

These Cold Mornings

Whet our appetites for a hearty breakfast. How does a Menu similar to this appeal to you—Pretty good eh!

Mush--Hot Cakes--Coffee

Mush and Cereals

Wheat or Oat Flakes
Wheat Hearts or Pearls of Wheat
Whole Grain Wheat or Cream Barley
Shredded Wheat, Corn Flakes, Grape Nuts

Hot Cakes

Golden Rod or Aunt Jemina
Eastern Buckwheat
Self Rising Buckwheat or Flap Jack
SYRUPS—A few varieties now obtainable
COFFEE—All the leading brands—and only slightly advanced in price.

PHELPS GROCERY Co

CECIL ITEMS

Mrs. Ben Barnes was visiting at Butterby Flats Monday.
Ralph Winters was a business visitor at Arlington Monday.
Ed. McDade of McDade Canyon was a Cecil visitor Saturday.
Mr. and Mrs. George A. Miller were Arlington visitors Friday.
Mr. and Mrs. T. H. Lowe were visiting at Butterby Flats Thursday.
Mrs. Jack Hynd visited at the Willow creek ranch Wednesday afternoon.
George Miller, A. R. Finlay, and T. H. Lowe were to be seen in Ione Wednesday.
Jack Hynd and Walter Pope autoed to Heppner Monday returning the same day.
Walter Pope and his little old Ford went down to the Willows Thursday returning by the way of Arlington.

Nash & Pepper of the Fairview place were in Heppner Monday after seed wheat.
W. A. Thomas of the Benson place and Miss Juanita Crabtree were Cecil visitors Friday.
W. Matlock and Gene Penland were in Cecil Sunday looking after their sheep.
Mrs. Bennett left Monday for Portland where she intends spending a few days before returning to Cecil.
Wilfred Cecil of Heppner brought down some horses to the Last Camp belonging to C. A. Minor returning home again on Sunday.
Miss A. C. Hynd, of Butterby Flats, who has been spending the last week with Mrs. A. Hendricksen returned home Friday.
Dr. Walker, who has taken over Dr. Chick's practice in Ione, accompanied by L. Hales, of Ione, was in Cecil and vicinity Monday.
Mike Kenny and wife and daughter of Heppner were down in the Cecil district Thursday looking after some of his sheep which are on hay

down here.

Miss Hazel Winter of the Shady Dell place have been helping Miss Barnes to keep house at the Last Camp for the last few days during Mrs. Bennett's absence.

John Bryson, of Ione, the car doctor, was again called to Cecil Saturday morning. John thinks he had better build a garage down here than he would be always on the job.

Willie George Wilson and his brother, Alex, were in Boardman and vicinity Wednesday and Thursday. We hear that George is about to buy some land in that locality.

Mr. and Mrs. P. F. Mahoney and family who have been on the Fairview ranch for the last few weeks left on the local Monday for South Pasadena, California their former home.

Willie Ahalt, who enlisted in the United States Navy over a year ago gave his old pals in Cecil a surprise visit Saturday while on his way from Charleston to San Francisco. He dropped off the train at Echo to visit his sister and brother-in-law, Mr. and Mrs. Fred Buchanan of Butter creek, and after spending a few hours there came on to Cecil accompanied by Mrs. Buchanan where they were met by Mrs. Hannah Ahalt of Portland, Mrs. Bob Montague of Toppenish, Washington, Mrs. Boyd Logan and several others. A surprise party was held at Mrs. A. E. Nash's home in honor of their old friend and an enjoyable time was spent. All gave Willie a good send off on Monday enroute for San Francisco.

BOARDMAN ITEMS

T. E. Hendrick made a business trip to Arlington Friday.
Mr. Montgomery was in the Boardman district Thursday looking over his land.
Mr. and Mrs. Ira Berger who have been visiting relatives and friends in and near Portland returned home Thursday afternoon in a new Ford.
Mr. Deos and son, Bobby Wilson and Mr. Duncan were here from Willow creek looking over the Montgomery forty, adjoining the Carpenter place on the east. They were trying to trade him a piece of land on Willow creek for it.

At last reports Jack Gibbons was not getting along as well as first reported. His right arm will have to be amputated above the elbow on account of blood poisoning and his right leg rebroken and reset. It was so badly swollen by the time he received medical aid that it was not set properly.

ARMENIAN RELIEF

The treasurer of the Armenian relief committee, Mr. Nya, reports the responses to the appeal thus far are very gratifying. One big hearted ranchman handed in his check for \$30 and said if that was not sufficient to call upon him for more. The five and ten dollar checks are coming in as well as some smaller amounts. Let the good work proceed. Again let the plan of sending in your contribution at once without waiting until the drive be emphasized.

LEXINGTON ITEMS

Velina Brown is visiting Mr. and Mrs. J. F. McMillan this week.

Mr. and Mrs. Doak, of near Ione, were Sunday visitors in Lexington. We see Gerald White 'round again after a siege with the flu.

W. B. Tucker's family are the latest to take down with the flu.

Mrs. Ballard, of Oregon City, is here visiting her daughter, Mrs. Guy Taylor.

Uncle Frank Parker is here from Walla Walla, visiting friends and relatives.

The Valentine girls from Portland are visiting their parents, Mr. and Mrs. Charles Valentine.

Mrs. Ella Fell is visiting relatives and friends here. Mrs. Fell was a former resident here.

Mrs. Lela Patton, sister of Mrs. Alex Hunt, is here visiting her brother, Elmer Pomeroy and wife.

Word was received here of the death of Private Riggs in Portland. Private Riggs was stationed here last summer as a military police.

Commencing last Sunday those who travel on Sunday must purchase railroad tickets on the train as the agent here has discontinued the sale of tickets on Sunday.

Word was received here of the death of Mrs. Ella Cypert at Walla Walla, Washington, of influenza. Miss Ella was the daughter of Mr. and Mrs. James Cypert and leaves many relatives and friends here to mourn her early death.

WILL ATTRACT TOURIST MONEY TO OREGON

Oregon will act as host this summer to the National Editorial Association as one of the results of the activities of the Pacific Northwest Tourist Association. This body of men and women is made up of the brightest minds in the newspaper world and the results that will accrue from a publicity standpoint are beyond all computation. During the past two years the Tourist Association representing Oregon, Washington and British Columbia has spent \$112,000 to attract tourists to the Pacific Northwest and the results have been far beyond expectation when war conditions are taken into consideration. That Oregon has received the greater benefit over the other commonwealths is evident in the attendance at Craer Lake. There are 11 national parks in the United States and all but two showed a decrease in attendance except Crater Lake and Ranier National. Crater Lake showed an increase of between 25 and 40 per cent and nearly 50,000 people visited Ranier National while all parts of the Pacific Northwest were included in the various phases of publicity.

The total expenditure of the tourists and vacation seeker per annum is not less than one billion dollars and it is to secure our fair share of this immense revenue that this association exists.

It is safe to say that within a very short time the Pacific Northwest—and it can be demonstrated by figures—can derive from fifty to one hundred million dollars of actual cash from the encouragement of this travel. This cash remains in the Pacific Northwest. It is not sent out for any raw material, nor for any other commodity, but remains here to help every individual citizen in the development of his business, and in the payment of his taxes and the tourist is absolutely the fore runner of the settler, the new investor and the manufacturer.

Travel by rail was discouraged last summer and as far as going abroad is concerned there will be nothing doing this year. The war is over and the people have the money and a desire to travel. We have so far expended \$112,000 to attract attention to the greatest asset we have and we only need to keep up this work to secure returns based on this expenditure far beyond the desires of the most avaricious. To illustrate: the Park to Park Highway Association, at a recent meeting in Spokane reported 10,000 machines entering Spokane over the Yellowstone highway with an average of four in a machine. Suppose these machines were gathered together in Spokane in one day. You know what it costs you to travel. Take this amount and multiply it by 40,000 and look at the total and this is the way this new money that costs us practically nothing to get flows in a steady stream into our lap. House Bill 76 calls for another appropriation to cover the coming two years, for the same amount asked for two years ago and dependent upon Washington and British Columbia following with the same amount they gave previously. No appropriation has secured more for Oregon or been better administered. The work is under the constant attention of some of our leading business men who give their time free of charge and pay their own expenses when attending the meetings of the Board of Directors. The state revenues are used to develop every other asset, either by maintaining departments, enforcement of laws, maintaining institutions, and the building of roads and bridges and the simplest way to increase these revenues is by a development more potent than any that has gone before which will result in the coming here of thousands of men and women, who will see us as we are and who will in a large measure either remain permanently or leave their money for investment.

The Farmer's Friend

Nothing can take the place of a good banking connection in the estimation of the progressive farmer... And you'll find many of them hereabouts believing that no bank can so well serve them and the FARMERS & STOCKGROWERS' NATIONAL BANK.

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Your Income Tax IMPORTANT

Hon. Milton A. Miller, Collector of Internal Revenue, Portland, Oregon, under date of January 17, 1919, makes the following statement in regard to the new Income Tax Law:

The basic principles of that old law will probably apply to the provisions of the new law, so far as income tax is concerned, and it would be well for each individual, partnership and corporation, to prepare their figures and ascertain the exact amount of their net income, so that the actual returns can be made with as little delay as possible.

Save Time and Money

It will save you time and money to have your Income Tax return correct. If you don't pay a sufficient tax you will later be assessed the amount you should pay together with a fine and penalty. If you pay too much a great amount of trouble and delay is often experienced in obtaining a refund of the tax erroneously paid.

Expert Assistance at Your Disposal

We will prepare your Income Tax statement for you and assist you in determining your proper deductions and exemptions from your gross income. For information, phone, call or write

The Farmers' Exchange of the Inland Empire

HEPPNER, OREGON,

F. R. BROWN, Manager

Read The Herald, \$2 Per Year