

What \$2 A WEEK WILL DO

In less than a year \$2.00 saved every week will amount to over \$100—and by that time you're on the sure road to successful, profitable saving.

Start NOW. As little as a dollar opens a savings account at this bank. A welcome awaits you. We want you to regard this bank as YOUR bank—to meet its officers, and to feel that we have your every interest at heart. There is no red-tape here. We believe in the "Service" idea—and that means cheerful, helpful accommodation, always.

Farmers & Stockgrowers National Bank
HEPPNER, OREGON.

STAR THEATRE

B. G. SIGSBEE, Sole Owner

WEDNESDAY AND THURSDAY,
JANUARY 26th and 27th

Wanda Hawley

—IN—

"Miss Hobbs"

From the play by the same name,
by Jerome K. Jerome.

FRIDAY, JAN. 28TH

King W. Vidor's

"The Turn in the Road"

SATURDAY, JANUARY 29th—Special Benefit Matinee in the afternoon (see mention elsewhere in this issue of the Herald). In the evening Lyone & Moran in "EVERYTHING BUT THE TRUTH," and a Star comedy, "Belle and Bill."

LEASE FOR SALE

I have for sale lease on 960 acres, including all necessary stock and machinery. 700 acres good wheat land, of which 350 acres are in crop this year.

This Offered at a Bargain if Taken at Once.

Roy V. WHITEIS
REAL ESTATE and INSURANCE
ST. PATRICK HOTEL

Mr. and Mrs. C. Darbee are spending the week in Portland, where their daughter, Miss Cecyllyn, graduates from Washington high school.

Frank Gilliam is spending his annual vacation in Portland taking in the hardware convention with, perhaps an occasional peep at Mason's doings.

THE KITCHEN CABINET

Look to your health, and if you have it praise God and value it next to a good conscience; for health is the second blessing that mortals are capable of—a blessing that money cannot buy.—Isaac Walton

FOOD FOR A FOUR-YEAR-OLD.

As growing children need food to supply the waste going on in their active little bodies, because they are constantly in motion, and to supply building material to build these bodies it is absolutely necessary that every mother should have an intelligent knowledge of the kind of food her child needs.

With the world full of literature on the subject there is no excuse for ignorance. The mother who is informed should see to it that her neighbor knows as well. For we know to be safe from all the evils of poor food and ignorance ourselves, we must help other people to be as wise.

In many homes the price of milk keeps the poor mother from buying what her children really need. Other foods for a child from infancy through the school age may be slighted but milk should be a constant food.

Strong bones and teeth depend on calcium. In combination with phosphorus it is their chief mineral element. Milk is the most valuable food to supply these compounds. Calcium is also obtained from the outer coats of grains, hence whole wheat, bran foods, oatmeal and corn are all most wholesome and necessary.

A generous supply of vegetables and fruit is also necessary as they furnish iron in large proportions as well as other necessary minerals.

For breakfast—a tablespoonful or two of prune pulp, one-half cupful of well cooked oatmeal with three tablespoonfuls of top milk, one slice of buttered toast and a glass of milk or three-fourths of a cupful. At ten-thirty another glass of milk and a cracker.

Dinner—Cream of spinach soup, a half cupful; one egg, one medium-sized baked potato, one slice of bread with a teaspoonful of butter and a small cupful (one-fourth of a measuring cupful) of junket.

For supper—One-fourth of a cupful of cream of wheat, two tablespoonfuls of top milk, a glass of milk to drink and one slice of bread, with butter. A baked apple or three-eighths of a cupful of apple sauce.

Nellie Maxwell

The KITCHEN CABINET

(© 1920, Western Newspaper Union.)
"Give no more to each guest than he's able to digest.
Give him always of the prime and but little at a time."

HUNGARIAN STEAK.

Chop one pound of round steak, add one egg, one-half cupful of rice. Scald large sized cabbage

leaves, roll a portion of the meat mixture for one serving in each, fasten with toothpicks until five portions are made. Put in a kettle, cover with water and cook one hour. Season with paprika, thicken the gravy and serve.

Spiced Steak.—Melt two tablespoonfuls of butter, fry one large onion minced in it until a rich brown; take out the onion. Cut one flank steak in pieces, dredge with flour, fry in the butter, take out the meat, add two cupfuls of hot water, three tablespoonfuls of vinegar, one teaspoonful of mustard, one teaspoonful of salt and one-half teaspoonful of pepper. Thicken the gravy, put in a casserole and cook one hour. This will serve six people.

Nut Balls.—Take one cupful of chopped cold veal, add 12 chopped almonds, one egg, one-half teaspoonful of salt, pepper to taste. Mix and roll into balls, place in a baking pan and pour over one cupful of rich, highly seasoned tomato sauce. Serve on a platter garnished with water cress.

Tomato Aspic.—Take two cupfuls of tomato boiled with one slice of onion, one teaspoonful of salt, one-eighth of a teaspoonful of pepper, boil 20 minutes and strain. Add two tablespoonfuls of gelatin, dissolve in one-half cupful of cold water, celery salt; salt and bay leaf may be added to the first mixture before boiling. Strain and pour into a mold and cool.

Celery With Cheese.—Cut the coarser stalks of celery and cook until tender in boiling salted water. Place a layer of the cooked celery in a buttered baking dish, cover with a layer of rich, well seasoned white sauce, sprinkle generously with grated cheese and repeat with another layer of each. Finish the top with buttered crumbs and bake until the crumbs are brown.

Fruit Punch.—Shred four oranges and two lemons. Add two cupfuls of water for each cupful of pulp, and sweeten to taste. Flavor with a small bottle of grape juice.

Nellie Maxwell

LOCAL NEWS ITEMS

Mrs. Logan, of Rhea Siding, was a visitor in Heppner Saturday.

Tom O'Brien, Butter creek sheepman, was a business visitor here on Saturday.

John Kilkenny was in town, Saturday on his way to Portland on a business trip.

Mrs. Miller arrived from Portland Saturday evening for a visit with her daughter, Mrs. C. L. Freeman.

Fred Tash went to Portland Monday to be present at the Oregon hardware dealers' convention.

E. O. Neill, well known sheepman of Butter creek, was a business visitor in Heppner Saturday afternoon.

Edison and business man of Arlington, was a visitor here Saturday and Sunday. He was a guest at the Shurtz home.

Sam Van Vactor, Jr., entertained his comrades of the Boy Scouts at dinner Saturday evening at the Van Vactor home.

Help the starving peoples of Europe by attending the benefit show at the Star theatre Saturday afternoon.

Johnny McEntire, who has a big ranch in the banana belt some miles south of Heppner, was a visitor here Saturday.

Charlie Sperry is reported improving at his Ione home. Mr. Sperry has been seriously ill for a couple of weeks.

Saturday matinee at the Star, Benefit European relief fund. Entire proceeds donated to the starving. Make it a full house.

Mrs. Walter Duncan, who recently underwent a serious operation at the Moore hospital, is again in that institution suffering from gall stones.

Frank Engelman well known business man of Ione, is in Portland under the care of physicians, and is not

improving as rapidly as his friends could wish.

Nine members of the Pilot Rock basket ball team registered at the St. Patrick Saturday afternoon, coming over for a game with the Heppner team.

Mrs. Clark Morris and her daughter Ruthella and Mrs. Gilmore, of John Day, were the guests of Mrs. Frank Turner and other Heppner friends last week.

A social meeting of the Episcopal Guild will be held at the home of Mrs. W. R. Irwin Thursday afternoon, January 27th. All members are expected.

The Ladies Aid Society of the Federated church will hold a cooked food sale at Case Furniture Co. store Saturday, January 29th. Better drop in and buy something extra for dinner.

The film companies donate the films; the Star theatre donates the service; the newspapers the advertising; the hungry people in Europe get 100 per cent of the proceeds. Do your part. Make it a full house at the Saturday matinee.

Mr. and Mrs. W. H. Cronk, who have both been on the sick list for the past week, are reported

improving. Mr. Cronk suffered from a severe attack of pleurisy some time ago, and when partly recovered suffered from a relapse which was somewhat worse than the original attack.

A committee of the Parent-Teacher Association selected furnishings for the rest room at the school house Saturday afternoon, while will add much to the comfort of any pupil or teacher who may become indisposed during school hours.

Emmett Cochran is enjoying a vacation in the hills of the John Day country just riding around and bucking snow drifts for the fun of it. Mr. Cochran had to travel 250 miles by rail and otherwise to reach his destination, which is fifty-four miles from Heppner as the crow flies.

Jim Cowin, the ice man, is nursing a very sore hand this week as the result of an accident at the depot the other day. Mr. Cowin was carrying a 100-pound block of ice when he slipped, and in falling his hand was crushed between the ice block and the platform.

B. F. Swaggart, proprietor of the Oregon Jack Farm, north of Lexington, was in town Monday for a short visit. Mr. Swaggart has recently been notified by Wm. E. Morton, secretary of the Standard Jack and Jennett Registry of America, of Kansas City, Mo., that he has been chosen as an honorary vice-president of that organization.

A Victim of Circumstances.
Some newspapers are born some achieve lateness because of laziness, and some have lateness thrust upon them by poor gasoline or lack of electric current. Certain it is that no reputable newspaper was ever late because of any fault on the part of the office force, unless it might be the devil who stayed out too late at a ball game or wrestling match and failed to get the office cat fed and the office swept out at an early hour. Any fellow who lacks sufficient imagination to establish an alibi when needed has no business in a country newspaper office. In cases like this the Herald force are in the same boat with all of their broke and near-broke friends and neighbors—victims of circumstances.

NOTICE.
Deputy Collectors of Internal Revenue H. O. Payne and M. E. Gaffney, who will assist the people of Morrow county in making and filing their income tax returns for the year 1920, will be at Heppner court house Feb. 7 to 10 inclusive, and at Ione Feb. 11 to 12 inclusive.
38-39 J. A. WATERS,
County Clerk.

NOTICE OF SALE OF ESTRAYS.
Notice is hereby given that on January 5, 1921, I took up the following described horses and the same will be sold at public auction at my place on section 14, south east of the city of Boardman at 2 o'clock p. m., February 10, 1921, unless redeemed before that date by their owner or owners or their legal representatives:
One brown filly coming three years old, branded on right stifle but undistinguishable.
One bay gelding, coming three, same brand as brown filly.
RAY L. BROWN,
38-40. Boardman, Oregon.

Well!

1920 IS GONE

—And with it has gone our profits, as well as yours. The past year has been a hard one for everyone alike. The farmer and stock-grower had to take immense losses—and so did we.

—WE HAVE TAKEN OURS—Our inventory has been taken and the losses crossed off. We are not going to say how great they have been—they were enough.

—WE ARE GLAD IT IS OVER.

—Every article in this store has been reduced regardless of its first cost, and marked right down to and below its present worth on the markets of the world.

—Let's forget 1920 and get together and push for a successful and prosperous 1921.

—We cannot do it all, and neither can you. But if we all get together and push, and push hard, things will come out all right.

COME IN SEE WHAT WE ARE DOING TO MAKE

1921 PROSPEROUS FOR YOU

MINOR & CO.

"GOOD GOODS"
Heppner, Oregon