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| | | Investors for Strangers. |

CHURCH DIRECTORY

FEST METHODIST CHURCH-SUNDAY bebool at 10 a. m. Preaching avery Sunday at 11 a. m. and 7:30 p. m. Epworth League every Sunday evening at 6:40. Prayer Meeting Thurs day at 7:30 p. m. Ca meeting at 7:30 p. m. Ladies' Aid Every consense at 1:30 p. m. Everybody cordially lavired to all services. G. J. WENTZELL, Pastor.

VIRST BAPTIST CHURCH OF LAKEVIE W Freaching service at 11 A M and 7:30 P M on lat and 3rd Sun. Sunday School at 10 A M. Junior Society at 2:30 P M. Baptiat Young People's Union at 6:30 P M on each Sunday. Prayer Meeting at 7:30 P M Wednesday eve-ning. Every body invited to attend all ser-vices. REV. H. SMITH, Pastor.

CATHOLIC CHURCH-EVERY SUNDAY MASS and Benediction at 10 o'clock'a.m. Sunday school after Benediction. Week day Mass at 7:00 s.m. MICHAEL O'MALLEY, S.J.

FIRST BAPTIST "H"RE H OF GOOSE LAKE TREE BATTIST THE BALLOW Preaching ser-vices at 11 A Mand 7:30 r M of each Sunday of every month Sunday School at 10 A M. Prayer Service at 7:30 on Wotnesday evening of each weed till are cordially invited to attend he services EEV. L. E. MENDERSON,



Every mother dreads the "awkward nce" especially for her girls. Its harm ties more to the fact of its moral effeet than its physical, for a child who knows she is gawky and ungainly loves all self confidence in both work and play

Gymnastic exercises are the obvious remed, but unless they unconsciously influence the child to perform better the everyday acts of sitting, standing and walking they fail of their purpose. for of what use are five minutes of thest expansion if the girl goes about the rest of the day with slumping shoulders?

More important than this is to make the exercise a pleasure-play instead of work The child will then turn to them without urging and forget to be self conscious in her enjoyment of them Music for even the simplest movements will give this pleasure, and "natural dancing" will combine sufficient exercise for every part of the body. for a "natural dancer" sways the arms, head and trunk in addition to the footwork

To really deserve the name this kind of dancing should be spontaneous, with the spontaneity of the little street children who dance around the hurdy gurdy. But really all it amounts to is a rhythmic combination of the less strenuous of the gymnastic exercises. If there is no school of dancing to send the daughters to, do exercises yourself with her. Twenty minutes a day will be a good frolic for you both. Compose the dances yourself. for there is an indefinite number of combinations.

Plain skipping about as though waltzing or running very lightly on the tips of the toes will be sufficient for the feet while swaying with arms and trunk. The only rule is that the arms flow back gently in the direction from which you are running just as though you had left them behind. Backward bending, side bending, whirling, leaping and bowing are some of the motions that will occur to you. A rotary swaying motion with the

arms above the head may be taken while kneeling on one knee. This allows for chest expansion and a strengthening of the waist muscles. The arms should generally be slightly curved in that palm downward position that best conceals a bony elbow. The head should be held erect by seeming to stretch the muscles of the back of the neck rather than by lift-



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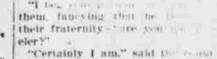
BUILD HOUSES IN TREES

Some Mexicans Thus Sleep Secure From Quakes and Tigers.

In order to protect their homes from earthquakes many of the natives in the territory around Chilpaneingo and other towns in the state of Guerrero, in Mexico, live in trees. Some of these tree bomes are of large size and are ingeniously constructed. Reeds and grasses are interwoven with the twigs and branches of the tree, much in the manner that a bird builds its nest. The severest wind seldom loosens it from the tree. Where the trees are large and stand closely together houses of two or three rooms are frequently built in their branches. These ouses also afford protection from the tigers and other wild animals which are found in that region in large numbers. It is said that a tiger will not attack its prey unless it is upon the

ground. The prime object of elevating these houses into the trees, however, is, as mentioned, to keep them from being shaken down by the severe earthquakes which visit the Guerrero territory at frequent intervals. The rocking of the earth gives the trees a swaying motion, but does no damage to the houses. In some localities whole villages of these tree homes are to be seen. None of them suffered damage from the recent earthquakes which wrought such ruin to the buildings upon the ground .- New York Tribune.

THE PRINCE'S PRESENT.



"Isthmuses." "Wb-wh-what," asked the purgreed commercial-"what are they?" "I am introducing ship canals." said

De Lesseps gravely. The commercial travelers feared that they had fallen in with a lunatle and were making preparations to escape when the count handed them his card and put them at their case.

The Architecture of Madeira.

We saw no suggestion of modern architecture or European innovation. no blot anywhere except a single motorcar. Without knowing anything on the subject I should say that the architecture of Madeira is a mixture of Spanish and Moorish, like that of Mexico, only it is better than anything in Mexico. From the ship the stucco, tile roofed city is flawiess, and as we steam away and night comes down and lights break out and become a jeweled necklace along the water's edge our one regret is that we are leaving it all behind .- Albert Bigelow Paine in Outing Magazine.

The Easiest Way,

Dickson-Dobbins formerly opposed my views, but now he agrees with me in everything. Wickson-How do you account for it? Dickson-Don't know. I'm not sure whether I convince him or only make him tired.



COURTEOUS TREATMENT

DED de LIGHT & HARROW, Proprietora

NEVADA--CALIFORNIA--OREGON RAILWAY Daily Service Except on Sundays

| Train No. 2 leaves | Altura | is at | | 4 | 4:50 | Α. | M. |
|---------------------|--------|-------|------|-----|-------|----|-------|
| Arrives at Reno, Ne | vada. | at - | - | | 6:10 | Ρ. | M. 41 |
| Train No. 1 leaves | Reno, | Neva | d, a | t - | 9:00 | Α. | Μ. |
| Arrives at Alturas | at - | | - | 1 | 10:10 | Ρ. | M. |

S. P. Co's Trains leave Reno as follows, No. 23 leaves Reno for San Francisco at - 7 30 p.m. No. 3 leaves Reno for San Francisco at - 2;45 a.m. No. 4 leaves Reno for the East at. - - 9:25 p. m. No. 2 leaves Reno for the East at - - 9:50 p.m.

ing the chin.

LODGE DIRECTORY

O. U. W.-LAKEVIEW LODGI NO. 111. Meets every second and fourth Thursday of each month. in Masonic Hail. Lakeview. Chas. Toaningsen. W.M.: Wm. Gunther. F.

DEGREE OF HONOR-LAKESHORE L Mo. 77, D. of H., A. O. U. W., Meets r. third Thursdays of each mollith Hall: Etta Pea C. of H.; Mary-Peat L. of H.; Mamie McCulley, C. of C.; Cora Greene Recorder.

4. O. O. F.-LAKEVIEW LODGE, No... O. F., meets every Saturday evening Fellows Hall, at 7:80 of elock, from Octo e1 to April 1, and at 8 olclock from April 1 to September 30. A. E. Cheney, N. G.1 Cheney, Secretary

LO. O. F.-LAREVIEW ENCAMPMENT NO. 1 I. O. O. F., meets the first and third Thurs day evenings of each month in Odd Fellows Hail, Lakeview, C. D. Arthur, C. P., A. H Emmersley, Scribe.

EEBERAH LODGE-LAKEVIEW LODGE, NO 22, I. O. O. F., meets the second and fourth Fridays of each month in Orid Fellows Hall, Mrs Edna Miller. N. G.; Mrs. Mary Ablatriom V. G.; Mrs. M. D. Moss. Secretary; Mrs. Ale Bunting, Treasurer.

O. E. S. ORIENTAL CHAPTER, NO 5, LAKE-view, Oregon, -- Meets on Tuesday, on or be-fore full moon and two weeks thereafter, in Manonic Hall, at 7:30 o'clock. Visiting members are cordially invited. CORNELIA A. WATSON, W. M. IDA DEBACH. Secretary

PROFESSIONAL CARDS

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Attorney at Law

Cottles in Daly Pufiding LAREVIEW OREGON

Sentiments For a Mother. The following lines are exquisite

when done in illuminated lettering and simply framed and may be given at a stork shower: THE MOTHER TO HER FIRSTBORN.

God keep thee, soft warm thing, Now nestled to my breast. A prayer o'er thee I sing; That God will bless thy rest.

I kiss thine eyes so dear, Closed in slumber deep. I kiss thy lips so near. God kiss thes in thy sleep

-Crawford.

A partnership with God is motherhood. What strength, what purity, what self control, What love, what wisdom, should belong

Who helps God fashion an immortal soult

-Mary Wood Allen.

Pins In the Nursery.

If you do not want your child's beauty marred with scratches, not to speak of his life endangered, see that safety pins are provided in quantity for the nursery. If there are plenty of all sizes ever at hand there will be less danger of substituting the common pin in a hurry. One of the favorite and most sensi-

ble gifts for the new baby is a series of rings suspended by a ribbon and hung with safety pins of all sizes. For a somewhat handsomer gift are gold and silver safety pins. These are useful not only on baby, but are just the thing to pin the corner of mother's apron bib that there may be no possibillity of a brass safety pin being monthed by the prying youngster.

Keep Spectacles Bright.

If the little ones are obliged to wear glasses see that they are taken off two or three times a day and polished. Dust and perspiration soon accumulate, the glasses become dim and the eyes get strained trying to look through them in this condition. If the glasses look greasy and will not polish rub them with a little methylated spirit and then polish them with a chamols leather.

For Children's Parties.

parties is a zoological hunt. On ar views old they brottent him to see up rival the liftle folks receive envelopes has man assar I is only if he st containing the head and shoulders of of it now ?" some automal in cardboard and are told that they must find the rest of the creature. It is most fun to hunt over an extension area, upstairs and down- PO ---stairs and through as many rooms as gre available.

THE POST OF THE TOTAL OF THE OWNER OWNE

It Was Given In Exchange For a Magnificent Carpet.

"While I was in Damascus," said a globe trotter the other day, "some royal highness or other potentate passed through that ancient city, and the governor of the town delivered an address of welcome. It was in verse, and everybody who knew of the occurrence felt sure that the governor had been richly rewarded by the prince for his effort. That afternoon, so the story goes, the governor called on a dealer in rugs with whom he had been chaffering for a long time over a magnificent carpet which he coveted for his palace. After several cups of coffee the rug merchant offered the governor the carpet in exchange for the present the prince had given him for his poetic welcome to Damascus. The governor after a little hesitation agreed. and the carpet was rolled up and de-

livered to an attendant, who started for the governor's palace. "Thank you.' said the governor as

he arose gracefully to his feet. "'But the prince's present?' demanded the rug merchant.

'You have it.' said the governor. All he gave me was "Thank you," and this I have given you for your carpet."-New York Press.

Janet's Way of Growing Young. As a matter of fact. Janet was born exactly two years before her brother Fred; therefore in the natural course of things when he was ten she was twelve and glorled in it. When Fred was known to be fourteen she still confessed to sixteen. When Fred boasted eighteen years she timidly acknowledged herself just over nineteen. When Fred came home from college and had a party in honor of his twenty-first birthday Janet said to ber friends: "What a boylsh fellow Fred is! Who would think he is only a year younger than 1?" When Fred declared himself twenty-five and old enough to get married Janet said to a gentleman friend; "Do you know, I feel very jealous of Fred getting married But, then, I suppose twins siways are more attached to one another." And two years inter at Fred's wedding she said, with a girlish simpler to the guests: "Itoar aid Fred! To see him married today. An amusing game for children's and to think when he was only dye

> Trait & is Min- Mad. - Stan Republic - C. e. THE LOOKAGE TRAN LOOK - 100 In a Pranada Pressi and Rates commercial travelers.

The first and worst of all frauds is to cheft oneself. ABOARD A SUBMARINE.

The Ceew, the Work and the Kind of Life the Men Lead.

Life aboard a submarine is not so unpleasant or dangerous as one might imagine, but it is entirely different from that led on other types of ships. The crew, usually consisting of two officers and fourteen men, is selected from volunteers after a most rigid medical examination. Service rarely extends beyond a period of two years, and real work on a submarine is limited to absut three weeks in the summer and one in the winter During the remainder of the time the men live on "parent" ship or on shore. The boat is, however put through the various, evolutions once every week

The first impression on entering a submarine is one of heat, the air being rather close and heavy, but the men oon become a customed to it Standto room errors to about sits and oneoff feet, and toward both ends the at tapers yours almost to a point. here are to retholes. The hatchway the country tower is the only aperare Under water electric light is used There are ventilaters fait when the boat dives they are star off with a

Life on board a submarine is easenrially "in common" The way men and many oblocts are crammed together in a narrow space is almost miraculous Cooking is done in an electric oven.

and no foods which have a strong or disagreeable studi are used. Of course smoking is allowed only when on the surface and then on the bridge. Owing to the character of the men selected discipline is perfect.

There is scarcely any noise in a submarine when submerged The greatest depth the hoat descends does not exceed thirty feet. At that depth her speed is about 8 knots. The air is quite "breatbable" for four hours, but in case of emergency the crew can remain closed in for seventy hours without danger.

The men love the life. With the offcers they are as one family, sharing everything equally, including the dangers, which are not much to speak of. provided every one does his duty. When the weather is fair there is very little rolling. In rough weather the men escape knocking about by bolding on to "steadying lines."-New York

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