

EAT HALF AS MUCH

LIVE LONGER AND INCREASE YOUR EFFICIENCY.

Live longer and increase your efficiency. A wise and philosophical poet named Jean La Fontaine, born at Chateau-Thierry, 261 years ago, wrote this:

A sturgeon, once a glutton famed was led To have for supper—all except the head.

With wondrous glee he feasted on the fish, And quickly swallowed down the royal dish.

Overcharged, however, his stomach soon gave way, And doctors were required without delay.

The danger imminent, his friends declared He'd settle everything affairs required.

Said he, "In that respect I'm quite prepared; And, since my time so little is declared,

With diligence I earnestly request The sturgeon's head you'll get me, nicely dressed."

Dr. Royal S. Copeland, New York City's health commissioner, says that he knows how to live to 100 years, but is not living up to the rules.

The man with a treacherous stomach knows what foods he should avoid and he avoids them—until he really wants them.

All of us know that over-eating makes us wretched in hot weather. But we go ahead and over-eat.

All of us know that moderate success requires only the simplest rules of old-fashioned thrift and eternal personal restraint. Yet most of us ignore the rules.

Nearly all our troubles and distress result from doing what we know we should avoid. In principle, we are like the man who, afraid of wood alcohol, nevertheless takes a chance with a bootlegger.

We usually are willing to pay the price of what we want most.

Gradually we are extending the expectancy of life in America. In the original registration states—New England, New York, New Jersey, Indiana, Michigan and the District of Columbia—statistics issued recently by the department of commerce show that in the decade ending 1920, expectancy at birth increased for white males from 50.25 years to 53.58 years, and for white females from 53.62 years.

It is estimated that at the rate of increase by 1926, we will have reached an expectancy of 70 years;—the life-span allotted by the Palmist.

There are states, however, in which the statistics show a considerably higher expectancy. If we are ever to get "back to Methuselah," and thus to give the theories of Bernard Shaw opportunity for demonstration, the achievement is likely to be attained first in Kansas. In that state—with its three dry decades to intensify vitality—expectancy for males is 55.73 years and for females 60.89 years.

Live Cecil News Items.

Mr. and Mrs. T. W. May of Lone Star were calling on their Cecil friends on Sunday.

Mrs. Marion Van Schoick and children of Arlington spent the week-end as the guests of Mr. and Mrs. Geo. Krebs at the Last Camp.

Mrs. Melville Logan of The Willows returned to her home on Sunday after spending a few days with friends in Cecil.

Geo. W. Wilson left Butterby Flats on Sunday for Hynd Bros. ranch at Ukiah to assist in bringing sheep to their winter quarters.

Mrs. C. A. Minor of Heppner was a visitor at The Last Camp on Sunday.

J. J. McEntire of Killarney left for Boardman on Wednesday accompanied by his wife and family.

Mr. and Mrs. Dwight Misher of Daybreak ranch, near Cecil, left on Tuesday, for a month's vacation which they intend to spend in Montana, hunting for game of all sizes and varieties.

Everett Logan, who rented his Fairview ranch to Minor & Krebs, left Cecil on Thursday for Heppner, accompanied by his wife and family. They will reside in Heppner for the future.

Don't forget to attend the address to be given by Rev. C. B. Dubois of Vancouver in Cecil Hall on Oct. 30 at 8:00 o'clock. All welcome.

The Mayor, (unless he alters his ways and stays a "limited time only," outside of his home town) is about to lose his position, at least we heard Constable John muttering a blue streak, etc., etc., something to this effect, that if the Mayor continued his wanderings much longer that Constable John would be responsible for making our mayor kiss the dust of Cecil when he did return.

Phil Brady of Athlone Cottage was a busy man around Cecil on Monday.

John Krebs and Hermann Havercoat have returned to Cecil after being absent for several weeks amongst the sheep in the mountains. They are now the two busiest men on Willow creek, working against time. They declare they have not yet found any place so good as Sunny Cecil.

George Perry of Ewing was a Lexington caller on Tuesday.

Mr. and Mrs. E. C. Duncan of Busy Bee ranch were visiting their daughter, Miss Mildred, who is a student at the high school in Boardman, on Thursday.

Miss Violet Hynd of Heppner and Cecil Icauallen were the guests of Miss Annie C. Hynd at Butterby Flats on Friday and Saturday.

Mr. and Mrs. Geo. Henriksen of Strawberry ranch were the week-end guests of Mrs. Jack Hynd at her home in Heppner.

Mr. and Mrs. W. Chandler and family of Lebanon arrived on Thursday to take possession of the home of Mr. Andrew Henriksen, which Mr. C. bought a short time ago. We welcome this family into our vicinity and wish them every success.

A. Henriksen and son Clifford have moved to the Moore ranch near Heppner which they purchased recently. We wish them every success in their new home.

Mrs. J. E. Crabtree and children of Dotheboys Hill were visiting with Mrs. H. J. Streeter on Friday.

T. W. Lowe who recently was operated on for appendicitis at the Moore hospital returned to his home at Cecil on Saturday feeling like a new man.

J. W. Osborn, Walter Pope, Mrs. Combest, Mr. and Mrs. E. J. Streeter and family and Mrs. T. H. Lowe represented Cecil on Wednesday afternoon at the burial of J. M. Melton at Heppner. Mr. Melton died in Pendleton hospital Oct. 11th, 1922. Mr. Melton was born in Indiana on Sept. 22, 1842. He spent the greater part of his life in Missouri and the last nineteen years near Cecil. He leaves two sons, two grandsons and several great grandchildren. Our sympathies are extended to the bereaved families.

After the fine rains of last week the farmers are wearing smiles and working full time on their wheat lands in hopes of good yields next season.

Mrs. Roy Scott from Freeseout spent Thursday and Friday at Butterby Flats with her cousin, Miss Annie Hynd.

County Roadmaster McCaleb and friends were busy around Cecil on Wednesday.

FOR SALE—Good milk cow, 4 years old; coming fresh Nov. 1. Inquire this office or see Wm. Wilson.

"Wal, I reckon I kin stand it if you kin."

"We thanked him politely, and went in and found it was only a one-room cabin just swarming with kiddies of all ages. There were six in sight and others within hearing. We were disappointed by seeing only one bed, and wondered if we would have to sit up in chairs all night. We were so dog-tired and sleepy that we could scarcely hold our eyes open."

"After giving us a good supper of hog and hominy and turnip greens, the wife put the two youngest kids to bed. In less than three minutes they were sound asleep. She took them out, and laid them over in the corner on the floor, and put the next two to bed, and so on."

"After all the little ones were asleep on the floor, the old folks strolled out to the woodshed and told us we could use the bed. We hopped in without delay."

"Imagine our surprise when we awoke at daylight the next morning and found ourselves lying over in the corner with the kids, and the old man and woman snoring away in the bed."

DOWN SOUTH HOSPITALITY

The subject under discussion by several Congressmen, sitting in a hotel lobby, was the different brands of hospitality they had experienced while roaming up and down the country.

Nicholas Longworth, of Ohio, told of this experience, years ago, while driving with a friend through one of the Southern states:

"One night, darkness overtook us while traveling along a lonesome road through a strip of seemingly interminable pine timber. After a couple of hours of slow plodding we saw a light ahead. When we reached the house I yelled like the Comanche Indians used to yell in John Garner's state. A bewildered old fellow opened the front door and asked what we wanted. When I said we wanted to stay all night, he looked us over mighty careful and said:

"Wal, I reckon I kin stand it if you kin."

"We thanked him politely, and went in and found it was only a one-room cabin just swarming with kiddies of all ages. There were six in sight and others within hearing. We were disappointed by seeing only one bed, and wondered if we would have to sit up in chairs all night. We were so dog-tired and sleepy that we could scarcely hold our eyes open."

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PUBLIC SCHOOL

Vote 314 x Yes

The purpose of the compulsory public school attendance bill is to insure the instruction of all Oregon children of grammar school age in a common language, a common history and common ideals, to the end that American unity shall be promoted, American ideals safeguarded and American institutions perpetuated.

This bill is proposed because its supporters believe that only by universal education of our children on standard and uniform lines can these things be achieved.

This bill proposes no religious restrictions. It contemplates no limitation of the right of the parent to teach religion to his child in his own way and according to his own belief. It raises no issue of religious difference.

This bill is purely a measure to insure that all children by attending the public schools shall be taught alike during their grammar school years, so that their outlook may grow to be a unified outlook for the common weal and for their country and its institutions.

To make an all-American nation we must have all-American instruction of our children along recognized standard lines. Ignorance of American ideals and institutions and language is the greatest menace to them, because those who do not understand them properly do not support them.

One Flag--One School--One Language

P. S. MALCOLM, 33rd Degree, Inspector-General in Oregon, Ancient and Accepted Scottish Rite.

(Paid Advertisement)

Big Cut In Overland Cars

WILLYS-KNIGHT OVERLAND
\$1455 \$666

We have taken the Morrow County Agency for the OVERLAND and WILLYS-KNIGHT cars. Let us give you a demonstration.

RAY M. OVIATT - DICK JOHNS

At Universal Garage
Heppner, Oregon

Don't Ruin Your Wheels

Don't let your auto wheels go until you have to buy new ones. With our new patented wheel tightener we can make your old wheels just as tight as when new and at a minimum charge.

You can't afford to let your wheels go to pieces and take chances of wrecking your car and crippling yourself and family. If your wheel is not broken we can tighten it and guarantee that it will stay tight. Come in and let us demonstrate how it is done.

Prices \$2.00 and \$2.50 per wheel
According to size.

HEPPNER GARAGE MACHINE SHOP

HALF-PRICE-SALE

on all

MEN'S AND BOY'S UNDERWEAR

35c to \$1.25 While They Last

Cash Variety Store

Big Values for Little Money

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Every Woman Loves to Paint

when she knows how—let us tell you

PAINTING is really fascinating work. Once you are started you'll probably not want to stop until you have refinished many things you did not intend to do at first.

Of course there are some simple directions that must be followed if the work is to be successful, for we have a special "Home Service Paint Department" which was organized just to tell you how to paint.

Perhaps some of your furniture, floors, woodwork or walls are beginning to look a little old—just on the surface. Pick out one or two things to refinish. Tell us about them and how you want them to look when finished.

Our experts will tell you what materials to use, how to do the work step by step, what brushes you'll need, and everything about it.

For 73 years we have been making paints, varnishes, enamels, wall finishes and stains for women to use. They are the finest materials of their kind that we know.

Write for Fuller's Free Advice and Refinish a few home things. You'll be surprised how fascinating the work is and how much you can save, too.

Fuller's "Home Service Paints" are sold by the following in your city:

PEOPLES HARDWARE COMPANY,
Phoenix Pure Paint Agent

Star Theater

Program From October 20th to 26th, Inclusive

FRIDAY, OCTOBER 20th

MISS DuPONT in

"THE RAGE OF PARIS"

The intense drama of an American girl who for certain strange reasons cast love to the winds and became the most talked-about woman in Europe

ALSO FOURTH EPISODE OF
"In the Days of Buffalo Bill"

SATURDAY, OCTOBER 21st

PRISCILLA DEAN in

"CONFLICT"

From the story by Clarence Buddington Kelland. The New York Tribune says: "The biggest thing in river scenes ever screened. Not a dull moment." Many scenes in this picture photographed in Oregon.

Also Movie Chats

SUNDAY, OCTOBER 22nd

GLENN HUNTER and MARGUERITE COURTOT in

"THE CRADLE BUSTER"

Whirlwind comedy of an adolescent youth. One of the fastest, speediest, most original and thrilling of comedies.

Also Aesop's Fables

MONDAY and TUESDAY, OCT. 23rd and 24th

DORIS MAY and HARRY MYERS in

"BOY CRAZY"

A twelve o'clock romance in a nine o'clock town. A trade war between a be-modist and a she-haberdasher. Country tramps enticed into buying Fats' gowns, old "billy goats" vamped into buying "freshmen's" clothes.

Also Pop Tuttle's Movie Queen, with the Skipper

WED. and THURS., OCTOBER 25th and 26th

EUGENE O'BRIEN in

"JOHN SMITH"

You won't easily forget "John Smith." He is the sort of person who sticks in your mind. A comedy drama with an appeal for people in every walk of life.

Also News Weekly

See all of these pictures, and make it
Heppner Laugh Week



Come in and see our fine assortment of these

Palmer Coats

THOMSON BROTHERS

Harwood's, Phone 1062

DIAMONDS -- WATCHES -- JEWELRY -- PIANOS
PHONOGRAPHS -- RECORDS -- SHEET MUSIC

I. O. O. F. Building, Heppner

Public Sale

AT THE FREIWALD FARM, 4 MILES NORTH OF IONE,

Saturday, October 28th

BEGINNING PROMPTLY AT 1 O'CLOCK P. M. I WILL OFFER THE FOLLOWING:

- | | |
|---|--|
| 1 Jeffreys Motor Truck 1 1-2 ton. | 2 Van Brunt single-disc, 12-ft. |
| 2 2000-bushel Grain Bins, new. | Grain Drills, almost new. |
| 5 Head of Good Work Mules. | 1 Thomas small-disc Grain Drill, almost new. |
| 4 Head Good Work Horses. | 4 Wagons with racks. |
| 4 Sets Work Harness. | 1 6-section Steel Harrow. |
| 1 Patent Tractor Hitch. | 1 2-bottom 16-inch Gang Plow. |
| 3 8-foot Double Discs. | 1 Blade Weeder. |
| And other small tools, too numerous to mention. | 1 Vitroling Machine. |

TERMS OF SALE

ALL SUMS OF \$10.00 AND UNDER, CASH; OVER \$10. ONE YEAR'S TIME ON SECURED NOTES AT 8 PERCT. INTEREST. 5 PERCT. DISCOUNT FOR CASH ON ALL SUMS OVER \$10.00.

GUSTAV FREIWALD, Owner