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Do You Comply With the Butter Law?

If not, read the following law and have your Butter Wrappers printed, with your name and weight of butter thereon.

CAUTION!

CHAPTER 179, SECTION 3.
"It shall be unlawful for any person, firm, association or corporation to sell, offer or expose for sale, any short weight butter in the State of Oregon. All butter sold or exposed or offered for sale in rolls, prints or squares within the State of Oregon, shall be plainly marked: 'Eight ounces, full weight,' sixteen ounces, full weight, 'twenty-four ounces, full weight,' or 'thirty-two ounces, full weight,' and ever roll, print or square sold, offered or exposed for sale shall contain the number of ounces marked thereon and any person, firm, association or corporation violating any provisions of this act, shall be deemed guilty of a misdemeanor and upon conviction thereof shall be punished by a fine of less than \$25.00 nor more than \$100.00, or by imprisonment in the county jail for not less than six months; or both such fine and imprisonment."

The Journal can furnish you with good parchment Butter Wrappers, printed according to law, at \$1.25 for the first hundred and 25 cents for each additional 100. This includes stock and printing. We are printing for the best buttermakers in this day, and would like to add your name to our list of satisfied customers.

You can send your order by mail with the amount. Write plainly and state the size you wish.

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DAILY DIET AND HEALTH HINTS

By DR. T. J. ALLEN
Food Specialist

"LOW PROTEID" DIET THE BEST.

"The yellow gall that in your bosom floats engenders all these melancholy thoughts," wrote the poet Dryden. And it is certainly true that one great cause of depression of spirit is bile in the blood. It is also true that excess of bile arises from too much proteid or albuminous elements in the diet. It follows, therefore, that healthful buoyancy is promoted by what is termed a "low proteid" diet; that is, restricting to a small percentage the amount of proteid consumed daily—say ten per cent; sugars (preferably fruit sugar), starches and fats constituting the remainder.

Names for "Good Friday."
Perhaps no Christian festival has so many names as Good Friday. Our Anglo-Saxon and Danish forefathers called it "Long Friday," in allusion to the length of the day's services and fasting; in France it is "Holy Friday;" in Germany either "Stiller Freitag" ("Quiet Friday") or "Charfreitag," in allusion perhaps to the exhibition of the crucifix for adoration after being veiled all through Lent. In the Greek church it has been known at various times as "The Pascha of the Cross," "The Preparation," "The Redemption" and "The Day of the Cross," and to these names the Latins have added "The Day of the Lord's Passion," "The Sixth Holy Day of the Pascha," and many others. "Good Friday" seems to be peculiar to the English language.

Clergy as Volunteers.
An army order has just been issued in England prohibiting clergymen from holding combatant commissions in the volunteers, or from being enrolled in the ranks of the force. This must be regarded as a reasonable regulation, for though in certain country districts some of the clergy have proved themselves very good officers, and as such have, perhaps, accomplished good work from the moral point of view, it cannot be denied that there is a distinct incongruity in a minister of the Episcopal church being also bound by his oath of allegiance to bear arms and weapons, which can by no means be classified as part of the equipment of the "armor of light."

Queer Place for Nest.
Birds in London sometimes choose queer nesting-places. A pair of sparrows have this year chosen the granite crown of the Royal coat of arms which decorates the massive gothic arch of the middle tower of the Tower of London. There they have been seen actively at work designing the architecture of their home. The birds have only just room enough to get in and out of the stonework at the base of the crown.

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THE NATIONAL CAPITAL

(Special Correspondence to the Journal.)

Washington, D. C., July 5.—(Special to the Journal.)—The president has won his victory for free sugar and free wool in the senate and his party overwhelmingly upholds his position in those two items. It is now believed when the tariff bill comes to a vote in the senate that both the Louisiana senators will be found voting with their party. The sugar interests of Louisiana have been making a great deal of noise, but protection on sugar is only a benefit to about 100,000 people in that state, while free sugar is a benefit to 2,000,000 people in Louisiana. This 100,000 however is fully organized while the 2,000,000 are unorganized.

The Lobby Investigation.

The recent investigation of the powerful lobby which has been working in Washington against the tariff bill has brought to light facts which should cast everlasting disgrace on some senators. For instance, the attorney for the sugar trust prepared an elaborate argument in favor of the tariff on sugar, and got Senator Lodge of Massachusetts to read that document in the senate as a speech, and then of course it was entitled to franking privileges which carried it free through the mail. The peculiar thing is that after Lodge read the argument in the senate it was then corrected by the attorney for the sugar trust, which is an unprecedented thing for a senator to deliver what is supposed to be a speech and then have the proof corrected by an attorney for a great trust. This shows what a subservient fool Lodge is for the trust. This document was sent through the mail at government expense, the postage of which if paid would have amounted to \$16,000. Henry Cabot Lodge ought to be thrown out of the U. S. senate for prostituting this high office in this manner and even old Lorimer of Illinois, who was kicked out of the senate last year, was ever known to debase his senatorial office in this manner.

THE CURRENCY BILL.

The new currency bill is now before the house and senate with the approval and urgent support of President Wilson. This bill enables the government to enormously increase the volume of money when there is need for the same. However, the bill marks the beginning of a new era in our finances by reason of the fact that it takes the control of our finances away from Wall street and the big bankers there and places the control absolutely in the hands of the government at Washington. Senator Jacob H. Gallinger of New Hampshire (notorious standpatter) who is even a more willing and subservient tool to Wall street and the trusts than even Henry Cabot Lodge, has announced that he will fight the currency bill to the limit. What he dislikes about the bill is that it places the finances of the country in the hands of the "government." He calls it putting the finances of the country in the hands of "politicians." Gallinger can fret and fuss all he wants to but this bill is going to pass and at least 75 senators out of 96 will vote for it. Gallinger does not seem to know that "his day has passed" and the sending of such men as he to the United States senate is not likely to be repeated in the future, as senators henceforth will be elected by the people, and not through railroad influence, which sent him to the senate and kept him there.

EARLY ADJOURNMENT.
There is a difference of opinion

WILD HORSE OF EASTERN OREGON

Roam Over Vast Valleys Which Have No Human Habitations.

The following is from a recent issue of the National Tribune, published in Washington, D. C.: Judge Will R. Ring of Oregon, who has been appointed chief counsel for the reclamation service, while in Washington recently, gave some of his ideas about wild horses. He said that if any one thought that wild horses were no longer common in the United States he should take a trip from Winnemucca, Nev., to Pendleton, Ore.

"Eastern Oregon, southern Idaho and northern Nevada form the biggest unsettled empire we have left in the United States," he declared; "and it is the only place in the country where we still find the wild horse roaming at will. To be sure there are not many of them, but it shows that it is the only place in the country where they have ranges that are open for them. It is 350 miles from Winnemucca to Pendleton, and from the Western Pacific in Nevada to the nearest railway in Oregon is still farther. In fact, there are valleys there in which some of the New England states might be dropped and not touch the sides, which have no human habitation. It will not be many years, however, that such conditions will prevail, for settlers are pouring into the country, knowing that the railways, once shown a possibility for business, will build branch lines. There are hundreds of people crossing the Canadian boundary who would be much better off settling in their own country."

PERILOUS TRIP OF SMALL GIRL

Passes Through Rapids of Minidoka Dam and Over a 46-Foot Fall; Survives.

Just how any human being could go over the rapids of Minidoka dam and live is a puzzle, yet this very thing happened a week ago last Saturday morning. A little daughter of Mr. Dalsoglio, who lives south of the river, and another little girl went to the dam to deliver some milk, crossing the river on the spillway. The little Dalsoglio girl remained on the south side and decided to get some moss off the rocks. In doing this she fell into the swift water and was carried over a fall of forty-six feet. Managing to catch hold of a large rock, she held on to it and waited for help to arrive. When her little companion returned she called to her and finally succeeded in attracting her attention, above the roar of the water. The girl then returned to the power house across the spillway and secured the aid of James Glendening, who waded in water up to his waist to accomplish a rescue.

The little girl was badly bruised, but that she escaped at all is nothing short of a miracle. The water pours over the spillway with a tremendous force and gains momentum every inch of the way. Below are numerous rocks, eddies and suckholes which toss and suck under large timbers and hammer them to pieces upon the rocks, and it does not seem possible that an eight-year-old child could live.—Filer (Ida.) Journal.

Red Raspberries, Dewberries, on the vines, 20c per gallon, pick 'em yourself, at the A. W. Ward ranch near Warren school house. Phone for date of pickings; now ready. July 10-11