

LIVE CECIL NEWS ITEMS

Mrs. L. Turner visited the Cecil school Thursday.

Hazel Dean and Roy Stender were Cecil visitors Tuesday.

Geo. B. Whitcomb of Morgan was a Cecil visitor Sunday.

Mrs. Bauernfiend and son of Ione visited Peter Bauernfiend Sunday.

Jack Hynd was shipping hay for the Willamette Valley on Tuesday.

J. H. Franklin returned to Cecil after spending the past week in Pendleton.

Coke Ewing boarded the train at Cecil Tuesday to spend a few days at Heppner.

Walter Pope, accompanied by Miss Georgia Summers, spent Saturday in Arlington.

Mr. and Mrs. Cleve Van Scholack and Willie Lowe left on the local for Heppner Monday.

Mr. and Mrs. Lindstrom of Morgan spent Sunday with Mr. and Mrs. Lundell at Rhea Siding.

Bob Montague from Toppenish, accompanied by Sox Morgan, was in Cecil Friday trying to buy horses.

Mesdames Combest, Miller and Bennett and Miss Easton called on Grandma Melton Sunday, who is still very ill.

J. H. Miller and Walter Pope visited friends in the Eight Mile country Sunday. Walter boasts of having the best Ford in Cecil.

Norton Winnard, son of Dr. N. E. Winnard of Heppner, returned home Saturday after spending a few days on Butterby Flats.

Mr. and Mrs. A. E. Nash accompanied by J. H. Miller took in the party Tuesday night at Lundell's, reporting a fine time.

Mr. and Mrs. Ed Bristow and family, accompanied by W. G. Hynd of Rose Lawn, Sand Hollow, spent Sunday in Cecil amongst their friends.

Jerm O'Connor and Mike Whitney brought another bunch of sheep from the Hager place to Cecil on Thursday. Jerm stayed over Friday to do some cattle branding.

A nice birthday surprise party was given in honor of Miss Lucille Huff's birthday at the Lundell place Tuesday night, which was well attended by quite a host of friends.

T. R. May and party from Wasco, were at Cecil and Morgan Thursday looking over some wheat land. Mr. May intends to start in farming in this part of the country before long.

Loy M. Turner of Heppner, county surveyor, accompanied by Mrs. Turner, arrived in Cecil Wednesday. Loy is doing some surveying for H. S. Ewing and Jack Hynd and for J. W. Osborne.

John Kelley of Sand Hollow took quite a jump Wednesday morning to catch the train with Nick M. Volneag,

on his way to Condon to have his questionnaire papers fixed. John thought Cecil district looked fine.

An application for recognition of an auxiliary of a Chapter of the American Red Cross has been sent in from Cecil to the A. R. C., Heppner. Chairman, Mrs. T. H. Lowe; treasurer, Mrs. Roxy Bennett; secretary, Miss Inez Easton.

J. C. Hawkins and W. B. Oldham gave a series of illustrated lectures in the Cecil hall on wheat production, the sack question, etc., which were largely attended. They were accompanied by Mrs. Lena Snell Shurte, county school superintendent.

IRRIGON NEWS ITEMS

Guy Corey is spending a few days in Irrigon.

Mr. Brownell of Umatilla, was in town last Saturday.

Mr. Miller, the Umatilla butcher, was in town last Saturday.

H. Stockard was an Ione visitor a few days last week. He went over to transact business.

Mrs. Suddarth was sick the first of the week so we had no school. She is able now, to resume her school duties.

Two new pupils were enrolled in school last week. They were Virling and Frank Stieghter, recently of Kellogg Idaho.

Mesdames A. W. Walpole, N. Seaman, J. Dawson and W. W. Caldwell were visiting the girls' sewing club Friday afternoon. The two former are on the advisory committee and their help and instructions are greatly appreciated by the club.

H. H. Weston and Mr. Hendrix of Boardman were in Irrigon last Tuesday. Mr. Weston was the first Eastern Oregon citizen we got acquainted with when we landed in Morrow county and it seems like old times to have him among us. They were getting young poplars and locusts for wind breaks and shade trees for their ranches.

Fat, the young corn king of Irrigon, sold some \$45 worth of corn to Farmer Smith last week, and is very enthusiastic over his deal. Farmer Smith will use the corn on his experimental farm at this place. Fat is impatient to try his luck again this summer on a better scale than ever and he wants Irrigon to be first next Fall at the Spokane Corn Show.

Picked Up On Bootlegging Charge.

Through the instructions of Sheriff George McDuffee, Dave Lightner, who says Portland is his home, was picked up at Boardman last week by Deputy Sheriff Gibbons and brought to Heppner Friday, on a charge of bootlegging. However, a warrant from Gilliam county had a prior right, and the young man was taken to Arlington, where the district attorney from Condon took him in charge.

FACE the FACTS

LET us face the facts. The war situation is critical. Unless the Allies fight as they never yet have fought, defeat threatens. Hungry men cannot fight at their best; nor hungry nations. France, England, and Italy are going hungry unless we feed them.

Wheat Savings—They must have wheat. It is the best food to fight on. It is the easiest to ship. We alone can spare it to them. By saving just a little—less than a quarter of what we ate last year—we can support those who are fighting our battles. And we can do it without stinting ourselves. We have only to substitute another food just as good.

The Corn of Plenty—Corn is that food. There's a surplus of it. Providence has been generous in the hour of our need. It has given us corn in such bounty as was never known before. Tons of corn. Trainloads of corn. Five hundred million bushels over and above our regular needs. All we have to do is to learn to appreciate it. Was ever patriotic duty made so easy? And so clear?

America's Own Food—Corn! It is the true American food. The Indians, hardest of races, lived on it. Our forefathers adopted the diet and conquered a continent. For a great section of our country it has long been the staff of life. How well the South fought on it, history tells. Now it can help America win a world war.

Learn Something—Corn! It isn't one food. It's a dozen. It's a cereal. It's a vegetable. It's a bread. It's a dessert. It's nutritious; more food value in it, dollar for dollar, than meat or eggs or most other vegetables. It's good to eat; how good you don't know until you've had corn-bread properly cooked. Best of all, it's plentiful and it's patriotic.

Corn's Infinite Variety—How much do you know about corn? About how good it is? About the many delicious ways of cooking it? And what you miss by not knowing more about it? Here are a few of its uses:

There are at least fifty ways to use corn meal to make good dishes for dinner, supper, lunch or breakfast. Here are some suggestions:

HOT BREADS

Boston brown bread.
Hoecake.
Muffins.
Biscuits.
Griddle cakes.
Waffles.

DESSERTS

Corn-meal molasses cake.
Apple corn bread.
Dumplings.
Gingerbread.
Fruit gems.

HEARTY DISHES

Corn-meal croquettes. Corn-meal fish balls.
Meat and corn-meal dumplings.

Italian polenta.

Tamales.

The recipes are in Farmers' Bulletin 565, "Corn Meal as a Food and Ways of Using It," free from the Department of Agriculture.

WHEATLESS BISCUITS.



Parched cornmeal is the feature of these excellent wheatless biscuits. First, the cornmeal—one-half a cup—is put in a shallow pan placed in the oven and stirred frequently until it is a delicate brown. The other ingredients are a teaspoon of salt, a cup of peanut butter and one and a half cups of water. Mix the peanut butter, water and salt and heat. While this mixture is hot stir in the meal which should also be hot. Beat thoroughly. The dough should be of such consistency that it can be dropped from a spoon. Bake in small cakes in an ungreased pan. This makes 16 biscuits, each of which contains one-sixth of an ounce of protein.

DELICIOUS CORN MUFFINS.



Here's an old fashioned recipe for corn muffins that has recently been revived and used with unusual success in several of the larger New York hotels: To make three and a half dozen muffins take one quart milk, six ounces butter substitute, twelve ounces of light syrup or honey, four eggs, pinch of salt, two ounces baking powder, one and a half pounds cornmeal and one and a half pounds rye flour. The butter and syrup should be thoroughly mixed; then add the eggs gradually. Pour in the milk and add the rye flour mixed with cornmeal and baking powder.

ALBERT WILLIAMS

WOOD AND COAL

I have taken over the fuel businesses of both the Heppner Wood Yard and C. H. Goldsmith, and can furnish fuel of all kinds in any quantity desired.

Leave orders with A. Z. Barnard or phone Main 393

YOUR BUSINESS SOLICITED.

HEPPNER FARMERS ELEVATOR CO.

Manufacturers and Distributors
of

White Star Flour

and Dealers in

Flour, Feed, Grain, Stock
and Poultry Supplies

Save

1-wheat

use more corn

2-meat

use more fish & beans

3-fats

use just enough

4-sugar

use syrups

and serve
the cause of freedom

U. S. FOOD ADMINISTRATION

GILLIAM & BISBEE

are prepared to furnish the farmers and stockgrowers with all kinds of machinery and extras for their 1918 equipment.

There is going to be a shortage of extras and we would advise going over all machinery NOW and ordering all the extras you will need this season and have all machinery adjusted and ready for use when the time comes to use it.

Take our word for it, if you wait until the extras are needed you may not be able to get them.

There will be no time
to waste in 1918

LUMBER MOULDING
SCREEN DOORS SHINGLES
**ALL KINDS OF BUILD-
ING MATERIAL**

GET MY FIGURES BEFORE PLACING
YOUR ORDER ELSEWHERE

H. C. GITHENS LUMBER YARD

MAIN STREET, HEPPNER, OREGON

A 6000-MILE TIRE THE LANCASTER WIREGRIP

The Tire With a Thousand Claws

Insures greater mileage and
costs but little more than
ordinary tires.

L. E. HILL, Agent

Willow Street, Heppner, Ore.

"PENINSULAR"

Thats the Name:

PENINSULAR
High Oven Range

The Prettiest and Best
Range Made

TASH & AKERS

SUCCESSORS TO VAUGHN & SONS

EVERYTHING IN HARDWARE