

El Vampire

Kills Bugs

SURE DEATH TO FLIES

Harmless to Man and Beast

10c

McFADDEN PHARMACY

The *Rexall* Store

PHONE 331—It will pay you to watch our Windows

The KITCHEN CABINET

A little toll, and a little rest. And a little more earned than spent. Is sure to bring to an honest breast a blessing of glad content. And as though sides may frown or smile, Be diligent day by day; Rewards will greet you after awhile, If you just keep working away.

HELPFUL SUGGESTIONS.

When buying meats, see that they have a good color and are well mottled with fat.

A fresh fish will be bright eyed, flesh firm and odor sweet.

When buying such fruits as oranges and grapefruit, the weight is a good test, the heavier the better.

Nuts hold a high place as food and may take the place of meat in many dishes. Nut stuffing for baked onions is especially appetizing.

A fine shield from the hot sun when reading, working in the garden or resting is a large umbrella tied to the handle of a pitchfork. The fork is stuck into the ground anywhere you wish and you are left in the shade.

When you have agreeable neighbors why not do as two enterprising housekeepers do, who have a small family and like fresh cake? Each bakes a cake in turn, dividing with the other. In this way they always have fresh cake and the work is divided.

Pour corn mush white not into greased baking powder cans and when the mush is cool it will slice in nice, uniform slices.

When food scorches, remove at once from the dish and set the pan into cold water, the steam rising from the food will dissipate much of the scorched flavor. When a dish is badly burned, to clean it fill with cold water and a little soda, let simmer until the food can be easily removed.

When baking tomatoes, or peppers, put them in muffin pans and they will not lose their shape.

A small egg beater and a rotary cream whip that will fit into a cup is a great convenience for beating one egg or a small amount of cream.

Aluminum dishes which have been roughly scratched will need to be re-buffed, for the dish will always trouble by burning easily.

There is no economy in using old, worn-out, clumsy tools. A tenky pall which leaves its trail wherever it is carried is the worst kind of economy.

A soap shaker which uses up all the thin and small bits of soap is a useful kitchen convenience.

Nellie Maxwell

Says a French chaplain: "We have 700,000 girls who will never have the chance to marry." This seems to depend on whether the American troops are brought home speedily.

Here and there, though, Germany got off easily, as, for instance, in the clause that stipulates she must deliver her coal to France. It doesn't say a word about making her carry it in.

HORSES IN ANCIENT BATTLE

Seem to Have Been Little Used Except to Carry the Infantry into the Fight.

In the old days when the Romans and Greeks fought furious battles, the charioteers drove their cars in all directions, hurled their javelins, and by the din and clatter of horses and wheels commonly threw the ranks of the enemy into disorder, and making their way among the squadrons of the enemy's cavalry, leaped down from their chariots and fought on foot. The charioteers then withdrew, little by little, from the fight, and placed their chariots in such a way that if they were hard pressed they could readily retreat to their own side. Thus in battle they afforded the mobility of cavalry with the steadiness of infantry. Daily practice enabled them to pull up their horses at full speed when on a steep slope, or to run out on the pole and stand on the yoke, and to get nimbly back into the chariot.

With the introduction of cavalry in the later iron age came larger horses, but their use for this purpose seems to have been restricted

to isolated areas. There is no doubt that the west German tribes, as late as the campaign of Caesar in Gaul, used only the shaggy pony. It is said in cavalry actions they held it disgraceful and slothful to use any kind of saddle, and instead of charging in squadrons they dismounted and fought on foot. As far as England is concerned, the art of riding seems to have been introduced by the Normans. The Saxons appear to have been but indifferent horsemen.

DU, SHE TAKES AIR FLIGHT

Atlantic City Widow Goes Up 3,000 Feet as Aviator Does

Atlantic City, N. J.—Mrs. Ida G. Wilcox, who is eighty, the widow of an army colonel, lives in a little cottage near the field where nimen have been doing during exhibition performances. The fascination tempted her until she could stand it no longer and recently she gave the most experienced aviator a ride with Eddie Stinson, who ascended 3,000 feet.

"I want you to go as high as you can," she said to the daring flyer, "and do all the stunts I have seen you do with others."

OREGON NEWS NOTES OF GENERAL INTEREST

Principal Events of the Week Briefly Sketched for Information of Our Readers.

Wasco county has before it the greatest program of road construction in its history.

All bids for Sherman county's \$300,000 issue of road bonds were rejected by the county court.

But 19 teachers in a necessary force of 35 have been secured for the Marshfield city schools.

The Harrisburg Chamber of Commerce will hold a community fair during the week of September 8.

William H. Kellendonk, an old time resident of Estacada, was found dead in bed. He was 78 years old.

D. W. Bailey, pioneer Pendleton attorney, died suddenly in his office. Mr. Bailey was about 64 years old.

Governor and Mrs. Olcott, beginning about August 1, will leave Salem on a trip to Yellowstone National park.

That farm property is in demand in Clackamas county is evident from the number of sales that have been made recently.

The sawmill belonging to George Killan, a few miles from Silverton, was destroyed by fire causing a loss of \$5000.

Under the direction of the Dallas Woman's club a swimming pool for small children is being built in the bed of La Creole river.

Bids will be received by the state highway commission, August 5, for every mile of highway between The Dalles and Pendleton.

J. A. Churchill, state superintendent of public instruction, has just issued the 1919 edition of the Oregon school laws and copies are now being sent out.

Four steel steamships of 5,000 tons will be built by the Albina Engine and Machine works, a Portland shipyard, for a group of Scandinavian business men.

The public service commission will hold a hearing in Amity, July 28, on the application of the Amity Mutual Telephone company for an increase in rates.

Salem firemen and policemen have petitioned the city council to grant an increase in their wages to \$100 a month. They are now receiving only \$90 to \$95.

The Pendleton city council has ordered the purchase of a new automobile street flusher and sprinkler, to replace the present horse-driven equipment in use.

By the first of August at the latest Pendleton will be entirely independent from the river for its water supply, as a new pipe line is being laid to Chapin's springs.

There are now more men than jobs in Umatilla county. The free employment bureau at Pendleton finds that there are about three hands available for every harvest job.

With the employment of a manager to attend to its business for the coming year, the Deschutes Valley Potato Growers' association will be more active this year in the potato market.

Patients in Portland hospitals also have met the high cost of living. Both St. Vincent's hospital and the Good Samaritan hospital have increased their rates since ante bellum days.

Virgil D. Earl, for the past 11 years head of the department of mathematics and athletic coach at the Washington high school in Portland, has been elected principal of the Astoria high school.

Lane county's spirit of cooperation was illustrated when more than 1000 farmers met with members of the Eugene Chamber of Commerce in an all day picnic on the University of Oregon campus.

The voting of \$5,000,000 bonds by the North Unit irrigation district of Jefferson county has been validated and in all respects confirmed in a decree by Circuit Judge Duffy in the county clerk's office.

A regular freight service from Portland to Australia and New Zealand, with monthly sailings, will be established soon, provided Portland can furnish from 2000 to 3000 tons of cargo each way for each sailing.

The June contribution of the Standard oil company to the good roads fund of Oregon under the fuel oil tax amounted to \$26,789.12, a gain of more than five thousand dollars over tax for the previous month.

The Silverton Food Products company has started a cannery Loughmiller mill building. The company will specialize on Evergreen berries, but will handle some loganberries and possibly some prunes.

Ranchers of Deschutes county were advised to perfect plans for going before the legislature at the 1921 session to ask for the establishment of an experiment station near Bend, when Dr. W. J. Kerr, president of the Oregon Agricultural college, spoke at a banquet given by the Deschutes county farm bureau in honor of the visiting regents of the college.

Standard Theatre

Saturday, July 26

"WE CAN'T HAVE EVERYTHING"

a DeMille Special Feature. Also a Sennett Comedy



BILLIE BURKE in "Eve's Daughter" A Paramount Picture

Sunday, July 27

BESSIE BARRISCALE

in

"A Trick of Fate"

Wednesday July 30

Pathe Weekly and Prisms. Good Comedy, always

MUST CONCENTRATE TO WIN

Though Thorough Absorption May Be Carried Too Far, It is Necessary to Success.

There is always danger, when anyone concentrates, that the concentration will be carried too far—so far that it produces a narrow, one-sided and warped point of view. The great scientist, the great scholar, the great thinker in any line is usually not an all-around "good fellow." "Crabbed," "queer," "peculiar," "odd," "funny" and "warped"—are these not the adjectives that generally describe the geniuses of the world? The very effort to concentrate on the one subject which has brought success has made it impossible to keep in touch with the thousand-and-one currents of thought and topics of conversation which go to make up comfortable and easy-going life. Like the old sea captain, these geniuses miss something in their effort to fix their attention on one thing.

In spite of this danger, it is a good thing to work for concentration. The likelihood of becoming one-sided is big where genius is concerned, but then it can be excused. Most of us can safely concentrate our attention and still feel sure that we will keep in touch with the world about us.

\$100 Reward, \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages and that is cataract. Cataract being greatly influenced by constitutional conditions requires constitutional treatment. Hall's Cataract Medicine is taken internally and acts thru the Blood on the Mucous Surfaces of the System thereby destroying the foundation of the disease, giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in the curative powers of HALL'S Cataract Medicine that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address: P. J. CHENEY & CO., Toledo, Ohio. Sold by all Druggists, Inc.

Brooms

We buy Brooms same as everything else, direct from the factory in large quantities, thereby saving you the middleman's profit. Large shipment of brooms here now, priced the J. C. Penney way.

Brooms
98c

J. C. Penney Co.
Incorporated
197 BUSY STORES

Quality Always

Service First

Mr. Farmer

It will be to your interest to see us before you place your harvest order for Groceries.

The Economy Cash Grocery

Phone 561

and your Orders will be filled.

Quality Always

Service First



Coming ?

Yes, and we'll beat Xmas, too

Keep sweet and we'll do our best to keep you sweet after we get here. While we can't make all dreams good (one of our friends declares Doc Watts took him out back of the store to a strawstack and dug up a fine bottle of whiskey we will do our best to keep everybody happy; especially on hardware implements, wagons, etc.

Watts & Rogers
Main Street, Athena

The First National Bank
of Athena

Capital and Surplus, \$100,000

Safety Deposit Boxes

For Rent