

SHUMWAY FAVORS RELIEF FOR FARMER

Eastern Oregon Candidate For Senator Makes Announcement.

I hereby announce myself as candidate for the nomination of United States senator on the Republican ticket. If elected I will be guided by the following principles:

I believe that no prosperity can be permanent that is not shared by all classes and that the prosperity of this country, especially of Oregon, depends upon the farmer receiving a fair price for his products.

I favor the passage, by Congress, of a farm relief bill which will assist the farmer in marketing his crops so that the surplus exported will not set the price of what is marketed at home. And further assist him by protected laws so that he may receive an equitable price for home markets. When this is accomplished I favor an aggressive policy looking to the reclamation and development of our arid lands, the building of roads, the development of idle water power and the upbuilding of merchant marines.

I believe in the principles of and the rigid enforcement of the 18th Amendment and the Volstead Act. I believe in more severe penalties being enacted for Prohibition Law violators and that these penalties be enforced impartially upon those who have illegal possession of liquor and those who manufacture unlawful beverages. I believe public officials who take an oath to uphold our laws and then violate them are a great menace to our government and should receive the maximum punishment.

I favor the strict enforcement of the narcotic law, the emigration law, favor the enactment of the Child Labor law amendment and believe in the right of Labor to organize and bargain collectively.

I believe the Monroe Doctrine should be our guide in forming connections with foreign nations. I believe the Direct Primary should not be amended or supplanted in favor of the convention system.

I believe in reforestation and administering of our public grazing lands in the interest of the small land owner.

In the event of war I favor the universal draft of industry as well as that of man power.

A. R. SHUMWAY.

SPRING TONICS.

From State Board of Health.

In the good old days many persons thought they needed a spring tonic. Mother made sassafras tea or prepared a mixture of sulfur and molasses and the youngsters were forced to take a dose whether they liked it or not. Today we believe that scarcity of green vegetables has something to do with the lowered vitality at springtime.

The best spring tonic is good-tasting, refreshing and health-giving vegetables and fruits. Vegetables and fruits are important parts of the diet. They supply iron, lime and other mineral elements that enrich the blood, nourish the tissues and provide bone-building materials. Vegetables and fruits are especially valuable because of their rich vitamin content.

Vitamins are life-giving substances in the food, without which, no matter how much food one eats, disorders of nutrition occur and protection against disease is lowered or lost. Vitamins are a means of keeping up the health of the individual. They are known as vitamins "A," "B," and "C," and each has a nutritional value.

Spinach contains a lot of vitamin "A" and this vitamin aids in preventing and curing rickets, malnutrition and bad teeth. Cabbage, tomatoes, spinach and beans contain a wealth of vitamin "B"; this vitamin promotes growth and improves the appetite. Lettuce and tomatoes are rich in vitamin "C"; this vitamin aids in the prevention and cure of scurvy. A child who gets all the necessary vitamins in proportion to his needs, is bright, active and happy. His eyes sparkle, his skin is rosy and he has a lively expression. His muscles are firm and his body well-rounded. At no times does he need to be tortured with sulfur and molasses.

Vegetables are excellent spring tonics and have taken the place of disagreeable home remedies formerly thought necessary to health. Equally important is the wonderful out-of-doors with lots of fresh air. There is nothing just like the exhilaration and thrill of out-of-door life.

Walk for health. It is the best exercise. Eat your tonic with a fork instead of a spoon. This is the new idea for a spring tonic—fresh vegetables and fruit. Green leafy vegetables and fruit are available the year around. Plenty of oxygen plus a liberal diet of green vegetables will provide the energy and vitality necessary to insure health and happiness.

NOTICE TO CREDITORS.

Notice is hereby given that the undersigned has been appointed by the County Court of the State of Oregon for Morrow County as administrator of the Estate of John C. McEntire, deceased, and that he has duly qualified by filing his bond and oath of office. All claims against said Estate must be presented to the undersigned at the office of C. L. Sweet, in Heppner, Oregon, duly verified, as required by law, on or before six months from the date of first publication of this notice.

Date of first publication, April 22, 1926.

R. A. THOMPSON, Administrator.

FOR SALE—Or will trade for Portland property, 402 acres in Blue Mountains, known as South Jones Prairie. Margaret Jones, 399 E. 16th Street, N., Portland, Oregon.

OREGON FIRST AND ALWAYS IS SLOGAN OF FRED STEIWER



Salem, Ore., April 15.—Frederick Steiwer of Pendleton has officially filed for the republican nomination for United States senator.

"If nominated and elected," reads Mr. Steiwer's platform, "I will stand for strict attention to public business and a square deal to all men."

"Reduction of the tax burden by

reducing expenses of government.

"Principles of 18th amendment and vigorous law enforcement."

"Federal aid in marketing farm supplies and justice to farming industry."

"Fair working conditions and wages, strict immigration laws and to labor the right to bargain collectively."

"American merchant marine, ships, shipping lines, shipping facilities, shipping service. Regional control of shipping board."

"Increased federal aid to irrigation, roads, rivers and harbors."

"Reimbursement of counties account of removal of land from tax rolls."

"Contribution to Oregon from revenues derived by government from public domain."

Mr. Steiwer has requested that the following slogan be printed after his name on the official ballot:

"For America. For Oregon, first and always."

ESTRAYED.

From my place, about 16 miles south of Lone about January 15, 1926, the following animals: One black mule, branded MR on left shoulder; one black mule branded R on right hip; one dark brown mule, branded inverted F with double bar above on right hip; all these animals are 4-year-olds. Will pay reasonable reward for information leading to recovery of these animals.

2-4 A. C. BALL, Box 137, Ione.

Wanted at once, unencumbered housekeeper for ranch; all-year job, widower's home; four adults; to have full charge; prefer middle aged woman; references; state wages expected. Address M. J. B., Gen. Del., Ione.

ALFRED E. CLARK IN SENATORIAL RACE

Declaration, Slogan and Summary of Platform Are Announced.

Salem, Ore., April 16.—Alfred E. Clark of Portland, candidate for the Republican nomination for United States senator today filed his declaration of candidacy. At the same time he gave out his slogan after his name to be printed on the official ballot and the summary of his platform. His slogan is, "I stand for popular government, constructive legislation and honest public service."

Following is a summary of his platform:

Mr. Clark is unalterably opposed to the return of the old corrupt convention system, to the dictation of party nominations by any newspaper or group or interest.

He states that, if nominated and elected, he will work for and support: Peace among nations; the further limitation of armaments by international agreement; until then preparedness adequate to our own national security.

Economic and legislative policies

that will seek to: (1) Establish and maintain a profit basis for agriculture; (2) Give to the farmer for his labor and investment a return as fair and certain as is enjoyed by other industries; (3) Encourage and develop cooperative marketing, and through cooperation between producers and suitably authorized agencies of the government stabilize, as far as possible, prices of basic farm products.

Continued highway construction and especially the development of an adequate system of market roads; a comprehensive plan of reforestation.

The exclusion of Asiatics; the restriction of immigration; laws prohibiting the industrial exploitation of child labor; the maintenance of high standards of living; the principle of voluntary collective bargaining between employer and employee.

The continued businesslike development and colonization of feasible reclamation projects.

Legislation that will give to Oregon all the benefits and revenues from the public lands, forests and resources in Oregon owned by the Federal government, thereby aiding state development and reducing taxation.

An adequate merchant marine under the American flag; regional representation on the Shipping Board so long as the government remains in the shipping business; continued and greater harbor development in the Columbia river and in the harbors of Oregon.

An adequate naval base at Tongue Point. Rigid enforcement of the criminal

laws of the state and nation as they are written, including the prohibition laws, and laws for the suppression of the narcotic evil.

Adequate provision for disabled veterans, their dependents and the dependents of those who died in the service of our country, and preference in public employment for ex-service men.

FOR SALE—Baby Holt, Jr., Combine harvester, 12 foot cut. Ground Fall terms. 51-4.

Notice to Horse Owners—I will take up any horses running at large on the Parkers Mill range this spring and summer, and hold for damages. FRANK WILKINSON.

The Willing Workers are prepared to do plain sewing, tack comforts, sew carpet rags, etc., at reasonable prices. See Mrs. Jeff Jones for further information.

WANTED—I want farms for cash buyers. Describe, give price. J. Steiwer, Dept. 10A, Wabash, Minn. 2-4

Central Market

C. W. McNAMER, Proprietor

FRESH AND CURED MEATS, FISH AND POULTRY

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Phone Main 652

A Standard for the People

THE INTERNATIONAL BIBLE STUDENTS ASSOCIATION

respectfully urges you to attend their special public lecture,

"COMFORT FOR THE PEOPLE"

By J. A. BOHNET of New York City, at Hotel Heppner Dining Room,

FRIDAY, APRIL 23rd, 7:45 P. M.

All Seats Free

No Collection

Advance-Rumley Combine Harvester

I have the agency for this popular and efficient machine, and would like prospective buyers of harvesting machinery to look this combine over before making a decision.

Frank Shively

Heppner Tailoring Shop

Now located in our quarters on lower Main Street.



CUSTOM TAILORING

CLEANING :: PRESSING

also

Full line of Hart, Schaffner & Marx Ready Made Suits.

for surface protection and beauty

Choose Rasmussen Paints and Varnishes for "surface protection." The thin, even film with which they cover any surface is impervious to weather—and durable.

And beauty!—A wide range of beautifully harmonized colors in every line makes it easy to select good, practical and attractive color schemes.

Ask your Rasmussen dealer for color cards covering any of these paints and varnishes.

For Exteriors

RASMUSSEN PURE PAINT Also Creosote Shingle Stain; Porch Floor Paint; Barn and Roof Paint; Truck, Tractor and Implement Paint; Automobile Enamel; Spar Varnish; Roof Coating; Coatings and Cement Coating.

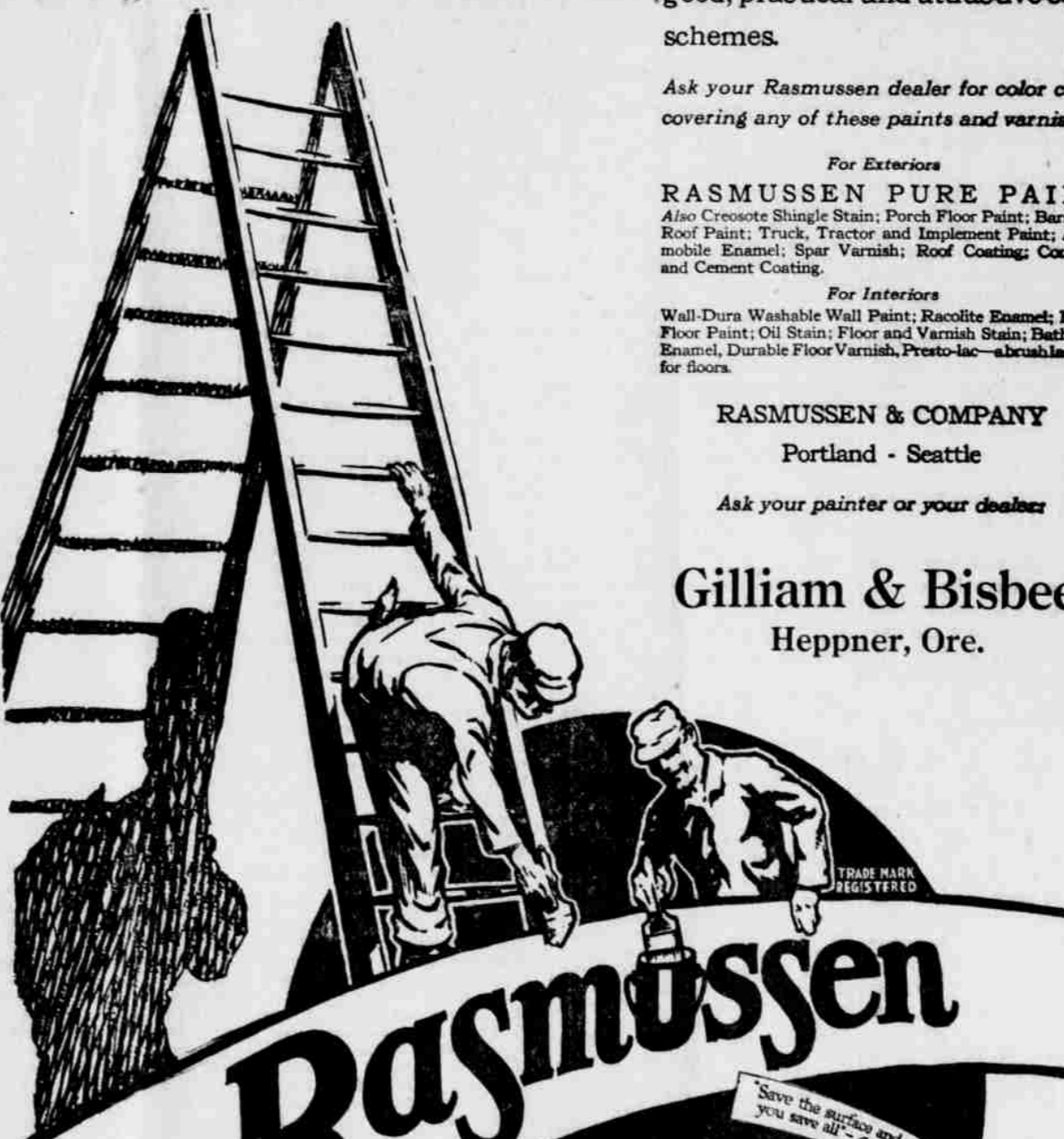
For Interiors

Wall-Dura Washable Wall Paint; Rocolite Enamel; Inside Floor Paint; Oil Stain; Floor and Varnish Stain; Bath Tub Enamel, Durable Floor Varnish, Presto-lac—abrasive lacquer for floors.

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Rasmussen and PAINTS VARNISHES

Save the surface and you save all!