

**Why So Much Water?**

**From State Board of Health.**  
 Many people ask why we should drink six glasses of water per day. This advice is for persons in health and not for invalids. For those who have good health and want to keep it, plenty of water every day is an absolute necessity. The fact is that our bodies are sixty to seventy per cent water. We get rid of water by the processes of nature; we breathe out water vapor and we evaporate water from the whole body surface, every day and all day. If we did not balance this loss by a sufficient intake we should soon wither up.  
 Water softens the food we eat, making it more easily digested and absorbed. It so dilutes the digestive juices that they can reach every particle of food. It dilutes the blood and lymph and keeps the membranes soft. It helps regulate the body temperature by distributing heat to its various parts and by disposing of surplus heat through perspiration. And last but not least, water is a most important factor in the removal of wastes. Food is burned in the body to keep us warm and give us power to work and move. There is a constant breaking down and wearing out of cells and tissues and this broken down and worn out material is thrown into the blood to be gotten rid of by the skin, lungs, kidneys, and intestines. Copious water drinking aids the action of these organs and prevents the accumulation of poison in the system. Every day about four pints of water is lost through the various organs of elimination and this loss must be made up if the human machine is to do its work properly. Since only a part is replaced by the food that we eat, it is necessary to make up the deficit which amounts, roughly, to six glasses.  
 Many people fail to drink a sufficient quantity of water. Such people are accustomed to giving their systems less than the required amount and although they may suffer from headaches and indigestion they never think that lack of water may have something to do with such disturbances.  
 Take one or two glasses of water before breakfast. This will tune up the stomach for work. Take the other four during the day. They will act not only as a flush to the stomach and intestines but will stimulate the liver, kidneys and skin to healthy action.  
 Look upon the drinking of water as a good health habit. Be sure you drink no less than six glasses of water per day.

**ALPINE.**

Neill Rock of Echo called on Charles Berry at the West Camp ranch on Monday.  
 Peggy Thompson has been suffering from the grippe.  
 Russell Moore, a student of O. A. C., is spending the spring vacation at the home of his parents, Mr. and Mrs. John Moore.  
 Miss Beulah Neill and Charles Plier spent Monday evening in Echo.  
 Rosellen Doherty, a student of Monmouth Normal school, returned to her duties on Sunday after spending the spring vacation with her parents, Mr. and Mrs. B. P. Doherty.  
 Naomi Moore is suffering from the grippe.  
 A good crowd from Alpine attended the high school play, "Sunny Jane," which was given at the Pine City High school on Friday evening. The play was very good and very well presented. Much credit is due the students and their director.

**FARM POINTERS.**

When lawns are beginning to grow and there is more or less dead grass in the sod, it is best to cut the lawn early and thus encourage quick results from the new shoots, says the experiment station.  
 A farm building may often be saved from fire by having water available in hydrants in the barn, garage or hog house or by having running water in the house, says the experiment station. Fire prevention is the only protection from fire on many farms. Smoking may

be forbidden, brush fires may be watched, chimneys may be cleaned, grain and storage bins may be ventilated and electric lights may be installed, but in case a fire starts a good water system with water under pressure and hydrants and hose near all buildings forms a ready and reliable defense. Where no running water is available, fire extinguishers are the next best.

A good top dressing for grain or meadow grass is 75 pounds ammonium sulfate or 85 pounds sodium nitrate an acre, says the Oregon experiment station. The fertilizer is put on when the plants are dry or when it is actually raining so the fertilizer will not stick to the plants. Ammonium sulfate is the fertilizer recommended by the Oregon experiment station for grass lawns. Grasses, especially bent grass, thrive

on acid soils and dandelion and plantain, weeds which are troublesome in lawns do not grow well on acid soil. Ammonium sulfate increases the acidity of the soil so that it checks weeds and furnishes nitrogen for the grass. Ammonium sulfate is best put on dry and washed into the ground with a hose. The rate of application is one-half pound for 100 square feet.

**ENVELOPE PRICES CUT.**

Reductions in prices of government stamped envelopes amounting to 20 per cent, effective April 1, have been announced by the post-office department, according to the Publishers Auxiliary, which says that the National Editorial Association legislative committee stated that this price cut would intensify

the feeling among consumers of printing that publishers and printers were exacting high prices merely because the government with its vast resources is in position to extend this unfair competition with private printers.

It will be recalled that the postal department cooperating with the government envelope contractor at Dayton sent out millions of circulars to buyers of printing which in effect held up printers as profiteers, as their prices were considerably higher than those offered by the federal government.

The legislative committee stated that the effect of this government price-reduction will be felt on all printing items as the impression of extortionate prices extends to other commodities sold by printers. The new government list is expected to renew the demand for eliminating the government as a competitor.

Geo. Atterbury and S. Denson were Boardman people in Heppner Tuesday looking after business.

Mr. and Mrs. H. M. Olden were Fairview residents visiting in this city on Tuesday.

**Whitman All-College Glee Club**

will appear at the Heppner School Gym-Auditorium Monday, April 1 8:15 P. M. Admission 50c

**STAR HAM Demonstration Sat., Mar. 30**

A free ham sandwich to all who visit our store. Orders are being taken now, at the lowest price in the city.

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EGGS—Fresh, candled—very choicest to go with the ham. In unlimited quantity.

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All main bearings are ball bearings in dust-proof cases running in oil. The cylinder, beaters, fans, draper, header drive shafts and other important bearings are of this type. Require oiling not oftener than ONCE A WEEK.

The CASE COMBINES have many other improvements to offer the user and never before have combines as efficient and economical and easy to operate been offered the grain grower as the 1929 models of Case Combines.

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SPECIALS FOR SATURDAY-MONDAY, MARCH 30th - APRIL 1st

SERVUS GINGER ALE 3 for	<b>55c</b>	RED & WHITE RIPE OLIVES Mission Variety, per 9-oz. tin	<b>18c</b>
SERVUS GINGER ALE 6 for	<b>\$1.05</b>	RED & WHITE SOLID PACK TOMATOES, 2 1/2s, 3 for	<b>52c</b>
SERVUS GRAPE JUICE Pints, 2 for	<b>57c</b>	SERVUS SOLID PACK TOMATOES, 2 1/2s, 3 for	<b>57c</b>
RED & WHITE COFFEE Per pound	<b>42c</b>	SERVUS PEELED APRICOTS 2 1/2s, 2 for	<b>69c</b>
RINSO, Large Size Per Package	<b>24c</b>	SERVUS DATES 10-oz. tins, per tin	<b>21c</b>
SERVUS FRESH PRUNES 2 1/2s, 2 for	<b>43c</b>	SNOWDRIFT 4 Pounds	<b>95c</b>
SCHLITZ MALT 2 for	<b>\$1.33</b>		
CALUMET BAKING POWDER 1-Pound Tin	<b>31c</b>		

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