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ATHLETES STRIVE FOR POINTS AT LEXINGTON

FIELD AND TRACK MEET PROVES INTERESTING EVENT

Honors Pretty Evenly Divided Among All The Contesting Teams

The track and field meet held at Lexington last Saturday by members of the Morrow County Athletic association, which includes all pupils who can qualify in the schools at Boardman, Irigon, Lexington, Hardman, Heppner and Ione, was a decided success in spite of the shortage of gasoline and the longage of disagreeable weather.

Each school was ably represented and many of the events proved close contests.

Heppner took 14 firsts out of 36 events. Pattison brought home 5 silver medals which also entitled him to the gold medal for greatest number of points. Chidsey and Boyd also gave a good account of themselves, each having two firsts to his credit.

Following is given the program and results as reported showing winners of first, second and third places in order. The events were divided into three classes, "C", "B" and "A". "C" including pupils of 1st, 2nd, 3rd and 4th grades; "B", 5th, 6th, 7th and 8th grades and "A", high school pupils.

50-yard race C—Samples, Ione, 1; Lane, Lexington, 2; Walker, Hardman, 3.

50-yard race B—Page, Ione, 1; McMillan, Lexington, 2; Samples, Ione, 3.

50-yard race A—Pattison, Heppner, 1; Hill, Lexington, 2; Peterson, Heppner, 3.

50-yard race (girls) C—Yount, Heppner, 1.

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COMMERCIAL CLUB HOLDS MEETING

Heppner Commercial club held a business meeting last Wednesday evening when a number of matters of interest received attention.

Club instructed secretary to attend the meeting of Commercial Secretaries of Oregon, which convenes at Pendleton May 17.

Mrs. Upton and Miss Pendegast, representatives of the Portland Baby Home were given a hearing in the interest of homeless babies and matter of raising quota for baby home referred to committee.

F. R. Brown, Roy Whiteis and E. M. Shutt were appointed a committee to prepare material for a new pamphlet on the resources of Morrow county.

Morrow county fair was thoroughly discussed and upon motion it was decided to proceed with stock sales as originally planned with the exception that only one-half the amount be payable in cash the balance payable May 1, 1921, without interest.

After discussion of the matter a motion prevailed that a committee of three be appointed to consider and pass upon all appeals to club members for subscriptions or donations and that the findings of such committee be final and binding on members. Appointed: W. P. Mahoney, C. E. Woodson, M. D. Clark.

A. W. Crawford, Fred Tash and T. J. Humphreys were appointed as a committee to work with similar committee from Farm Bureau in helping arrange for Farmers' Picnic.

John Patterson, Sam Hughes and George Alken were named as a committee to investigate and report on the matter of free express delivery in Heppner.

The question of R. F. D. routes out of Heppner was referred to the committee on postoffices and post roads.

Mrs. Miller has returned from Portland and is again with her daughter, Mrs. C. L. Freeman.

J. D. DIRECTORS PLAN BIG PICNIC-BARBECUE

SHALL THE BIG DITCH BE BUILT

Boardman Development Object Lesson of What John Day Project May Become

Officers of the John Day Irrigation District are in session in their office in this city this afternoon considering many questions of interest and importance not only to the district which they represent but also to all of Morrow county and the state of Oregon, to quote, in effect, what Hon. C. C. Clark, president of the board of directors had to say this morning regarding the possibilities of the early development of that wonderful project. "It is the biggest irrigation project in the state," Mr. Clark declared, "and we officers of the district would feel derelict in our duties if we let pass a single opportunity to bring the possibilities of the John Day project to the attention of the people of Morrow county and the state of Oregon."

Mr. Clark spoke of the recent opinion rendered by Teal, Minor & Winfree, bond attorneys of Portland, in which they upheld the legality of the organization proceedings, and believes this will smooth the way for early activities which will ultimately lead to putting the big project across.

As a means for directing local and state attention to the project the directors are arranging to hold a picnic-barbecue on the dividing line between the John Day district and the West Extension (Boardman) project either in the latter part of the present month or early in June.

The event is now being arranged for and it is planned to make it the biggest affair of its kind ever attempted in Morrow county. Mr. George Quayle secretary of the Oregon State Chamber of Commerce, is taking an active interest in the matter and is co-operating with the directors in helping to bring the project across. It has not yet been definitely fixed because of the necessity of working out a date when it will be possible for a large number of Portland people, including capitalists, bankers and business men to attend.

The event will be held at a point where the development already accomplished on the Boardman project will be right at hand as an object lesson to show what the application of water to the arid lands of northern Morrow county means in the production of agricultural wealth.

If plans already in the making materialize there will be some surprises for visitors who attend this meeting. On the one hand, it is planned to make an exhibit of the original occupants of the desert, the first civilized uses to which the country was put to be followed with what it will be when under irrigation and cultivation.

Mr. Clark says the next big step to be taken in the development of the project is to secure the services of a great engineer—one who has already accomplished big things in the development of irrigation projects. This matter it is understood, is being discussed at the meeting in session this afternoon. State Engineer Percy Cupper, is expected to arrive in Heppner this evening and it is expected there will be a meeting of the Commercial club and all interested citizens to hear his views on the project. John H. Lewis, former state engineer, and who is an enthusiast on the John Day project, may also be present this evening.

STATE ENGINEER CUPPER WILL SPEAK TONIGHT

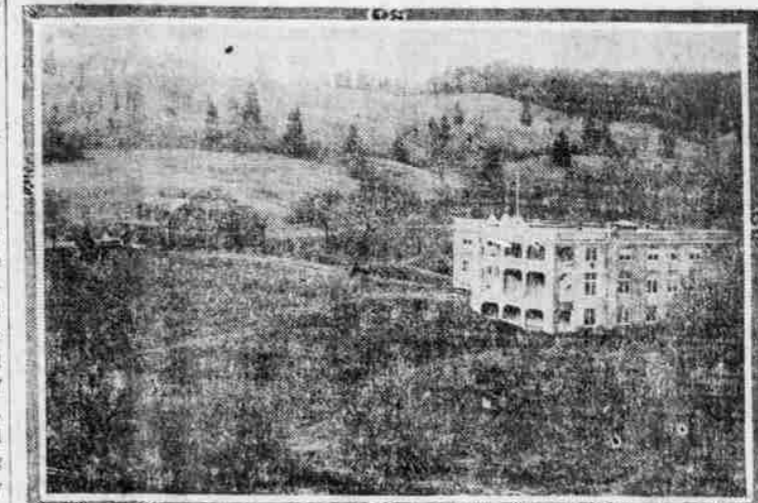
Percy Cupper, state engineer, will speak on the John Day project this evening at 8:00 o'clock in the council chamber to which all citizens are invited. Turn out and learn something about irrigation.

H. S. ATHLETIC ASSOCIATION BENEFIT TO NIGHT AT STAR

Manager Sixbee will give a benefit performance tonight for the Heppner high school athletic association, when Priscilla Dean will present the thrilling screen success, "The Exquisite Thief." It's a fine show, for a good cause. "Mrs. Joe Martin," the monkey comedian, will also be shown.

The picture will be interspersed with music, songs, and recitations by the best high school talent. Don't miss this show.

SALVATION ARMY PLANS BOYS AND GIRLS INDUSTRIAL AND AGRICULTURAL SCHOOL



View of Bishop Scott school and Salvation Army boys being taught orchard work at Lytton school.

One of the big phases of the work the Salvation Army is doing in Oregon to prevent the ills of wrong teaching and poverty and to strike at the root of the despair and grief found in the cities, is the training and care of dependent boys and girls. One of the items of the budget to be raised for the Salvation Army work in Oregon provides for the purchase of the Bishop Scott school at North Yamhill as an industrial and agricultural school where neglected kiddies will be educated and made efficient workers so that when they go out into the world they will be an asset to society and not a charge upon the communities of which they will be members. The 1600 acre farm has a walnut grove and other orchards, and, under proper care of agricultural experts who will teach the boys, its productivity will go far toward making the school self supporting. The school is in no sense to be a penal or reformatory institution but on the other hand it is intended to provide sound vocational education for youngsters who, without it, are on the road to bad citizenship.

LOST—In Heppner postoffice, on Friday, May 20, 1920, a leather purse containing small amount of money and valuable papers. Please return purse or mail papers to Mrs. Grace Piets, Heppner, Oregon. Itpd.

PLEASE RETURN THAT DULL

WHY did you buy that dull flashlight? Will please return same? We need it in our business. HEPPNER LIGHT & POWER CO.

WOOLGROWERS REVIVE FORMER ORGANIZATION

CENTRAL MARKETING PLAN ENDORSED FOR HANDLING WOOL

Thirty-five Flock Owners, Representing 350,000 Sheep Hold Busy Session

Due to a great extent to the efforts put forth by County Agent Hunt, of Morrow county, and Max Hoke, who holds a similar position in Wallowa county as well as being secretary of the Oregon Woolgrowers association, a representative body of sheepmen, met in Heppner last Saturday when the question of better marketing methods was thoroughly discussed and steps taken to revive the woolgrowers organization of Oregon with a view to working out some plan for better development of the industry.

The meeting was called to order by L. A. Hunt and Max Hoke made the opening address in which he reviewed the past activities of the Oregon Woolgrowers association and pointed out the possibilities for still greater work in the future. Mr. Hoke urged the importance of gathering and disseminating information of value to sheepmen such as the number of sheep available for sale in different localities, prices asked and offered, condition of ranges, etc.

Following Mr. Hoke's address the discussion became general and much information of value to sheepmen, was brought out.

A motion finally prevailed to endorse the action of the executive committee of the Oregon Woolgrowers Association regarding the sending of wool to Portland and eliminating country sales.

A resolution was adopted asking the president of the Oregon Woolgrowers to appoint a permanent committee to make a study of marketing sheep and wool as well as to better means for financing the industry.

Thirty-four members signed up and the organization was made permanent. The organization has a membership of more than 1000 sheep and covers an area of 100,000 acres. It is planned to be pleased with the prospect of a better organization and more co-operation in the industry.

The following officers were elected: L. V. Gentry, president; John J. Kelly, vice president; E. O. Nell, treasurer; L. A. Hunt, secretary.

Jack Hynd, Ed Rugg and R. W. Turner, who comprise the committee on sheep industry in the Morrow County Farm Bureau, were named to act in a similar capacity with the wool men's organization.

As a matter of fact the new organization of sheepmen has a close connection with the Farm Bureau. The Bureau now has a membership of 1,200,000 in the United States and that organization is now in a position to demand and receive attention at Washington, D. C., when smaller organizations would be given scant attention and by working with and through the Bureau it is believed more and greater results can be accomplished.

An enjoyable feature of the wool men's visit was the entertainment provided by the Heppner Commercial club at 7:00 o'clock Saturday evening when a lunch was served the visitors and club members in the Odd Fellows dining room.

W. P. Mahoney acted as toastmaster during the evening, introducing the several speakers in his usual happy manner. Responses were made by Mr. Hoke, who spoke on sunflower silage and other matters of interest to all stockmen, Mr. Ballard, of the O. A. C., who also spoke on the feeding problems, with particular attention to alfalfa and the benefits of sulphur application to that plant. These gentlemen and other speakers also touched on collective marketing, the intimate relation between the farm, stock and commercial interests of the community and other interesting subjects.

The notable address of the evening however, was that by Mr. James Murtha, of Clatsop, who spoke on co-operation and the benefits such as this will bring to the sheepmen of Eastern Oregon if they would only get together and get busy. Mr. Murtha spoke from the standpoint of twenty years' experience in the sheep business and his address was one of the very best expositions of the situation of the sheep industry as it is today, ever given in the state.

The next meeting of the association will be held at Clatsop on a date to be fixed later.

Heppner Sanitarium Hospital

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Corner Main and Baltimore. Telephone, Main 02

200 CASES OF APPENDICITIS—NO FATALITY

In looking up the records and checking up the writer finds that he has treated over two hundred cases of appendicitis, in Heppner, in the last eleven years and has had no complications, notwithstanding the fact that most all of these cases were examined by other physicians and diagnosed as appendicitis and an operation recommended. This statement of fact and the records to prove it is significant in this community of rash and hasty surgery where people are told they "must have an operation at once on the appendix will burst". The plugging up of the opening of the appendix with fecal matter which causes inflammation and suppuration is caused by constipation with a weakened condition of the nerves that control the peristalsis, or wave-like muscular contractions of the large intestine and of the appendix, for even the little appendix, too, has a peristalsis of its own. If this peristalsis is lost or very much weakened, there is no onward wave-motion to expel any substance that may enter the little pocket; hence it is sometimes the appendix needs help so that it may be able to empty itself.

Down in the right side of the abdomen there is a valve called the "ileo-caecal valve." It guards the gateway between the small and large intestines. Just below this valve we find a pouch, or reservoir, called the "caecum", which is the head, or first part, or entrance, of the large intestine. At the extreme lower end of this pouch, and opening into it, we find a worm-like appendage, hanging down about three inches in length, looking like a bent peanut, which is known as the "vermiform appendix." Fecal matter from the small intestine passes through this ileo-caecal valve just above the appendix and is emptied into this pouch, the "caecum". If the intestine is receiving a normal amount of nervous impulses, thereby setting up a proper number of peristaltic waves in the bowel, the fecal matter will be duly carried along up the ascending colon, across the transverse colon and down the descending colon to the rectum and then passed from the body normally. But if there is some interference with the nerve and blood supply to the intestines, causing a sluggish constipated condition on their part, the fecal matter may lie in the pouch for days at a time waiting for enough bowel stimulant to carry it on, further decomposition and putrefaction takes place, hastened by bacteria, which are ever present, but which are harmless so long as the bowel maintains normal movement. Germs multiply by millions, and within a few hours we have a veritable germ hot-bed flourishing right over the mouth of the appendix and generating quantities of poisons. Bacteria find their way through the opening into the appendix, inflaming it with their poisons and producing what is known as "appendicitis."

"DRUGLESS MEDICINE" AND "BLOODLESS SURGERY"

The drug doctor says operate, because he don't know what else to do, the "Drugless Physician" and "Bloodless Surgeon", by manipulative methods stimulates the nerve action and improves the blood supply to these parts, will empty the caecum and colon of their germ-laden load of fecal matter and then he will direct his attention to that part of the spine from which the bowel and the appendix get their nerve supply. Displacements are adjusted; impinged nerves are set free; a normal circulation of blood to the bowel and appendix is re-established; poisons are carried away and eliminated; congestion is relieved; peristalsis becomes natural; and pain soon disappears. In the average case the patient will be back at his work in a few days, with the satisfaction of knowing that he is still whole, but if the case is an infective inflammation of severity it will require a little longer time but the best way to get along with appendicitis is to take a few treatments in order to prevent your having it. Have you noticed how few cases of appendicitis have been operated upon since the present management has taken charge of the Heppner Sanitarium Hospital?

SALESMANSHIP AND ADVERTISING

The big problem today, commercially speaking, is the problem of distribution—of getting things from where they are to where they ought to be. The two big factors in this problem are advertising and salesmanship. The relationship between the two is the closest relationship it is possible to have. It is closer than a team under a single yoke; it is closer than brothers; it is closer than the relation between man and wife, because there can never be separation or divorce.

Advertising in salesmanship, and salesmanship is advertising. Every ad is a salesman, and every salesman is an ad. Advertising creates the atmosphere of business, and the salesmanship follows.

A man says "My business is so thoroughly established I do not need to advertise." He is just like the man with blue goggles winking at a girl. He knows he is winking at the girl, but she doesn't.

The foundation of business is confidence. And advertising and publicity are the greatest builders of confidence known to the business man.

Big advertising looks like big sales; it makes the public familiar with the seller of the goods and will create confidence in those goods. Some people mistake advertising for merit, but advertising never added one dollar of merit to any article advertised. Advertising merely tells merit; it does not create it. Goods must have merit in them to sell, and they must also have merit, when sold, to stay sold. A sale does not end nowadays with the making of it; it never ends so long as the man is using the article you sell.

The object of salesmanship and advertising is to distribute goods at a profit. Anybody can give away goods, but to sell them it takes a salesman. When you make a sale of anything whether in a store or on the road, that sale does not take place in the pocketbook,—rather EVERY SALE TAKES PLACE, WHETHER IT BE A PAPER OF PINS OR A HOUSE AND LOT, IN THE MIND OF THE MAN WHO BUYS THE GOODS. The most complete definition of salesmanship, in one sentence, is that salesmanship is nothing more nor less than making the other fellow feel as you do about the goods you have to sell.

Advertising and salesmanship are the connecting link, and always will be, between the invention and the use of any article. You must send the best possible appeal to a thousand minds in order to sell a few hundred easily, and you must keep on appealing. You must keep an if you wish to keep up your business.

It is not enough that the people of your community know that you are in business. Tell them what kind of business,—tell them that you are handling articles which they should have in their homes and keep on telling them until you get them to feel as you do about the goods you have to sell—and you will be practicing salesmanship in the right way.