

THE IONE INDEPENDENT

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Whatever makes men good Christians,
makes them good citizens
—Daniel Webster

Health for Females in Open-Air Exercise

There seems to be no reason why a woman or girl should not get as much enjoyment out of life as any man or boy. Too many of our sex consider themselves hothouse flowers. If the weather is cold or stormy they will not venture outdoors. The sun must be shining and the weather warm before they will spend any time outside. Whether it is cold or warm, calm or stormy, every woman and girl should spend at least three hours daily in the open air. Not merely resting, but walking, washing or playing some game. Being in the fresh air is all right in a way, but to get 100 per cent value out of the good air, one should exercise in it. Even if the exercise consists only of deep breathing, this, at least, exercises the lungs. I find that too many women neglect their breathing. They very seldom take a deep breath. It is easy to get into the habit of taking the deep breathing; expanding the lungs to the limit if only two or three times a day. Doing this indoors is of little value. The fresh air should be taken advantage of. By this means, alone, one can obtain assurance against lung troubles. And there is no cost whatever for this treatment.—Psychology Magazine.

Embryo Lawyer Puts Up Successful Plea

Apparently lawyers are born and not made, if a delightful yarn published in the Manchester Guardian correctly illustrates the development of the legal mentality from a start in the cradle, writes the London correspondent of the Christian Science Monitor. There had been a certain liveliness in the nursery just before bedtime, with the result that some of the furniture was broken. There was a fog of highly conflicting evidence in the nursery, and father decided that, falling a full and accurate account of what had happened, an anticipated holiday at Scarborough should be canceled. After some moments of deep thought his young son, who will probably some day be lord chancellor, summed up the position in a sentence: "I have said I didn't do it, but if I can't go to Scarborough unless I say I did do it, I think I had better say I did it; but, if I did do it, I don't know I did it." Father is reported to have retired from the discussion at this stage, without risking further discomfiture by cross examination.



LEGION HALL THEATRE

Here are a few of the pictures we have contracted for 1927.
Dec. 10, Flame of Yukon
Dec. 17, Speeding Venus
Dec. 24, Pals in Paradise
Dec. 31, Young April

Cut this out and keep it for future reference. We will only raise prices when the price of program compels us to. Don't miss a single number of this contract. American Legion
Ione Oregon

Sea Bird Cets Seasick

The albatross lives on the sea but being caught and confined to the deck of a ship it invariably becomes seasick. Sailors are superstitious about killing or catching "the bird which makes the wind blow" and it is rather rare that they are encountered at close range, but on a recent scientific expedition the fears of the members of the crew were brushed aside and several of the birds were caught on a hook baited with a piece of pork and thrown overboard. Some of the distinguished scientists aboard went to the extent of eating some of the flesh which had been cooked in the shape of a stew and they agreed that the meat was delicious.

She'll Learn

A young woman, one of the new-weds, who set up housekeeping, wanted to show her hubby how smart she was one day before the warm wave struck the city, so she called up a coal dealer and ordered "a ton of coal." The coal dealer asked her as to what kind of coal, the young woman failing to specify whether it be pea, nut, stove or furnace coal. When the dealer got through informing her of the different sizes of coal she asked for the "richest shade of black coal." Apparently the young bride thought she was purchasing a hat or a dress.—Salem News.

Truth About Petrification

There is an old superstition that if a piece of hickory wood is put in water it will turn to stone in seven years. Of course it is not true. No wood ever turns to stone. Even wood which petrifies does not actually turn to stone. The wood merely acts as a mold while minerals from water or the atmosphere are deposited as the wood decays. The length of time required for an object to petrify depends upon circumstances. It may be a few years or a thousand. Usually it requires a long period.—Exchange.

CALL FOR WARRANTS

All General Fund Warrants of Morrow County, Oregon, registered on or before June 30, 1927, will be paid on presentation at the office of the County Treasurer, on or after December 10, 1927, at which date interest on said warrants will cease.
Dated at Heppner, Oregon,
November 16th, 1927.
Leon W. Briggs, Co. Treas.

HUDSON-ESSEX
SUPER-SIX
Paul G. Balsiger, Agent
At Paul G. Balsiger's

Begin Your Christmas Shopping With Buying Christmas Seals

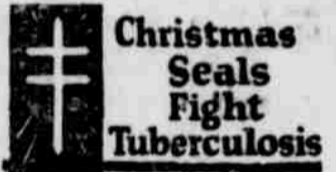
To buy Christmas seals is to broadcast benevolence, to radiate benefaction, to diffuse hope for health where disease most insidiously menaces. It is a simple little action, neither expensive nor difficult of performance, yet assuring its rewards.



Christmas Seals Protect Health of Children

ADMONISHED

The hour has struck, and the public from this on is in for annual admonitions to do—
Christmas shopping early; mail holiday packages early; wrap parcel post parcels securely and address plainly; Buy Christmas seals;
Buy 1928 automobile license plates before the rush;
Contribute to baskets and dinners for distribution on Thanksgiving and Christmas;
Attend church carnivals and bazaars.
"The little reddish, bluish stamp Ensnared upon thy letter Will do no damage to thy swag And make the world the better."
"The little reddish, bluish stamps Won't hurt thy bankroll's thickness. So don't allow thy mitt to cramp. But take a poke at sickness."
"Thy little reddish, bluish thing, BUY, for the love of Moses 'Tis up to thee to rise and swing 'Upon tuberculosis."
—George E. Phair, Baker City (Ore.) Herald.



PORT ELEVATOR
The Port of Portland may build another 450,000 bushel elevator.

Lodge Directory

Morrow County Pomona Grange
Master, Chas. Wicklander
Secy.
Next meeting

IONE LODGE No. 129, A. E. & A. M.
Meets every first and third Wednesday of each month. W. M. Jason, Bldg. Secy., W. E. Bulard.

Locust Chapter No. 119, O. E.
Meets the second and fourth Tuesday of each month. W. M. Mrs. W. E. Bulard, Secy., Mrs. Ruth Mason.

IONE LODGE No. 125, I. O. O. F.
Meets every Saturday evening. N. G. T. C. Troge; Secy., Lee Howell.

BUNCH GRASS REBEKAH No. 91,
I. O. O. F. Meets first and third Thursday of each month. N. G. Mrs. ; Secy. Mrs.

NOTICE TO CREDITORS

In the County Court of the County of Morrow, State of Oregon

IN THE MATTER OF THE ESTATE OF CELESTINE BALSIGER, DECEASED.

The undersigned having been appointed by the County Court of the State of Oregon for Morrow County, Executor of the estate of Celestine Balsiger, deceased, notice is hereby given to the creditors of, and all persons having claims against said deceased, to present them verified as required by law, within six months after the first publication of this notice to said Paul G. Balsiger, at his Hardware and Implement Store, in the City of Ione, Oregon.

PAUL G. BALSIGER
Executor of the estate of Celestine Balsiger, deceased.

Date of first publication of this notice, Nov. 11, 1927.
Date of last publication, Dec. 9, '27

A "Harris" Combine
Will Work Just Fine.
P. O'Meara - - - Agent
Ione, Oregon

Church Directory

WILLOW BRANCH UNION
C. E. SOCIETY

Pres.
Secy
Treas.
Next meeting:

FIRST BAPTIST CHURCH
Sunday School at 10:00 A. M.
Prayer Meeting, Thur., 7:30 P. M.

CONGREGATIONAL CHURCH

Rev. W. W. HEAD, Pastor
Services
1:00 A. M.: C. E. at 6:45, P. M.
Prayer Meeting, Wed., 7:30

FIRST CHRISTIAN CHURCH
Sunday School 10:00 A. M.
Prayer Meeting Thurs. Evening
Services
C. E.: 6:30; Preaching Service,
at 7:30 P. M.

Loa J. Wood, B. M.
Accredited piano teacher,
Lexington, Oregon.

Dr. E. E. Baird
Dentist
Office in Fair Building.
Open evenings or Sundays by appointment.
Phone M. 1012 - Heppner, Ore.

Jack Farris
Dermatologist.
It Pays to Look Well
Specialist in Bobs.

C. L. SWECK
Attorney At Law
First National Bank Building
Heppner - Oregon

When You Visit Heppner
Eat at the

Elkhorn Restaurant
Good Meals Best of Service
Lunch Counter

A. D. MCMURDO, M. D.
Physician and Surgeon
Office in Masonic Building
Trained Nurse Assistant
Heppner - Oregon

Before contracting or
selling your wheat it will
pay you to see L. Balsiger
representing B. G. and Co.

Ione, Oregon

∴ Ione Meat market ∴

Meat makes the meal. It is appetizing, nourishing, and healthful. Meat should be an important part of your daily menu. Serve it every day. Whether you come into our shop, or phone us you are sure to get the kind of meat you want. We have a large variety of choice cuts.
T. E. Peterson, Prop.

"IONE BLACKSMITH SHOP"

We are prepared to take care of your shafting requirements by the installation of an electric key way machine and a stock of shafting in a wide range of sizes. We also have a list of second hand combines for sale Agency for the Harris Manufacturing Companies new combines.
J. P. O'Meara, Proprietor

Under New Management
IONE HOTEL
Ione, Ore.

Refurnished and Strictly Up to Date. Commercial Table First Class. A home away from home, with best meals in Central Oregon.

Nice Rooms. Good Service.

Farm Implements

VULCAN and OLIVER PLOWS, SUPERIOR DRILLS, FAIRBANKS MORSE ENGINES, MYERS PUMPS, STAR and AERMOTOR WIND MILLS. WINONA WAGONS.

PAUL G. BALSIGER
Ione, Oregon

Dr. A. H. Johnston
PHYSICIAN & SURGEON
Phone—Office Main 933
Residence Main 492
HEPPNER - - OREGON
IONE, TUESDAYS and FRIDAYS
From 9:00 to 10:00 A. M.

MORROW GENERAL
HOSPITAL
Miss Zena Westfall, Graduate Nurse, Superintendent.
A. H. Johnston M. D.,
Physician in charge.
RATES REASONABLE

F. H. Robinson
Attorney and Counselor at Law
Will practice in all the Courts
IONE, OREGON

Dr. F. E. Farior
DENTIST
Office: Odd Fellows Building
Heppner, Oregon.

BUY CHRISTMAS SEALS

TUBERCULOSIS DEATH RATE
PER 100,000 POPULATION

LET'S KEEP THIS BLACK LINE GOING DOWN