

**The Athena Press**

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Athena, Oregon, June, 21, 1929

**ALMOST A PERFECT FOOD**

The Oregon State Board of Health releases the following article to the state press for publication:

Milk is a food, not just a beverage to drink in order to quench thirst. When we consider its food value, it is one of the cheapest foods. Milk contains the greatest assortment of nutritive substances of all single food materials. The proteins build and repair body tissue and yield energy. The fats give energy and store energy as reserve fat. The sugars supply energy and warmth. Lime, phosphorous and iron build bone and teeth. The vitamins promote growth and prevent disease. Milk is the foundation upon which an adequate diet can most safely and easily be constructed. In order that milk may be of excellent quality when it reaches the consumer, faultless precautions must be taken to keep it clean, cool, and covered on the farm, in the dairy and in travel. Upon the housekeeper devolves the important duty of further scrupulous care. Her share in the care of milk begins as soon as it is delivered at the home. Milk should be taken into the house as early as possible, the containers washed, wiped, and placed at once in the refrigerator. When pouring milk from containers the top of the container should be cleaned with flowing water and the milk remaining should be returned at once to the refrigerator and an inverted glass used as cover. Milk is unquestionably one of the most difficult foods to produce, distribute and serve properly. Milk can be a menace to life if it is contaminated. Water infected with disease germs used for cleansing purposes; milk handlers infected with disease; sick or tubercular cows; or flies may transmit disease by way of milk. Germs, fever dysentery or tuberculosis thrive in milk. Pure milk can be produced only from healthy cows. Cows must be properly fed, watered, housed and kindly treated. Cows should be tuberculin tested annually. Clean milk is whole milk produced from healthy cows under such controlled sanitary surroundings and conditions as well safeguard the milk from contamination by any dirt or dangerous organisms. However, to make the milk absolutely safe, every drop of it should be heated to a temperature of 145 degrees F. and held at that temperature for at least 30 minutes and then cooled rapidly and bottled in sterile bottles. Only properly constructed and properly operated pasteurization apparatus can meet the necessary heating and holding requirements which insure absolute safety. It is a noteworthy fact that where strict regulations for the production and distribution of milk have been adopted and enforced there has been an increase in the amount of milk consumed as high as 100 per cent.

Three Oregon aspirants are seeking membership on the new federal farm relief board. It is currently believed that Roy Ritner of Umatilla county, ex-state senator and grain grower with marketing, banking and legislative experience leads over L. J. Reynolds of Marion county and R. H. Kipp, manager of the agricultural department of the Portland Chamber of Commerce. However, it is recognized that chances of appointment lie almost wholly in the interest Senator McNary takes in any one of the candidates for the place. Ritner's executive ability is recognized, and the fact that he is a dirt farmer, having holdings in an export district which is affected more than any other under present agricultural depression, should react materially in the Pendleton man's favor.

Mark Sullivan, Washington's greatest political newspaper correspondent says that he knows enough about the country's reception of the new tariff to be able to say frankly, fairly and definitely, that the attitude on the whole is one of disapproval. Sullivan, like Senator Borah, sees that the primary tariff revision at the special session of congress, which was to be in aid of agriculture only, is being weighted with a general tariff revision policy clear down the line; that this policy, if allowed to go through will put another crimp in agriculture to the extent that the recently enacted farm relief measure will be nullified.

The three Frenchmen and their Yellow Bird missed their goal by a scant 150 miles, when their supply of gasoline ran out. While disappointed at not having landed on French soil, the boys and their plane did a good job of it anyway. They crossed the Atlantic and landed on the Bay of

Biscay, achieving the honor of being the first Frenchmen to cross over on a non-stop flight. The real record of their adventure was in landing the first over-Atlantic plane stow-away, which they share with a modest American boy of Portland, Maine.

Senator Blease of South Carolina kicks on roast beef at 85 cents and mashed potatoes at 15 cents on his bill of fare, and he has caused the menus of a Washington restaurant to be put into the congressional record. Which is all right, but when the senator in calling attention to comparison between the prices Washington is paying and what the farmer gets, we believe he is overlooking the grab of a few middlemen when he says, "you will see proportionately how much we pay for freight rates."

A Saskatoon Canadian desiring to pass through Chicago, en route to Anderson, Indiana, by motor, has written Mayor Thompson of the windy city, requesting police protection. For safety he expected a police escort to meet him at the city limits, and in light of current events transpiring in the Illinois metropolis, the request is by no means unreasonable.

Jupe has been more than kind in his ministrations to this part of the state, and the prevailing desire is that he put a cork in his sprinkler and wend his way hence. He may be a good old guy, but enough of anything is a plenty. What is needed just now by the bean growers and berry-pickers is sunshine and plenty of it.

Mining in Oregon is looking up. Several new properties are being developed, some on a large scale which involves the expenditure of large sums of outside money. Development of mineral holdings in this state is now at a higher peak than for many years past.

Cigarette advertising on Seattle billboards is taboo with the woman's clubs of that city, and they are receiving backing from citizens generally. Advertising the "fag" by the present method which involves common decency, is unpopular everywhere.

We have had the regatta, and now the Legion boys will give us "The Battle of the Marne" with pyrotechnic effects on the evening of July 4th at Walla Walla. As entertainers the legionnaires are doing their part.

Mid-winter is approaching in the antarctic, where Byrd and his men have "dug in." A remarkable fluctuation of the thermometer has been noted—changes of 65 degrees, from 48 below zero to 16 above.

**21 Years Ago**

Friday, July 3, 1908

Sanford Stone and Henry Barrett who had charge of Athena's Fourth Annual Horse and Colt Show, are elated over the success of the exhibition made in this city Saturday. The parade, which was a mile long swung into Main street at 2 o'clock, headed by Charles Norris, seated with his wife in a "tippy" rig drawn by Karl and Aginaldo, two of Caution's very best. Following the driving horses, rode 25 ladies on horseback and trailing behind, came the Draft and Coach classes. A feature of the parade were the Shetland ponies, ridden by little girls, and a pack outfit rigged out from LeGrow & Taylor's cow camp was realistic to say the least.

Mrs. A. A. Foss and Misses Kittie Gholson and Cecile Boyd are spending the week with friends in Walla Walla.

Nib Ying, the petite Chinese cook, who returned from China last week has resumed work at the St. Nicholas hotel.

Mr. and Mrs. John Harris of Weston spent the day Tuesday with Mrs. Frank Mansfield, the occasion being her birthday.

Craig Wilkinson arrived home Wednesday from Cambridge, Idaho, where he has spent the past winter with his uncle, O. G. Chamberlain.

Ernest Zerba has accepted a position in the grocery department of the Mosgrove Mercantile company, taking the place of Arthur Douglas, who has resigned.

Mr. and Mrs. R. A. Thompson of this city will chaperone a party of Weston young ladies who will spend the 4th at Cold Springs, on the Weston mountain.

Grandma Mansfield has been confined to her bed with sickness the past week. Owing to her advanced age, the warm weather does not tend to make her condition better.

A carload of sacks, 40,000, arrived in Athena from Portland this week for the members of the Inland Grain Growers' association. This year the association contracted for 400,000 sacks. The price paid was \$7.15 per 100, delivered.

A man who is believed to be the crackman who entered the McEwen hardware store and the Pioneer drug store some time ago in Athena, has been arrested by the officials in North Yakima and is being held awaiting advices from Sheriff Taylor.

The families of E. A. Dudley and W. R. Taylor, with Misses Laura McIntyre and Zelma DePeatt, left early yesterday morning for Wenaha Springs, where they will enjoy the cool shade and splendid bathing for a few days.

Fire destroyed the barn on W. C. Russell's farm Wednesday afternoon. The blaze is supposed to have started from matches ignited by the sun's rays. Eight set of harness, a fanning mill and hay was burned. The loss is placed at \$900 by Mr. Russell, with no insurance.

**Locust Spends Years of Life Underground**

Do seventeen-year locusts really appear every seventeen years? And, if so, why are some to be found every year?

These are pertinent questions, to say the least. The seventeen-year locust has long been heard of, and some skeptical people are inclined to brand accounts of them as myths. But they are real insects, and they do require (the variety known as cicada septendecim, which is literally Latin for cicada seventeen) seventeen, or in some cases, thirteen years for full development.

The seventeen-year locust is not a grasshopper. More exactly, it is not a locust but a cicada—the name cicada being pure Latin for the same insect, which has been known for centuries by this name. A commoner cicada is found in many localities every year. But the seventeen-year variety, as Webster's New International dictionary summarizes, spends almost all of its seventeen or thirteen years "under ground in the larval condition. After emerging it quickly changes to the adult condition, in which it lives only a few weeks."

Locust, by the way, is also a nearly pure Latin name. The word "lobster" is a variation or corruption of locust, through the Anglo-Saxon.

**Kipling Greatness Not "Outward and Visible"**

As an alternative to the autograph album of tradition, Clare Sheridan, the painter-cum-sculptress journalist, planted a "friendship garden" at her home in Sussex, where she had as neighbors the Rudyard Kiplings.

"It seemed to me a living, colorful reminder of one's friends," says Mrs. Sheridan in her reminiscences "Naked Truth."

George Moore contributed a fuchsia because "when I (Moore) was a child I liked fuchsias better than almost any other flower." Robert Hichens wrote: "I will try to get hold of a carnation. I love carnations." Kipling's contribution was lavender and rosemary. A. E. W. Mason sent a "Viburnum Placatum" to "spread all over the flower bed and smother all the friends in its vicinity."

Mrs. Sheridan describes Kipling as "a jolly little man with a school boy humor who would not have seemed anything much if his eyebrows had been shaved and one had not known his name. . . . When he had a good story to tell Mrs. Kipling always intervened to tell it better. If Rudyard Kipling were called Jones, a very charming, cheery Mr. Jones he would be."

**Only One Line**

A few swift and powerful strokes carried the sailor to the side of the elderly woman in distress.

She had lost her footing on the slippery deck and was overboard in a moment.

Suddenly she caught sight of her rescuer as she came to the surface.

"Oh, save my hair! Save my hair!" she cried, pointing to the wig floating rapidly down the river.

"Madam," replied the gallant seaman, as he grabbed her shoulders, "I am only a life saver, not a hair-restorer."

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**Reduction in Electric Light Rates**  
The following reduction in Electric light rates will be in effect on and after March 15, 1929:  
**Residential Rates**  
First 30 KWH hours used, per month.....10c per KWH  
Excess over 30 KWH used, per month.....3c per KWH  
The above rates apply when bills are paid in full within 10 days from date of bill. Otherwise, the rate will be increased by 10 per cent on each item.  
**Commercial Rates**  
First 100 KWH used per month.....10c per KWH  
Next 200.....7c per KWH  
Next 300.....6c per KWH  
Next 400.....5c per KWH  
Next 1000.....4c per KWH  
Excess over 2000.....3c per KWH  
The above rates apply when bills are paid in full within 10 days from date of bill. Otherwise, the rate will be increased by 10 per cent on each item.  
Preston-Shaffer Milling Company

**Announcement**  
THE FIRST NATIONAL BANK OF ATHENA, OREGON,  
Announces that it has completed the organization of a  
**Trust Department**  
and is qualified to act as Executor, Administrator, guardian, or in any other fiduciary capacity.  
Just think what 37 years of successful banking experience would mean to the executor or administrator of your estate.  
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