

**WEEK'S NEWS.**

**Local And Personal Happenings of Heppner And Vicinity.**

C. L. Lawson was in the city Wednesday.

J. S. Arnold came over from Echo Sunday.

Friday will be "Let'er Buck" day in Heppner.

Mrs. S. T. Robison was down from Hardman this week.

W. J. Blake, lone business man, was in the city Sunday.

Chas. Reed and his son were up from Ione on Wednesday.

Paul Reittman of Ione transacted business in Heppner on Monday.

Ora Adkins, the Rhea creek farmer transacted business in Heppner on Tuesday.

Frank Helms of Echo was a business visitor in our city the first of the week.

Henry Cohn has accepted a position with M. H. Kapple in the new Fair store.

Waldo Vincent and wife of lower Butter creek were visitors in Heppner this week.

R. W. Turner, the Sand Hollow farmer, brought a load of barley to town Tuesday.

Lowell Twitchell is working with the Phelps Grocery Co. during the rush of Fair week.

Among the attractions within the fair grounds is the glass blower. Don't overlook him.

Dillard French, the Butter creek stockman, was transacting business in Heppner yesterday.

Neal Crawford has accepted a position with Henry Schwarz at the Peoples' Cash Market.

W. E. Cummings, one of our progressive farmers, transacted business in the city Monday.

Garry Ingals was down from the French ranch Tuesday, making preparations to attend the fair.

Miss Ella B. Wallen, one of the teachers in the Heppner schools, arrived in the city last Sunday.

C. L. Roadruck and wife came over from Irrigon Tuesday and are in charge of the Irrigon exhibit at the pavilion.

Harvey Scott and son Oral and Wm. Scott of Black Horse were attending to matters of business in our city Tuesday.

Miss Helen Aiken returned Monday evening from Echo where she has been visiting with friends for the past ten weeks.

Wm. Salzwedel, prosperous farmer west of Heppner, was in town Tuesday making preparations to attend the fair.

Karl Kirk of Junction City, a nephew of J. Crockett Kirk our fellow townsman, is in the city visiting with relatives and friends.

The children's exhibits will be more complete than ever this year. Judge Patterson has this exhibit in charge and is arranging the booth.

B. F. Swagart, farmer and stockman, passed through Heppner Saturday with a bunch of Jennets. He was taking them to mountain pasture.

Miss Leona Newton, teacher in the public schools of this city for the ensuing year, arrived in Heppner last Friday. Miss Newton comes from North Dakota.

N. C. Maris, connected with the school industrial department, was in attendance at the annual institute held in this city on Monday, Tuesday and Wednesday.

Mrs. Ann Minor and grandson, Max Rogers, returned the last of the week from Rockaway beach, where they spent their summer vacation at camp Take-It-Easy.

Albert Bowker and wife returned from Portland the last of the week with a new Buick auto. Mr. Bowker now has the agency for this excellent medium priced car.

Jewell Hale and family have arrived from Lewiston, Idaho. They will make their home here. Mr. Hale having accepted a position with the Patterson-Elder barber shop.

Miss Ethel Casey arrived the first of the week to take up her work as teacher in the public schools of our city. She has been assigned to work in the eighth grade this year.

Ralph Thompson and wife and Mrs. M. Belle Thompson arrived at Heppner from their Portland home yesterday noon. They came by auto and will remain here to take in our county fair.

Thomson Bros., merchants, have added a deck to the south side of their store in order to care for their large stock. If these people keep on adding to their merchandise they will have to put on another story to care for it.

F. M. Broady of lower Willow creek has some excellent late Crawford peaches on exhibit that give promise of being prize winners. They are large in size, beautiful in color and have a delicious taste. What more do you want in a peach.

Prof. L. A. Doak, principal of the Ione schools and Prof. S. H. Doak and wife of Lexington were in Heppner this week attending the institute and the county fair. S. H. Doak was principal of the Stanfield schools last year and has been elected to the head of the Lexington schools this year.

Claud M. Herren was in the city Saturday.

J. H. Pearson of Lena was in the city Saturday.

R. Hogeland was down from Parkers Mill last Friday.

Emerson Keithley made a trip to town Saturday in his auto.

E. S. Duran was a visitor in Heppner from Lexington on Friday.

If you are looking for something in nifty presents, see Haylor.

Anson Wright came down from his farm near Hardman Saturday.

Harvey Scott of Black Horse was in the city Saturday delivering butter.

W. G. Scott, prominent Lexington business man, was in the city last Friday.

**RAMS FOR SALE**—I have Lincoln and Shropshire. Both lambs and yearlings. C. A. MINOR.

Max Schmidt, of Hamilton, was transacting business in Heppner on Friday and Saturday of last week.

Warren Kennedy and wife have moved onto their homestead in the mountains to reside for the winter.

C. C. Rhea and John Olden, well known farmers of Rhea creek, transacted business in Heppner Saturday.

Delbert Ward is clerking in Gilliam & Bisbee's during the absence of Jeff Neal, who is taking his vacation.

O. T. Robinett, the Lexington blacksmith who underwent an operation at the Heppner sanatorium, was able to return to his home last Thursday.

George Thomson moved his household furniture into the Allison residence on Church street, where he will reside through the winter months.

Olaf Bergstrom and son John were in Heppner last Friday. These gentlemen are now engaged in hauling their wheat crop to one of the local warehouses.

W. D. Newton, the well driller, has secured an excellent well for Crockett Kirk on his Heppner Flat farm. The farm is rented at the present time by Claud Coates.

Henry Scherzinger, the Rhea creek farmer and stockman was in town Saturday transacting business. He will move his family to town for the opening of school.

Frank Wyner, buyer of hides and pelts, with headquarters at Heppner, returned the last of the week from an extended trip, gathering up business in his line.

John Nelson Elder, a member of the 1914 class of Heppner High School, departed for Eugene last Sunday, where he has entered the University of Oregon.

R. C. Hale, of Vancouver, Wash., arrived in Heppner the latter part of the week and has taken charge of the dry goods department in Minor & Co.'s store. Mr. Hale is a man of experience in this line.

Miss Winnifred Winnard returned to Portland Friday, where she has been engaged as an instructor in the Washington high school. She spent several weeks visiting at the home of her uncle, Dr. N. E. Winnard.

Mr. and Mrs. N. S. Whetstone are over from the Fox valley farm in Grant county, to remain until after the fair. Mr. Whetstone will then return to his interior ranch, but Mrs. Whetstone will remain here for the winter.

Jesse O. Turner, who has been spending the summer with his parents, Mr. and Mrs. R. W. Turner on their Sand Hollow farm, will leave Sunday for Corvallis to resume his studies at the Oregon Agricultural College.

S. P. Devin was down from the Willow creek farm on Friday. He has decided to keep his family there for the winter as they have a good school in District No. 8, and the schoolhouse is but a short distance from their farm home.

Mrs. B. R. Patterson returned last Friday from an extended visit with relatives and friends at Portland and Ellensburg, Wash. She was accompanied home by Miss Helen Ames who will resume her work in the grade schools next week.

A. E. Aldous, of Washington, D. C., who is connected with the National Forest Service, is spending ten days at Heppner. Mr. Aldous is Grazing Examiner and while here will go over the Umatilla Forest in pursuance of his duties.

Mrs. G. W. Jackson is being favored by a visit this week from the Misses Erna and Minnie Davenport, two friends from Sumpter. Miss Minnie has secured the school at Lena for the winter, and Miss Erna will also teach in the county.

George Chapin was down from his Rock creek ranch the last of the week. The grasshoppers played havoc with most of his garden truck and fruit, and Mr. Chapin will have less products to dispose of than in former seasons on account thereof.

Mose Ashbaugh came over from Hermiston last week and spent several days in and around Heppner. Mr. Ashbaugh thinks that he is living in a good country, and makes fine predictions for the future of Hermiston and the Umatilla project in general.

Sherman Lefler returned to his home at Bingen, Wash. on Saturday. He was accompanied by his mother who has been visiting at the home of her daughter, Mrs. Wm. Kummerland during the summer. Sherman put in the season here working in the harvest fields.

Miss Bess Huddleston has accepted a position in the Thomson store to assist in the rush now on.

A car load of Irrigon melons came in on Tuesday evening to be distributed to the Heppner crowds during the fair.

John H. McQuinn of Portland is in the city to attend the Second Annual Fair. Mr. McQuinn owns a wheat farm in the Black Horse section.

One of the attractions of the Fair grounds will be a Ferris wheel. This will be a novelty to many of the children if not some of the older people.

Alex Lindsay, an extensive farmer and stockman of Ione is in the city to attend the Fair. He has several head of his pure-bred sheep of the Shropshire variety on exhibit.

Will Hughes, formerly of Heppner, but now engaged in business at Prineville, met with misfortune in a fire at that place recently and suffered the loss of his household effects.

Fred Rotzin and wife of Los Angeles, Calif., are visiting in Heppner with Mrs. Rotzin's brother, Henry Schwarz. They will remain here for some time. Mr. Rotzin is a contractor and builder.

Echo, Ore., Sept. 14—Mrs. J. B. Jordan gave a reception last evening at her home on Dale street in honor of Miss Helen Aiken of Heppner, who has spent the summer with Mrs. Jordan and who expects to leave for her home to attend school.

W. A. Johnson, who farms near Heppner, finished his threshing this week, the Jeff Jones machine doing the work. No doubt Mr. Johnson feels good over the outcome, and he thought of the editor the first thing, leaving with us some of the coin of the realm that we might rejoice with him.

Among the many business houses dressed in gala attire for the fair festivities, that of the Peoples' Cash Market should not be overlooked. The many locust branches which serve as a background for the many meats hanging on the hooks presents a very pleasing appearance. Mr. Schwarz is receiving many compliments upon his ability as a decorator.

Grant Wharton, who has been hauling wheat for Ralph Benge, met with an accident Monday, when his mule team jack knifed, throwing him under their feet. Three wheels of the wagon passed over him before the animals stopped. He received one broken rib and other bruises. The injured man was brought to Heppner and at the present time is doing well.

**Every One Should Eat a Little Raw Food But No One Should Attempt to Live on it.**

By Dr. R. R. Daniels.

Living exclusively upon raw foods is another of the fads that has recently been added to the diet fads. The devotees of the raw diet eat no food that has been cooked. Purthermore, since meat is practically unpalatable without cooking, the raw food faddists live largely upon vegetables, nuts, cereals and milk, and are for the most part, vegetarians.

The advocates of the raw food diet make many claims for their particular style of eating; they insist that cooking not only makes food less easily digested, but that it destroys a vital element in the food and thus renders it less nutritious. It is true that an adoption of the raw diet by the average person is usually followed temporarily, at least, by an improvement in the conditions of nutrition, and in the general health. Many forms of digestive disturbances may be relieved by its use.

However, the good which comes from the raw food is not due particularly to the use of raw foods. The benefit derived from the raw food diet comes largely by reason of discontinuing the old style of eating. When a person adopts the raw food diet, it is what he does not eat, rather than what he does eat, that is responsible for the improvement. Just as with all of our fad diets, the raw food diet does good because it gets people away from the meats, potatoes and coffee style of eating.

There is no question but what most of our foods are more easily digested when cooked than when raw. In all our starchy foods, for example, the starch is contained in a dough cell envelope, which is dissolved with considerable difficulty by the digestive juices, unless it has been previously ruptured by thorough cooking. Meat is a necessary food, but it is not only unpalatable, but at times unsafe to eat without cooking. However, while the purpose of cooking is to bring the food into a more easily digestible condition, much of our modern cooking, with its grease, its condiments and its mixing of foods, brings our food to the table in less digestible form than though it had not been cooked at all. So that no cooking at all may be better than the average cooking.

A small amount of raw food is necessary for the best conditions of digestion and nutrition. Raw fruits and vegetables should be included in every diet; however, the bulk of our food should be cooked, but cooked properly. The raw diet is beneficial almost entirely because it gets people away from fried foods and coffee; it tends to prevent the universal habit of overeating, and also lays stress on thorough mastication; it avoids pastries, desserts, and rich, indigestible foods.

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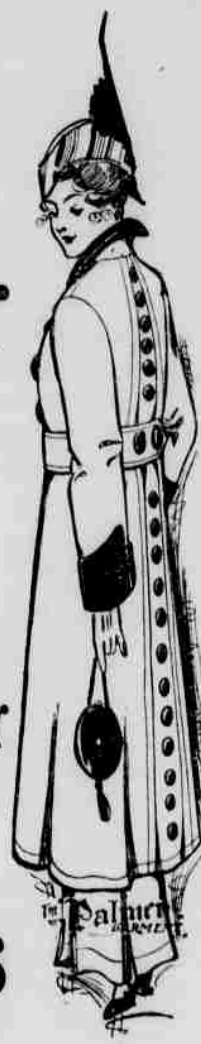
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