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 The Baker-ized Coffee
 45 cents per pound Less than 1 cent per cup
 The Coffee Without a Regret
Sam Hughes Co.

EVEN ROBBERS CHOOSE THEIR VICTIMS

The parties entering our store evidently were hungry, and knew of no better place to get a supply of

..Good Eats..

We still have a full assortment left!

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Best Meals in the City and at the most reasonable prices

Everything neat and clean
 Short orders served in quick and satisfactory style

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Oldest Bank in Morrow County

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To the People of Morrow County

When in Portland Stop at The Imperial With Phil
 Metschan, Located on Washington Street at
 Broadway, formerly 7th St. Right
 in the Heart of the City.

The Imperial Hotel

Reasonable Rates

STATE FAIR WANTS MORROW COUNTY EXHIBITS

That Morrow County is attracting attention in the matter of agricultural products was evidenced by the visit to Heppner last Saturday of Albert Tozier of the State Fair Board. Mr. Tozier's visit here was to secure an exhibit from Morrow County at the State Fair which opens at Salem on Monday, Sept. 28, and closes Saturday, Oct. 3. To each county making an exhibit there will be given \$100 toward defraying expenses, and it is possible for a county to secure \$250. Besides this there are prizes ranging from \$35 to \$75 to be paid to children exhibiting from here and as an inducement to have the children compete at their county fairs, the State Board will entertain free the two from each county who make the highest scores at their respective fairs. This latter inducement should bring out a keen competition and encourage a greater exhibit and more interest at home. Parents can feel safe in sending their children to the State Fair as they will be personally cared for by Mr. Tozier, who is Mayor of the Fair Grounds.

A new pavilion 243x120 will be finished and in readiness for use when the State Fair opens, the lower floor of which will be given up to the county exhibits, according to Mr. Tozier. The old pavilion will be used by the children in displaying their agricultural products. An auditorium now under construction will be ready a month before the fair opens. The fourteen massive stock barns, each 50x200 feet, will have all space taken and the new machinery hall has all space spoken for. A new half-mile track will be used for running and novelty races. The tented city will have a thousand more population than ever before. The camping feature is a big one at the Oregon State Fair says Mr. Tozier. There are free grounds, electric lighted and well piped with water. Free shed room for teams is plentiful. On the grounds is a big social center tent where the campers meet and visit or dance to their liking. The camp ground is covered with beautiful oak trees, and all wishing to enjoy this feature are free to do so, says Mr. Tozier.

Mrs. C. A. Miller returned to her home in Albany, Oregon, last Wednesday. She has been visiting with Mrs. C. E. Jones for the past month.

EIGHT MILE ITEMS.

Mr. Emerson Keithley bought a new Overland car from John Blake. Mrs. C. E. Jones visited at their country home last Tuesday. They expect to move out in the near future. Walter Beckett was in Heppner the first part of the week. We had a nice little shower here on the 23rd.

Fred Ashbaugh is busy repairing his thrasher for the coming harvest.

We understand that the mail will not be delivered to the farmers of Eightmile after the last of June. Now is the time to put in a pretty big kick. Hereafter we will have to go to the Eight Mile post office.

Mr. O. M. Yeager was a business visitor in Heppner Friday and Saturday.

Oscar and Emerson Keithley attended the Farmers Union meeting at Heppner.

Wes Brannon has some mighty fine hogs. Wes says that they are the mortgage lifters of this country.

IRRIGON ITEMS.

Charlie Helder was down from the headgates Sunday.

Roy Minnick spent Sunday with friends and relatives here and left for Umatilla that night.

Mr. and Mrs. Sam Carson drove down from Hermiston last Sunday to visit old friends and look after property here. The Carsons are old time residents of Irrigon and are much interested in its development.

Rev. B. F. Harper was in Irrigon Sunday and left Monday afternoon for Milton. He held service in the church Sunday evening and the meeting was well attended.

Earl Baucum returned with his team from Raparia where he went with his parents last week. His mother visited here a couple of months and his father was here a few days before their departure.

Mr. and Mrs. Dobler, of Hermiston were the guests of the Rands here last Sunday.

Mr. M. F. Wadsworth went to Coyote last Saturday to do some work there. He returned this week.

L. A. Doble shipped a car load of baled alfalfa hay last Tuesday. The car contained fourteen tons of hay. C. K. Joyner was a passenger on No. 2 Monday afternoon for Umatilla.

Oscar Corey and Walter Caldwell

went to Umatilla Monday afternoon and will go from there to the harvest. Most of the young men of the town are in the habit of spending their summer vacation in the wheat fields. This leaves the town quite destitute of the masculine element and provides a couple of months of peace—according to the suffragettes. Mr. and Mrs. Harry Minnick took a little spin in a one-horse shay last Sunday, down to Clam Shell. They said they didn't mind the weather.

Gertrude Johnson took her little sister, Ina, to Pendleton Monday afternoon for medical treatment.

Mrs. W. G. Corey has fully recovered from a slight attack of the grippe from which she suffered last week.

The only cool place to be found here these days in the Columbia river.

LEXINGTON ITEMS.

Mr. and Mrs. Hellicker are the proud parents of an eight pound boy.

Mr. and Mrs. Rae McAlister and son, Welcome, are visiting at the home of Mrs. W. B. McAlister. They are on their way to Grass Valley where they intend to spend the summer.

Mr. John White, who has been visiting relatives at Lexington, returned to his home in Portland, Thursday.

Abbie and Teddy Johnson returned to their home in Lexington Saturday night. Miss Abbie intends to go back to Walla Walla in two weeks to stay with her grandma during the summer and winter.

Earnest Christensen returned to Lexington after spending a couple of years in Canada.

All the farmers are very busy harvesting now.

Ed. Pointer, R. B. Wilcox, O. S. Hodson and W. G. Scott are possessors of a new Ford automobile. Andrew Reoney has a Buick.

Mrs. Harry McCormick, who has been ill for some time, died Thursday morning, June 23, 1914. The funeral services were held at the Methodist church by Rev. L. E. Tabor, Wednesday. Lexington people extend their sympathies to the bereaved family and relatives.

The Ladies' Aid meets at the home of Mrs. K. L. Beach, Wednesday.

Preaching services were held in the Congregational church both morning and evening last Sunday by Rev. J. L. Jones. Mr. and Mrs. Jones were entertained Sunday and Monday by Mr. and Mrs. W. G. Scott.

Mrs. E. Erskine arrived Sunday night at Lexington. Mr. Erskine is drilling a well for Mr. Ed. Brown. They will make their home with Mr. R. Z. Teague's.

At The Federated Church.

Bible School at 9:45 a. m.
 Divine Worship at 11 a. m.
 Sermon by Pastor Ferris.

A message of interest to all. Evening service at 8 p. m.

A cordial invitation extended to all. Strangers welcome.

Society News

A charming affair of the week was the party given by Mrs. Earl Gilliam at her home on Thursday, June 25, 1914. She had as her guests the members of the "500" Club and a few friends.

The parlors were tastefully decorated with red roses. The dining room was charming with a profusion of pink and white petaled roses. "500" was the game played during the afternoon. Miss Mary Farnsworth carrying off first prize. After the cards, refreshments consisting of wafers, salad in orange cups decorated with pansies and cherry orvin were served, the hostess being assisted in the serving by Mesdames C. C. Patterson and Charles Vaughn. There were present, Mesdames J. L. Wilkins, W. E. Pruyne, S. W. Spencer, S. E. Van Vactor, Fred Lucas, T. J. Mahoney, Louis Bisbee, Oscar Borg, C. C. Patterson, Osmin Hager, Della Hallock, E. B. Ayers, H. T. Allison, Hanson Hughes, Chas. Cox, Chas. Vaughn, L. K. Harlan, M. D. Clark, Glenn Wells, J. J. Wells, Mrs. Earl Gilliam and the Misses Mary Farnsworth and Elizabeth Mahoney.

The Ladies Missionary Society were guests of Mrs. A. M. Phelps, at her spacious home in west Heppner Tuesday afternoon. Mrs. Phelps was assisted by Mesdames F. N. Frye and Chas. Vaughn. About forty ladies were present.

The meeting was opened by the reading of the scripture and a prayer by Rev. Ferris. Members responded to roll call with current events. The paper on "The Issues of the Kingdom of God Are With America," was read by Mrs. Geo. Thompson. Mrs. Winnard read a selection of poetry.

The Annual Election of officers was held and all the old officials were selected to serve another term. They are the following: President, Mrs. E. D. Brown; 1st Vice-Pres., Mrs. Phelps; 2nd Vice-Pres., Mrs. John Patterson; Secretary, Mrs. Smead; Corresponding Secretary, Mrs. Pruyne; Treasurer, Mrs. Winnard.

Refreshments of Ice Cream covered with chocolate sauce, and cake, were served. The Society adjourned to meet again in September.

Peoples' Cash Market

HENRY SCHWARZ, Proprietor

Open for business under new and experienced management.
 Solicits and will appreciate your patronage.

Fresh and Cured Meats

"Drugless Medicine" and "Bloodless Surgery"

By Dr. J. Perry Conder.

Anatomical lesions are sometimes "primary," sometimes "secondary." One of the best proofs of this is the observable fact that lesions develop secondarily, or reflexly, in the human tissues from illness produced functionally. This may come about so quickly as to be readily observed.

A TYPICAL CASE OF CHOLERA MORBUS.

A boy with a perfect digestion may gorge himself with green apples and develop cholera morbus. Before the pain attacks him there will be a message of distress telegraphed up from the gas-distended, over-worked, rebellious stomach and bowels by way of the splanchnic nerves to the "center" of the spinal cord at the level of the 5th, 6th, and 7th dorsal vertebrae which presides over digestion. Secretion and peristalsis both will be quickened automatically to help hustle the fermenting mass on its journey through the alimentary system. These normal powers will not be sufficient under the circumstances to prevent a physiological crisis. The spinal centers will exhaust themselves in their gallant service as life-savers. There will develop sorness and congestion in their spasmodic effort to supply more power—of which at length they are wholly lacking. Right at this spot a typical lesion of soft tissues (ligaments and muscular fibers) will then develop immediately. It will be a passive, or reflex, lesion in origin.

But a lesion is a lesion, however brought about in the organism and directly it is produced, the lesion turns anarchist, becomes an active agent for further mischief in the organism. It tightens up the elastic muscles and ligaments in spasm until it produces temporary deadlock of the governing centers of the spine. This results in cutting off the blood supply to that very active center. Loss of its blood supply means cessation of its functioning. Further aid issuing forth is prevented, temporarily at least, from that source.

Then the pneumogastric nerves which supply the stomach and intestines (the latter via the solar plexus) with motor fibers to aid peristalsis and secretory fibers to control the secretion of digestive juices, deserted by their aids, the splanchnics from the spinal cord, whip up into a frenzy of action, hoping to prove equal to their double task alone. Terrific energy is liberated. The bowels writhe in spasmodic agony like snakes. The boy doubles up with torture.

Here is the life history of a lesion: reflexly induced lesions show why the drugless physician never claimed that all ills start as the result of falls, blows, strains and bony slips—although there are many that do. The lesion is there in the spine of the boy writhing with cholera morbus. It's an obvious fact. His back muscles are knotted like ropes. The nutritional center for digestive processes is blockaded to a finish. The area is exquisitely sore under finger pressure; likewise the movements of the spine. It is typical "muscular lesion." The tightening up of those back muscles may become so violent that it will even produce a "deep bony lesion"—that is, affect the inter-vertebral discs of cartilage, stiffening up the spinal curve into rigid abnormality; or pull a rib askew in its hinge-socket with the vertebra.

WHAT THE DRUGLESS PHYSICIAN WILL DO

His intelligent fingers will get hold of those suffering tissues of the dead-locked spine so as to take their tensions out. He will probably give the lad relief from his agony (in this particular case) almost at once—certainly much swifter and surer than any drug would act. He will lift the blockade. He will restore nerve communication between cerebro-spinal and sympathetic centers and the alimentary organs. He cures cholera morbus by taking hold of the tissue lesion—whatever that may be—and adjusting it. The kinks are taken out of the machine. The circulation and nerve work and glandular action and peristalsis are all tuned up to normal. Arrested functioning is resumed naturally. When the pain stops, health is resumed. When the paroxysm has been supplanted with correct digestive conditions again, there is no longer any sickness.

Stop and think what a difference there would be if an opiate was given. Morphine would deaden the pain, to be sure, but only deaden the pain and quiet peristalsis—not help digest the apples but actually acts to stop digestion! Other things could be given to help digest the mass, but what was meant to act on the mass directly in the alimentary tract would not get much beyond attacking the rear wad in the stomach end of the intestine. Other drugs calculated to stimulate liver, pancreas and bowel glands to perform extra secreting would be pulling directly against the opium which would set its influence to prevent all these glands doing further work at all! There would come about sure deadlock if enough morphine were given to stop the pain. In other words, the drug to help the pain would retard or stop the whole digestive process! It would confer, in addition, other sickness of the stomach of a brand all its own, and cause constipation which words, the drug to help the pain would retard or stop the whole in turn would have to be fought next day with a purgative. So it unfortunately goes with the drug doctor's best efforts to "cure" pain with opiates.

It may sound unkind, it may seem "unethical" for a member school to learn helpful truths from the new or to admit the value sources of another, but when it is a question of life or death for yourself or member of your household—the matter of individual or professional pride among doctors—the bigotry of schools, the conflict between systems, the unwillingness of the dominant school to learn helpful truths from the new or to admit the value of their revolutionary practice—all such things fade into utter insignificance. One day the light of truth shall spread until all mankind will turn to anatomical adjustment as their accepted "medicine" in the hour of physiological distress, in the hour of "dyspepsia," "gastralgia," gastritis, or "biliousness."