

PARK SOCIAL NEWS OF WEEK

THE PARK (Special)—The Park is having the mildest seasonal weather here that any of the old residents can recollect. The snow is rapidly coming off China cap and Catherine creek is turbulently roaring down the canyon, fields are fresh with long green grass and stock fattening wonderfully.

Every farmer of the Park this spring owns a car.

Flood Bennett has started a cream truck between here and Baker, reporting an excellent cream business.

The roads easterly to Baker are in fine condition. Westerly to Union, cars cannot yet pass the summit and are laid around the Goddard and Hall ranches on Catherine creek.

Jack Hunter, son of Mr. and Mrs. John B. Hunter, of the Forks, is herding a twin band of sheep for Arthur Oliver at Keating.

Mrs. Rose Lay, who is the proud mother of a big baby girl, is improving slowly. Mrs. Lay, 42, is the mother of ten children, five boys and five girls all living and healthy. She is also a grandmother.

Joseph C. Lay has again leased the old Martin place for this year.

Frank Wigglesworth is recounting how two Poland China brood sows on the same night brought him ten little pigs apiece.

Clarence Vanorder with his wife "Aunt Maud" drove to La Grande last Friday to visit their daughter Elva at the Grande Tondo hospital.

Kenneth Vanorder is still working for George W. South on the South ranch at Huntington. Willis Hays is working with him.

Miss Ida G. Hunter is keeping house for her father at the Forks while Mrs. Hunter, the mother, is nursing Mrs. Lay and baby.

Charles Wilson, his wife Uralia and their baby Earle, were visitors at the Big Log Cabin—the Forks, Uralia's parents' home. Roscoe Furman of Imbler drove them here.

Roscoe Furman reports the roads in bad shape for cars between Paddock and Hall ranch, especially.

George McEow is still running the Wallace Boyle ranch.

The little school house is busy under the direction of Mrs. Rose Hill, the school teacher from North Powder. The usual attendance at the school is reported as normal.

Miss Mary Vanorder reports that her sheep brought her a one hundred per cent crop this spring.

Anyone who is interested in beautiful wild flowers should and are invited to come to the Park on Catherine creek. Spring beauties such as elder tongues, yellow bells, cowslips, buttercups, several kinds of mountain lilies and scores of

He May Run



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Ray T. Baker, director of the U. S. mint under the administration of Woodrow Wilson, is considering running for the Democratic nomination for U. S. senator in Nevada. If he does his primary opponent probably will be Mayor Edward Roberts of Reno, father-in-law of Walter Johnson, famous Washington pitcher.

others are in bloom. The hills are made beautiful with these and the many butterflies.

Primary Organization Of L. D. S. in Meeting

PERRY (Special)—The primary organization of the Perry Latter Day Saints church held its annual conference Sunday afternoon at the community hall here. A class in each division contributed a number on the program which was appreciated by all who attended. There were also several speakers.

QUICK DIVORCES

NOGALES, ARIZ. (AP)—Senor Del Toro, so-called father of the Sonora divorce law, passed through here with another party of "eastern society" women whose marital ties had been quickly cut. Although U. S. courts have in several instances declared decrees granted in Yucatan illegal, the flower of maritalt weary toward the Sonora continues unabated.

LIQUOR WAREHOUSE BURNS—**SAN DIEGO, Cal. (AP)**—The Mexican government's bonded liquor warehouse at Escondido, across the border, was totally destroyed by fire last Monday night. Damages on the motorship Gracie, from the Lower California seaport reported.

HEALTH

SPRING TONICS
(By Dr. Frederick Stricker)

In the good old days many persons thought they needed a spring tonic. Mother made sassafras tea or prepared a mixture of sulfur and molasses and the youngsters were forced to take a dose whether they liked it or not. Today we believe that scarcity of green vegetables has something to do with the lowered vitality at springtime.

The best spring tonic is good-fasting, refreshing and health-giving vegetables and fruits. Vegetables and fruits are important parts of the diet. They supply iron, lime and other mineral elements that enrich the blood, nourish the tissues and provide bone-building material. Vegetables and fruits are especially valuable because of their rich vitamin content.

Vitamins are "life-giving" substances in the food, without which, no matter how much food one eats, disorders of nutrition occur and protection against disease is lowered or lost. Vitamins are a means of keeping up the health of the individual. They are known as vitamins "A," "B," "C," and "D," and each has a nutritional value.

Spinach contains a lot of vitamin "A" and this vitamin aids in preventing and curing rickets, malnutrition and bad teeth. Cabbage, tomatoes, spinach and beans contain a wealth of vitamin "B"; this vitamin promotes growth and improves the appetite. Lettuce and tomatoes are rich in vitamin "C"; this vitamin aids in the prevention and cure of scurvy. A child who gets all the necessary vitamins in proportion to his needs, is bright, active and happy. His eyes sparkle, his skin is rosy and he has a lively expression. His muscles are firm and his body is well-rounded. At no time does he need to be tortured with sulfur and molasses.

Vegetables are excellent spring tonics and have taken the place of disagreeable home remedies formerly thought necessary to health. Equally important is the wonderful out-of-doors with lots of fresh air. There is nothing just like the exhilaration and thrill of out-of-door life.

Walk for health. It is the best exercise. Eat your tonic with a fork instead of a spoon. This is the new idea for spring tonics—fresh vegetables and fruits. Green leafy vegetables and fruit are available the year around. Plenty of oxygen plus a liberal diet of green vegetables will provide the energy and vitality necessary to insure health and happiness.

PLAN MOTHERS' WEEK END

EUGENE, ORE., Apr. 16. (AP)—Mothers' Week-End at the University of Oregon will be held May 6-16, this year. National mothers' day comes May 9, but since junior week-end at the university falls at that time, it was decided to postpone the mothers' event a week here.

GOLDEN



In order to call attention to the fact that many persons are married happily, Dr. Henry A. Van Winkle, Spokane, Wash., minister, has organized a club of persons married more than 50 years. The first announcement brought such an attendance that two meetings had to be held.

Is He Long-Lost Charlie Rosse?



For years Julius Coleman Dellinger thought he was the son of L. D. Dellinger, who is buried in Birmingham, Ala. Now he thinks he may be that long lost, almost mythical "Charlie Rosse."

They Woke Up But They Weren't Hurt



This is what a home in Beaumont (Tex.) looked like after a tornado struck the city. Two people were sleeping in a front room of this house and were unhurt, although the chimney fell through the roof and dropped bricks all around their bed.

PRESBYTERIAL CLOSURE

MEDEFORD, ORE., Apr. 16. (AP)

The presbytery for the Southern Oregon district in session at Central Point closed here with the

election of the Rev. J. R. Lamb, of Sutherlin, Ore., as moderator. The Rev. Joseph W. Angert, of Glendale, the retiring moderator, was elected a ministerial commissioner to the general assembly of the Presbyterian church to be held in Baltimore in May. The other commissioner chosen was Elder John S. Bonar, of Phoenix, Ore.

JAZZ AGE PASSING

NEW YORK—Irvin Berlin thinks the jazz age is passing and the people now want ballads with a bit of feeling and sentiment. He

has written his view from London where he's honeymooning.

Even if you know her face well don't get too familiar with it.



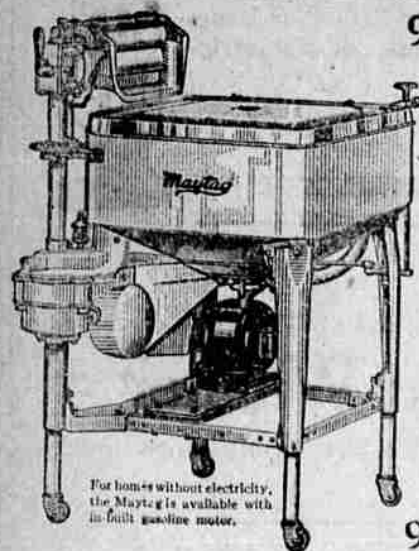
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