



ATHENA, OREGON, FEB. 8 1918

Under the title "Friends of German Democracy," American citizens of German descent have organized to spread the principles of democracy in Germany. After the failure of the German revolution of 1848-49 to attain democracy there came the first great immigration to America. Those who came then and since found in America the political freedom that Germany failed to give them and the opportunity to make a better living here than was possible in the fatherland. A call has been issued to all Americans of German birth or descent to assert themselves on the side of democracy and to bring home to any other opportunists and the democratic with which they would willingly associate themselves.

Mr. Harley addresses a circular letter to the Oregon press in which he intimates—nay, asserts, and strongly, that "men like 'W. P.' Lafferty, Ollie Fuller, R. W. 'Retner,' Louis 'Hodjens' and a few others, meet with his unqualified approval. If Mr. Harley refers to Roy Ritner and Lou Hodgins, he has named a couple of good men, men who suit a lot of people. So far, so good. But Mr. Harley's ability to discriminate may be questioned when he attempts to place Lafferty in a class with men who are really acceptable to the voters of Oregon.

The tooting of its political horn by the Portland Oregonian will not affect Oregon democracy in the least—it has heard the same notes before. The old trill is there for the same old purpose. The Portland paper has played its role of inconsistency on the side of dirty politics as often in this state that its wrecked aspirations have become a joke. Long ago it was dumped into the junk heap so far as influence in its party organization was concerned, afterward developing into a "feeler," politically. This "feeling" process has long influenced its editorial utterances as is evidenced by its laudation of the President one day, and on the next condemning him.

We excerpt the following from one of our esteemed republican contemporaries: "Colonel House, that celebrated old chatterbox, says in an interview that the allies have merged with the intention of winning the war. Every little bit of optimism added to what you've got, makes just a little bit more."

Is your kid a member of Oregon's Junior Rainbow regiment? Stake him to a start in selling \$50 worth of War Savings Stamps. This will entitle him to membership in the regiment besides giving him the opportunity to "do his bit."

Replying to German editors' statement that there will be no food in Germany by May, Hindenburg boasts he will be in Paris by April. Pity the old Bastille could not be restored to receive him.

George Myrick's job of delivery-man seems reasonably secure, as curtailment of the retail delivery program by the Council of National Defense affects towns of 2500 or more.

Have the readers of the Press noticed that General Grant's picture is printed on the new \$10,000 bills? But that impetuous impostor over the hill has not seen one yet.

Cinch up your belt for the third Liberty Loan drive. Be ready when the committee calls on you.

Man eats but little here below, Nor eats that little long; 'Twas not that way some time ago, When grub went for a song.

If the Kaiser keeps on monkeying with Trotsky, both will get what is coming to them.

So, Pendleton quit a basket ball game at Weston? Huh!

FACE the FACTS

LET us face the facts. The war situation is critical. Unless the Allies fight as they never yet have fought, defeat threatens. Hungry men cannot fight at their best; nor hungry nations. France, England, and Italy are going hungry unless we feed them.

Wheat Savings—They must have wheat. It is the best food to fight on. It is the easiest to ship. We alone can spare it to them. By saving just a little—less than a quarter of what we ate last year—we can support those who are fighting our battles. And we can do it without stinting ourselves. We have only to substitute another food just as good.

The Corn of Plenty—Corn is that food. There's a surplus of it. Providence has been generous in the hour of our need. It has given us corn in such bounty as was never known before. Tons of corn. Train-loads of corn. Five hundred million bushels over and above our regular needs. All we have to do is to learn to appreciate it. Was ever patriotic duty made so easy? And so clear?

America's Own Food—Corn! It is the true American food. The Indians, hardest of races, lived on it. Our forefathers adopted the diet and conquered a continent. For a great section of our country it has long been the staff of life. How well the South fought on it, history tells. Now it can help America win a world war.

Learn Something—Corn! It isn't one food. It's a dozen. It's a cereal. It's a vegetable. It's a bread. It's a dessert. It's nutritious; more food value in it, dollar for dollar, than meat or eggs or most other vegetables. It's good to eat; how good you don't know until you've had corn-bread properly cooked. Best of all, it's plentiful and it's patriotic.

Corn's Infinite Variety—How much do you know about corn? About how good it is? About the many delicious ways of cooking it? And what you miss by not knowing more about it? Here are a few of its uses:

There are at least fifty ways to use corn meal to make good dishes for dinner, supper, lunch or breakfast. Here are some suggestions:

- | | |
|-------------------------------|--------------------------|
| HOT BREADS | DESSERTS |
| Boston brown bread. | Corn-meal molasses cake. |
| Hoecake. | Apple corn bread. |
| Muffins. | Dumplings. |
| Biscuits. | Gingerbread. |
| Griddle cakes. | Fruit gems. |
| Waffles. | |
| HEARTY DISHES | |
| Corn-meal croquettes. | Corn-meal fish balls. |
| Meat and corn-meal dumplings. | |
| Italian polenta. | Tamales. |
- The recipes are in Farmers' Bulletin 565, "Corn Meal as a Food and Ways of Using It," free from the Department of Agriculture.

School Notes.

Following is the monthly report for the Athens schools for the month ending January 25, in comparison with the corresponding month of last year:

| | |
|---------------------------------|--------|
| 1917 | 1918 |
| No. pupils end of last mo. 189 | 168 |
| No. new pupils reg. 4 | 8 |
| Total No. registered 210 | 190 |
| No. pupils at end of mo. 195 | 159 |
| No. days taught 19 | 18 |
| Total days attendance 2150.5 | 2066.0 |
| No. days absence 101.5 | 99.0 |
| No. times tardy 24 | 26 |
| No. neither absent or tardy 194 | 109 |
| Average No. belonging 190.6 | 164.7 |
| Ave. daily attendance 184.8 | 159.2 |
| Per cent of att. 97.0 | 96.6 |
| No. parents visiting 19 | 16 |

J. O. Russell, Supt.
Honor Roll.

Pupils neither absent or tardy for the month ending Jan. 25, 1918:
Grade I.—Chester Dugger, Hollis Dennis, Ralph Keller, Elmer Miller, Emma Ringel, Thelma Schrimpf, Lois Smith, Elizabeth Steele, Harold Piersol, Fay Berlin.

Grade II.—Marjorie Booher, Lephia Cox, Dorothy Geissel, George Pambrun, Athena Russell, Kathleen Radtke.

Grade III.—Melvin Coppock, Edna DeFreece, Lorena Dennis, Lois Johnson, Lorena Schubert, Lucille Smith, Clifford Wood.

Grade IV.—William Coppock, Ellen Henry, Alice Huffman, Ray Hoffman, Vera Miller, Wilford Miller, Dean Pinkerton, Ito Schubert, Arthur Taylor, Robert Carsten.

Grade V.—Dorothy Berlin, Wilbur Harden, Waltha Haynie, Ruth Hutt, Blanche Johnson, Donald Johnson, Marvel McAlexander, Neil McIntyre, Fay Pambrun, Eppa Piersol, Vellton Read, James Elmo Russell, Ruth Williams, Russell Carden, Reeve Betts, Frank Carstensen, Gale Piersol.

Grade VI.—Beula Banister, Myrtle Downing, Tom Kirk, Dorothy Koepke, Bessie Martin, Gertrude Martin, Mildred Mathers, Elva Ringel, Lorain Shick, Iven Cox, Levo Kilgore.

Grade VII.—Lee Banister, Edra Cartano, Lucinda Dell, Eddie Evans, Conrad Miller, Sadie Pambrun, John Pinkerton, Delbert Read, Mildred Stanton, Frank Williams, Audra Winslow, Eva Carstensen.

Grade VIII.—Dollie Banister, Kobler Betts, Helen Downing, Lloyd Mathers, Jeannette Miller, Willard Parker, Dorwin Phillips, Pearl Ramsay, Savannah Smith, Lela Schubert.

High school, Freshmen.—Fay Zerba, Elizabeth Mathers, Frank Miller, Edna Pinkerton, Bethene Read, Mildred Winslip, Maebelle Duncan, George Lieuellen.

Sophomores.—Enid Cartano, Martha Hutt, Winifred Klein, Areta Littlejohn, Hazel McFarland, Helen Russell, Velma Schubert, Vernita Watts.

Juniors.—Evalyn Hurd, Frances Williams.

Seniors.—Zola Keen, Henry Koepke, Annabel McLeod, Angie Pambrun, Connie Baker.

Pupils in Miss Lawson's room having an average of 90 per cent received a quarter holiday Tuesday of last week. They were: Lois Johnson, Roy DeFreece, Arthur Taylor, Chester Cox, Dale Stephens, Lorena Schubert and Fred Radtke. Those having an average of above 90 per cent in all their subjects and having perfect attendance during the first month received a half holiday. They were: Belle Anderson, Edna DeFreece, Melvin Coppock, Lorena Dennis, Ellen Henry. In Miss Lawson's room there are now

PREVENTION OF DISEASE.

Uncle Sam Will Give You Free Advice on This Vital Subject.
Health insurance has grown to be more and more recognized as a vital factor in the welfare of any community. Vigorous campaigning on the part of federal, state and municipal health authorities has led to the prevention of a great deal of unnecessary disease, but to be really successful the co-operation of citizens is considered essential.

"You have insured your merchandise against loss," says a bulletin of the United States public health service. "You have insured your house and barn against fire. You have perhaps even taken out an insurance policy to provide the necessities of life for your family in case you become ill. But have you given to the question of preventing such illness the thought and study that so important a matter deserves?"

The United States public health service devotes much of its time and effort to the study of preventable diseases and has issued numerous pamphlets containing the fundamental principles of disease prevention. They are sent free of charge on request. Among them are included "Typhoid Fever—Its Causation and Prevention," "Prevention of Malaria," "The Prevention of Pellagra," "Tuberculosis—Its Predisposing Causes," "Hay Fever and Its Prevention," "Infantile Paralysis" and "The Care of the Baby."

EARTH'S ATMOSPHERE.

Something About the Sea of Air in Which We Live.

We crawl about on the bottom of a sea of air. Only very recently have we learned to swim in it. We call the performance "flying."

The gaseous mixture composing this ocean of air is so fluid and transparent that we hardly realize its presence. Doubtless fishes in like manner are not conscious of the water in which they swim.

But the air is much denser than we imagine. A small child blows up a toy balloon. Probably the air inside the inflated rubber bag is at a pressure of no more than two atmospheres, yet the balloon has become in effect a solid object. A cubic foot of air weighs considerably over an ounce. A dry goods box three feet cube will contain two and one-half pounds of air. This means, of course, at sea level.

As one climbs a mountain or goes up in a balloon the air becomes thinner, its density diminishing steadily until perhaps 150 or 200 miles from the surface of the earth there is virtually none of it left. It is reckoned that one-half of the entire bulk of the atmosphere is below the three mile level.

The sea of air is a warm sea, conserving the heat delivered by the sun upon the earth. If it were suddenly removed we should find ourselves exposed to the cold of outer space (400 below zero F.) and would be frozen.—Philadelphia Press.

Mastered the Servant Problem.

An article in the Woman's Home Companion says that 92 per cent of the women in this country do all their own work, and the writer adds that her particular domestic problem has been solved by a scientifically planned and pretty kitchen that serves as a dining room also. Numerous devices and innovations have been contrived by her that make this room artistic and attractive as well as useful.

"We think that for us we have eliminated the servant problem," she declares, "for to my mind if one's life can be so planned that daily wants are reduced to the minimum and efficient agencies by which to supply those wants raised to the maximum the entire problem has been met and solved."

Concerning Fresh Shaves.

"I always feel more satisfied with life after getting a nice, fresh shave," observed Bromidius Vance.

"So do I," acutely answered Joshua Lott, the ungentle cynic. "In fact, whenever I get a shave I insist on getting a fresh one. Nothing irritates me more than to have an old, shelf-worn shave palmed off on me. This would be a gladder world if stale, second hand shaves and expressions could be banished together."—Lamb.

Misdirection of Efficiency.

Is the art of efficiency by any chance misdirected—misdirected toward products as an end in itself instead of toward the development of vitally initiating human individuals, joyous workers to whom product is a byproduct, wealth an incident; men who for the very joy of the working work explosively?—Industrial Management.

Tongue Could Tell.

"Last night, George, you told me you loved me more than tongue could tell, and, oh, George, that wasn't true!" "I mean that it wasn't more than my little brother's tongue could tell. He heard it all!"

Puzzled Him.

"Women are so awfully hard to understand."

"What's the matter now?"

"Three of them have refused to marry me. I wonder what sort of a man they are looking for anyhow."—Detroit Free Press.

Pessimistic.

Optimist—A gran' mornin' the morn'! Misanthrope (grudgingly)—It's no a'thegither ill—(brightening)—No, eh, morn, think o' the national debt!—London Sketch.

Between two worlds life hovers like a star.—Byron.

Notice of Final Account

In the County Court for Umatilla County, Oregon.
In the matter of the estate of Maggie La Brache-Franz, deceased.
Notice is hereby given that the undersigned has filed her final account and report in the above entitled matter, and that the above entitled Court has fixed Saturday, February 2, 1918, at the hour of 10 o'clock a. m., of said day as the time, and the county court room as the place, for hearing said account and report. Objections to said final account and report should be filed on or before said date.
Mary LaBrache-Baddeley, Executrix.
Dated January 4, 1918.

THE OLD SAILOR AND THE RECRUIT



LEARN TO SAVE MONEY.

Banking Merely a Dollar a Week is a Good Investment.

"It is mighty hard," said an unfortunate workman some time ago to the writer, "to save up a thousand dollars by laying aside a dollar or two a week and then to take it out of the savings bank and lose it to a get rich quick swindler, as I have just done."

The poor fellow could work and save, but he had not had even a kindergarten education in finance, else his story would have been different. He had never given a thought to interest and so was absolutely ignorant of growth through compound interest and, of course, had never heard of that wonderful process of accumulation known as "progressive compound interest."

One dollar deposited in a savings bank that pays 4 per cent will amount to \$2.19 in twenty years. This is simple compound interest. Now, if you deposit \$1 every year for twenty years, or \$20 in all, the sum to your credit will have grown to \$30.97.

Any wage earner can put by \$1 a week. That money deposited in a savings bank for twenty years will have increased to \$1,912. A deposit of \$5 a week will have grown to \$5,000, and this at 4 per cent will be \$320 a year. There is no secret, no mystery, about this. It is as clear as the cloudless sun, and the method is just as clean and honest.—Christian Herald.

Too Much.

"Why did you quit that barber?"
"Well, I didn't like him. Every time he moved my head he wanted to use my ears as handles."—Louisville Courier-Journal.

Shopping.

First Lady—Mrs. Smith is too young to go shopping alone. Second Lady—What is that? First Lady—She's liable to get excited and buy something.

Notice of Final Account.

In the County Court of the State of Oregon for Umatilla County.
In the Matter of the Estate of William H. Wood, Deceased.
Notice is hereby given to all persons whom it may concern that Arnold Wood, administrator of the estate of William H. Wood, deceased, has filed his final account and report in the administration of the estate; that the County Judge by order duly made and entered has appointed Wednesday, the 27th day of February 1918, at the hour of ten o'clock in the forenoon at the time and the County Court House of Umatilla County, Oregon, as the place where all objections and exceptions to the said final account and report will be heard and settlement thereof made.
Dated this 25th day of January, A. D., 1918.
Arnold Wood, Administrator.
Will M. Peterson, Attorney for Administrator.



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