

EASY TO BANISH THE "BLUES"

Uddue Despondency Can Be Cured by Attention to Diet and Cultivation of Optimism.

A fit of the "blues" is as much an intoxication as a drunken spree, and a bad attack may disqualify a person for wise and efficient action as thoroughly as alcoholic intoxication.

A person subject to the "blues" should in his most lucid and optimistic moments resolve to make no important decision, and to set a special guard over his conduct, while under the influence of the flood of poisons to which the condition is due.

The real cure for the "blues" lies in prevention by removing causes.

The foul breath and coated tongue noted in these cases are abundant evidence of the poisonous origin of the "blues." The adoption of a poison-free diet is almost invariably followed quickly by a change in the mental state.

It is important, then, that we cultivate optimism and forcing the mind into optimistic channels of thought.

This can best be accomplished by reading optimistic authors and talking with optimistic people. An excellent plan is to set oneself the task of curing some other neuroathetic suffering from his pessimism, by deluging him with optimistic ideas and expressions.

"Adopt a diet that will introduce poison-free foods into the dietary and assist the elimination organs in carrying out as rapidly as possible the poisons that may be formed in the natural body functions. These things are not miraculous, but can be adopted into one's daily life with the utmost ease.

ZEALOUS OPPONENT OF DYES

Objection Made by English Quaker Was That They Led to Concealment of Dirt.

John Woolman, the Quaker, refused to wear any clothing that had been dyed. He carried his scruples so far that he wore a hat that was of the natural color of the fur, thereby presenting, as one of his biographers remarks, the aspect of a sort of Robinson Crusoe. One of John Woolman's objections to dyes was that they concealed dirt. Traveling often in wet weather through narrow streets, he was frequently distressed by various impurities—especially when his journeys took him to places where cloth had been dyed, so that at sundry times he had to "walk over ground where much of their dyestuffs has drained away." This produced in his mind a great longing "that people might come into cleanness of spirit, cleanness of person and cleanness about their houses and garments."

As a further reason against dyes he argued that the spirit that would hide dirt leads to the concealment of anything that may be materially or morally disagreeable, and is therefore contrary to sincerity. He contended that if the money spent on dyeing were devoted to the promotion of cleanness much good in every way would result.

Carrier Pigeons in Warfare.
The use of carrier pigeons is very ancient in the Orient and was brought to the attention of Europe at the time of the First crusade, when the Saracens were found to have the birds in regular use for the conveyance of information. The Christian commanders employed falcons to chase and intercept this pigeon post on several occasions, and on others caught the tired birds, substituted misleading messages for those they were carrying, and sent them on to deceive the enemy. The Mohammedan sovereign Nureddin used carrier pigeons for welding together the scattered parts of his empire. Although the use continued, it was not until the Franco-Prussian war of 1870 that pigeons were again of conspicuous public service. During the siege of Paris constant communication was maintained between the besieged city and the outside world by means of the carrier birds. Subsequently the German, French and other European governments established regular pigeon corps and thousands of birds were trained and kept for use as messengers.

Finger Prints of Everyone.
The Argentines have carried the use of finger prints further than perhaps any other nation, writes Harry A. Franck in the Century Magazine. Even school children taking formal examinations must decorate their papers with thumb print as a protection against forgery. Both photograph and "cedula" are produced by a well-trained public staff in well-arranged public offices, in which the prints of all ten fingers of the applicant are filed away under the number inscribed on his "libreto" (identification papers—every citizen of Buenos Aires has a booklet of identification), and where courteous attendants bring him into contact with the lavatory facilities which he requires before again displaying his hands to a pulchritudinous public.

Thursday (Thor's Day).
People born on Thursday will live to a good old age, and obtain great wealth. They will be successful in marriage and business, though somewhat liable to accidents. Honesty, discretion, and piety will be theirs, and they will stand high in church and state. They may marry twice and there is little doubt they will have many children. Their health will be good throughout their life and they may live to be over eighty.

COLUMBIA NEWS NOTES
SPECIAL CORRESPONDENCE

A committee of hay men consisting of Tom Haddox, H. J. Stillings and G. W. Beddow were out Tuesday visiting farmers, securing signatures for the new cooperation recently formed at Hermiston. Several names were added to the already large list and more have agreed to sign up later. With the organization on a good firm basis as it now is, hay men of the country are greatly encouraged with the future prospects.

On account of a rather cool spring alfalfa is a little short and the first crop will not be as large as former years.

Notwithstanding the late frost which killed the peach and apricot bloom in some places there is an abundance of the fruit in other locations and the fruit out look in general is good. The blossoms from trees in orchards due to lack of pollinating have fallen making a short crop. Strawberries are ripening rapidly and many berry tracts will yield sufficiently this year to help supply those who have none. Mrs. Joe Udey has already disposed of berries and can take orders for future use if desired.

There are many other places in the community where all kinds of berries and currants can be had.

The old-fashioned dance to be held at Hermiston Saturday night promises to be a big success. The committee who is giving the affair are working hard to that end and many tickets have been sold so far. The merry makers are to be arranged in old time regalia, the most severe styles are permissible. The funds are to go to the Columbia Park improvement.

Mrs. Susie Boyes is spending the week at the home of Mrs. Frank Beddow.

Mrs. Charles Keller and Mrs. Geo. Beddow attended the dinner party at Hermiston Wednesday evening given at the home of Mrs. Pat Mooney in honor of Mr. and Mrs. Watson and family.

The Watsons are leaving for Walla Walla at the close of school.

Tilford Stillings is on the sick list having the scarlet fever it is reported.

School teachers and pupils are preparing for a picnic in the school grove next Friday.

Besides have possibly the first strawberries in the county, large bouquets of beautiful roses have been taken from the Scharpenberg farm just west of Columbia. The soil is adapted for all purposes in this country. Where alfalfa may not succeed roses grow in abundance giving promise of competing with Portland, the rose city.

The Neighborhood Club will meet at the Keller home Thursday, May 26.

There was scarcely a home in the community that was not represented at the big celebration held in the Hermiston Auditorium last Thursday evening given by the Hermiston Commercial club. Words cannot express the good time enjoyed by everyone and the comic stunts, games and contests put on by the committee in charge took the grouch out of a good many present. The rural people certainly appreciated the efforts of the town folks in entertaining them so well and hope that a celebration of that nature would be made an annual affair. We want to go again.

MINNEHAHA NEWS NOTES

L. C. Quick, who recently sold his farm in this section, has moved his family to the Hayden place. Mr. Quick will help Mr. Hayden during the summer.

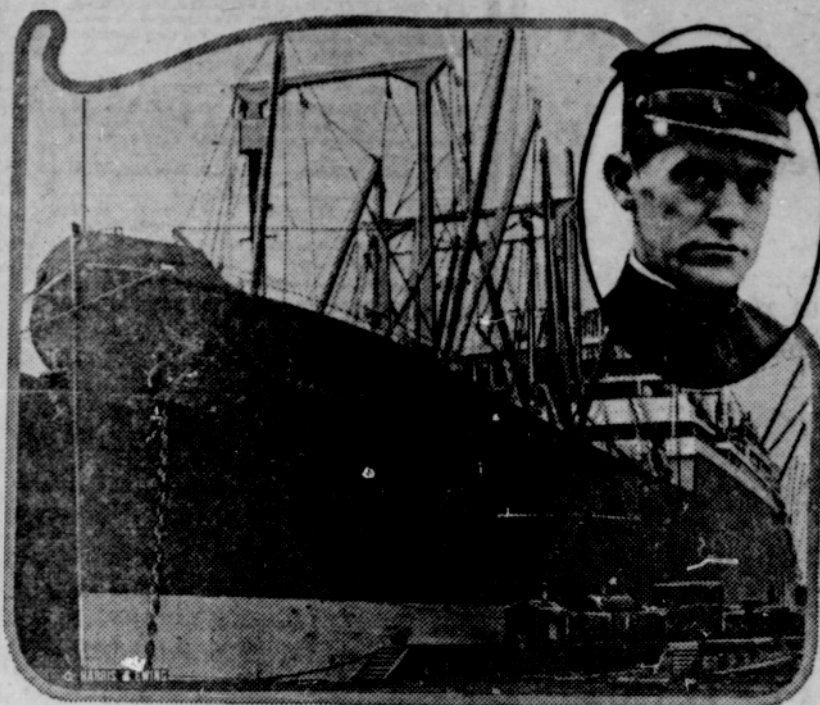
The school children and their parents and friends enjoyed a picnic on the school grounds Wednesday, May 11.

School closed in this district Friday 13. Two pupils took eighth grade examinations.

Frederic Thom visited school Friday afternoon. He will spend at urday and Sunday at home, returning to Pendleton, where he is at tending high school, on Wednesday.

Miss Margaret Ornduff spent several days with Mrs. W. B. Finley of Hermiston last week.

Uncle Sam's First Passenger Liner



The United States government has completed its first passenger steamship at a cost of eight and one half million dollars. The Hawkeye State, as the boat is called, left on its maiden voyage from the Baltimore harbor recently with a millionaire passenger list for San Francisco and points in Hawaii. At the right is Charles W. Stevenson, captain of the vessel.

Farm Reminders

(From O. A. C. Experiment Station)
Aphids are appearing in great numbers in a variety of field and truck crops. A period of warm weather with abundant sunshine would do more to effect control than applied methods. Generally speaking any control of aphids on field crops is too expensive to be practical. Control sprays are advisable on truck crops.

Garden slugs are usually numerous in gardens, ornamentals and lawns. The combined use of copper spray and poisoned bait as developed by the O. A. C. Experiment station is by far the most satisfactory practice. Spray the plants with a weak bordeaux solution. For the bait mix a rounding tablespoon of calcium arsenate with a quart of finely chopped leaves of lettuce or other succulent plant. Place the bait in small heaps about the plants to be protected. Lead arsenate is by no means so effective as calcium arsenate in the soil.

Loganberries and raspberries should be examined by the growers, and when numerous small holes are found in the leaves the plants should be sprayed with arsenate of lead, one half pound to 25 gallons of water. The holes indicate the sawfly, which may defoliate the field if allowed to go unchecked.

Broccoli plants require from seven to eight weeks to make their seed bed growth in. They should be already for field setting the last week of June, or the first week of July.

Corn planting time is here and since the season is rather cold it is desirable to use plenty of seed in order to get a good stand. Planting may be delayed until late May, but in that event only the very early maturing varieties should be used.

Lumbago

This is a rheumatism of the muscles of the back. It comes on suddenly and is quite painful. Every movement aggravates the disease. Get to bed, keep quiet and have Chamberlain's Liniment applied and a quick recovery may be expected. Mrs. P. J. Dann, Brockport, N. Y., writes: "I can honestly say that Chamberlain's Liniment cured me of lumbago a year ago last summer. When I began using it, I was flat on my back in bed and could not turn to the left or right. I had a bottle of Chamberlain's Liniment in the house and this was applied to my back. It promptly drove away the pains and aches." Pd. Adv.

WELL-BRED HOGS GAIN WEIGHT MORE RAPIDLY THAN DO SCRUBS

The importance of good breeding in the growth of live stock, and especially in the prevention of runts, is illustrated by the experience of an Indiana swine grower. "I started with stock," he remarked in a letter to the U. S. Department of Agriculture, "direct from the foundation stock of the breed, and the results were satisfactory. When I had time to read of the work of other men, the results of feed composition and experiences that I thought practical for me to follow, and the results, though not exceptional, have been the natural results of good blood and good feed. One of my boars, farrowed in April several years ago, weighed 165 pounds the following September. At 16 months he weighed 606 pounds, at 28 months 850 pounds, and the following fall 1,015 pounds. This boar was one in a lot of 15, as uniform a bunch as I ever saw. Others grew into 600 and 800 pound hogs under farmers' care."

"In addition to good blood lines," he added, "care and the right kind of

feed are important means of preventing undersized animals, but the most important of all is the man with the feed basket, for it is 'the eye of the master that fatteneth his cattle.' So far as runts are concerned, I have never found it profitable to raise them under any treatment. I have seen lots of 'before and after taking' illustrations on paper but not in the feed lot."

Accrediting Makes Herds Safe

The way herd owners value protection against bovine tuberculosis is illustrated says a specialist in the Dairy Division, United States Department of Agriculture, by the experience of the Bonner Springs (Kans.) Bull Association. Every member of the association, 11 in number, signed up for the accredited-herd campaign. They had 104 animals tested, and in 8 of the 11 herds no reaction whatever was found. Of the other 2 herds, each had just one animal affected by the disease.

At first sight some of the members thought the effort had been needless, and not enough results shown. But when it was considered that the object sought was not merely to eradicate tuberculosis after it had appeared but to protect the herds against exposure to the disease, it was plain that the object sought had been gained. These three sick animals might have spread the disease to all the others and to neighboring herd when transfers were made.

Old-Fashioned Dance Saturday, May 21 at Bungalow Auditorium.

PUBLIC NOTICE (No. 46)

Operation and Maintenance Charges. (Under Act June 17, 1902, 37 Stat., 388, as amended and Supplement.) Umatilla Project, Oregon Department of the Interior, Washington, D. C., April 25, 1921.

1. East Division—The annual operation and maintenance charges for the irrigation season of 1921 and hereafter until further notice, against all lands of the East Side Unit, Umatilla Project, Oregon, under public notice shall be as follows: A minimum charge of Two Dollars and Twenty-Five Cents (\$2.25) per irrigable acre, whether water is used hereon or not, which minimum charge will entitle the water user to four acre-feet of water per irrigable acre. Provided, that for lands in the so-called Sandy Area, this charge will entitle the water user to seven acre-feet of water per irrigable acre. Additional supplies will be furnished for all lands at the following rates: The first acre-foot for seventy-five (75) cents and each acre-foot thereafter for One Dollar (\$1). Provided further, that for lands seeded during the current irrigation season alfalfa for the first time, the additional supply of water will be furnished for twenty-five (25) cents per acre-foot.

2. West Division—The annual operation and maintenance charges for the irrigation season of 1921 and hereafter until further notice, against all lands of the West Division, heretofore called West Extension Unit, Umatilla Project, Oregon, under public notice shall be as follows: A minimum charge of Two Dollars (\$2) per irrigable acre, whether water is used thereon or not. For lands in the Boardman and Kern Districts of the West Division (excluding lands in the Juniper Canyon area), this charge will entitle the water user to four and one-half acre-feet of water per irrigable acre. Additional supplies will be furnished for all lands at the following rates: The first acre-foot for seventy-five (75) cents, and each acre-foot thereafter for One Dollar (\$1). Provided, that for lands seeded during the current irrigation season to alfalfa for the first time, the additional supply of water will be furnished for twenty-five (25) cents per acre-foot.

3. Payment of charges—All operation and maintenance charges under the project will be due and payable on March 1 following the irrigation season; but where water-right application is made for public land entered under the reclamation law after June 15, or where water-right application is made after August 1 for land in private ownership, no operation and maintenance charges will be made for water delivered during the remainder of the irrigation season in which water-right application is made.

Albert B. Fall
34-110 Secretary of the Interior

NOTICE TO CREDITORS

In the County Court of the State of Oregon for Umatilla County. In the Matter of the Estate of Edgar H. Graham, deceased.

Notice is hereby given that the undersigned has been appointed administrator of the above entitled estate by the judge of the above entitled court, and that he has qualified as the law directs. All persons having claims against the estate are required to present the same with proper vouchers to me at my home near Hermiston, Oregon, or to my Attorney W. J. Warner at his office in said Hermiston, within six months from the date hereof.

Dated this 4th day of May, 1921.
Frank Waugaman
34-51c. Administrator

Pendleton and Umatilla Stage

LEAVE	
Pendleton	8:00 12:00 4:00
Echo	9:15 1:15 5:15
Stanfield	9:30 1:35 5:35
Hermiston	9:55 1:55 5:55
Into Umatilla	10:15 2:15 6:15

LEAVE	
Umatilla	8:00 12:00 4:00
Hermiston	8:20 12:20 4:20
Stanfield	8:45 12:45 4:45
Echo	9:00 1:00 5:00
Into Pendleton	10:15 2:15 6:15

TWO TRIPS SUNDAY

Leaving Pendleton 8 a. m. and 4 p. m.
Leaving Umatilla 8 a. m. and 4 p. m.
722 Cottonwood Phone 868
We Deliver Parcels at Way Points

FARES

Pendleton to Echo, \$1.10
Pendleton to Stanfield, \$1.35
Pendleton to Hermiston, \$1.75
Pendleton to Umatilla, \$2.15

Station at Hotel Oregon and Hotel Hermiston

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Mr. and Mrs. Coolidge at Asheville



Vice President-elect Coolidge and Mrs. Coolidge seated on the porch of a hotel at Asheville, N. C., where they spent their vacation as guests of the city.

Business will go where it is invited and only stay where it is well treated.

The day of the "order taker" is rapidly passing. This is the day of advertising and Selling.

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Hermiston Herald
A Quality Newspaper