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HEPPNER SCHOOLS TO OPEN SEPT. 16

It has been decided by the School Board to open school in Heppner on Monday, Sept. 16. This is a week earlier than was announced some time since. The Fair Board having decided to hold the Morrow County Fair a week sooner was he deciding factor in beginning school on this date, the Board feeling that there was no need for further delay. Owing to the fact that the fair comes at a time to break into the first weeks of the school, it is always thought best to wait until that attraction is out of the way.

All teachers will be notified to this effect and it is expected that there will be nothing to interfere with school beginning according to this program.

Have the Child In Physical Condition.

In connection with the opening of school on the 16th, it is desired that every child should be in the best physical condition, in order to get the best results from his work. The following are a few of the signs of physical defects found among children, and are published for the guidance of parents and guardians:

Malnutrition.

2,000,000 School children in U. S. suffering from malnutrition. Cause of this is: inadequate feeding, parental neglect, pampering the child in his food habits, use of stimulants, insufficient clothing, teeth, tonsils, adenoids, worry, eye strain, etc. The following are some of the common indications of malnutrition. The child who shows several of the symptoms named is likely to be ill nourished and should have the advice of a physician.

- Is there palor of skin?
- Is the child extremely thin?
- Are there furrows between the ribs?
- Is the flesh soft and flabby?
- Is the posture slouchy?
- Lack of physical energy.
- Does the child prefer quiet games and books to boisterous play?
- Is the child listless?
- Is it mentally slow?
- Is the appetite freaky? Prefers highly seasoned foods.
- Nervous symptoms.
- Frequent headaches.
- Lack of physical endurance.
- Takes cold easily.
- Is there shortness of breath?
- Is sleep disturbed?
- Are the neck glands enlarged?

Teeth.

90 per cent of school children have defective teeth. Some indications of dental defects are:

- Unclean-looking teeth.
- Unsound-looking teeth.
- Unhealthy-looking gums.
- "Gum boils."
- Crooked teeth.
- Prominent teeth.
- Offensive breath.
- Toothache.
- Neglect of daily use of tooth brush.

Headache.
Enlarged lymph glands in neck.
Indigestion.
General malnutrition.

Adenoids.

About 10 per cent of children are affected with adenoids. Causes are:

- 1—The "Lymphatic Constitution" (supposedly hereditary.)
- 2—Poor nutrition, and especially rickets and latent tuberculosis.
- 3—Thumb-sucking and the use of the "pacifier."
- 4—General unhygienic conditions of life such as dust, overheated atmosphere, etc.
- 5—Infectious diseases of childhood, especially neglect of colds, whooping-cough, etc.

—Deviation of the partition between the nostrils.

The signs most important for teachers and parents to note are the following:

- Open mouth and snoring at night.
- Restless.
- Nasal, expressionless voice.
- Mouth breathing during the day.
- Heavy facial expression.
- Mental dullness or apathy.
- High, arched palate.
- Crooked, prominent upper teeth.
- Other throat symptoms may be listed as follows:
- Complaints of sore throat.
- Frequent attacks of tonsillitis.
- Thick voice.
- Offensive breath.
- Rheumatism (often associated with diseased tonsils.)

Summary of Adenoids and Tonsils.

1—The germ of many serious infectious diseases make their way into the body by way of nose and throat.

2—Obstructions in nose causing mouth breathing interfere with filtering, warming, and humidification of the air on the way to the lungs.

3—Healthy nose and throat are necessary for normal speech and for effective instruction in language.

4—Defective nose and throat are responsible for a large majority of cases of deafness and partial deafness.

5—Chronic inability to breathe through the nose often results in mental torpor, defective growth, low vitality, bad teeth, and feeble-mindedness.

6—Badly enlarged tonsils or subject to frequent inflammation require removal.

7—Adenoids which cause inflammation of the eustachian tube, or hinders nasal breathing should be removed.

8—Removal of adenoids and diseased tonsils should take place as early as possible.

9—Number of school children suffering from adenoids and diseased tonsils in U. S. is 2,000,000. The educational and hygienic treatment of these is of great national concern.

Ear.

Tests show that about 15 per cent of school children have defects of hearing.

Cases of ear defects:

- 1—Diseased condition of the nose and throat.
 - 2—Infectious diseases, (measles, scarlet fever, diphtheria, etc.)
 - 3—Stoppage of the outer canal.
- Some indications of ear defects: Pupils often say "what?" Inattention.

29 YOUNG DRAFT MEN LEAVE HEPPNER TODAY

All of Class One Men of Morrow County Take Leave For Training at Camp Lewis.

Twenty-nine out of the thirty-four young men called in the last contingent of class one from Morrow county, entrained at Heppner this morning for Camp Lewis. The other five men will go from different points where they have been located since being drafted.

A large number of people, the relatives and friends of the departing soldier boys, gathered at the depot to bid them good bye and God-speed.

This is the last of class one of the first Morrow county draft and the boys all left in good spirits, feeling that they were going forth to fight in a good cause, and determined to bring honor to themselves as well as protection to the homeland.

A number of young married men are among this bunch of boys. These are Richard Wells, Earl E. Gilliam, Ernest E. Clark, Roy E. Brown, Arthur McAtee, Francis A. Stapleton, William M. Kirk, James G. Cowins, Heppner; James L. Howell, Ione and Walter W. Caldwell, Umatilla.

The others were Elmer Lee Matteson, A. L. Stamp, Harrison Elliott, Fred Bradford, John W. Krebs, Lynn R. Hale, Kenneth K. Mahoney, Arthur Henry Smith, of Heppner; Marsh Courtney, H. S. Edwards, Lena; Gus Williamson, Echo; Chas. S. Dane, Jess Agee, Henry Warren Stender, Victor Reimann, Ione, Adolph Skobo, Boardman; Ola Crage McCormick, Luther Ashinhus, Jas. Fall Bridges, Lexington; Forest Edwards, Morgan.

Of this contingent, Lee Land will go from Eugene; Conrad N. Sandstrom, Milwaukee; Thomas J. Sprinkel, Cottage Grove.

Ray Young, of Heppner, who was called to go at this time, has received a temporary exemption and will not have to appear at the training camp until later.

Alex Cornett was a visitor in Portland last week, accompanying G. H. Bryant. Mr. Bryant, who is a brother of Mrs. Alex Green, of this city, went down to Portland to consult with a specialist. He is suffering with ulceration of the stomach and thought he might have to undergo an operation. The physician, however, decided this was not necessary and Mr. Bryant was put on an "abstinence" treatment and for a number of days will have to remain quietly in bed without any food, giving the sore stomach a chance to heal. He is now at the home of Mr. and Mrs. Green in this city.

Will Build Public Toilets.

The city of Heppner and the county of Morrow are each constructing toilets for the accommodation of travelers and the public in general. The city is building one just at the rear of the jail building on their lot on Willow street, and the county will put in a toilet near the fair grounds. The urgent necessity of these accommodations has at last impressed itself upon our authorities and we are glad to note that the actual work is being done.

Stupid appearance.
Expressionless voice.
Poor spelling.
Poor progress in general.
Imperfect speech.
Complaint of earache.
Running ear, (sometimes not observed.)
Peculiar nasal breathing (often present with ear trouble.)

Eyes.

20 to 30 per cent of all school children have defective vision. Some indications of eye defects are:

- Peculiar headaches.
- Frowning.
- Holding book near eyes.
- Congested eyes.
- Cannot see to read on blackboard.
- Granulated lids.
- Sensitiveness to light.
- Fatigue.
- Nervousness.
- Poor spelling and reading, blurred vision.
- Double vision.
- Scar on cornea.
- Complaints of seeing colors or movements of letters.

Industrial Club Workers Please Note.

In preparing your exhibits for the County Fair, you will please ship them direct to Heppner in care of W. W. Smead, Secretary, and marked "Industrial Exhibits." This will expedite the work of placing the exhibits where they should go.

As the industrial club work is to be a prominent feature of the Fair this year, each club member is urged to get their work in and help to build up this department.

THURSDAY, SEPT. 12 IS REGISTRATION DAY

Portland, Oregon, September 4.—Every man in the United States and its possessions between the ages of 18 and 20, inclusive, and 31 and 45, inclusive whether he is a citizen or an alien, must register on the day proclaimed as Registration Day by President Wilson under the new draft law lowering and raising the draft ages.

The only exceptions are men already in the military and naval service. This includes officers and men of the regular army, navy and marine corps; of the drafted forces; of the National Guard while in the service of the United States; of the Officers' Reserve Corps and enlisted men in the Enlisted Reserve Corps while in the service of the United States; and officers and men in the Naval Reserve Force and the Marine Corps Reserve while in the service of the United States.

All others, without any exceptions whatsoever, must register on the day set by the President for Registration Day.

Even sickness will be no excuse for failure to register. Nor will absence from home, no matter how necessary. And ignorance of the date set for Registration Day will not be a valid excuse. The burden of learning when and where to register, and of registering accordingly on Registration Day is on the individual.

Failure to register is punishable by imprisonment up to one year. Moreover, there is no alternative of paying a fine.

Though sickness and absence from home will not be accepted as excuses failing to register, special arrangements have been made for registering sick persons and absentees by mail.

Any man who is unable to present himself for registration on Registration Day must send some competent person to apply to his local board for a copy of the registration card. The friend will be authorized by a representative of the board, if he considers the case bona fide, to take the card back to the sick person and make it out for him. The card must then be mailed or taken back to the local board.

A man who must be absent from his home precinct on Registration Day should go at once to the local board nearest the place where he happens to be and have his registration card made out and certified to.

This registration card will then be given to the man registering, with instructions to mail it without delay to his home local board in time to reach the board by Registration Day. This is very important, for the burden is on the registrant of seeing that his home local board receives the card by Registration Day.

He is not registered until his home local board does receive his card.

When mailing the card, the registrant should enclose a self-addressed and stamped envelope for the return to him of a registration certificate. It is important that every registrant have this registration certificate, and that he keep it always on his person. Otherwise, he may be put to very serious inconvenience, including a night in jail, for all police officers are authorized and instructed to arrest men of draft age who cannot produce their registration certificates.

Will Go to Hot Lake.

Mr. and Mrs. J. L. Wilkins returned Tuesday evening from a visit to Portland, Astoria, Pendleton, Walla Walla, LaGrande and Hot Lake. They have decided to locate at Hot Lake, where Mr. Wilkins will have charge of, and become manager of the entire plant of Dr. W. T. Phy there, with the exception of the hospital department. The great Hot Lake Sanitarium is located at this point and this institution has become one of the foremost health resorts of the Northwest. Mr. Wilkins feels that he is fortunate in securing this position. The hotel department alone has the entertainment of some 150 guests almost constantly and is a large institution, besides all the auxiliary buildings and equipment that go to make up a well organized institution of this character, and Mr. Wilkins will find plenty to occupy his attention and ample room in which to exercise his energy and executive ability. Mr. and Mrs. Wilkins will leave Heppner Sunday and expect to take up their work at Hot Lake on the 10th of the month. They leave Heppner with many regrets and shall always look upon this place as home.

Ships Two Cars Cattle.

F. M. Beck, stockbuyer, shipped two cars of beef cattle to Portland from the Heppner yards on Wednesday. The stuff was gathered up in this vicinity.

Red Cross Notes.

The Morrow County Chapter of the Red Cross desire to thank all those taking part in the program given for the draftees on Monday evening. The entertainment was splendid and its successful management is greatly appreciated. They are also gratified with the very large attendance of the citizens of Heppner and Morrow county on this occasion.

The Heppner Chapter will have new sewing quarters from now on. They have been granted the privilege of using the banquet hall of the Masonic building, and hereafter will make this their work room. The building is centrally located, the room is well lighted and will be comfortably heated. All Red Cross members will please make note of this change and be governed accordingly.

There is much work to be done for the month of September, and the allotment for the Morrow County Chapter should be here now. This work is to be finished and ready for delivery by October 1st. There has been a little delay in the shipment, presumably on account of the Chapter here calling for the work to be sent out and ready for making up. The headquarters at Seattle is prepared to cut the garments and will likely send out all such work in the future in this manner instead of shipping the goods in bolts as heretofore.

A meeting of the executive committee was held on Tuesday evening, with a good attendance. Arrangements were completed for getting in a sufficient number of machines to attend to the sewing and it is planned to have these installed in the work room at once. There may be some of our people who have sewing machines that can be spared from their homes for a time, if so, please inform Mrs. Cohn.

Returns From Tour of Territory.

W. W. Cryder, forest supervisor, returned yesterday from a complete tour of his territory, visiting Spray on the west side and Kamela on the east. He reports that the summer range on the west side is so dry that sheep men have been forced to take bands of sheep off the range and place them on the home pastures. The west side has had but one good rain this season. It is feared that while the pastures on the lowlands are now in good condition, they will not be able to hold up under the strain caused by the early return of the sheep from the mountains. The east side, however, range conditions are excellent because of frequent rains and Cryder says the prospect there is very encouraging. Both sheep and cattle, he reports, are in good condition, although there has been some loss of sheep, because of the scattering of the bands.—East Oregonian.

Arrests a Slacker.

Sergeant Little of the O. M. P. force at Heppner, arrested James Mitchell, a young man living at the home of Wm. Davidson just over the line in Gilliam county, and brought him to Heppner, lodging a charge against him of being a draft evader. Mitchell claims to be a subject of Great Britain, and his excuse for not registering in the draft was this fact, stating that he did not suppose it necessary for a subject of a foreign country to register. He also gave out that he was beyond the draft age, but this was proven not true and he finally had to admit it. It seems to be a plain case of "slacker" and the proper authorities at Portland have been notified. In the meantime Mitchell is in charge of Sheriff McDuffee who will hold him awaiting instructions.

He Saw Snakes, and He Got 'Em.

G. W. Millholland, local manager of the Standard Oil Company, has been seeing snakes. He went out to the Nat Shaw farm in Clarks Canyon Sunday, having been informed by Gay Shaw, who also works for the Oil Company, that he would be able to get a rattler or two, at least he could see some of the reptiles whether he got them or not, so Mr. Millholland decided to make the trip. In scouting around about the rocks he soon hustled out a fair sized rattler and dispatched it. This one had nine rattles and a button. He looked around a little farther and ran another little fellow out of the rocks. This one was captured alive and placed in a fruit jar for exhibition purposes. The larger snake appeared to be well stuffed with something, so Mr. Millholland split it open and discovered by so doing, ten smaller snakes that had coiled themselves up within the interior anatomy of the mother snake, presumably to get out of danger. Mr. Millholland was exhibiting his catch about town on Monday, and feels that while he was seeing snakes he also made a pretty good killing.

SIXTH ANNUAL FAIR OPENS SEPT. 12TH

Saturday to be Morrow County Patriotic Day. Exhibits Now Being Installed.

There has not been any great spread of banners this year concerning the Sixth Annual Morrow County Fair, but just the same preparations for a good fair and a good time have been going on, and Secretary Smead expects to open the Fair to the public on Thursday next with everything in proper shape.

It has been fully realized all the while, especially since the big fire at Heppner, that it would not be an easy task to give the Fair in as successful a manner this year as other seasons, yet it could not be allowed to go over and the management have buckled into the job and are now able to announce to the Morrow county public that they can expect as good a time as usual.

There will be none of the side issues that have heretofore occupied the attention of the crowd, but good, clean entertainment has been provided. One of the chief features is Campbell's American Band of Portland, a musical organization that has a state wide reputation. Secretary Smead was able to get Mr. Campbell and his band for the Morrow County Fair because of the fact of his exceptional persuasive ability. This band has been playing for the State Fair, the Astoria Regatta and numerous county fairs in different parts of the state, and was a chief attraction at the Rose Festival in Portland last year. This band under the direction of Percy A. Campbell will furnish an abundance of good music during the three days of the fair. Accompanying the band, also, will be Mrs. Jane Burns Albert, soprano soloist. Mrs. Albert will appear on the numerous programs given by the band and will add greatly to the attractiveness of this part of the entertainment.

On Friday afternoon there will be an oration by Walter M. Pierce, democratic candidate for Governor of Oregon. Mr. Pierce promises to "adjourn politics" for this occasion and he will have an address that should be heard by all. Mr. Pierce has the distinction of being one of the best speakers of this part of the state.

Saturday is to be Morrow County Patriotic Day. The program on this day will be under the direction of the County Council of Defense and the full announcements will appear a little later. One feature, however, is to be a flag raising by the Morrow County Home Guard.

Prepare to lay aside your work on the days of the Fair next week and come to town and put in a few days of pleasure and relaxation. You will be cared for, so come and assist in making the Fair a success.

Red Cross Pledges Should Be Paid.

Our attention is called to the fact that many of the pledges made in the last Red Cross drive remain yet unpaid. It will not be so very long, before another drive of this nature is on and right now we are facing the Fourth Liberty Loan drive. These pledges should be promptly met and the slate made clean before other obligations are taken on. Will you not, therefore, hand in your pledge at once to Phill Cohn, treasurer of the war drive funds and get your receipt for same. The Heppner Chapter is being called on to see that these funds are all in right away by the officers from headquarters. This applies also to any pledges that may remain unpaid from the first drive.

Makes Money on Pigs.

Alex Cornett is feeling quite good over a trade he made in pigs the past week. He sold seven 10-months-old pigs to Gentry & Matlock for shipment to the Portland market. They brought him a total of \$354.35 and their average weight was 265 pounds. These pigs were bought some eight months before by Mr. Cornett, along with their mother. The sow was sold a short time ago for just \$2.50 less than the entire lot cost him in the beginning, and he thinks he did pretty well on the deal as he was not out \$5 for the keeping of them. These pigs were sold on the Portland market by Gentry & Matlock at 20 cents.

Earl E. Williams, contractor and builder of Freewater, F. E. Everett, painter of Milton and C. M. Barney, carpenter of Pendleton, were visitors in Heppner on Friday, coming over from Stanfield, where they are at work finishing a school building in one of the districts near that place. They were looking over the building situation at Heppner.

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