

# Local Happenings

Miss Leta Humphreys, daughter of Mr. and Mrs. T. J. Humphreys of this city, who has been a student at the U. of O. for the past three years, has received the appointment of pharmacist in the new Christian hospital recently dedicated at the Bible University at Eugene. Miss Humphreys, who is a graduate pharmacist and for a number of years was in charge of the prescription department of the Humphreys Drug company in this city, is well qualified for the position to which she has been appointed in the new hospital.

Leonard Carlson, who is an extensive wheat raiser of the Gooseberry section, states that he never saw the grain looking better for the time of year in his part of the country. Farmers have been taking advantage of the splendid weather conditions and have a great deal of their early spring plowing done. Other seasons they would be starting when now they have a greater portion of the work done. Mr. Carlson was attending to tax payments at the court house on Tuesday.

H. O. Ely was in the city on Tuesday looking after his tax payments at the court house. He was accompanied by Mrs. Ely, Mrs. Ida Baurenfeld and Mrs. Nellie Walters. Mrs. Walters, whose home is in Portland, is visiting at the present with her sister, Mrs. Baurenfeld and other relatives at Morgan. Mr. Ely stated that good rains have recently visited the Morgan section and the grain is just coming along in a way that makes the farmer rejoice.

Lambing is reported in full swing at the ranch of W. B. Barratt & Son, and many twin lambs are being dropped. This seems to be characteristic of a large portion of the products so far reported in the county and the promise is a very heavy increase. Wool will be exceptionally fine quality this season, also, owing to the mild winter, and the flockmasters of the county will prosper.

Geo. T. Pearce, formerly of Madras, late of Bend, but now traveling salesman for Bushong & Co., Portland stationery and office supply house, was in Madras the later part of last week calling on the business houses soliciting business for his concern. George has charge of the Central Oregon territory and will maintain headquarters at Bend.—Madras Pioneer.

M. R. Morgan was in Heppner Tuesday afternoon on business with county treasurer regarding signature on the lone school bonds sold to the Commerce Mortgage company of Portland, at the board meeting Monday night. These bonds were sold at a profit of \$102.30, which amounted to \$920, and draw 5 1/2 per cent interest.—Lone Independent.

L. E. Van Marter reports the sale recently of the Jenkins place at the head of Jack Rabbit canyon, Eight Mile, to W. F. Mahrt who has been engaged in farming for several years in the Gooseberry section in the west end of the county. The place was the property of the R. F. Hynd estate and Mr. Mahrt takes immediate possession.

G. A. Bleakman was down from Hardman the first of the week, being able to get on the job again after a tussle of a couple of weeks with the flu. He states that his daughter, Miss Beth, who has been a student during the winter at Menmouth State normal, has returned home, and will soon be engaged in teaching a school near Hardman.

Mr. and Mrs. W. G. McCarty returned home on Monday from a visit to Pendleton and Hermiston. Mr. McCarty was in Pendleton to attend the meeting of grain growers with R. L. Bengt and Charles Swindig, and on the return home he and Mrs. McCarty visited with former California friends now residing in Hermiston.

Nels Magnuson, who was taken to the Heppner Surgical hospital the early part of last week that he might be better cared for, is reported to be rapidly regaining his health and strength and should be able to return to his home before long. He was suffering from the after effects of an attack of flu.

The little son, born to Mr. and Mrs. O. H. McPherrin, Wednesday, March 19, lived but two days, death claiming it on Thursday evening. Funeral services were held on Friday and interment was in the Masonic cemetery. Mrs. McPherrin is reported to be getting along well.

Tommy Sheridan was visiting in the city for a day or so the first of the week, enjoying a little vacation and visiting the old home town for the first time in three years. He is with the carpenter crew on the O. W. R. & N. main line, with headquarters at Hood River.

D. S. and Frank Barlow returned from Oregon City the first of the week where they had been to attend the funeral of their mother, the late Mrs. Amanda Barlow.

Gus McMillan was a prominent Lexington citizen doing business in this city yesterday.

### Buckeye Eyes



Rose Schneider, of Cincinnati, was crowned beauty queen of Ohio over 500 contestants in state-wide competition. A diamond jeweller, "to match her eyes," said judges in awarding a token of triumph.

A letter from Mrs. Neva Clabough states that they are now located at Centralia, Wash., where Mr. Clabough is working for the Willard battery people as electrician, and where they desire to have their G. T. mailed them in the future.

Mr. and Mrs. Egbert Young of Eight Mile arrived home on Tuesday from Oregon City. They were called there by the illness and death of Mrs. Young's mother, Mrs. Amanda Barlow. They went on out home from Heppner yesterday.

A short term of circuit court was held in this city on Monday. Judge Phelps and Court Reporter Beckwith coming over from Pendleton to preside. Alger Fee, Pendleton attorney, was also here, having some business before the court.

Jerry Kileup was in town from his Jones canyon ranch on Monday. The rain out that way Sunday night was all snow, some two inches of the beautiful covering the ground and the hills presented much the appearance of winter.

**FOR SALE**—One Holt combine, 20-foot cut, good condition; 45-horsepower Holt engine. Will take cattle or sheep as part or all payment; also will take one grain binder. O. T. FERGUSON, Heppner, Ore.

J. C. Kirk, who underwent an operation at the Heppner Surgical hospital the end of the week, is reported to be doing well and rapidly recovering. He has been in the hospital for more than two weeks.

Al Henriksen was in the city yesterday and authorized the announcement of a big dance to be given at Cecil hall on the evening of April 5. Posters will be out for more complete announcement.

Mr. and Mrs. S. E. Van Vactor drove up to Heppner from their home at the Dalles on Sunday, remaining over until Monday. Mr. Van Vactor having business before the circuit court here.

Mr. and Mrs. Clair V. Hopper are the proud parents of a little daughter born to them on Friday, March 21st. The daughter has been named Mary Claire, and she sure has a proud daddy.

Jas. Carter and wife were down from their mountain home the first of the week and report a fall of about eight inches of snow on the foothills in the vicinity of upper Rhea creek.

Mrs. C. L. Keithley came over from Pendleton on Saturday and visited over Sunday with friends in this city.

For good, wholesome, home cooking get your meals at Mrs. Kinsey's, next door to Central Market, Gilman Bldg.

**For Sale**—Good residence property, close to court house. See Robert Buschke, or phone 122.

**For Sale**—New residence property on Court street. Mrs. Guy Boyer.

**Change now to the brand that never changes and you'll never change again.**



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## You'll want to know

The coupon below will bring you complete information about the Perfect Protection Policy of West Coast Life that gives you in ONE policy all of this protection:

- If the insured dies from natural causes the company pays \$5,000
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Address \_\_\_\_\_  
City \_\_\_\_\_  
Date of Birth \_\_\_\_\_ (MONTH) (DAY) (YEAR)

### CARE OF NERVES VITAL TO HEALTH

From State Board of Health.

A great number of people are over-excited, worried, and troubled—often they are far from healthy-minded. The mind isn't simply the brain in your skull. The mind lives in every nerve and muscle, reacting to every change in the body. Our thoughts can change the beating of the heart. Our emotions change the very chemistry of the body. Your actions and your health are controlled by two closely allied nervous systems.

One system is concerned with voluntary movements and acts of the will. The other system is associated with the actions of involuntary muscles in the blood vessels, heart, intestines, or other organs with secretory cells. These two systems, the cerebrospinal and autonomic are closely associated in activity. The health of the nervous system, and indeed of the body as a whole depends on a nice adjustment of the work to be done by the two systems.

If you wish to attain the best results from any hygienic measure you will have to satisfy the mind along with the body. It is better to disregard some rules of hygiene rather than worry over them. Health demands the elimination of fear, worry, anger, hate, envy, jealousy, and other depressing abnormal mental states.

A wholesome mental attitude is not suddenly acquired. It comes only by persistent and conscientious effort to straighten, to keep the values of life clear. The secret of equanimity consists not so much in repressing fear or worry, as in dropping or ignoring it, that is, diverting and controlling the attention.

It is quite possible for many persons to develop wholesome mental responses and for many to achieve a higher type of control than the usual and customary. To train oneself in small things to meet the problems of life is the beginning of that power which in crises of life will find the owner strong, able, and sufficient.

Wholesome mental traits essential to health are confidence, open-mindedness, unselfishness, and faith in the goodness of life. The way to develop self-confidence is to try honestly and keep at it until experience of success comes. Experience of success increases confidence. Open-mindedness means plasticity of mind, ability to feel new meanings, to find new val-

ues. It makes for variety, interest and health. Unselfishness is to be cultivated because of its wholesome effect on health. Mental health and growth feed on satisfying situations. Faith in the goodness of life means optimism. Enjoy the many wonderful things of life. The path to faith in the goodness of life lies among the commonplace everyday affairs of work and play. The simple life makes for such faith.

To do anything well you must practice. The healthful mental state can be developed just as surely as exercise tends to muscular development. The art of nerve control must be practiced like penmanship, public speaking, singing, or anything else that is worth while. This is something that needs more than ordinary effort. Learn to control the power of attention and you will form a power to turn on the currents of thought as you would turn on an electric light. The most vital thing in mental hygiene is decision. Indecision is a waste of much useful energy. Learn to make clean-cut decisions and you will establish a habit that does not know failure.

**EXERCISE AN INTELLIGENT CONTROL OVER YOUR NERVOUS SYSTEM.**

### FARM POINTERS.

(From O. A. C. Experiment Station.)

Better cabbage, tomatoes and other transplanted vegetables can be grown from strong plants which are bought than from plants raised at home where there is neither hot house nor hot bed. Home grown seedlings are often raised in boxes kept near a window and due to the poor growing conditions, which are apt to be found there, the plants become tall, spindling and weak and will not develop well when set in the garden. Often such plants while in the boxes are attacked by the damping-off fungus which will spread rapidly throughout the box. This dis-

case rots off the stem of the plants at the surface of the ground thus making them worthless.

For early potatoes, while the ground is still cold, the planting of whole seed is the best practice. Such seed does not rot if the germination is slow.

Berry bushes are much less damaged if all pruning and trellising is complete before young buds are large enough to be broken off in the work. It will soon be too late to prevent such breaking, so all incomplete trellising should be rushed.

Sweet corn may be had throughout the season by planting varieties which mature at different times. Good gardeners in many sections are using Portland Market and Golden Bantam, and very often a variety for fall use called Hawling Mob. Much better yields are to be had by having the sweet corn plot as nearly square as possible. This provides for better pollination and consequent better yields.

**LAND OPEN FOR HOMESTEADS.**  
It is reported to this office that a large number of homestead entries within the La Grande land district have recently been cancelled and the lands reverted back to the government and again become subject to entry under the various acts of congress. People residing within this land district in Morrow county can receive information by calling at this office.

**LOST**—A span of bay geldings weight about 1300 each; age 6; both roach mane. Strayed from my place about Jan. 1, 1924. RAY YOUNG.

**For Sale**—Nine head good mules, 4-year olds this spring; all broke. Harvey Young.

**FOR SALE**—Thoroughbred Pekin duck eggs. \$1.00 per setting. Mrs. Wm. Cowins. M13-St.

**FRESH FISH**

During Lenten Season we will keep a complete stock of fresh and cured fish. Fresh fish received each evening.

**PEOPLES CASH MARKET**  
HENRY SCHWARZ

**SAFETY & SERVICE**

**EARLY LESSONS ARE EASILY LEARNED**

And hard to forget. The habit of saving is easy to acquire.

Teach your children to save while they are young.

The habit is a good possession and will be the means of "laying up" something for the future.

**First National Bank**  
HEPPNER, OREGON

Healthy baby chicks from my record laying strain of W. Leghorns and Barred Rocks; all awards; commercial class; eggs for hatching and stock for sale. Postal brings price list. E. Woolery, Capital Poultry Farm, Salem, Ore.

**For Sale**—Pure bred S. C. Rhode Island Red cockerels and S. C. White Leghorn roosters, at \$2.50 apiece. J. O. Turner, Heppner.

### A TREAT FOR THE FAMILY

The wife and kiddies will enjoy a change from the monotony of home-cooked meals, so why not suggest coming here for dinner every one in awhile. No worry, no delays, no dishes to wash—just sit down to a delightful, wholesome, satisfying meal, served in a way that all will like. Moderate prices, too.

We Serve Chinese Noodles

### ELKHORN RESTAURANT

HEPPNER'S POPULAR EATING HOUSE  
Delicious Coffee



### How's That Arm?

Now is the time to be warming it up—for **BASEBALL DAYS ARE HERE**

We carry all equipment for the national game in Reach, Spaulding and Wright & Ditson—all standard goods.

Fielders' Tips, Catchers' Mitts, Baseballs, Bats, Masks. Also Pads and Tape.

Everything at Reasonable Prices  
**Humphreys Drug Co.**  
Baseball Headquarters.

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## SPRING OFFERING

We are offering a very beautiful line of GINGHAMS, RATINES, ALL THE NEW CREPE WEAVES IN SILK WOOL AND COTTON

Come in and see what we have to offer.

Also on the Bargain Counter this week, a large assortment of ladies' union suits at 50c a suit.

**Thomson Brothers**

**THE UNIVERSAL CAR**

## Make Delivery Certain!

WITH the entire factory output of Ford Cars being absorbed as rapidly as the cars can be produced, it is certain that plant capacity will be greatly over-sold when spring buying reaches its highest point.

We advise that you place your order at once, taking advantage of your dealer's first opportunity to make delivery.

**Ford Motor Company**  
Detroit, Michigan

If you do not wish to pay cash for your car, convenient installment terms can be arranged. Or you can enroll under the Ford Weekly Purchase Plan.

See the Nearest Authorized Ford Dealer