music. They seem neither to think in terms of singing nor to study the natural rhythm of the language. When they do the 'problems' of singing in English vanish like the mist before the sun."

Pugnacious Earwigs.

Earwigs are quarrelsome creatures and are always ready to use their nippered tails against each other on the slightest provocation. When the light of a lamp falls upon them congregated at the sugar some are more scared than the others and scuttle away, when each earwig which they nearly touch in flight will savagely swing back its tail and nip in the air with fury.

A Real Experience.

"Yes," said a traveling man, "I was once out of sight of land on the Atlantic ocean twenty-one days."

Another man spoke up: "On the Pacific ocean one time I didn't see land for twenty-nine days."

A bald man knocked the ashes from his cigar and contributed his bit: "I started across the Kaw river at Topeka in a skiff once," he said, "and was out of sight of land before I reached the other side."

"What!" demanded the man who had spun the first yarn. "The Kaw is not more than 300 feet wide at Topeka."

"Quite true," said the bald man quietly. "The skiff turned over, and I sank twice."—New York Times.

Women and the Styles.

### School Notes.

High School work began Monday morning by a thirty minute address by Supr. J. O. Russell to the student body in the school auditorium. He spoke with reference to demands for better educated young men and women and emphasized the chances to get such an education in the Athena High school which should be culminated by a course in a State University or College.

A meeting of the Literary Society of the Athena High School is being held in the auditorium this afternoon. Election of officers and appointment of committees will be the chief business to be done.

The enrollment for the entire school is 157 of which 35 are registered for high school studies.

The Athena school has the present enrollment of 123 pupils in the grammar grades. The present attendances of the different rooms are: Mr. Gribble's room, 24; Miss Wolff's room, 35; Miss Lawson's room 29, and Miss Sherman's room 34.

Many of the primary children were accompanied by their parents this morning of school. Among the visitors during the week to Miss Sherman's room were: Mrs. Samuel Soden, Mrs. Will Kirk, Mrs. George Myrick, Mrs. Hansel, Mrs. Shackelford, Mrs. Oliver Dickenson and Mrs. Schaffer.

The girls of the 5th 6th 7th and 8th grades will have an opportunity to use the gymnasium twice a week under the care of Miss Wolff. The boys of these grades will likewise have the same privilege under direction of Mr. Gribble.

The girls of the upper four grades will learn domestic art under Miss Wolff. The first two physical education lessons for the upper grade boys was to clear off weeds from the school lawn.

Free Methodist Services.

Rev. F. E. Pond, district elder, will conduct quarterly meeting services over Sunday in the Opera House. Preaching tonight, Saturday and Sunday nights at 8:00 o'clock, preceded by song and praise service beginning at 7:30.

Methodist Episcopal Church.

Sunday preaching services 11:00 a. m. and 7:30 p. m. Morning topic: "Shall We Look For One Greater than Christ." Evening Topic: "Our Church Doctrines on Original or Birth Sin."

Peoples Theater.

Saturday Sept. 15th. A two reel Keystone Comedy, a three reel drama, Reel Life No. 49. Six reels.

Sunday Sept. 16th. Mutual Film Corporation presents Marjorie Rameau in "The Greater Woman" also a Cub comedy. Six reels.

Monday Sept. 17th. Universal, Current Events No. 4 and Two reel L. Ko Comedy. also a three reel drama, Six reels.

### How's This?

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Notice to Creditors.

In the County Court of the State of Oregon, for Umatilla County. In the Matter of the Estate of Daniel A. May, Deceased.

Notice to Creditors.

Notice of Final Report.

Notice to Creditors.

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### Strictly Ornamental.

Men's only nonutilitarian garment is the necktie. It's as useless as a monocle. Yet we wear 'em. We'd feel awfully awkward walking down the street without one. Once upon a time the necktie was used to fasten the collar on. But now it doesn't do that. Man's necktie is the Indian's eagle feather, the cannibal's necklace of teeth, the mid-African's ivory earrings. It's his pride, on which he bestows much thought, great care. We wonder what would happen to the vanity of the human race, masculine half, in case of a necktie famine.—Toledo News-Bee.

### Effect of Discipline.

"Just see how the chickens mind the old hen, Bobby," said Mrs. Norris to her son. "Watch them run to her when she calls them."

"I suppose she sat on them when they were little," remarked the infant phenomenon reflectively.

### Clever Child.

"You can't eat your cake and have it."

"Well, ma, if I want cake to look at there's plenty in the baker's window." —Pittsburgh Post.

### Look Ahead.

Henry Ward Beecher said, "Don't be like a grasshopper, which jumps first and afterward looks round for a place to land."

### They'll Help Some There.

Save the old tin cans. You'll be putting them to good use if you only can get the grouch in them.—Atlanta Constitution.

### One of the chief secrets of happiness

is never to allow your energies to stagnate.

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