

LEXINGTON ITEMS

Claud White was a Lexington caller Monday.

Orve Basmus was a Lexington caller on Tuesday.

B. S. Clark from the Sand Hollow country was in town on Saturday.

O. S. Hodson was in town after sacks, having finished his heading.

W. C. Lacy, of Portland, came up Friday to look after his crops on his Blackhorse ranch.

Strawing the roads is the order of the day, especially those roads where the heavy hauling is to be done.

Several six and eight mule teams made their appearance this week, all hauling wheat to the warehouses.

The new garage is receiving its concrete floor before the finishing touches to the building arena de.

W. F. Barnett's threshing machine has been running for some time. Some crops averaged about 20 bushels.

Elmer McMillan and Otto Ruhl and family spent Sunday in the shade of the tall pines at the head of Willow creek.

Heading is about all done north of Lexington, and now it is a season of "watchful waiting" for the threshing machines.

Several teams of Frank Bell's have been hauling out lumber and hog wire to make the many improvements on his ranch.

Chas. B. Pointer is the latest owner of a Ford car. It will be used to eliminate the distance between the farm and town.

Tom Mandel, who was trading in town the first of the week, reports heading almost completed in his section of the country.

Wm. Padberg reports his new threshing outfit going right along, and the grain making a good yield—better than last season.

Mrs. Annie Aubrey and daughter Viola, came up from The Dalles for a few days visit with Mrs. A. E. Beyer, mother of Mrs. Aubrey.

J. C. Peterson, of Portland, was in Lexington vicinity looking over the grain situation in the interests of M. H. Howser, the grain dealer of Portland.

Miss Dell Fuqua passed away at the home of her sister, Mrs. Viola Ward, July 25. The funeral was held Sunday afternoon, conducted by Rev. Jones, of Ione. Miss Fuqua had been an invalid for several years.

Mrs. Ed. Duran and Mrs. John Carmichael received a telegram that their mother, who resides at Medical Lake, Wash., was very low and not expected to live. Their mother, Mrs. Gray, was formerly Mrs. Sweetzer, who resided in the Blackhorse country for a number of years.

IRRIGON ITEMS

M. F. Wadsworth was in Coyote Monday on business.

Mack Graybeal was in town Sunday from Umatilla, calling on old friends.

L. C. Garver went to Pendleton Monday afternoon on a short business trip.

Gertrude Johnson was in Umatilla last week for a few days, a guest of the Holders.

Mrs. Carl Doering visited here last week, returning to her home in Coyote Sunday.

Miss Dora Susbauer is here from Cornelius visiting with her aunt, Mrs. P. Susbauer.

N. Seaman was chosen school director for Dist. No. 19, at the school election held last Saturday.

T. J. George went to Pendleton Saturday night, to his home there. He has been in the employ of the O. L. & W. here for a few weeks past.

It Worked.

A young lady took down the receiver and discovered that the telephone was in use. "I just put on a pan of beans for dinner," she heard one woman complacently informing another.

She hung up the receiver and waited. Three times she waited, and then, exasperated, she broke into the conversation.

"Madam, I smell your beans burning," she announced crisply. A horrified scream greeted the remark, and the young lady was able to put in her call.—Christian Endeavor World.

Miss Josephine Cameron, who has been visiting for the past two weeks at the home of her mother in Portland, returned home on Sunday.

John Marshall's Eloquence.

Chief Justice John Marshall was not an orator of the "spellbinder" type, but after he began practice at the Richmond (Va.) bar, he was recognized as a convincing speaker. William Wirt, one of the great lawyers of the day, though several years younger than Marshall, said of him: "This extraordinary man, without the aid of fancy, without the advantages of person, voice, attitude, gesture or any other ornaments of an orator, deserves to be considered as one of the most eloquent men in the world. If eloquence may be said to consist in the power of seizing the attention with an irrefragable force, and never permitting it to elude the grasp until the hearer has received the conviction which the speaker intends." Whether an eloquent advocate or not, Marshall must have been rated a great lawyer, for Washington offered him a position in his cabinet as attorney general, which he declined, and President Adams, in 1798, offered him a place on the supreme bench, which was also declined before he was finally in 1801 appointed chief justice.—Philadelphia Press.

Not Without Honor.

William Phelps Eno, who devised the system of traffic regulation now practiced in New York and who has been called the "father of street traffic regulation," had a hard time at first impressing his ideas on public officials. Foreign cities appreciated them more than American cities. Paris, threatened with a strike of the cab drivers unless the system Eno were put in effect, adopted it. Then Buenos Aires sent for Mr. Eno, asked him to work out a plan for its traffic and agreed to every suggestion he made.

A year or two later Mr. Eno was introduced as a traffic regulation authority to a much traveled resident of Washington.

The globe trotter shook hands with him and then said in a rather patronizing manner:

"If you want to know what's what in a street traffic system, Mr. Eno, you ought to see the way they do the trick in Buenos Aires."—New York Post.

The Fungous Plant.

All the energies of the fungous plant seem to be directed to the production of germs for propagating its kind. Their number is often almost incalculable. You have doubtless observed that the common puffball when mature is filled with a fine dust, and this consists entirely of spores corresponding to seeds, which are eventually diffused in the air by the bursting of the puffball. In a single puffball more than 10,000,000 of them have been counted, and when these minute bodies are once set adrift in the atmosphere they are distributed abroad over an indefinite space, being so small that it is difficult to conceive of a place from which they could be excluded. Their astonishing fertility and rapidity of growth are among the most remarkable characteristics of this vegetable tribe.

Real Shaves in India.

The natives of India go in a great deal for shaving and do not confine themselves to merely shaving the chin, but on occasion will shave the eyebrows as well, and in the case of certain rites and ceremonies the head, too, is completely shaved. No soap is used, but the beard is softened by being rubbed over with a little cold water. The razors employed are generally of native manufacture and have fixed handles that do not fold. Moreover, they are very much heavier than those of European make. The strop consists of a small piece of leather the size of a man's palm and is held in the open hand during stropping. The recognized cost of a shave is 1 pie, which is the exact equivalent of 1 farthing.—Cleveland Plain Dealer.

Differences in Time.

When it is noon in New York the time in foreign places is as follows:

Amsterdam, Holland	5:20 p. m.
Berlin, Germany	5:54 p. m.
Bremen, Germany	5:32 p. m.
Constantinople, Turkey	6:55 p. m.
Copenhagen, Denmark	5:50 p. m.
Dublin, Ireland	4:21 p. m.
Hamburg, Germany	5:10 p. m.
Havre, France	5:30 p. m.
Liverpool, England	4:48 p. m.
London, England	5:00 p. m.
Madrid, Spain	4:45 p. m.
Paris, France	5:00 p. m.
Rome, Italy	5:50 p. m.
Stockholm, Sweden	6:12 p. m.
St. Petersburg, Russia	7:01 p. m.
Vienna, Austria	6:06 p. m.

Repeating the Text.

A little girl heard a sermon from the words "My cup runneth over; surely goodness and mercy shall follow me all the days of my life." On returning home she was asked if she could remember the minister's text and replied: "Yes, indeed. It was 'Mercy! Goodness! My cup's tipped over.'"

Was No Beggar.

Sergeant—Why didn't you pinch that beggar on the next corner? I saw him talking to you, New Patrolman—Beggari! He was no beggar. He sez, "Can ye spare me a copper, sir?" "Copper," sez I. "Divil a one can we spare. We need 200 more in this precinct right now!"—Exchange.

Accounted For.

"That couple lead a cat and dog life. I wonder why?"
"I guess it is because he is so dogmatic and she is so categorical."—Baltimore American.

Dwarfs and Giants.

Records show that dwarfs have been known to live to the patriarchal age of ninety-nine years, whereas giants usually die while comparatively young.

When one gets to love work his life is a happy one.—Ruskin.

GOOD ADVICE ABOUT YOUR SUMMER HEALTH

What to do to be at Your Best During Hot Weather.

By Dr. R. R. Daniels.

The summer is by no means an unhealthful season. During hot weather with a little care as to the food, bathing and fresh air practically everyone can have good health.

A Winter Diet in Summer.

The food we eat during hot weather, more than everything else, is responsible for summer health or sickness. It is a fact that the body uses up during the summer just one-third of the heavy food—meat, bread, potatoes and such foods—as during the winter. For this reason if we are going to be well in hot weather we must eat sparingly of all heavy foods. Eating too much heavy food in hot weather leaves considerable unused food to ferment and decompose in the stomach and bowels; this keeps up a constant irritation of the stomach and bowels and is the principal cause for our stomach and bowel disorders. Furthermore, the constant poisoning of the system from too much heavy food overworks the kidneys and liver causes that tired, all-gone feeling, lowers the disease-resisting power and gets the body ready for summer and fall diseases.

Summer Foods.

Our summer diet should consist of a limited amount of the heavy foods, such as meats, breads, potatoes and cereals, and an abundance of fresh vegetables, both cooked and raw. Milk, buttermilk and ice cream, also fruits and melons, are all excellent foods for summer lunches.

Drink Plenty of Water.

We should drink an abundance of water during the summer, but we should not drink ice water, neither should we drink directly after a meal, nor in any amount while digestion is going on, for the reason that constantly adding fluid to the digesting food delays digestion.

Bathe Often.

A daily sponge bath in hot weather adds much to both health and comfort. When so much of the impurities is being carried out of the body through the skin, a daily bath is almost a necessity. Frequent bathing keeps the skin in condition to perspire easily and thus helps us to "stand the heat."

Harvest Goods

WHEN you come in for your Harvest Supplies, don't overlook Thomson Bros., who are well prepared to fill your orders with the best goods at the lowest prices in town.

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