

THE GAZETTE-TIMES

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MORROW COUNTY OFFICIAL PAPER

Foreign Advertising Representative
THE AMERICAN PRESS ASSOCIATION

Pellagra May Occur in Any State

The fact that 10,000 of our fellow citizens may die of pellagra before the year ends, and that a much larger number may be invalidated for months, if not longer, should bring home a warning to all of us that we cannot afford to neglect nature's inexorable laws. To put it popularly, each of us is a walking laboratory, and we are ill, indisposed, or vigorous agreeably to the chemical reactions that take place within us.

Pellagra is evidence of nutritional derangement—proof that essential physical changes are not taking place within the body simply because of a deficiency of protein in the food eaten. In a kindred way, man suffers when his dietary lacks a sufficiency of vitamins; he may have beri-beri, or he may be stricken with scurvy. Again, the infant may be afflicted with rickets—i. e., faulty bone growth, owing to the absence of that element in its food which builds up the supporting framework.

While pellagra is at present virtually localized in the South, still it has occurred at times in pretty nearly every state in the Union. Climate has no direct bearing upon the appearance of the disease; the basic cause of the malady is a faulty diet. The appetite may be satisfied, yet the body will weaken and the nervous system become gravely deranged by reason of a shortage of protein in the food eaten. It is well for everybody to know this fact and to see to it that his self-contained laboratory be furnished daily with enough of each nutritive element to insure health.

A properly balanced diet should include, according to the U. S. Public Health Service, cereals, starches, sweets, fats, fruits, green vegetables, lean meat, and a sufficient quantity of milk. And of all of these, the experts tell us that milk is the most important single food in balancing a diet and in preventing or curing pellagra. Where this cannot be had in the fresh or raw state, then a thoroughly satisfactory substitute is available in condensed or evaporated whole milk. Now we know why Dr. E. V. McCollum of Johns Hopkins University has persistently urged that each of us consume a quart of milk daily.

Are We Ready to Think?

How are taxes to be reduced or at least how are they to be kept from increasing beyond the bounds of reason?

It is useless to complain about high taxation unless the people generally are offered a remedy which is acceptable.

When the burdens of government begin to oppress the individual he is inclined to blame the public official or political party in power at the time. As a matter of fact this attitude is somewhat like locking the door after the horse is stolen.

As the so-called standard of living of the individual in this nation has increased, so have his demands on the city, county and state government increased.

In developing a magnificent system of public undertakings, we have at the same time developed a tremendous overhead and a large number of public employees.

As the successful individual must finally adjust his living expenses to a less figure than his income, so must the successful community finally adjust its tastes and demands on government to its ability to pay the bill by taxation upon itself.

As a nation we are responsible for our own government. If we sanction and permit waste and extravagance it is our own fault. It is useless to blame temporary public officials whom we are responsible for putting in office. If the people wish economy and a reduction in tax burdens it lies entirely within their own power to secure them. Honest and efficient public service should be recognized by retaining capable officials in their positions. The right kind of men should be encouraged to go into public service by a knowledge that meritorious work in public life will be recognized as a badge of honor in the community.

Unless we are ready to curb our demands for public expenditures it is useless to complain about the increasing burden of taxation. We must set the example which we expect our public officials to follow.—*The Manufacturer.*

The violent thunder storm Sunday night started a number of forest fires. Standing in the valley one could see the lightning hit and the fire start. If the forest service would burn the brush and undergrowth out of the forests during the winter season there would be some chance to save the forests. Forest fires by lightning is nature's way of preserving the forests. That is the way the forests

were grown; the brush was kept burned off so that there was nothing to burn. The forest service never grew a forest, nature did it with the aid of lightning that kept the brush all burned off. There is so much brush now that fire is dangerous, and it is just a question of time when they will be burned if the present policy is pursued.—*Blue Mountain Eagle, Canyon City.*

The Small Town and the Royalty Hound

The specialty of American novelists anxious to produce "best sellers" just at present is fiction portraying the ugliness, sordidness and vulgarity of small-town life. In their anxiety to create something lucrative these royalty hounds are rather overdoing the job. There is plenty of sordidness and vulgarity in towns of all sizes from Lickskillet to New York, and those who go "round hunting for it are sure to find it. Along with these features of life in America and every other country beneath the sun are ample elements of nobility, heroism and beauty. Charles Dickens, during his first American tour, saw nothing but crudity, vulgarity and braggadocio. He was entirely blind to the picturesque and the heroic in the pioneer portions of the new world. His failure to comprehend the true inwardness of what he saw, which he later confessed, was due to the fact that he was measuring America with an insular yardstick. Some of our present day satirists and savage critics of rural America seem to be testing the life of the villages by the standards of great cities, overlooking the fact that the small town has the same right to live its own life as has the big one, and that neither is a supreme court to fix by its own narrow ideas the proprieties in the other. What a joke Lincoln's environment either in Specer county, Indiana, or New Salem, Illinois, would have been to the literary smart aleck of an eastern seaboard community little less than a century ago! How blind such superficial commentaries are to the realities of life in any community! There was a time when Americans, perhaps, were peculiarly boastful, but today American civilization stands in need of more writing up and less writing down. The way to curb the tendency of novelists to write books which libel American life is to cease buying them; but there is a mean spirit of detraction and a desire to appear superior to one's surroundings that perhaps will always make many people anxious to read a book which satirizes their neighbor, however unfairly.—*National Republican.*

Slats' Diary

By ROSS FARQUHAR.

Friday—My unkel Hen tuk me on his truk down in the country & showed me to a Chappel where sum Italyun pepu goes to church. It was a tiney little place & unkel Hen sed it wood hold about 50 fokes onyly it never got a chance in hot wether. They was a ole lady a setting there very kwiet & we stood there & lissened toher think for a bout a our & then we went on home & eat a water melon whitch unkel Hen snuk up on in a patch near by the poe.

Saturday—pa was unfit to go a feeshing today. las nite he was angry at sum I and slammed the dore shut & forgot to taik his toe inside withhim. he says now it was all my fault. I spose so. his watch stopped and he blamed that onto me to, just because I had tuk out a cupple scrues.

Sunday—pa wanted to get a segar but didden have the 10 cts in small change. I sed I wood taik his \$ bill and get it changed for him, but he sed o never mind I guess I can wate. he is suspishus here of lately. he wont even trust a safety pin. I guess he issent enjoying his vacashun.

Tuesday—went back to New Orleans today. slipt out by my self to seesum sites. saw a man & a woman whitch musta ben man & wife because he had hold of her like she was arrested, they was fussing he sed he was a going to get his ole truk& go. she sed yure in the center of yure trunk rite now & when you button up yure vest the trunk is locked up.

Wednesday—I met a nother nice little girl today & we got very soshabel. we eat ice cream & she lent me her chewing gum. I like her, she seems to ditto. I sed I dont see how a swell gurl like you can care for a boob like me. She answered & replied Yes it is quere aint it. Shes a bully gurl. if Jane new this they wood be sum trubbel I bet. mebbey not to.

Thursday—me & my cuzzen got in trubbel with the groceryman for calling him the champion lite wait. he kicked me. pritty near.

Morrow county has one distinction, at least: It stands in the lead of all other counties in the state in per capita taxes for all county and local purposes. The time to dig up will soon be at hand.

"Why Heppner Gets Trade"

Under this caption, as a sub-head to the write-up in the East Oregonian of the 10th inst., descriptive of the trip made into Grant county by the Umatilla county representatives a few days previous, is the following: "In other words the trip home by way of Heppner shows why this county has lost business that formerly came this way and how by one stroke that business and much more may be made to flow northward."

"We can see why business is going to Heppner," said Judge Schanep when the party was at Monument, enroute to the capital of Morrow county. The roads to Monument are good. But Monument is 55 miles from Heppner and after we had covered that distance we saw the situation more clearly in its real light. Grant county business is going to Heppner instead of Umatilla county towns because that route is the lesser of two evils. The road to Heppner is not a boulevard and after we get our North and South road to functioning it will seem even less of a boulevard than at present."

The article goes on to state further that in getting out this way the people of the Monument section have troubles also as "immediately on leaving Monument there is a grade that is a half-brother to our own beloved John Day grade," and the picture is, of course, set forth in about its worst light.

The fact remains, however, that Pendleton and Umatilla county are going out to get all the trade possible from the Northern Grant county section, and from now on they will leave nothing undone that should be done to get it. True they will have to get hold of money with which to make the road building program the success they hope it will ultimately be but we have no doubt whatever of their getting it, and in time dividing up, at least, what little of the interior trade Heppner now enjoys.

Condon is also looking forward to a goodly portion of this trade because of their connection with the John Day highway. Yet Heppner has all the advantage in distance and it only requires the completion of a good road that can be traveled the year 'round between this point and Monument to insure us the permanency of this trade, as well as opening up to us other parts of the interior trade we are not now getting.

With market road money and forestry service money the Morrow county end of the Heppner-Monument road could be well built; and if properly constructed, as much of it now is, the maintenance will not be excessive. A little co-operation by Grant county to get that end of the road in good shape is all that is really needed now, as our own county court has a mind to do all that is possible, and to do it just as fast as the means is provided.

With the Grant county end of the Ritter road put in as good shape as is the Morrow county portion, there will be no question as to where those people will come to the railroad, Heppner being their nearest outlet, they are going to come this way.

In the meantime, it behooves Heppner business interests to keep well in touch with the situation and be prepared to get and hold this trade regardless of what is done by Umatilla and Grant counties in the construction of the North and South road; a move that is a good one and should succeed. For looking at it from this distance, a good road leading into Heppner from Long Creek via Ritter, and another good road from Monument to this city will be the means of inducing a goodly portion of the tourist travel that may ultimately come over the North and South road to come our way.

Dr. Brumfield undoubtedly had several "doubles" from the number of times he was reported to have been seen in Central Oregon. He evidently lost little time in getting to Canada, where he has been arrested by the R. M. P. and is now being returned to Roseburg.

The circus will be in town Saturday. Get the babies ready so that you will have an excuse to "see the elephant."

This rainy weather is making it rather unpleasant for those who are not yet done with their threshing. There should be little complaint, however, for the season, to date, has been very excellent and our farmers have been "making hay while the sun shines."

The Morrow County Fair Heppner, Oregon September 15, 16, 17, 1921



Morrow County Fair, Heppner, Ore., Sept. 15 to 17.

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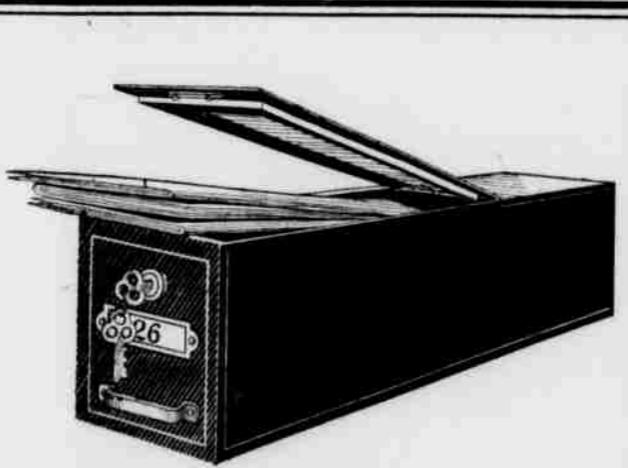
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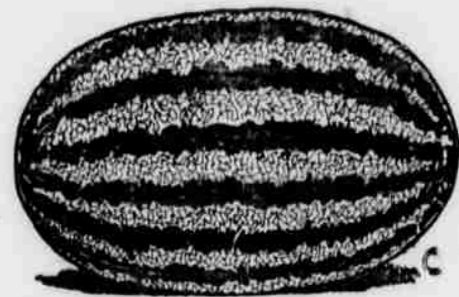
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