

Sunlight Starvation.

(From State Board of Health.)
The sun has been shining since the beginning of the world, yet there are people in this advanced age who do not appreciate the value of the sun and the sun's rays.

Many diseases are due to a lack of sufficient hours spent in the sun. Sunlight is a necessity of life. Green plants removed from sunlight soon fade and lose their vitality. People who are confined in dark places away from daylight become pale and tend to lose their normal healthy vigor. Such persons have a pasty skin, are apt to be tired and listless and are an easy prey to germ infections, especially those of the lungs, nose and throat. The tendency to avoid the sun's benefits by remaining in-doors is all too general, especially during the cold weather period.

Sunlight is only a part of a vast sea of energy waves which are constantly pouring through space. Only a narrow band of the waves emanating from the sun is interpreted by the human eye as light. White light or daylight, is made up of component rays which represent the seven primary colors of the spectrum. Below the visible light lies the region of the invisible ultraviolet rays which possess important physiological properties.

The ultraviolet light of sunshine increases the germicidal power of the blood and increases the resistance to infection. The prevention and cure of rickets are important effects of sunlight. The ultraviolet light causes the absorption of certain mineral salts which are concerned in the building of the teeth and bones. It increases the hemoglobin or red coloring matter of the blood and acts as a general tonic.

These short rays produce redness and subsequent tanning of the skin after exposure to sunshine. Persons who have not been tanned recently should observe caution in the first few exposures to direct sunlight. It is well to expose oneself to sunlight gradually. The most satisfactory result obtained from sunshine without ill effects is to expose the bare skin for a time long enough to produce a slight but not uncomfortable redness, followed by tanning. As the degree of tanning increases the time of succeeding exposures can be increased. The first exposure should not be longer than thirty minutes. The best and correct way to get the benefits of these ultraviolet rays is to let children enjoy to the fullest extent the sun's rays.

Persons having tuberculosis should not undertake to expose themselves to sunshine without consulting a physician as there may be danger to such persons from over-dosage.

The greatest preventive and curative agents are open air, sunshine, good nutrition and plenty of rest and sleep.

Ordinance No. 228

An ordinance authorizing the Water Superintendent of the City of Heppner to make and establish rules and regulations governing the use of water from the city water supply for irrigating purposes, providing a penalty for the violation thereof, and declaring an emergency.

The People of the City of Heppner do ordain as follows:

Section 1. That the Water Superintendent of the City of Heppner, Oregon, is hereby authorized to make and establish such rules and regulations governing the manner and time of the use of water from the City water supply for irrigating purposes as such Water Superintendent may deem advisable to secure an equitable and economical distribution thereof and to preserve the water from such supply for household use and fire protection.

Section 2. When said Water Superintendent shall have made and established such rules and regulations, all persons, firms or corporations using such water for irrigating purposes shall comply therewith, and the said Water Superintendent, the Chief of Police of said City of Heppner, or any employee of said City of Heppner are authorized to enter upon any land or premises where said water is used to inspect the use of such water, and said Water Superintendent, Chief of Police or any of the employees of the said City of Heppner shall have the power and authority in addition to the penalty hereinafter provided, to shut off and prohibit the use of such water to any person, firm or corporation failing to comply with or violating any of such rules or regulations.

Section 3. All of such rules or regulations shall be submitted to the Common Council of said City of Heppner by said Water Superintendent to be approved by said Common Council at a general or special meeting, and such rules and regulations shall become in full force and effect immediately upon the approval thereof by said Common Council.

Section 4. Any person violating any of the provisions of this ordinance or any of such rules or regulations made or established by said Water Superintendent and approved by said Common Council, shall upon conviction thereof in the Municipal Court of said City of Heppner be punished by a fine of not less than \$2.50, nor more than \$40, or by imprisonment for not less than one day nor more than twenty days.

Passed by the Common Council and approved by the Mayor, this 21st day of July, 1924.

E. G. NOBLE, Mayor.
Attest: W. A. RICHARDSON,
(Seal) Recorder.

Chas. W. Smith, county agent, returned the end of the week from Portland where he attended a four-day grain grading school—the best four days of education he ever received in his life, he declares.

Lowell Turner, helper at the Ferguson Chevrolet company garage and star centerfielder on the Heppner ball team, drove on to Portland after the game at Wasco Sunday, having business in the city.



Of self-same color is her hair, Whether unfolded or in tresses. High-lo, fair Rosaline!
—Lodge.

The feminine hairdress calls for more than distinctive style to be perfectly successful. It calls for texture, gloss and finish as well.

And this is not alone to be attained through purely artificial means. The credo of hair beauty is the belief and the practise of the (tremendously important) daily brushing. There is no better way to develop hair beauty. The softness and lustre which come from this regular care cannot be duplicated, not even with a pint of brillantine.

It is more than merely surface beauty which brushing develops. It is the sheen of health and scalp activity and no artificial aid can stimulate this.

The most successful way to brush the hair is with military brushes. When using hand brushes the pressure falls directly on the hair instead of being distributed between the scalp and the handle of the brush. Also, the military brushes make for an even regularity of movement.

After one week of regular brushing you won't recognize your hair. I cannot understand why so many women neglect this so easily cultivated part of their beauty.

Next in importance in developing

the loveliness of your hair is the frequent use of a good tonic. Many of you, I find, ask me about hair tonics when there is definite injury to be corrected, whether it be premature graying, falling hair or broken dry strands. A hair tonic should be more than a corrective to you. It is first of all a preventive of all those conditions of hair ill health.

There are three classifications of hair—the normal, the dry and the oily, and the tonic you select should be specifically suited to your particular type. Rub it well into the scalp, a drop at a time, using the very ends of your fingertips, not the cushioned pads of the first joint of your fingers. Not only will the tonic stimulate hair growth and strengthen the roots, but it will help along the good work of brushing until a fine, natural gloss has become a permanent feature of your charm.

The third important unit in cultivating the high lights of hair beauty is that much used, often abused product—brillantine. There are certain arrangements of the hair which demand the maximum of lustre. The satin-smooth bob is one such style, and to those who wear this type of hairdress, I address the caution—a very little brilliantine goes a long, long way. One single drop in the palm of your hand and then rubbed briskly into the hair brush will be more than sufficient for the average person.

Another method of applying brilliantine is by placing a drop or two in the palm of one hand, rubbing both hands together, then smoothing on the hair.

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Is your home operating on one cylinder?

Six and eight cylinders mean MOTOR efficiency—electrical appliances mean HOUSEHOLD efficiency.

Automobiles and electricity have grown up together and spread over the country at an unprecedented pace. Each has contributed immeasurably to the progress and happiness of the nation.

The day of the one- and two-cylinder automobile has passed, but there are many homes still "chugging along" without electrical appliances.

Modernize your home.

Don't "chug along."

Pacific Power & Light Co.

J. D. Cash, local manager of J. C. Penney company, accompanied by his family, motored to Walla Walla on Sunday. Mr. Cash returned later in the day while Mrs. Cash and the boys remained to be in that city for the 4th of July festivities which Mr. Cash expects to return for today.

Adrian Engleman was a farmer of the lone section looking after business in Heppner on Monday. While the weather has been pretty warm out his way, wheat has been developing well and will soon be ready for the combine. Mr. Engleman is looking forward to a good yield.

The New Jantzen
Swimming Suits
The Legion Pool is Now Open

"THE SPEED SUIT"

For men or women. Cut short and low under arms.

\$6.00

"THE TWOSOME"

For men or women. Snappy two-piece suits.

\$6.50

"THE SUN-SUIT"

For Children.

\$3.75

The Latest and Snappiest Swimming Wear

ALL-WOOL SUITS

100% virgin wool for men, women and children.

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"A MAN'S STORE FOR MEN"

Thomson Bros.

Special Features

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SWANSDOWN

Cake Flour
Regular Package
Package 32c

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Velvet
Best Quality—Full Rolls
1000 Sheet Tissue
4 Rolls for . . 25c

SHRIMP

1's, Fancy Large Barataria
Can 18c
2 for 35c

PORK AND BEANS

Campbell's
LARGE CAN
Can 10c

CRACKERS

Snowflake
2-lb. Caddie.
Caddie 34c

CERTO

The Favorite for Making
Jelly. Regular Size.
Bottle 26c

SALMON

Rosedale
Medium Red Alaska—1's Tall
Can 24c

FLY SWATTERS

Kan't Miss
The Original Long Handle.
Regular 10 Seller.
Today 8c

COFFEE

FREE—FREE—Again by request, a big stick of pure sugar candy FREE with 1-lb. Package AFFILIATED BUYERS BEST, Highest Grade, COFFEE.

Package . . . 49c

TAPIOCA

Minute
Package . . . 13c

LUX TOILET SOAP

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3 Cakes . . . 25c

OLIVES

La Fiesta
Imported Spanish or Queen.
3-oz. Glass—YOUR CHOICE
Bottle 11c

MATCHES

Best Quality 5c Match on the market.
6 Pkgs. for . . 18c

Thompson's

MALTED MILK
1-LB. TIN
Tin 45c

TEA

Lipton's
Yellow Label—Orange Pekoe.
10c Package . . 9c
1-4-lb. Tin . . 23c
1-2-lb. Tin . . 44c

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Fresh and Cured Meats. Fish on Fridays.
Oysters, Clams, Shell Fish.

ATTENTION—Farmers and ranchmen, we want your stock hogs, fat hogs, chickens, turkeys or other poultry, veal or beef. Come and see us when you have anything in this line to dispose of; we pay all the market affords and can use your produce.

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Of Great Importance

We will admit that the most important business to you is YOUR OWN business or occupation. That's what brings your three square meals a day.

It also keeps a roof over your head, and as your business grows you become more experienced and it gradually brings you nearer to "Easy Street." But next to your business, is the banking business, for a connection with a good bank like ours is helpful to your business in many ways. We will be glad to serve you.

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