

How Are Your Arteries?

From State Board of Health.

"The truth of the saying that a man is as old as his arteries, is demonstrated almost daily in the newspapers by items recording the sudden illness or death of some prominent man. The cause is variously stated as a stroke, apoplexy, cerebral hemorrhage, or some other term but all indicating that an artery gave way, that a blood clot formed and that paralysis or death resulted.

"Generally the newspaper item records the fact that the man so stricken was of middle age, prominent and frequently at or near the height of his career. Two instances of this kind have occurred recently. Shortly before the national convention a man prominently mentioned as a candidate for the presidency died suddenly from a stroke just before he was to make a speech in his home town. A few weeks ago, a man who has been very active in public affairs in New York state also came to the same sudden end of his human existence.

"It seems a pity that people of great use to the world should be cut down at a time of life when they are of most service. The purpose of this talk is to emphasize that in the vast majority of instances such deaths are needless if persons of middle age will only observe a few simple rules.

"Note that most of the persons who are stricken are usually forty-five or over, frequently overweight and under the strain either of public life or business connections which require work under pressure, attendance at banquets, or late gatherings and, in general, irregular hours for eating, sleeping and exercise, thus breaking three of the most important rules for maintaining a healthy body.

"We may not want to believe it, but the fact remains that after forty with most people, the human body, instead of continuing to develop in strength and energy, begins to degenerate. It is therefore of the highest importance that persons reaching that age, if they haven't already formed the beneficial habit, should without fail have a complete physical examination once or better twice a year by a reliable physician. Such an examination should include not only the heart and lungs but blood pressure and all the other tests included in the standard health examination blank.

"But how will such a procedure protect a person from hardening of the arteries, from heart disease and other degenerative diseases of middle age? The answer is simple. Just as it is easy to blow out a match, but hard to stop a conflagration, so is it a relatively simple matter at the outset to check the insidious beginnings of these diseases through removing their cause, but it is a difficult if not an impossible task to effect a cure once the condition has progressed to any great extent.

"Have a health examination at least once a year. Select your birthday as an appropriate time."

—B. R. R., N. Y.

ALPINE.

(Received too late for last week)

The Alpine high school was closed Thursday and Friday of last week. This was due to the teachers having to attend teachers' institute which was held at Pendleton.

Regardless of the fact that a number of folks from here attended the hog and dairy show at Hermiston, a large number attended the Farm Bureau meeting at Alpine high school on Saturday evening. Everyone present spoke of enjoying the program put on by the school children with the help of a few outsiders. Also the bounteous refreshments were enjoyed. The next meeting will be held November 4.

Mrs. George Lambirth has returned to her home after working during the summer at Libby, McNell & Libby cannery at The Dalles.

Fay Hayes of Portland is visiting his sister, Mrs. Merle Bennett at the home of Mr. and Mrs. G. L. Bennett.

Celathia Lambirth spent the week end with Miss Ina Lenhart at Hermiston.

People in the communities of Alpine and Pine City have combined to hold divine services every Sunday afternoon at the respective school houses. Sunday school at 2:00 o'clock, church services at 3:00 o'clock. Milton W. Bower of Heppner is in charge. Services next Sunday will be held at the Alpine school house.

On the evening of November 16, the Alpine high school students will present to the public a comedy, "The Triumph of Pauline." At the Alpine high school. Following the play there will be a cafeteria lunch for sale, also a novelty in the line of a parcel post department.

Edward Houshelt of Myrtle Creek, Ore., is visiting at the home of his uncle, G. L. Bennett.

BUDGET FOR THE CITY OF BOARD.

MAJ. FOR THE YEAR 1929

A resolution fixing an estimate of the amount of contemplated expenditures for the year 1929, and showing the amount proposed to be expended for each separate fund, and the total amount of expenses; also an estimate of the amount of receipts for said year from sources other than direct taxation upon the real and personal property of the City of Boardman.

Be It Resolved, that the City Council of the City of Boardman, Oregon, hereby estimates the amount of contemplated expenditures for the year 1929, the receipts from sources other than direct taxation, and the amount to be raised by direct taxation upon the real and personal property within said city as follows:

Sinking Fund \$ 100.00

Interest on Bonds 360.00

Repairs and maintenance of Irrigation Ditch 150.00

Street Improvements 150.00

Salary of Recorder 50.00

Miscellaneous 50.00

Gasoline and Oil 720.00

Salary of Engineer 1,080.00

..... \$2,700.00 \$2,700.00

Estimated receipts from

Lights and Water \$1,500.00 \$1,500.00

Amount necessary to be raised

by direct taxation \$1,200.00

(Signed) J. C. HALLENGER,

Mayor.

Attest: W. A. PRICE, Recorder.

Thursday, Friday
and Saturday

OCT. 25-6-7

ORIGINAL
Rexall

Thursday, Friday
and Saturday

OCT. 25-6-7

ONE CENT SALE

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WHAT IS A **Rexall** ONE-CENT SALE?

IT IS a sale where you buy an item at the regular price, then another item of the same kind for one cent. As an illustration: The standard price of Klenzo Dental Creme is 50c, you buy one tube at this price and by paying 1 Cent more, or 51 cents, you get two tubes, and save 49 cents. Every United Drug Company article in this sale is a high quality guaranteed product, just the same as is sold every day at the regular price. No limit—buy all you want, but on Thursday, Friday and Saturday only!

35c Harmony Cream of Almonds



A soothing lotion for chapped or rough skin. Apply freely to face and hands to keep the complexion youthful.

2 for 36c

You save 34c

50c Harmony Cocoa Butter Cold Cream



A real tissue builder. Contains rich, nourishing oils.

2 for 51c

You save 49c

\$1.00 Peptona



Enriches the blood and builds strength. A good tonic for the Fall.

2 for \$1.01

You save 99c

50c Rexall Cherry Bark Cough Syrup



Gives relief from coughs and colds. Safe for children and adults. Pleasant tasting.

2 for 51c

You save 51c

CANDY

Milk Chocolate Bar, 1/2 lb. 2 for 36c
Hard Candies, 1-lb. tin 2 for 61c
Liggett's Wafer Rolls 2 for 6c

Prescriptions



Registered druggist on duty at all times. All prescriptions promptly filled with purest chemicals obtainable.

TOILET GOODS DEPARTMENT

50c Jonteel Cold Cream Face Powder



Produces an abundant moist lather. May be used with either hot or cold water.

2 for 51c

You save 49c

30c Rexall Shaving Cream



A good cleansing cream for everyday use. 1-Pound Can.

2 for 31c

You save 29c

Also Shaving Stick or Powder 2 for 36c

All Standard Merchandise—No Limit to Quantities. Come and Purchase for Your Fall Drug Needs.

Save Money on These Toilet Requisites

Juneve Talcum 2 for 51c
Juneve Cream 2 for 1.01
Bouquet Ramee Talc 2 for 51c
Bouquet Ramee Face Powder 2 for 1.01
Klenzo Tar Shampoo Soap 2 for 26c
Rexall Toilet Soap 2 for 16c
Egyptian Palm Soap 2 for 11c
Georgia Rose Soap 2 for 26c
Harmony Toilet Water, 5-oz. 2 for 1.01
Georgia Rose Cold Cream 2 for 26c
Lemon Cocoa Butter Lotion 2 for 51c
Lemon Cocoa Butter Skin Cream 2 for 51c
Hair Fix 2 for 51c
Petroleum Hair Rub 2 for 51c
Antiseptic Tooth Powder 2 for 36c
Rexall Tooth Paste 2 for 26c
Harmony Quinine Hair Tonic, 7-oz. 2 for 1.01
Georgia Rose Vanishing Cream 2 for 26c
Rexall Shaving Lotion, 7-oz. 2 for 51c
Georgia Rose Body Powder 2 for 1.01
Tiny Tot Talcum 2 for 26c
Georgia Rose Face Powder, Flesh 2 for 51c
Riker's Hasol, large 2 for 61c
Arbutus Vanishing Cream 2 for 51c

75c Rexall Theatrical Cold Cream



A soft blending powder that appeals to discriminating women. All tints.

2 for 76c

You save 74c

35c Narcisse Talcum

Of fine imported talc. Delightfully soft and refreshing.

2 for 36c

You save 34c

49c Harmony Bay Rum



Made from the finest distilled Oil of Bay. Men like this excellent product for general toilet use. Particularly refreshing after the shave.

2 for 50c

You save 48c

REXALL REMEDIES & PURETEST PRODUCTS

Catarrh Jelly, 5-8-oz. 2 for 26c
Antiseptic, 16-oz. 2 for 70c
Cold Tablets, Special, 30s 2 for 26c
Corn Solvent, 1/4-oz. 2 for 26c
Larkspur Lotion, 2-oz. 2 for 26c
White Pine and Tar Comp. with Cherry, 7-oz. 2 for 51c
Fl. Extract Cascara Aromatic, 2-oz. 2 for 36c

RUBBER GOODS

\$2.00 Maximum Hot Water Bottle GUARANTEED FOR ONE YEAR



Moulded in one piece.

2 for \$2.01

You save \$1.99

Also \$2 MAXIMUM FOUNTAIN SYRINGE

2 for \$2.01

Maximum Combs 2 for 36c

75c Puretest Rubbing Alcohol



Used in hospitals, gymnasiums and training camps for bathing and rub-down.

2 for 76c

You save 74c

Syrup Hypo. Comp., 16-oz. 2 for 1.01
Mentholated White Pine and Tar, 3-oz. 2 for 36c
Petrofol, 16-oz. 2 for 61c
Cod Liver Oil Emul., 16-oz. 2 for 1.01
Mineral Oil, Russian Type, 16-oz. 2 for 1.01

This is Your Opportunity to Obtain Seasonable Household Items at Money-Saving Prices.

Zinc Oxide Oint., 1-oz tube 2 for 21c
Glycerin and Rose Water, 4-oz. 2 for 36c
Castor Oil, 3-oz. 2 for 26c
Cod Liver Oil, 16-oz. 2 for 1.01
Tr. Iodine with Applicator 2 for 26c
Epsom Salt, 16-oz. 2 for 26c
Zinc Stearate, 1-oz. 2 for 26c

25c Tooth Brushes



An assortment of styles and sizes that will satisfy the requirements of your family.

2 for 26c

You save 24c

Many Other Items Too Numerous to Classify

A PROFIT-SHARING METHOD OF ADVERTISING

THIS sale has been developed by the United Drug Company as an advertising plan. Rather than spend large sums of money in other ways to convince you of the merit of these goods, they are spending it on this sale in permitting us to sell you two full size packages of high quality merchandise for the price of one, plus one cent. It costs money to get new customers, but the sacrifice in profit is justified, because we know the goods will please you.

50c Klenzo Dental Creme

Keeps the teeth clean, white and beautiful without injury to the enamel. Pleasant tasting. A common-sense dentifrice.

2 for 51c

You save 49c

50c Klenzo Liquid Antiseptic

Kills germs, banishes bad taste, purifies the breath. Valuable in the treatment of pyorrhea.

2 for 51c

You save 49c

69c Puretest Aspirin Tablets

Bottle of 100 Prompt relief from pain. Will not depress the heart.

2 for 70c

You save 69c

Also Box of 24 Tablets 2 for 36c

50c Puretest Milk of Magnesia

Smooth as cream. A good laxative for children and elderly people.

2 for 51c

You save 49c

STATIONERY

50c Lord Baltimore Stationery

An up-to-date box of good writing paper. Large size sheets, popular-shaped envelopes.

A real value in good writing paper.

2 for 51c

You save 49c

Guardsmen Papeterie 2 for 1.51
Pierre Papeterie 2 for 76c
Cascade Paper 2 for 51c
Cascade Envelopes 2 for 41c

50c Marsala Pound Paper

A Quality Paper at a Big Saving

2 for 51c

You save 49c

Also 50c Marsala Envelopes to match 2 for 51c

EVERY ARTICLE IS GUARANTEED TO GIVE YOU SATISFACTION

SAVE with SAFETY
at your **Rexall** DRUGSTORE

PATTERSON & SON
Up-to- Date Druggists Heppner, Ore.