

Advertising is to business what steam power is to machinery—the grand motive power. —MACATLAY.

THE ATHENA PRESS.

There is but one way of obtaining business publicity, but one way of obtaining publicity—advertising. —BLACKWOOD.

VOLUME 6.

ATHENA, UMATILLA COUNTY, OREGON, OCTOBER 13 1893.

NUMBER 48

CUNSTIPATION

Is called the "Father of Diseases." It is caused by a Torpid Liver, and is generally accompanied with LOSS OF APETITE, SICK HEADACHE, BAD BREATH, Etc.

To treat constipation successfully



SIMMONS' LIVER REGULATOR

It is a mild laxative and a tonic to the digestive organs. By taking Simmons' Liver Regulator you promote digestion, bring on a regular habit of body and prevent Biliousness and Indigestion.

BARTHOLD'S STATURE.

Even as a mother, when the twilight falls, With flaming candle high above her head, From her cottage door and softly calls Her loitering children who too far have strayed, And smiles to hear their shouts come through the gloom, Naving her fading light to guide them home— In streams of one constant welcome o'er and o'er While alien merris and exiles catch thy light And pull with them—such was the mother's share. Her arms are founded on our prairie fess, They build their faces within our mountains' shade.

Pr. southward, nestle 'neath the orange tree, Free to abide where'er thy feet have strayed, No more we see the stinging lash cut deep The dusky fink of supplanting slave, No more through cyprus wreaths the blood-hounds creep To hunt him to his master—or his grave. Though black, though white, of high or low degree, The hand that feeds thy watch fire now is free, Great, grand, majestic monument of love, A burning altar by the smouldering sea, His plumes are plumed to watch above Between our banner and the four-de-dia. —Jays Jacques in Youth's Companion.

FANCHETTE.

A slip of a girl with slim, young shoulders, childlike form and shy, rose face half avoiding, half inviting the gaze—this was Fanchette.

Fanchette Hugot they called her in the village, where old Mother Hugot was well known. But Fanchette shook her head. She was no kith and kin of Mrs. Hugot, that she knew, and Jacques knew it also—Jacques, with his bonny brown head and bright, bold face and gray attire, which marked him for the better class; Jacques, who loved her better than she loved the turkeys which she tended, and swore that every dark hair of her head under the red turban was precious to him.

Jacques' father called her the little turkey tender and threw her a coin from his carriage as he passed. But Fanchette resented the coins and made herself more beautiful in her lover's eyes with her fiery-ribbons that matched the blue of her eyes and roses that rivalled the carmine of her dewy lips.

When Jacques took her in his arms and told her that he loved her and let the light of his beautiful eyes shine in hers, she forgot the whole world just for that one moment. She forgot to wonder that God should let his creatures suffer so; that he should distribute blessings so unequally. She forgot that old Mother Hugot was a hard mistress and forgave her the bruise on her poor body and the unkind words she used toward her. She mounted into heaven when Jacques put her arms about her and she could lean her head for a moment on his broad shoulder.

But these opportunities were seldom granted her for sinking her soul in Letha. These were cows to milk, and the pigs to feed, and the turkeys to tend, and when she could finally slip away to her lover whistling impetuously round the corner of the lane she had but a few moments to spare from her mistress, who was impatient the instant the girl was out of her sight.

They used to watch the moon come up sometimes, round and fiery and glowing in the soft warm sky, and Jacques would claim a kiss for every star that appeared in the heavens as they watched. Ah, Fanchette loved the stars! One shone into her little casement at night, and she always thought of Jacques when she saw it, and his kisses seemed to her again laid on her lips as she fell asleep with her eyes fixed on the distant light.

Fanchette was very faithful to Mother Hugot, who grumbled at having to keep her and called her shiftless and a good-for-nothing. But Fanchette knew from the tiny gold locket around her neck and from the embroidery on a bit of a gown Mother Hugot had shown her that she was Jacques' equal at least, and she always looked for a delivery to come to her in some guise or other. Every morning when she arose she would say, "Perhaps today my deliverer will come," and every night when she went to bed she prayed, "God, I thank thee that I am yet alive, for I know thou wilt send me a great blessing tomorrow."

So when the fairy godmother finally did arrive Fanchette was the least surprised of any of the village.

When Jacques met her that evening in the lane, he laid his head down against her to hide his face, out of which the gray light had faded.

"You are going away," he cried, "to be a great lady. You have a title; you will live in a palace. I, poor Jacques, what shall I do? I think death would not be difficult."

"I shall come back, Jacques, in a year—I have promised me that—and then we may be married if you are waiting for me still. Parting is but a test of time love. Don't give your kisses or your love words to other girls to make the time speed faster, my own Jacques. If I feel that you are all my own in deed and in thought, there will be no sting in the sadness of our parting."

Jacques lifted up his head. The moon came up lightly over the late time trees and shone upon his boyish face.

"I promise," he said, solemnly lifting his hand on high, and then he drew her dark head against his shoulder and pressed her lips with his own.

"In a year from tonight I will meet you here. Oh, Fanchette, my love, my own, you will not fail me, will you?"

"Never, Jacques, if I come to rags, I will keep my word. If I come to a beggar, still I will meet you here."

"Remember our star, Fanchette. Every night I will look for it, and when you see its rays you will know your Jacques is dreaming of you and praying for your return."

When the sun chased the shadows from the earth next morning, Fanchette was in many miles away.

She went to a palatial home. She gowned herself in satins and saw herself bedecked with jewels. She grew more fair than a poet's dream, and she danced with nobles and was attended by aristocratic dames.

She was still Fanchette, and at night she looked at the stars she loved and murmured the prayer of her childhood's days. Every heartbeat was for Jacques.

HOW TO TREAT A WATCH.

An Old Watchmaker Gives Advice Worth Following.

"Bear in mind," said an old watchmaker the other day, "that a watch is, in its way, almost as delicate a piece of mechanism as the human system. As it is necessary for a man who wishes to keep in good health to take his meals regularly, so it is necessary to feed a watch at regular intervals. You feed a watch by winding it up. Therefore have a certain hour for winding your watch and never deviate from it."

"You can regulate your own watch if you will only study its peculiarities. See this little arm? Well, if your watch is running slow, turn that arm with the blade of your penknife a trifle toward the letter 'F.' If it is running fast, turn it in the opposite direction toward 'S.' Don't move the arm more than a fraction of an inch, for if that will not suffice your watch needs a watchmaker's care."

"Don't open the inner case of your watch more than is absolutely necessary. Every time you open it dust sweeps in upon the works, and it takes very little dust to put a watch out of order. In nine cases out of ten, when a watch is brought to me to be cleaned, I can tell with my glass the business owner of the watch follows. I examined a watch the other day and told my customer that he worked in wool. He admitted the fact. I had found some small particles of wool in the works of his watch."

"Have a chamois case for your watch, or chamois lining in your watch pocket. It preserves the case and keeps it from getting scratched. I have heard men say that a watch with a chamois case will keep no better than one without such protection, but that is nonsense."

"If you work near electrical instruments or ride on electrical cars, you should have your watch demagnetized. The real cost of this is almost nothing. There is a machine for the purpose. You place the watch on the positive side and then on the negative. There is no more work about it than there is in baking a loaf of bread."

"I have heard men say that it was impossible to take a sick watch to a jeweler without being told that the trouble lay in a broken mainspring. But how little men who wear watches know about mainspring! Broken mainsprings come as a sort of epidemic. Don't laugh; I'm simply telling you a fact. A year ago this spring I was flooded with watches the mainsprings of which had snapped. A peculiarity of the breaking was that each of the 25 or more turns to the spring was severed, and that the breaks were in a straight line from the center to the circumference of the spring."

"Now let me add a few words as a sort of final. The best as well as the cheapest watch movements in the world are made in England and America. It's all well enough to talk about Swiss watches, but in point of accurate time keeping there never has been made an expensive Swiss watch that was a whit superior to a good English or American one."

"Wind your watch regularly, regulate it, study its moods in both hot and cold weather, keep the inner case closed, get it demagnetized and don't call the watchmaker a robber when he tells you that the mainspring of your watch needs renewal."

HOW TO CONTROL A HORSE.

A Runaway May Be Mastered by Using a Little Judgment.

A horse cannot nor will not run away with his neck loosely arched and without bearing hard against the bit. By having him carefully flexed and mouthed you put his head, neck and mouth in position to make resistance against the bit a physical impossibility, and even if he should be frightened into running, the muscles of his neck and jaw having by previous training been brought under absolute control, he will quickly yield to the pressure of the bit and can be managed with ease. Besides forcing the horse into physical obedience, flexing and mouthing have an equal moral effect—viz, being taught that the pain caused by pulling the bit ceases with the beginning of his obedience, he always, as it were, anticipates your wishes by yielding immediately. These results obtained by flexing and mouthing refer to both driving and saddle horses. Have your horses well trained, flexed and mouthed before driving or riding them through the streets or park, and you will have fewer accidents, fewer wagons to repair and fewer doctor bills to pay.

To hold a spirited horse—one of those luggers who nearly pull you off the saddle or who pull the wagon by the mouth, with the reins as traces fastened to your hands and you as substitute for whiffletree—has no pleasure. You wrap the reins around your hands. You use buttons or loops or universal or patent bits, which, giving the horse more pain, only cause him to pull harder, for he wants to free himself from the torture inflicted by the bit; or by an overdraw attached to the bit, he will, the latter pinching the mouth (the thinner and smaller the bit the greater the torture), you elevate his nose and tie it up to his tail, keeping him for hours in a strained position, which produces that peculiar stiff movement of shoulders and forelegs so noticeable in horses checked by high overdraws. But you do not remedy the trouble; the horse still "lugs."

If you, instead of fighting the whole horse at once, would first become master of his separate parts, particularly his neck and jaws, by having them flexed and mouthed so that you can handle them with ease, you would have no trouble, no lugging, no running away. If the horse lugs with his jaws resting against the bit, it is not caused by the hardness of flesh in his mouth, but by the position of his head and neck and the stiffness of the latter, receiving and centering in it the impetus of his body. He may, for instance, have a heavy muscular neck and strong, narrow jawbones. The muscles of the neck not being, by flexing, taught to yield, those which carry the head and neck stretched out are predominant, and although he would like to evade the pain inflicted by the bit he cannot do so, but must rush against it. Remove the cause, and the trouble will disappear.

THE REALM OF FASHION.

Pink accessories are still used on gray toiles, but a newer and sometimes more becoming color looks on gray is that of pale yellow in crepe de chine, chiffon or striped silk.

The aspiring egypte, the nodding long stemmed flower, the waving plume and the erect, assertive bow of ribbon, lace or velvet are still prominent features of millinery.

The new silk warp crape fabrics designed for demureness the coming summer are very lovely both in fabric and color, and their pretty ribbon garnitures will lend additional charm.

India silks with old rose or lilac clusters on a pale primrose ground make charming dresses trimmed with eury culprure lace and loops and ends of velvet or old rose or lilac satin ribbon.

There is a threatened epidemic of white petticoats now that women have made a desperate effort to purchase all the requisite assortment of handsome silk skirts to match their various gowns.

Among parasols for general uses are those of corded silk lined with shot surah. India silk parasols in delicate tint or in white have a prettily wrought border at the edge or are finished with slightly gathered pinked flounces.

Rows of fringed or pinked ruffles, ribbons set on in spaced lines, narrow bias bands of silk gathered twice through the center or box plaited, slightly gathered or festooned lace flounces, are the popular finishes for the bottom of summer dress skirts.

A dinner dress of shot satin in pink and white has roses ruche on the bodice, the gown opening in diaphanous tulle on a petticoat of striped white, pink and violet, the sweet pea colors. White lace flappings show everywhere among the rose ruches. —New York Evening Post.

HELPING OUT A MEDICAL AUTHORITY.

A medical authority says that in view of a threatening plague people cannot be too careful in the selection of the ice they use, as all sorts of disease may be communicated by this medium, but no directions governing the selection of ice are given. In order that the public welfare may be conserved we present a few general rules for the guidance of ice purchasers.

The best ice is always cold, and sometimes a slight moisture may be observed upon the surface. It is devoid of smell and will melt when exposed to a temperature of 110 degrees F. Ice made of water is most desirable. It should be transparent, or nearly so, and should break into fragments when given a sharp blow. Tough ice that will not break is generally adulterated. Avoid soft ice or ice that has been subjected to excessive heat while under process of manufacture.

It sometimes presents a fine appearance, but is unwholesome. Ice more than three days old should not be purchased, as it is liable to turn sour on your lungs, and will have to be thrown away. After having melted, ice loses many of its virtues, and should not be used. It should always be kept in a cool place and at a distance from gas fixtures to avoid explosions. —Washington News.

JUST BOYS.

Vance W. Helm of Cotton, Cal., is perhaps the youngest telegraph operator in the world, being but 11.

Dandson, Tex., claims to have discovered a 6-year-old boy who "has been a tramp for two years, plays poker, drinks whiskey, can swear like a pirate and is an expert with the pistol."

Two boys about 13 years of age are running a dairy in south Atchison, Kan. They started two years ago with one cow and a milk can. Now they have four or five cows and a horse and wagon.

A 15-year-old negro boy living near Milan, Tenn., was born with only one eye, there being no trace of another. His body is covered with a growth of small hairs resembling wool, giving him the appearance of a brute animal.

In Belfast, Me., two boys started a brush fire which got beyond their control. "Oh, Lee," said one, "why don't you ask God to help us?" "Get out," said Lee; "I don't believe he'd help us if we did, and I'm going to fight it myself." And he did till the neighbors came.

In Princeton, Ky., the 3-year-old baby of Geoffrey Stevens fell into a churn. There was no rope handy, but Mrs. Stevens' 10-year-old son volunteered to be lowered down by a twisted window curtain. It broke, and the poor fellow was drowned. He was found with the baby in his arms. —New York Recorder.

LODGE DIRECTORY.

A. F. & M. NO. 80 MEETS THE 1st, 3rd and 5th Saturday Evenings of each month. Visiting brethren cordially invited to visit the lodge.

I. O. O. F. NO. 73, MEETS EVERY 1st Friday night. Visiting Odd Fellows in good standing always welcome.

A. N. U. W. NO. 104, MEETS THE 2nd and 4th Saturdays of each month. L. A. Githens, Recorder.

PYTHIAN, NO. 29, MEETS EVERY Thursday Night.

HOW TO LOOSEN GLASS BOTTLE STOPPERS.

1. Tap the stopper gently with wood, first on one side, then on the other, striking upward.
2. Dip the neck and stopper in hot water.
3. Tie a string around the stopper and jerk it evenly backward and forward, holding the bottle firm.
4. Put a drop or two of oil around the stopper where it will run down between the stopper and the neck of the bottle, then warm it.

HOW TO CARE FOR OLEANDERS.

An oleander ought to bloom profusely half the year. Plant out or plunge small plants during the summer, giving them abundance of water. The best soil is equal parts of loam, rotten sods, sand and cow manure. See that tubs or pots are well drained. In winter set in a cool light cellar with little water, not little enough, however, to cause the soil to get quite dry. When repotting in spring, prune and cut back the branches some. Keep the plants in a partly shaded location under a tree or on a porch. Give plenty of water and shower the foliage. If washed, use a brush and soap to remove them.

HOW TO MAKE A WATER FILTER.

Stop the hole of a clean flowerpot about 10 inches high with a piece of new sponge, not too tightly to prevent water from passing through. A 2-inch layer of charcoal, then a layer of clean sand, and last one three inches deep of coarse, clean gravel is put in, and the pot is kept over an earthen jar under the faucet. Sufficient water will filter through for drinking purposes.

HOW TO MAKE A LAMP SHADE.

"I had a large and beautifully embroidered white silk handkerchief," said a lady, "which I never had found any use for. I dyed it a primrose yellow and edged it with a frill of cream embroidered chiffon. Then I cut a large circle from the center, laid side plate, two at each side and turning toward the center of each corner or point. I then sewed the top to a band of yellow silk and covered the same with a box plaited ruche of ribbon to match, joined at one side under a pretty bow. This makes a lovely shade to slip over a plain white porcelain lamp."

HOW TO TREAT NEW BRUSSELS CARPETS.

Brussels carpets even of the best quality are liable to be injured by something catching in the loops of the threads. This roughens the surface and prolongs a loop to an unsightly length. Cut it off as soon as the damage is done, thus preventing its pulling on other threads. See also that the furniture and casters are smooth enough not to catch, also that there are no projecting nails in boots that must walk over it. Avoid sweeping a new brussels carpet until the loops have been trodden down somewhat. For this reason, it would be well to cover it with rugs or an art square for a month or so if possible.

SCIENTIFIC SCRAP.

The amount of air that a man will inhale in 24 hours will fill 78 bushels and weigh 33 pounds.

A thousand millions of the animals found in stagnant water do not collectively equal the size of a grain of sand.

Fourteen minor planets were discovered during last month, bringing the total number of small planets known to 325.

The diameter of Mars is nearly 4,500 miles. Its volume is about one-eighth and its density four-fifths that of the earth. A stone let fall on the surface of Mars would fall six feet the first second.

W. & C. R. Ry. Co.

In connection with NORTHERN PACIFIC R. R.

—Forms the—

QUICKEST AND BEST ROUTE

Between Eastern Oregon and Washington and Puget sound Ports, as well as the Popular and direct Line to all

Points East & Southeast

Pullman Sleeping Cars. Superb Dining Cars. Free 2d-Class Sleepers.

THROUGH TO CHICAGO VIA THIS LINE

Passenger trains of this Company are running regularly between

Dayton, Waitsburg, Walla Walla, Wash. and Pendleton, Oregon.

Making close connections at Hunt's Junction with Northern Pacific trains for Tacoma, Seattle, Victoria, B.C., Ellensburg, North Yakima, Pasco, Sprague, Cheney, Dayton, Spokane, Butte, Helena, St. Paul and Minneapolis.

AND ALL POINTS EAST.

TOURISTS-SLEEPING-CARS.

For Accommodation of Second-Class Passenger Attached to Express Trains.

W. F. WADSWORTH, Gen'l P't and Pass. Agt., Walla Walla Wash. W. D. TYLER, Pres. and Gen'l Mgr., Astoria, Ore.

J. A. MURHEAD, Agent, Astoria, Oregon.

HOW TO WASH A CARPET.

First wet it thoroughly with the hose or by throwing water over it. This will remove all gritty dirt and mud, which, if rubbed off, would scratch the varnish. Do not use hot water in winter. Wash off with a sponge soaked in water.

HOW TO START A EASY SEW.

With a nail punch give it two or three sharp blows to drive it in, then use the screwdriver. If the blows do not start it, heat the screw by holding a hot iron to its head.

HOW TO MAKE TABLE LINEN WEAR EVENLY.

If napkins, tablecloths and doilies are numbered with indelible ink and used in rotation, the wear on them will be much more even.

HOW TO GUESS A WOMAN'S AGE.

A volume of memoirs has just been published giving the experience of a French president of assizes. It bears curious testimony to the inaccuracy of women on the subject of their own ages. As the writer's information is from the calendar, he speaks only of the criminal classes. The only instances in which he finds correct dates given by women are when they are under 25 or over 55. At these periods of life, he says, they are to be trusted. At all other periods the controlling tendency is to understate. The magistrate has been able to give a rule for guidance. He finds that female prisoners invariably state their ages as 29, 30, 49 or 59, and from this remarkable circumstance he deduces his rule. If their ages are in the forties, they boldly set them down in the thirties; but, conscience asserting itself, they keep near the truth as they can and fix them at 49. Whether male criminals do the same the magistrate does not state.

FIN, FEATHER AND FUR.

The woods just north of West Point are the home of more than a score of American eagles.

The Hydras fusca, a sort of porcupine, may be turned inside out like a glove and will continue to live and eat as heartily as ever.

One kind of jellyfish is shaped like a trumpet and another like a Chinese lantern, capable of contracting and expanding itself at will.

An English writer declares he saw two salmon fight a duel. The fish plunged at one another for two hours, and night came on, and the end of the battle could not be witnessed.

The most curious animal in the world is the Ornithorhynchus paradoxus of Australia. It is shaped like an otter, has fur like a beaver, is webfooted like a swan, has a bill like a duck, a tail like a fox, is amphibious and lays eggs.

THE GREATEST UNIVERSITY IS OXFORD.

It has 21 colleges and 5 halls.

The libraries of Williams college and the University of Michigan are now open on Sunday.

The University of Cincinnati recently received a very valuable tract of land in the heart of that city. It contains upward of 40 acres.

Miss Kathleen Murphy of Dublin received the \$1,500 prize from the Royal University of Ireland for the best examination in modern literature.

The Register at Stanford university announces that ex-President Harrison will begin his course of lectures on international law next October, when the new school of law will be opened. Besides general instruction in law, the course includes training in branches that will fit students for the public service.

SOMETHING NEW!

Prof. Lane, the artist, has leased rooms over the First National Bank which he has converted into a

STUDIO

and is now prepared to instruct a large number of students in oil painting and free hand pencil drawing. Nice quiet rooms. Prices reasonable.

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