

When Shadows Are Darkest

About the home, your grief can in a measure be assuaged by relief from details that come in the last hours by taking advantage of the service of one who knows his profession.

The Crandall Undertaking Company

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Fresh Milk and Cream at all times.
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WASCO

Saturday, July 24

Open Air DANCE

UNDER AUSPICES OF

American Legion

Frank E. Brown Post No. 91

Wasco, Oregon

THE SNAPPY

Foister Orchestra

TICKETS \$1.00

Business Men Say: 'Advertising Pays'

SLEEPLESSNESS

Although the body cells are ever busy, they are not tireless, and at intervals require rest. During sleep the heart beats more slowly, respiration is less rapid, the muscles in general are relaxed. The gland cells, too, diminish their secretions, and digestion is slow. The production of heat is lessened and the body must be protected from cold. Consciousness is the only function that is entirely in abeyance. Sleep is deeper during the first few hours and gradually becomes lighter until awakening occurs.

In order to enjoy good health, it is essential that sleep be not interfered with. For a healthy nervous system, nothing is more indispensable than steady and sound sleep. Most adults require about eight hours of sleep. By going to bed at about the same hour every night, the habit of dropping off promptly and immediately to sleep is soon formed. Cheerful state of mind, with the avoidance of worry, permits sound sleep. The sleeping room should be cool and well ventilated, the windows being left open.

The loss of sleep has always been recognized as pernicious in its effect. Inability to sleep is one of the commonest complaints of man. It is not a disease; it is a symptom or manifestation of something else.

It is rather unusual for a patient to consult a physician for sleeplessness alone. For some reason, people do not consider sleeplessness of enough importance to consult a physician. They wait until it is just one of many complaints of a nervous or physical breakdown. This is a wrong procedure. Many times if a person affected with sleeplessness would consult a competent physician at the beginning, serious impairment of health might be avoided.

Slow, deep, rhythmic breathing is useful when awake, partly as a substitute for sleep and partly as an inducer of sleep. One's best sleep is with the stomach practically empty. It is true that food puts one to sleep first by diverting the blood from the head, but it disturbs the sleep later. Sleeping out doors is more restful than sleeping indoors. The character of sleep depends largely on the mental attitude on going to bed. One should get in the habit of absolutely dropping work and care at bedtime. If one then suggests to himself the most pleasant thought which memory or imagination can conjure up, his sleep is likely to be far more peaceful and restful than if he takes his worries to bed. If one is worried, it is a good plan to read something diverting, but not exciting, just before retiring.

Sleep is nature's rejuvenator and is essential to the maintenance of good health and efficiency.

Brother Of Chief Justice Of U. S. Supreme Court



Dr. Horace H. Taft, headmaster of the Taft School at Watertown and brother of the Chief Justice William Howard Taft of the United States Supreme Court, declared at a law enforcement meeting in Yak University recently that the United States is threatened with the rotting of her moral foundations and of her political and social structure as a direct result of prohibition in spite of the fact that corruption has honey-combed the police and Federal enforcement service including prosecuting officers and judges, the 18th Amendment will never be repealed, Dr. Taft predicted.

County Notes

Items of General News Concerning Wasco

Miss Dora Medler was quite sick with an attack of mumps early last week.

Mrs. B. W. VanGilder was taken to The Dalles hospital Wednesday for a minor operation.

Dr. and Mrs. E. J. Jasper of Westport, were the guests of Dr. and Mrs. J. A. Wonderlick Sunday.

Mrs. J. A. Butler returned Sunday to Wasco, accompanied by Dr. and Mrs. Layton who are on a vacation tour.

Dr. Wonderlick was called to the Sagawa farm-home Friday morning to attend Dr. Jos. Sanders, who was taken suddenly ill that morning.

L. S. Snodgrass, recently arrived for the harvest from Forest Grove, underwent a minor operation at the office of Dr. Wonderlick on Thursday.

George P. Ellsworth, cook for the Andy May estate crew, cut a gash across the base of his thumb that was given several stitches at the office of Dr. Wonderlick.

H. W. Kramer, caterpillar driver for Chester Smith, east of Moro, sustained a belt burn across the back of two fingers and down to the bones. Dr. Wonderlick treated the injury. The hand was placed on a splint.

John DeMoss was taken ill Saturday with an attack of abdominal trouble. It was feared for a time that an operation would be necessary. However, latest reports are that he has recovered sufficiently to continue harvest.

A transient harvest laborer by the name of Wallace, employed on the Fred Hutecroft farm east of Moro, cut a severe gash in his head when he hit a rock while diving into a swimming pool. He was brought to Wasco where the injury was treated.

A wheat fire on the Henry Howell farm west of Wasco near the top of Gordon ridge, was brought under control Thursday evening before it did much damage. A few sacks of wheat and a few acres of standing grain were burned. A larger area of stubble was swept over by the fire.

Geo. N. Crosfield was taken ill near The Dalles while returning from Seaside late Monday evening. Mr. Crosfield had left Wasco earlier in the week, accompanied by Mrs. Crosfield, Mrs. Newton Crosfield and Mrs. Jessie Amos, where the three ladies had intended to visit. Mrs. Crosfield returned to Wasco Tuesday.

B. A. Case, combine driver on the Clyde Hearing harvester, was thrown from the machine when the brake gave way Thursday afternoon while the machine was descending a short incline in the field. He was caught in front of the sickle and received an abdominal laceration four inches long and several minor cuts. He was brought to Dr. Wonderlick's office for treatment.

A fire that threatened several houses in the eastern part of Wasco was brought under prompt control by the local fire department, and citizens Friday afternoon. Starting from an unknown cause in the rear of a row of dwellings, it swept up the alley past garages, barns and wood piles. No material damage was done except to Ross Summerwell's winter's supply of wood. A few old fences and an old store building was consumed. The fire was halted just before it got into the wheat field east of town.

WOMEN AND GIRLS WANTED

The pear and apple canning season will commence about August 1st, lasting four to five months. We want women and girls who desire steady work and wish to stay on the job and really earn some money.

Nice clean plant. Cool in warm weather and steam heated in cold weather. Cost-plan cafeteria. Some partly furnished apartments at very reasonable rental.

The piece work rates will be such that any woman who will apply herself with reasonable diligence can earn from \$3.50 to \$4.00 per day after the first few days.

Call, write, or phone Libby, McNeill & Libby, The Dalles.

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Rates: Under 15 words, 25c
15 to 30 words, 50c
Over 30 wds., 1 1/2c per wd.

REWARD FOR INFORMATION OR return of 4-year old black mare, roached about 8 months; branded connected with quarter circle below, on left shoulder; gentle; big for age. Wm. Hines, Ajax route, Condon, Oregon. 31j23ad

PIANO FOR SALE—Located near Moro. Beautiful high grade piano to be sold at once. A real bargain and terms \$10 monthly. If interested in particulars write Cline Piano Co., 66 Front St., Portland, Ore. 41-j-16

McCORMICK COMBINE for sale cheap; 9-foot cut; ground power; good condition. Arthur Smith, Grass Valley. j25

WE PAY parcel post one way on all shoe repairing. Good quality work and leather. Joe Amore, The Dalles, opposite the post office.

NOTICE OF CLOSING CHINESE PHEASANT HUNTING SEASON. Notice is hereby given that by an order duly and regularly made by the State Game Commission of the State of Oregon on the 11th day of January, 1926, it was found and determined that the supply of Chinese (Torquatus) Pheasants is being, and will be, injuriously affected by permitting the same to be taken, hunted or killed in the whole of the State of Oregon, and every part thereof, except Malheur county, during the periods of time hereinafter specified, and that it shall be unlawful for any person to take, hunt, kill or have in possession any Chinese (Torquatus) Pheasant or Pheasants, within the State of Oregon, except Malheur county, during the periods of time from October 14 to October 17, 1926; and from October 24 to November 1, 1926; and further, that every county within the State of Oregon where there is an open pheasant season provided by law, with the exception of Malheur county, be, and is closed to taking, hunting, and killing Chinese (Torquatus) Pheasants, for and during the periods of time above mentioned.

Dated and first published this 23rd day of July, 1926.

Walter A. Morris, Administrator of the Estate of Mary D. Morris, deceased.

Notice is hereby given that the undersigned has been appointed administrator of the estate of Mary D. Morris, deceased, by the County Court of the State of Oregon for Sherman County and has qualified. All persons having claims against said estate are hereby notified to present the same duly verified, as by law required, at the law office of W. C. Bryant, Moro, Oregon, within six months from the date thereof.

Dated and first published July 23, 1926.

Walter A. Morris, Administrator of the Estate of Mary D. Morris, deceased.

Date last publication, August 20, 1926

W. C. Bryant, Attorney for Administrator.

NOTICE TO CREDITORS In the County Court of the State of Oregon for Sherman County, in the matter of the estate of Ira K. Axtell, deceased.

Notice is hereby given that the undersigned has been appointed administratrix of the estate of Ira K. Axtell, deceased, by the County Court of the State of Oregon for Sherman County and has qualified. All persons having claims against said estate are hereby notified to present the same duly verified, as by law required, at the law office of W. C. Bryant, Moro, Oregon, within six months from the date thereof.

Dated and first published July 23, 1926.

Bessie Axtell, Administratrix of the Estate of Ira K. Axtell, deceased.

Date last publication, August 20, 1926

W. C. Bryant, Attorney for Administratrix

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Fight flies with CENOL FLY DESTROYER. Wipe out a whole army of them in a few minutes. Simply spray the room and the flies fall dead. CENOL FLY DESTROYER is quick, sure, safe to use. Pheasant on.

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MORO THEATRE

MORO, OREGON

"MIKE"
Saturday, July 24, 1926
"Mike" is a super comedy of the clean cut variety that is liked by every one these days. The cast is headed by Sally O'Neal, an actress that is a favorite with all.
Admission 10c and 30c

"Beverly of Graustark"
Tuesday, July 27, 1926
Nearly everyone has read the story. The screen version of the novel is especially well adapted to the liking of all. Marion Davies heads the cast.
Admission 10c and 30c

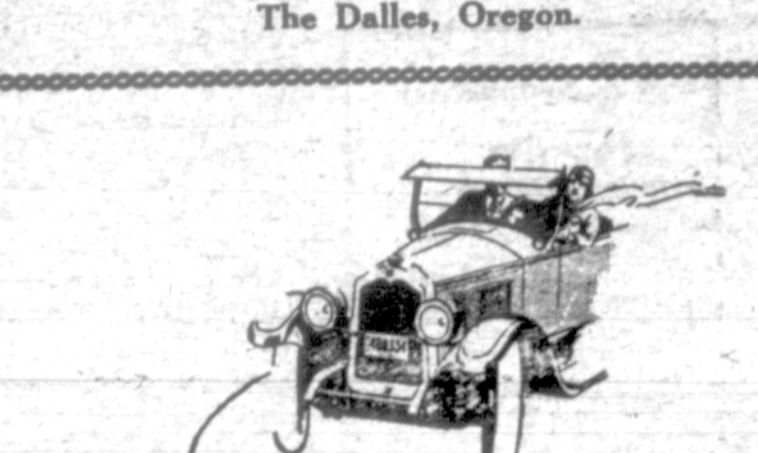
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BILL THE BARBER SAYS

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