Press Paragraphs

Miss Mary Hartle spent the weekend in Pendleton. Alva Blalock of Pendleton called on

Athena friends Tuesday. Athena college students will be home for the Easter vacation days. For Rent-A five room and a three room house, furnished. Phone 30F11.

J. A. Payton, representative of the Moline plow company was here from Spokane this week .

Mr. and Mrs. Charles Wilson and Lee Wilson. family have been visiting relatives here this week.

Miss Blanche Thorson spent last week-end at the home of her parents in Stanfield.

Mrs. William McPherson and Mrs. motor ors Monday afternoon.

Mr. and Mrs. Ivan Clark of Wes-Mrs. Ervin Tucker this week.

Mr. and Mrs. Everett Eager of present. Dayton were week-end guests at the Mr. and Mrs. E. A. Dudley return-

Bun Moore is visiting his mother, fornia, where they have spent Mrs. Jennie Moore of Ukiah, this

Mrs. John Tompkins and daughter Mary were Walla Walla visitors Saturday.

The Preston-Shaffer Mill has been closed this week for the purpose of making repairs.

Mr. and Mrs. Jim Haworth arrived in Athena Tuesday morning from vicinity Tuesday. their home in Tennessee.

Mr. and Mrs. W. E. Watt of Day-Wheat Hay—Bundle wheat hay for sale. James Duncan, phone 30F15. Cornell

Mrs. E. E. Tate and children of Pendleton have been visiting at the home of her parents Mr. and Mrs.

Misses Elizabeth and Mary Holvager of Walla Walla were recent visitors at the home of Mrs. B. B. Richards.

Mr. and Mrs. E. F. Bloom will to Spokane this week-end R. A. Duffield were Pendleton visit- where they will visit Mr. Bloom's parents.

The Etude club met at the home of ton are visiting at the home of Mr. Mrs. E. F. Bloom Tuesday afternoon for rehearsal. Fifteen members were

nome of their son C. M. Eager here. ed Saturday from Long Beach, Cali-

SAVE with SAFETY

Next Week-March 15th to 21st Is National First Aid Week

YOUR MEDICINE CHEST SHOULD CONTAIN THE FOLLOWING ITEMS:—

Gauze Bandage Adhesive Tape Absorbent Cotton **Ointment for Burns Antiseptic Ointment** Iodine, or Mercurochrome Laxative

Mouth Wash Spirits of Camphor Castor Oil Liniment **Tooth Paste Tooth Brushes Shaving Supplies** First Aid Book

Check over this list and replenish your Medicine Chest today. Ask us for one of McKesson's FIRST AID BOOKS to complete your Cabinet

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Main Street

- - Athena

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Independently Owned Unitedly Operated

SPECIALS for SATURDAY and MONDAY March 14th and 16th

Brooms, Blue and White

Red Kidney Beans

2 for 35c Soup, Red and White or Campbells 3 for 25c

Peaches, Red and White, 21/2s 2 for 49c

Peaches, Blue and White 21/98 2 for 43c

> Tuna Flakes, 1/2s 3 for 49c

Whole Kernel Bantam Corn, Red and White 2s 2 for 45c

> Hominy, Red and White 2 for 25c

Peas, Red and White, No. 3 Sieve 2 for 39c

Red and White Coffee 35c per lb. or 3 lbs. for \$1.00 Cookies-Trio Assortment

2 for 49c

MONTAGUE & CORNELL

PHONE 171

Mrs. Willard Crabill celebrated her birthday Wednesday. Louis Bergevin of Squaw creek

was in Athena Wednesday. G. Schwank of Walla Walla was business visitor here yesterday.

were business visitors in Adams and Mr. and Mrs. Baldwin of Milton Mr. and Mrs. Baldwin of Milton tor. They report the condition of were visitors at the home of Mrs. Koepke, Sr., slightly improved. Fred Pittman this week.

Harold Warner, well known torney of Pendleton called on Athena friends Wednesday. Lon Lundell, postmoster of Weston

visited Athena Tuesday calling on Legion members and friends. Warm rains have facilitated plowing and cultivating, which is well under way in this vicinity.

Ira Scott of La Crosse was a business visitor here this week. Mr. Scott also has property near Helix.

R. McArthur is engaged in spring house cleaning in his recently acquired home in the west side of town. Mr. Powers of Powers Bros. Inc., at Palouse, Washington, and a grower of seed peas was an Athena visitor Wednesday.

F. B. Radtke has recovered from serious attack of influenza and is again on duty at his Athena Depart-

Mrs. M. L. Watts, Mrs. Glenn Dudley, Mrs. H. I. Watts and Mrs. Ralph McEwen motored to Walla Walla for uncheon today.

Ed Forrest was in town Monday from his Thorn Hollow ranch. He contemplates seeding a large acreage to peas this spring.

In a recent letter from Mrs. Flor-Dow to friends here, she recounts the first severe storm of the season at Edmonton, Alberta. Mrs. E. J. Burchill returned to her

nome in Pendleton after spending the week in Athena at the home of her daughter Mrs. C. M. Eager. Mrs. W. S. Ferguson left Sunday by motor for Nampa, Idaho, where she will visit at the home of her

daughter, Mrs. Horace Belnap. Mr. and Mrs. Francis Herr and son Jack, of Baker, motored here for the week-end and visited at the home of Mr. and Mrs. Louis Stewart.

J. N. McNalley and other representatives of the New York Life Insurance Company were here Sunday from their headquarters at Spokane. Sims Dickenson has sold his property consisting of 120 acres adjacent to Athena, to A. O. Schubert. The consideration has not been made pub-

Mrs. Ortis D. Harris and daughter Lucille of Portland are visiting at the home of Mrs. DePeatt having been called here by the latter's

Arthur Jensen made a business trip to Touchet the first of the week. Art says "pigs is pigs" around Athena, so he brought home four nice

Mrs. M. M. Johns is expected to arrive home from California today. Mrs. Johns has spent the winter with her son Melville and family, well

Mrs. Sibby Morton of Santa Ana, California, has been an Athena visitor this week. Mrs. Morton is here visiting friends and looking after her

farming interests. Friends of Leon Kretzer of Pendleton, formerly of Athena, will be

glad to learn he has been promoted with the Union Oil company to assistant agent in the office. Ralph Allen returned to Bonners Ferry Wednesday after a short vis-

it here. Mr. Allen was here for the purpose of looking after spring work on his place near Athena. Mrs. Jesse Duncan (Nellie Froome) of Walla Walla, and her son and

daughter and Mr. and Mrs. Smith of that city, were in Athena, Saturday visiting Mrs. Laura Froome. Captain Hall of the Baptist church conducted services in Adams Sunday

morning and at Weston in the afternoon. This was the first service held in the Weston Baptist church in the past eight years. Mr. and Mrs. Bob Cutler visited Athena friends the first of the week,

prior to their departure for La Grande where they will make their home. Mr. Cutler is employed on the state highway. Rev. Charles Sias will attend a

meeting in Walla Walla Sunday afternoon. The principal speaker will be Rev. A. D. Harmon who was the Latin teacher of both Mr. and Mrs. Sias in Lincoln, Nebraska.

The meeting of the Ohayata campfire group was postponed until next week in order to allow the members to attend the booster and sunshine choir rehearsals in connection with the present evangelistic campaign. Bud Price met up with a slight accident Sunday evening while returning home from Cayuse, when a bolt in the steering wheel became loose.

The car went over an embankment, and as a result Bud received several cuts and bruises about the face. Mrs. Chase Garfield and Mrs. Laurence Pinkerton motored to Lewiston last week-end and were accompanied to Athena by Chase Garfield, Sunday. The Garfield family depart-

ed Monday morning for Lewiston where they will make their home. Mrs. Tem Kirk and little son Billy who have been visiting at the home of Mrs. Kirk's parents, Mr. and Mrs. Fred Pittman here for the past three weeks, left Friday for their home at Creston, B. C. They accompanied Mr. Charles Kirk who had been in Athena for several days on a busi-

ness mission Belva McIntyre was honoree at a party last Saturday. Games were the order of the afternoon and the

were indicative of the number of years of the young lady's age. Those assisting in the celebration were Marjorie Wilks, Donna Jean Logsdon, Helen Johns and Dorothy Smith.

Mr. and Mrs. Henry Koepke, Jr., and Henry III arrived home from H. A. Barrett and Elmer Merritt Glendale, California, Wednesday afternoon. The trio, who spent the winter in the south made the trip by mo-

Mrs. Frank Sanders was hostess to the Jolly Twenty club last Friday afternoon. Additional guests were Mrs. Star Charlton, Mrs. D. H. Sanders and Mrs. Claude Dickenson. At the tea hour dainty refreshments were served. The next meeting will be at the home of Mrs. Zeph Lock-

Ed Montague attended an interest-

ing meeting of Red & White Store managers from Umatilla county and Washington counties adjacent to Walla Walla, in that city Wednesday night. The principal speaker was Mr. Mann, a well known pioneer merchant of North Dakota. He spoke of his forty years business experience in a helpful and instructive talk. The ladies of the pinochle club were entertained by their husbands Wednesday evening at the home of Mr. and Mrs. Arthur Jenkins. Five tables

were in play and Mrs. Phillip Remillard and George Brace made high score, and Mrs. Charles Potter and Phillip Remillard, Jr., received the consolation. Mr. and Mrs. L. A. Cornell will entertain the club next

The B. B. club was entertained last Thursday evening at the home of Mr. and Mrs. Arthur Douglas. A no host dinner was served at places marked by "Irish potatoes," accenting the St. Patrick's idea. At bridge following dinner, Mrs. Bert Logsdon and Laurence Pinkerton held high score and Mrs. Laurence Pinkerton received the consolation. Mr. and Mrs. A. A. Mc-Intyre will entertain the club at their next meeting.

Consternation reigned at the Dudey home for some time Tuesday afternoon when Glenn, Jr., disappeared. The premises being thoroughly searched with no results, efforts were extended to adjoining fields, the creek and streets of Athena. At the end of an hour's fruitless hunting a party was being formed in town when young Glenn armed with his gun and accompanied by "Pete' his dog appeared casually over the hill. He had heard a caterpillar in the distance and had gone to find

2nd Tim. 2:15. "Study to show thyself approved unto God, a workman that needeth not to be ashamed, rightly dividing the word of truth." The Holy spirit helps you to do this with your spiritual life, if you will cooperate honestly. Ben Bateman will help you honestly to do this with your physical life, by studying the needs of your physical body. See Ben Bateman in North Athena, Tel. 595.



Beyond the path of the outmost sun through utter darkness

hurled Further than comet flared or vagrant star-dust swirled— Live such as fought and sailed and ruled and loved and made our world .- Kipling.

DIET AND FOOD

After all the advice from various diet experts as to reduction of fat,



if we simmer it down to the reasonable and normal conclusion, we find that if one is overweight, we need less food and more of exercise. Less food does not

mean that we should change our mode of living, or give up the foods we like, but cut down on the amount, Leave the table with the feeling that you could eat more, and would really enjoy more; but refrain. Such is good discipline for both the body and the mind. The Chinese, healthy, longlived and normal in weight, eat one food mostly. The single diet, that is

Does It Pay To Look Well?

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| PEETS' Washing Machine Soap 1 Regular, 1 Small pkg. both for 39c | Prunes Large, Oregon, 4 lbs25c |
|--|---|
| Pabst Malt 2½ lb. Can, each | Tomatoes Standards, 2½s, 2 for |
| Picnic Hams Carstens', per lb14c | Heinz Tomato Soap 10 oz. Cans, 3 for35c |
| Fancy Sardines Smoked and Boneless, 3 for33c | Salmon Pink, No. 1 tall, 2 for25c |

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Phone 152

ATHENA DEPARTMENT STORE

their secret. In Russia cabbage is the main dish. One of the evils of our modern civilized life is the complexity and mixtures that we make of food.

Look at the large families of healthy children if there are any large families in your neighborhood; note their diet. One family of nine, with seven healthy, rugged, bright-minded children would have for a noon meal such a one as this: When green peas were plentiful, they made a meal of cooked peas with bread and butter. When strawberries were in season strawberry shortcake would be the whole meal for the nine. All had all they wanted and everybody was satisfied and needed nothing more.

Every one of those children is well and doing his or her part in the world's work. They were poor, but never made any apologies if a friend dropped in at meal time; he was as welcome as if they were serving a feast, which it was, to every guest.

How simple we could make our meals if we followed the single diet: what a saving on the housewife and wear and tear on our stomachs. But of course we hear some one say, I cannot eat strawberries and it doesn't run in our family to like cabbage? Well, pick out the food you do like; there should be many, and give a day to the enjoyment of each, or even a meal of one food now and then.

Nellie Maxwell

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