

**LOCAL AND PERSONAL**

The weather is unusually cold and backward for this season but wheat is reported to be doing well.

Not gone or going but here to stay. Permanently located at Heppner, Oregon. Dr. D. R. Haylor, eye specialist. 48tf

Mr. and Mrs. Andrew Baird who have been visiting their daughters, Mrs. J. O. Hager and Mrs. C. C. Patterson, returned to their home in Pennsylvania this week.

**FOR SALE**—Twelve good work mules; also some good work horses. See these animals at my place. GUY BOYER, Heppner, Ore.—46tf.

Manager Wilkins, of the Palace hotel, has received from the State Highway commission a large and comprehensive map of the State Highway system including all of the roads that have been designated as eligible for improvements. The map may be seen in the Palace lobby.

**NOTICE**—After May 21 no alien, not admitted to full citizenship, can vote at any school meeting. Lena Snell Shure, School Superintendent.

Dr. Gunster, graduate veterinarian, has located in Heppner with headquarters in Patterson's drug store.

E. H. Kellogg, transportation magnate, has bought a new passenger bus that looks like the real thing in street cars. When it comes up Main street tooting its bell and ringing its whistle it gives we bunchgrassers visions of little old New York.

County Commissioner E. L. Padberg was up from Ione Tuesday in attendance at Circuit court as a witness.

F. M. Atkinson, teacher of manual training in the Heppner school expects to leave tomorrow for Blaine county, Idaho, where he has accepted a position as hydrographer and water distributor for one of the irrigation projects there. The position carries with it a salary of \$150 a month and will probably be permanent.

Dr. H.T. Allison has returned from Vancouver, Washington, after completing his examination for a commission in the Medical Officers Reserve corps, which he passed with high honors. He is now subject to being called to the colors at any time.

**Two Meet Death in Wreck**  
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Mrs. Hanson heard of the wreck soon after it happened and immediately went to the scene in a car. She did not know of her husband's death, however, until she reached the scene of the disaster and inquired for him when she learned that he was under the engine.

The wrecking crew got to work Saturday evening but it was not until late Monday afternoon that they got the engine raised to an upright position. Tuesday efforts to recover the bodies were continued and finally the body of Frank Habel was caught by the grappling irons and loosened from its position in the wreckage. It was drawn nearly to the bank of the creek and almost within reach of the rescuers when the irons slipped and the body was swept down stream by the swollen current. Although constant efforts are being made the body has not been recovered at this writing. At about noon Wednesday the body of Samuel Hanson, the engineer, was recovered. It was found under the tender and was almost buried in the sand. It showed ugly wounds on the neck and forehead and a deep puncture in the left side. The body was brought to Case's undertaking parlors in this city where it was prepared for burial. The remains were taken to The Dalles today for interment.

**Bright Pupils Win Prizes**  
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drates, fats, and salts. Proteids are such foods as the white of an egg, cheese, and meats; carbohydrates are sweet and starchy foods; fats are butter, cream and lard; and salts are common table salts, and soda. Milk is the only perfect food as it is the only one which contains all four kinds of food. Therefore it is used extensively for invalids and ill people who require a liquid diet. When one of the four classes of foods is neglected partial starvation results.

People in different climates require different kinds of foods. The heat producing foods are eaten in the frigid zones while fruits are eaten more in the tropics. In our own country we eat more meats and hot soups in the winter and iced drinks and ice cream in the summer.

The proper preparation of food is something which every housewife should thoroughly understand. She should know that a meal is not complete unless it contains the four classes of food. Since proper cooking improves the food and makes it digestible she should not make soggy and doughy bread, continually fry food instead of boiling or baking it, and should not substitute food too rich and too sweet for the plain and wholesome food. She should avoid all adulterated foods, too much spices, and too much grease.

Today most of our sickness is caused by stomach trouble which is a result of improper cooking. Therefore, since our health depends to such a great extent upon our food it is very important to know how this should be prepared.

A shelter is that which protects us from winds, rain and snow storms, or the hot sun.

In prehistoric times man lived in caves. The American Indian lived in tents. Today we have dwelling houses made of lumber, stone or brick.

Every home should be weather-proof, well lighted, ventilated and properly heated. If it is not weather-proof, the occupants are liable to take cold. If it is not well lighted the eyes are affected. If not ventilated the lungs do not receive the proper amount of fresh air that they should. And if not properly heated the whole body suffers from the cold.

A house should not be built near a swamp or in any damp place on account of illness which would be sure to result, and insects and mice, which inhabit such places. Neither should we live in a tent under the glaring sun because being overheated is very harmful as well as being sunstroked.

Clothing is the means by which we assist Nature in keeping our bodies warm. It is made of cotton, woolen, silk and flax fibre. Clothing, like food, also differs according to climate and seasons.

Woolen clothing is lighter in weight than cotton clothing of the same thickness. It absorbs the perspiration more readily, and does not permit the body to become suddenly chilled. Woolen clothing lessens the danger of taking cold. Since wool is warmer than cotton clothing we should wear the former in the winter.

Too much clothing over any part of the body overheats it and makes it tender. Many sore throats are caused by wearing scarfs or mufflers about the neck. Too thin clothing also causes illness.

Tight clothing is very harmful. There is no waste space in the human body and air's need as much room for their livers, stomachs and lungs as boys. Tight lacing is very injurious to the health as it deforms the liver, squeezes up the lungs and crowds the stomach out of place.

Flat heeled shoes are much better for the health than high-heeled ones. Shoes that are too tight or loose cause corns. Tight elastic garters about the knee hinder free circulation of the blood.

Clean clothing is much to be preferred to that to which dirt and the sweat of our bodies cling. Clothing should be kept clean as well as our bodies.

If we have proper food, a good home, and suitable clothing we will without doubt enjoy good health, and good health is the first essential to a happy life.

**Our Cakes and Crackers ARE FRESH**

**We handle and recommend SWASTIKA BRAND**

When you want the best crackers ASK FOR **Snowflakes**

**Phelps Grocery Co.**

WHEN we consider that 61 per cent of the whole population of this Country lives in cities, we can understand the need of an increase in food products, which come chiefly from the farms. It is an urgent call. It is a call upon the patriotism of every farmer, farm hand and land owner. Every acre should produce its quota of food products. The time to plan for this result is at hand. No delay can be allowed. Plant big acreage. Plan for a big yield. Work for a bumper crop. Prices will be good. The Country's need is the farmer's opportunity.

OUR COUNTRY CALLS. EVERY FARMER SHOULD RESPOND  
**First National Bank**  
Heppner Oregon

**WHY NOT A SPORT SUIT?**

We have the materials for making them. Come in and examine it.

Stripes, Polka Dots and Fancy Figures in a good assortment of colors.

**Sport Suits are all the Vogue Just Now**

and who wants to be behind the times? Certainly none of our Heppner ladies, so we are ready to serve them in their wants.

We also have the Sport Hat to match your Suit. Don't forget to ask about them.

**FOR THE YOUNG GIRLS.**

And the young girls—They were not forgotten in this new creation. We can please them with many beautiful things suited to their needs. Come in girls and look at our new ribbons. We have just what you want.

**MINOR & COMPANY**  
Dry Goods Department

Choice Early Vermont seed potatoes for sale at Phelps Grocery Company. 1tf

Rev. Dr. Geo. B. Van Waters will hold services in the Episcopal church next Sunday morning and evening.

**LOST**—Sorrel horse, circle brand on jaw, weighs about 1200 pounds. Last seen near Headquarters ranch. Twenty (\$20) Dollars reward for return to Heppner Steam Laundry, Heppner, Oregon. 2tf

**CHURCH NOTICES**

Catholic Church Services, First Mass, 8:00 a.m. Second Mass 10:30 a.m. Catechism class 11:30 a. m. Evening Devotions 7:30 p.m. Reverend Father O'Rourke. The Federated Church Sunday School at 9:45.

The Anti-saloon will be represented at the morning service by Hon. B. N. Hicks of Portland, The U. S. should be dry during the war. Come out and hear him. Mrs. Sims will sing.

Theme of the evening sermon by the pastor, "Faint Yet Persuing."

Christian Endeavor 7:00 p.m. Topic "Is it Easier to be Good When Poor?" Leader Melba Griffiths. H. A. Noyes, Pastor. Church of Christ

The subject at 11 a. m. will be "Another Reason Why Christ Died."

In the evening at 8 o'clock the pulpit will be occupied by Hon. B. N. Hicks, Prosecuting Attorney for the Anti-saloon League. Mr. Hicks will have a vital message. Come and hear him.

**FOR RENT**—Baru for 2 or 3 horses with plenty hay room. Enquire at this office. 1tf

Jim Coleman, of Lone Rock, who was operated on a short time ago by Drs. Winnard and Gaunt for tumor of the stomach was able to leave the hospital Wednesday practically fully recovered. The operation involved the making of a new opening in the stomach and new connection of the intestine and Mr. Coleman seems to think it works very much better than the one Nature gave him.

Now is the time to get a new Spring Bonnet. Every one reduced in price at Mrs. F. Loper's. 1d3

**Brought Back by the Sheriff**

Deputy Sheriff Walter Cason returned from Madras Monday evening bringing with him Frank McKeehan who is charged defrauding an inn-keeper.

It is said that McKeehan was a partner and room mate of Jack Del Monte when the latter attempted to hold up John Keys in the Palace hotel last winter but so far no charge in connection with that affair has been filed against him.

**Ione High School Notes**

The finishing touches are being given in all classes to round out and complete the years work. The members of the Biology, Domestic Science, and Physical Geography class are writing papers.

The members of the Junior English class are preparing a series of debates while other classes are reviewing work preparatory for final examinations.

The Seniors with the assistance of some of the underclass members will present "The Snowball" May 19.

The graduating exercises will be given May 18. Dr. Maples of The Dalles will deliver the Graduation Address.

The Industrial Club met May 29, to elect advisors and to hear the reports of each member.

Art work was introduced into the lone school this year for the first time.

The primary room did a great deal of construction, free hand cutting and crayon work.

The intermediate grades had nature studies and landscapes.

The seventh and eighth grade took poster work. The seventh and eighth grade girls now meet Wednesday afternoon for their drawing while the boys take the mechanical phase. The girls have made several attractive paintings for themselves.

**Mollie Reed Shoots Jack Parker**

Jack Parker is in a serious condition at the Heppner hospital suffering from a bullet wound in the left breast which he received at an early hour Thursday morning at the hands of Mollie Reed, a well known old time character of Heppner.

Parker, it is said, was attempting to break into the Reed woman's house, at about 2:00 o'clock in the morning, refusing to leave when ordered to do so. Finally, fearing for her safety, she got her gun, opened the door and fired through the screen. Parker ran around the house and out to Main street crying for help. Glenn Y. Wells and Guy Boyer heard the shot and cries and came down to Main street, finding Parker in front of the Oregon Garage. Sheriff McDuffee was notified and hurried to the scene when Parker was taken to the hospital and a physician summoned. An examination showed that the ball entered the left breast a little above the heart, barely missing a large artery and lodging near the collar bone. It is believed he will recover.

Parker is said to be a drug fiend and has been in trouble here before. It is said that he waylaid the woman on the street several months ago and attempted to brain her with a rock. He was arrested and examined as to his sanity but was finally turned loose and ordered to leave Heppner and never return. It is said that before leaving he threatened to "get" the Reed woman sometime, and he appears to have had some intention to make his threat good.

Mrs. Reed has been in Heppner for many years and is quite aged. Public opinion seems to be that in this case she acted within her rights. At this writing she has not been arrested and it is not known whether any charge will be filed against her or not.

**RESOLUTIONS**

Whereas, It has pleased Almighty God, the father of all men, to call from our lodge our beloved brother, William Hughes, who for many years was a prominent and respected citizen of Heppner and a worthy brother and member of Heppner Lodge No. 65, A. F. & A. M.

Be it Resolved, that while we bow in reverent submission to the will of him who doeth all things well, yet we do not the less deplore the loss of our brother.

To the family of Brother Hughes the members of Heppner Masonic Lodge extend their deepest sympathy in this their hour of grief.

Resolved, that a copy of these resolutions be spread upon the minutes of our lodge, a copy sent the family of our deceased brother and copies furnished the local papers for publication.

S. W. SPENCER,  
C. E. WOODSON,  
A. L. AYERS,  
Committee.