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MOST people are frankly astonished when they learn that such a large, ultra luxurious motor car as the Paige Stratford "Six-51" can be purchased for $1495.

In fact, it seems to be generally recognized that no car on the American market offers so much actual dollar-for-dollar value. If you have investigated the "Stratford," you probably feel the same way about it.

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Stratford	"Six-51"	seven-passenger	$1495 f. o. b. Detroit
Fairfield	"Six-46"	seven-passenger	$1375 f. o. b. Detroit
Linwood	"Six-39"	five-passenger	$1175 f. o. b. Detroit
Brooklands	"Six-51"	four passenger	$1695 f. o. b. Detroit
Dartmoor	"Six-39"	2 or 3-passenger	$1175 f. o. b. Detroit
Limousine	"Six-51"	seven-passenger	$2750 f. o. b. Detroit
Sedan	"Six-51"	seven-passenger	$2300 f. o. b. Detroit
Sedan	"Six-39"	five-passenger	$1775 f. o. b. Detroit
Town Car	"Six-51"	seven-passenger	$2750 f. o. b. Detroit

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This is the place to buy

Oysters, Crabs, Clams, Salmon, Halibut, Smelts

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Perfect Grain Bin

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Quick to put up; quick to take down. See

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The Lumberman About It

WHAT GOOD ROADS MEAN TO FARMERS

Seven Portland Hotels Alone Disburse $350,000 Annually For Ranch Products.

Seven of Portland's leading hotels annually disburse among Oregon producers $350,000 for the products of the farm. Of that total at least $210,000 is distributed direct to the small farmer for poultry, butter, eggs, milk, cream and vegetables. The remaining $140,000 is paid out for ham, bacon, fish and fresh meat.

Although the foregoing figures are those of the hotels which handle the bulk of the transient travel in Portland, they do not show all that the transient travel means to the Oregon farmer.

Hundreds of tourists frequently take their meals at a grill, restaurant or cafeteria not connected with the hotel at which they are registered. If obtainable these figures would materially swell the grand total of what this business means to Oregon producers.

One of the arguments used against the six million road bond bill is that the roads to be hard surfaced under the provisions of the measure will be "scenic roads" rather than market roads. The figures quoted above would indicate that the farmer has a direct and material interest in any plan of road building such as is provided for if it will make more accessible a market such as Portland affords for his products.

As an illustration of what good roads mean to the farmer one Portland hotel pays one producer annually $3000 for eggs alone. He pays 33 cents a dozen under contract throughout the year.

There is no question but that with the completion of the roads designated in the bond bill Oregon will attract a good share of the tourist business now largely monopolized by California and estimated to be worth to that state annually $200,000,000.

ARE YOU THE OWNER OF AN AUTOMOBILE?

If there were only one reason why every automobile owner should go to the polls June 4th, and vote "Yes" on the $6,000,000 road bond bill it is because automobile owners will pay for these improvements by their increased licenses.

But they will save several times the amount of their license in wear and tear of machines, tire mileage and gasoline.

Auto owners will have to pay the increased fee regardless of whether or not the road bond bill is approved at the June election.

If the $6,000,000 road bond bill is approved by the people, the money derived therefrom will be expended in the construction of a state-wide system of permanent roads.

County money now spent on main trunk lines will be used on laterals and less traveled roads if the road bonds carry at the special election on June 4th.

"During the past winter, sheepmen in my section of the state lost fully 40 per cent of their lambs owing to the weather and the inability to transport feed from the railroads because of the impassable condition of the roads," reports G. M. Blakely, a prominent Grant County sheepman. "With the good roads provided in the $6,000,000 road bond bill we would have been able to get the necessary stock food and reduced to a minimum the loss of lambs. With the bottomless roads we now have in our part of the state, that was impossible. This is an element that enters into the prevailing high cost of living. Less stock means constantly increasing higher prices. The people of my county are emphatically for the road bond bill and any other legislation that will improve existing conditions in the matter of transportation in rural communities."

"With good roads, Eastern Linn County can produce and market thousands of tons of good products from land now given over entirely to grazing purposes," announced George Gizendorfer, a good roads booster of Cascadia, who walked 16 miles to attend a recent good roads meeting at Lebanon. "With our present poor roads, it is impossible for us readily to reach the market with such products, with the result that this acreage, so adapted for agriculture, is chiefly valuable only for grazing purposes. With good roads that would make markets more available, stock can be moved farther back and this land developed in an agricultural way. In this way, the further settlement of the state would be aided with a consequent increase in the state's production of food products."

Considering the activities of State Master S[illegible]nce on the one hand and the number of favorable resolutions passed by individual granges on the other, so far as the grange is concerned in the bond proposition it appears a case of whether the dog shall wag the tail or the tail wag the dog.—Hillsboro Independent.

The state pamphlet on the six million dollar bonding measure will soon be in the hands of the voters. Do not throw it away without a careful study. This seems like an opportunity for improved roads that we are not likely to get again if now turned down.—Hermiston Herald.

SCHOOL PUPILS OF MORROW COUNTY COMPETE FOR PRIZES IN STATE CONTEST

PUPIL OF THE HARDMAN HIGH SCHOOL STANDS FIRST IN THE COUNTY.

In the recent essay contest held for Oregon schools, four pupils in Morrow county schools have submitted essays which have received a local ranking, although judgment has not yet been passed upon them insofar as the state contest is concerned.

The contest was held in three divisions. Pupils from the high school competing in one division, seventh and eighth grade pupils competing in another division and pupils below these grades competing still in another division.

The subject of the essays was based upon the effects of stimulants and narcotics upon the body, the mind and the efficiency of the individual, and his relation to society.

Those in this county who are in line for the state prizes are Bertha M. Hays of Hardman, high school division, first prize, and Frank Schmidt of Lexington, 2nd prize; in the grades, Mary Clark of Heppner won first prize and Margaret Woodson, also of Heppner, won second prize. Considerable interest was taken by the pupils in the contest.

We publish herewith the essay of Bertha M. Hays of Hardman, which took first prize in the high school division. We will publish the others from week to week.

THE HYGIENE OF FOOD, SHELTER AND CLOTHING.

The three essentials to human life are food, shelter and clothing, and if properly prepared and provided they are the means of prolonging life and making it more enjoyable.

Food is anything which, when taken into the body, produces heat, weight, and energy. Food is the first essential to life because it repairs the body, makes it grow larger and stronger, and helps to keep it warm.

The body demands four classes of food, namely: proteids, carbohydrates, fats, and salts. Proteids are such foods as the white of an egg, cheese, and meats; carbohydrates are sweet and starchy foods; fats are butter, cream and lard; and salts are common table salts, and soda. Milk is the only perfect food as it is the only one which contains all four kinds of food. Therefore it is used extensively for invalids and ill people who require a liquid diet. When one of the four classes of foods is neglected partial starvation results.

People in different climates require different kinds of foods. The heat producing foods are eaten in the frigid zones while fruits are eaten more in the tropics. In our own country we eat more meats and hot soups in the winter and iced drinks and ice cream in the summer.

The proper preparation of food is something which every housewife should thoroughly understand. She should know that a meal is not complete unless it contains the four classes of food. Since proper cooking improves the food and makes it digestible she should not make soggy and doughy bread, continually fry food instead of boiling or baking it, and should not substitute food too rich and too sweet for the plain and wholesome food. She should avoid all adulterated foods, too much spices, and too much grease.

Today most of our sickness is caused by stomach trouble which is a result of improper cooking. Therefore, since our health depends to such a great extent upon our food it is very important to know how this should be prepared.

A shelter is that which protects us from winds, rain and snow storms, or the hot sun.

In prehistoric times man lived in caves. The American Indian lived in tents. Today we have dwelling houses made of lumber, stone or brick.

Every home should be weather-proof, well lighted, ventilated and properly heated. If it is not weather-proof, the occupants are liable to take cold. If it is not well lighted the eyes are effected. If not ventilated the lungs do not receive the proper amount of fresh air that they should. And if not properly heated the whole body suffers from the cold.

A house should not be built near a swamp or in any damp place on account of illness which would be sure to result, and insects and mice, which inhabit such places. Neither should we live in a tent under the glaring sun because being overheated is very harmful as well as being sunstroked.

Clothing is the means by which we assist Nature in keeping our bodies warm. It is made of cotton, woolen, silk and flax fibre. Clothing, like food, also differs according to climate and seasons.

Woolen clothing is lighter in weight than cotton clothing of the same thickness. It absorbs the perspiration more readily, and does not permit the body to become suddenly chilled. Woolen clothing lessens the danger of taking cold. Since wool is warmer than cotton clothing we should wear the former in the winter.

Too much clothing over any part of the body overheats it and makes it tender. Many sore throats are caused by wearing scarfs or mufflers about the neck. Too thin clothing also causes illness.

Tight clothing is very harmful. There is no waste space in the human body and girls need as much room for their livers, stomachs and lungs as boys. Tight lacing is very injurious to the health as it deforms the liver, squeezes up the lungs and crowds the stomach out of place.

Flat heeled shoes are much better for the health than high-heedel ones. Shoes that are too tight or loose cause corns. Tight elastic garters about the knee hinder free circulation of the blood.

Clean clothing is much to be preferred to that to which dirt and the sweat of our bodies cling. Clothing should be kept clean as well as our bodies.

If we have proper food, a good home, and suitable clothing we will, without doubt, enjoy good health, and good health is the first essential to a happy life.

Paul Reitmann, Ione farmer, came up from the Egg City the first of the week to attend court. He was accompanied by his son Werner.

Mrs. J. B. Natter went to Freewater last week to spend several days visiting with old friends.

W. F. Palmateer of Morgan, prominent farmer and thresherman of that section, was a business visitor in Heppner Tuesday.

Attorney Frank H. Robinson of Ione was attending to legal matters in the circuit court here this week.

WANTED—A good salesman with an automobile to canvass amongst the farmers selling metal grain bins and other specialties for handling bulk grain. Good money to be made by live agent. Coast Culvert & Flume Co., Portland, Oregon.

For Sale or Trade—Belgian stallion 8 years old, weight 1600, bred from imported horse, will sell for $200 or trade for horses. Good colt getter. JAS. CARTY, Lexington, Or.

Alfalfa Seed.

We have on hand a considerable quantity of highest quality alfalfa seed. Get your orders in early if you want any.
HEPPNER MILLING CO.

FOR SALE—Twelve head of work mules and some work horses. Call on or phone Guy Boyer, Heppner, Oregon.

FOR SALE—Eggs from Prof. Dryden's O. A. C. bred-to-lay hens, Barred Rocks. $1.00 for 15 eggs.
Call on W. E. WALBRIDGE.

Short Horns for Sale—I have two yearling Shorthorn bulls for sale. See animals at my place.
GUY BOYER.

FOR SALE—New 1917 Studebaker six, 50-horsepower, seven passenger car, a bargain. Has run less than 600 miles—just like new. Will take a cheap Ford as part payment. See J. B. SPARKS.

FOR SALE—1840 acre Wheat and Stock Ranch, well improved. Plenty of spring water for stock. All farm implements and improvements go with place. Easy terms. Eight miles from railroad. Inquire M. J. Devin & Sons, Heppner, Oregon.

PREMIER WHITE WYANDOTTE eggs for hatching, $1.50 per 15 eggs. Sweepstake winners at Dayton, Wash. and Moscow, Idaho.
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Glasses fitted satisfactorily by Dr. Winnard, or money refunded. His prices are reasonable, and he is where you can always find him. No charge for testing eyes. tf.

ALFALFA HAY FOR SALE. INQUIRE C. R. POINTER, LEXINGTON, ORE.

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