

HEPPNER HERALD

S. A. PATTISON, PUBLISHER.

An Independent, Local Newspaper.

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FRIDAY, JAN. 18, 1918.

Lessons in Food Conservation

Miss Martha B. Struck, teacher of Domestic Science and Art in the Heppner high school has been appealed to by Avan B. Milan, Director of Home Economics for the State of Oregon Federal Food Administration, to undertake to give a series of lessons on food conservation to the women of Heppner and vicinity, thru the Domestic Science Department of the high school, as outlined by the Federal Food Administration. In his letter to Miss Struck Mr. Milan points out that practically all of the women of the country have signed the food conservation pledges but that many are not informed as to the best methods for preparing substitutes for wheat, meat, fats and sugar in a manner that will make our meals on the wheatless and meatless days at once palatable and satisfying.

In order to help the housewife plan nourishing meals, a course of ten demonstrations on using wheat and meat substitutes and on methods of reducing our consumption of fat and sugar without impairing the value of our own diet, has been planned by the Food Administration Office in Washington.

The first lesson of the course of ten which Miss Struck will give in the Domestic Science department of the high school was given Wednesday evening and the course will be continued over a period of ten weeks, one lesson being given each week. Evening of each week was chosen as the regular meeting time.

The lessons as outlined are: 1. Part 1—Food the Deciding Factor.

Part 2—Plan of Food Administration Organization for Food Conservation.

2. Food Conservation measures. Use local food stuffs. Use perishables.

Elimination of waste. Conservation of wheat. Conservation of fats, sugars, and meats.

Preservation of perishable foods.

Adequate feeding for health. 3—4. Wheat Conservation—(demonstrations of emergency breads)

5. Conservation of meats—(demonstrations)

6. Conservations of Fats and (demonstrations)

7. Food Preservation. Demonstration of canning.

8. Food Preservation. Demonstration of drying.

9. Fundamentals of an adequate diet.

Adults, Children, Infants.

10. Methods of organizing Local Groups into a Working Unit.

Boys' and Girls Urged to Help

Heppner, Oregon, January, 9, 1918.

To the Boys and Girls of Morrow County:

Greetings for a Happy New Year, Dear Boys and Girls:

You of course realize that this country is at war. That our boys are already on the battlefields of Europe. We know not when the report will reach us that our own boys are clashed in battle.

Hundreds of tons of provisions must cross the ocean and brave the dangers of the submarine,

for the welfare not only of our own boys at the front, but also to replenish the almost empty bread basket of the world. We must win this war and to do so our allies must be fed and equipped. This is Uncle Sam's task—a man's job. Are you willing to help? Will you join the army of boys and girls, who though not dressed in khaki, must be kept up to the highest point of efficiency in service and intelligent devotion to life.

This army back of the lines must be in good fighting form, if the boys in the lines are able to form a fight that will be successful. The Industrial Club this year has been put on a war basis and should have the right way. Show your patriotism with a hoe. Seed more and we will feed more. I have received seed from the Government and you may have it for the asking. Will the boys and girls clubs show a bigger increase this year than ever before? This is my hope.

Our fair this fall should speak more loudly than dull words on a thin piece of paper. Mr. E. J. Klemme of the State Normal School at Bellinham, Washington says, "Every man woman and child should be able to say: Say Woodrow dear, did you not hear the noise that's just gone round. We came along one hundred strong and plowed up all the ground. We dropped in both the spuds and beans and planted wheat for all. We mobilized the turnips, too, and answered your call.

The mothers can assist the government and the state in this great movement by encouraging the boys and girls in the home, toward some productive course.

It has been estimated that a boy costs on an average \$80.00 per year as an actual cash outlay. If the boy can earn a part or all this by keeping a pen of chickens, or taking care of a pig, or calf or lamb that otherwise would have perished he is doing something toward conservation of food. If the girl cans the fruit that usually goes to waste and sells it to the grocer or the camps, she, to is adding materially to the food supply, or if she has learned to sew and can make over clothes for the younger ones she is adding to the conservation of clothing which is in harmony with the needs. The silver dollar saved may be more effective than the steel bullet spent."

Now I am in hopes we may have a good strong club at Heppner. The rural districts are doing beautifully and the pupils are doing their bit.

Every boy or girl in the county over 9 and under 18 should be doing some kind of club work.

A certificate of award will be given to each club in the state where 75 per cent of the enrolled members complete their work and make their reports and exhibits.

Boys, get busy with the handicraft project and make something useful this year. Girls, sign up for baking and learn how to make war bread. All those pupils in Heppner who wish to join this army and be "Soldiers of the Commissary" this year, please call at my office. Those outside of Heppner may write me.

Who will be the first? LENA SNELL SHURTE, County School Superintendent.

O. E. Farnsworth and family left for Portland Sunday morning, where they expect to make an extended visit.

Sam E. Van Vector left Saturday for Goldendale to visit for a few days with his father, who is a prominent pioneer resident of that city. He returned Tuesday.

Farm For Sale

The Penland farm containing 1500 acres. Will sell all or part. Part cash and terms to suit on balance.

E. NORDYKE, 36040 Lexington, Ore.

Professional Column

DR. R. J. VAUGHAN DENTIST Permanently located in Oddfellow's Building HEPPNER, OREGON

S. E. NOTSON ATTORNEY-AT-LAW OFFICE IN ROBERTS BUILDING HEPPNER, OREGON

DR. N. E. WINNARD PHYSICIAN & SURGEON HEPPNER, OREGON

DR. A. D. McMURDO... PHYSICIAN & SURGEON Telephone 122 Office Patterson Drug Store HEPPNER, OREGON

Watch paper for dates DR. J. G. TURNER Eye Specialist PORTLAND, OREGON Regular monthly visits to HEPPNER and IONE

WOODSON & SWEET ATTORNEYS-AT-LAW Office in Palace Hotel. Heppner, Ore

SAM J. VAN VECTOR ATTORNEY-AT-LAW HEPPNER, OREGON

LOUIS PEARSON TAILOR HEPPNER, OREGON

Office phone Residence phone Main 643 Main 665 FRANCIS A. McMENAMIN LAWYER Roberts Building, Heppner, Oregon

ROY V. WHITEIS REAL ESTATE-INSURANCE LOANS HEPPNER, OREGON

Notice for Publication Department of the Interior, U. S. Land Office at The Dalles, Oregon, December 30, 1917. Notice is hereby given that James L. Sturgill of Ione, Oregon, who, on September 29, 1913, made Homestead Entry, No. 012074, for W1/2SE1/4, SW1/4 NE1/4, Sec. 32-1 S-23 E-10 T-2 S, Range 23-East, Willamette Meridian, has filed notice of intention to make Final three year Proof, to establish claim to the land above described, before C.C. Patterson, U. S. Commissioner, at Heppner, Oregon, on the 30th day of January, 1918.

Claimant names as witnesses: Adrain Engelman, Frank Lindsay, J. W. Stringer, Robert Mathison, all of Ione, Oregon. H. FRANK WOODCOCK, Register. 35439

Notice for Publication Isolated Tract PUBLIC LAND SALE Department of the Interior, U. S. Land Office at La Grande, Oregon, Dec. 13, 1917. Notice is hereby given that, as directed by the Commissioner of the General Land Office, under provisions of Sec. 2455, R. S., pursuant to the application of Abraham B. Chapman, of Nye, Oregon, Serial No. 010958, we will offer at public sale, to the highest bidder, but at not less than \$2.50 per acre, at 10 o'clock A. M., on the 13th day of February, 1918, next, at this office, the following tract of land: SE1/4 SE1/4, Sec. 35, Tp. 2 S., R. 29 E., W. 4 M.

The sale will not be kept open, but will be declared closed when those present at the hour named have ceased bidding. The person making the highest bid will be required to immediately pay to the Receiver the amount thereof. Any persons claiming adversely the above-described land are advised to file their claims, or objections, on or before the time designated for sale. C. S. DUNN, Register. NOLAND SKIFF, Receiver. 35440

Notice to Creditors Notice is hereby given that the undersigned has been appointed Executor of the Estate of Elias J. Ayers, deceased, by the County Court of the State of Oregon for Morrow County. All persons having claims against said estate must present them, properly verified, at said executor at the Office of the Heppner Farmers Elevator Co. in Heppner, Oregon, within six months from the date of the first publication hereof. Dated and first published Dec. 28, 1917. 34438 L. W. BRIGGS, Executor.

Notice for Publication Isolated Tract PUBLIC LAND SALE Department of the Interior, U. S. Land Office at La Grande, Oregon, Dec. 13, 1917. Notice is hereby given that, as directed by the Commissioner of the General Land Office, under provisions of Sec. 2455, R. S., pursuant to the application of Mary Brown, of Heppner, Oregon, Serial No. 012226, we will offer at public sale to the highest bidder, but at not less than \$2.50 per acre, at 10 o'clock A. M., on the 13th day of February, 1918, next, at this office, the following tract of land: SW1/4 NE1/4, NW1/4 SE1/4, Sec. 25, Tp. 2 S., R. 28 E., W. 4 M.

Notice for Publication Isolated Tract PUBLIC LAND SALE Department of the Interior, U. S. Land Office at La Grande, Oregon, Dec. 13th, 1917. Notice is hereby given that, as directed by the Commissioner of the General Land Office, under provisions of Sec. 2455, R. S., pursuant to the application of Abraham B. Chapman, of Nye, Oregon, Serial No. 010957, we will offer at public sale, to the highest bidder, but at not less than \$2.50 per acre, at 10 o'clock A. M., on the 13th day of February, 1918, next, at this office, the following tract of land: NE1/4 SW1/4, Sec. 35, Tp. 2 S., R. 29 E., W. 4 M.

Notice for Publication Isolated Tract PUBLIC LAND SALE Department of the Interior, U. S. Land Office at La Grande, Oregon, Dec. 13th, 1917. Notice is hereby given that, as directed by the Commissioner of the General Land Office, under provisions of Sec. 2455, R. S., pursuant to the application of Abraham B. Chapman, of Nye, Oregon, Serial No. 012229, we will offer at public sale, to the highest bidder, but at not less than \$2.50 per acre, at 10 o'clock A. M., on the 13th day of February, 1918, next, at this office, the following tract of land: SW1/4 SW1/4, Sec. 35, Tp. 2 S., R. 29 E., W. 4 M.

Notice for Publication Department of the Interior, U. S. Land Office at The Dalles, Oregon, December 27th, 1917. Notice is hereby given that Ernest Arbelidon Hartwell of Ione, Oregon, who, on March 4th, 1914, made Homestead Entry, No. 012067, for E1/2NE1/4, SW1/4 SE1/4, and SE1/4, Section 18, Township 1-S, Range 21-East, Willamette Meridian, has filed notice of intention to make Final three-year Proof, to establish claim to the land above described, before C. C. Patterson, U. S. Commissioner, at Heppner, Oregon, on the 7th day of February 1918. Claimant names as witnesses: Joseph T. Knappenberg of Heppner, Oregon, Wesley T. McNabb, Paul G. Palinger and Charles L. Ouell of Ione, Oregon. H. FRANK WOODCOCK, Register. 35440

Herald Office for Job Printing

SAVE MEAT

Every family should help observe Meatless Days by using more macaroni.

For one week we will make some very special prices on Macaroni, Vermicelli and Spaghetti.

Reg. 12 1-2c packages - 10c Reg. 10c per lb. in bulk - 8c

You may never be able to duplicate those prices again during the war.

Phelps Grocery Co. Heppner, Oregon

H. F. TASH A. S. Akers TASH & AKERS Successors to Vaughn & Sons GENERAL HARDWARE MERCHANTS Our stock of Shelf Hardware, Tools, Builders' Hardware, etc., is full and complete and we respectfully solicit your inspection and patronage. We believe we can give you satisfaction both as to quality and prices. PLUMBING DEPARTMENT We are installing a new Plumbing Department and have secured the services of a master plumber as manager. All work in this line will receive careful attention and will be executed in the most approved manner. A share of your patronage is respectfully solicited. TASH & AKERS HEPPNER OREGON

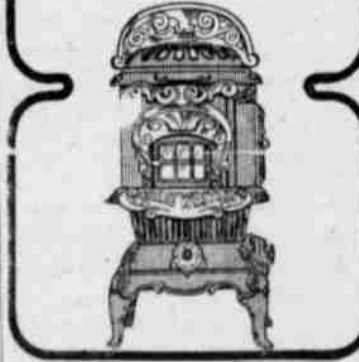
JUST RECEIVED NEW LINE OF WINTER GOODS UNDERWEAR SHIRTS MACKINAWS HOSIERY, ETC. Call and make your selections early. SAM. HUGHES COMPANY

Notice for Publication Isolated Tract PUBLIC LAND SALE Department of the Interior, U. S. Land Office at La Grande, Ore., Dec. 13th, 1917. Notice is hereby given that, as directed by the Commissioner of the General Land Office, under provisions of Sec. 2455, R. S., pursuant to the application of Matilda E. Peterson of Ione, Oregon, Serial No. 012296, we will offer at public sale, to the highest bidder, but at not less than \$2.50 per acre, at 10 o'clock A. M., on the 13th day of February, 1918, next, at this office, the following tract of land: NW1/4 NE1/4, Sec. 35, Tp. 2 S., R. 28 E., W. 4 M.

Notice for Publication Isolated Tract NOTICE OF PUBLICATION Department of the Interior, U. S. Land Office at La Grande, Oregon, Dec. 13th, 1917. Notice is hereby given that, as directed by the Commissioner of the General Land Office, under provisions of Sec. 2455, R. S., pursuant to the application of Nellie L. Cox, of Ione, Oregon, Serial No. 012287, we will offer at public sale, to the highest bidder, but at not less than \$2.50 per acre, at 10 o'clock A. M., on the 13th day of February, 1918, next, at this office, the following tract of land: Lot 1, SE1/4 NE1/4, SW1/4 SE1/4, Sec. 6, Tp. 1 S., R. 28 E., W. 4 M.



A Bright Fire In The Morning! No cold rooms, even if the wind is howling out of the Northwest, when you have A Great Western Duplex Heater For Coal or Wood This stove holds the fire, and it burns coal or wood perfectly, because of its Duplex Grate. All of the gases are burned, and there isn't a corner of the rooms that is not warm. Be sure to ask to see this marvelous heater. Case Furniture Co.



John Kilkenny, the sheep king, was in town Saturday wearing that smile that never comes off while the grass holds out to grow. Rev. Dr. Geo. B. Van Waters held services in the Episcopal church last Sunday morning and evening.

I will pay the top price cash for good fat chickens and all other poultry, fresh eggs, dressed veal, vegetables and fruits. Cummings Fruit and Vegetable Market. 34tf Heppner.

I sell the best creamery butter made in Oregon for fifty-five cents a pound. I guarantee every pound to be fresh and sweet and of extra quality. You can get anything good to eat from me that is of the highest quality for less than you pay elsewhere for questionable stuff. Cummings Fruit and Vegetable Market. 34tf Heppner, Ore.