

# Local Happenings

Mr. and Mrs. Harold Cohn and Mrs. Frances Rood departed on Sunday morning in the Cohn car for an extended auto trip that will take them away from Heppner for a period of a few weeks. Their first destination will be Marshfield where Mr. Cohn will attend the state convention of the American Legion, and from there the party will motor over the Roosevelt and Redwood highways to San Francisco and points south, expecting to return home later via Pacific highway, after taking in many points of interest along the way.

Mr. and Mrs. E. R. Huston went to Portland on Monday night where they met their son, Dr. John Huston and his wife, and their daughter, Miss Elizabeth Huston. Miss Elizabeth has been at Eugene for the summer school course, and becoming ill was brought to Portland for medical attention. Dr. Huston and wife will leave shortly for Juneau, Alaska, and were not able to visit with the folks here before taking ship. Miss Elizabeth returned home with her parents.

Mr. and Mrs. Thomas Munroe of Eugene were visitors here Thursday and Friday of last week, being guests at the home of Mr. and Mrs. Frank Turner. The Munroes were on an outing trip through Southern and Eastern Oregon and came by this way for a visit with the Turners. When Mrs. Turner was a student in Eugene a number of years ago at the university, she suffered a severe spell of sickness, and during this illness Mrs. Munroe was her nurse.

Mr. and Mrs. Wilson Bayless departed on an automobile trip Wednesday morning, expecting to be gone for ten days or two weeks. They were going over the McKenzie pass to Eugene, and their itinerary will take in many of the points of interest and beauty spots of Oregon's

County court was in session for the August term Wednesday, Judge Benge and Commissioners Bleakman and Davidson being present to officiate in passing on the usual budget of bills against Morrow county. Little else of moment came before the court for action at this time.

Levi Morgan and family have returned to Heppner and will make their home here in the future. The family of Mr. Morgan arrived from Portland on Friday but Mr. Morgan has been here for some time. They have lived in Portland for several years past.

Chas. Thomson and family returned from their two weeks' outing Friday evening. They spent a part of the time at the seashore at Rockaway, besides taking in other points of interest. Ellis returned with the folks from the Citizens' Training camp at Vancouver.

Frank Engleman, lone business man, was a visitor in Heppner on Monday forenoon, being accompanied by David H. Grubill. Frank reports business as pretty quiet in his city but better times coming when the wheat harvest is over.

## Peace in Texas



Mrs. M. A. Ferguson, first woman governor of Texas, is going to pay her bet with Dan Moody—perhaps late in October—by resigning. Moody, her principal opponent in the Democratic primaries, agreed to resign as Attorney General if defeated. Moody polled the larger vote.

## TEASERS-NO. 3

WITH THE LETTERS NEEDED TO SPELL THE NAMES OF THOSE 5 OBJECTS, I CAN SPELL THE NAMES OF 3 ANIMALS—AND HAVE NO LETTERS LEFT OVER. THE ANIMAL NAMES BEGIN WITH 'A', 'B' AND 'T'.



Answer to No. 2  
Ferrit and Rabbit

Clerk Gay M. Anderson motored to Hood River on Sunday where he met Mrs. Anderson and June who were returning home from a visit with relatives at Vancouver, Wash., and Aurora, Oregon.

Frank Moyer has been spending a week or so at Heppner, looking after his farm interests here. He owns a good ranch in the Blackhorse section, but makes his home with his family near Klamath Falls.

Lon Markham, former resident of the Heppner country, was here the first of the week from his home at Freewater. Mr. Markham still has some extensive land holdings in this county.

Percy Hughes of Umapine was a visitor here the first of the week. Mr. Hughes still has property interests in this county and comes to Heppner frequently to look after his affairs.

Mrs. Walter Moore entertained a number of friends at her home Wednesday afternoon, bridge being the order. Two tables were played and following this the guests were served dainty refreshments.

Dr. A. H. Johnston, who left for Hot Lake on Monday evening, will remain there over Wednesday to attend the meeting of the state medical association.

Mrs. M. L. Curran, local milliner, motored to Portland on Sunday and expects to spend a few weeks in the city making selection of her fall stock.

For Sale—Will sell cheap, residence property, including furniture, in Heppner, or will rent property furnished. See Dan Rice, Heppner, 19-24

Assessor J. J. Wells returned home the end of the week from a visit on official business to Portland and other Willamette valley points.

Miss Myra Wells departed on Tuesday for The Dalles, where she goes to take up the study of nursing at the hospital there.

Miss Velma Case of Seattle is visiting with friends in Heppner, being the guest of Miss Bernice Sigbee.

## Work Is Healthful.

(Safe Board of Health.)

Few people look upon their work as an ally to their health, yet it is and it should be so. All, except a favored few of us, have to work, and we are better off for it. The work of an individual should be inspiring and stimulating. It should be pleasant and profitable. It should have a definite purpose. If it would meet these ends, his health would be better. If he fails to live up to these requirements, his health may be impaired.

Strain should be avoided by those employed in work. Strain may be either physical or mental. It may be localized in the muscular or nervous system or in both combined. It may lower a person's efficiency and make him ready for an accident. There are many ways of avoiding strain. Good posture will do much to prevent physical strain, and faulty position of the body will do much to bring it on. A man who sits at his desk all day should get up and walk around every now and then, or work for awhile standing up. Working conditions have a certain effect on a person's health. The environment, as well as his mental attitude, has much to do with his personal welfare. The work place should, in the first place, be kept clean and free from dust. An atmosphere full of dust carries irritation to the nose and throat and predisposes to acute cold and other infections which enter by these canals. Places where people work should be well ventilated and airy. Lighting arrangements are important. The light should be sufficient but not too strong. A person should not look directly at a light or have it shine into his face. The force of light should be directed clearly over the left shoulder. Natural illumination, of course, is much better than artificial.

Nature hates an idler. A man who has nothing to do is worse off physiologically than one who toils a good eight hours a day. Idlers form that vicious class of people who find time to write long windy epistles to newspapers taking exceptions to every progressive movement. There is a most happy medium between idleness and overwork, which every useful citizen ought to try to attain. Hard work, properly done, never harmed anyone. Health and efficiency always seem to go together. The combination of physical and mental health is essential to the mind as it will not perform wonders by itself. All persons who want to live rightly should endeavor to cultivate serenity of mind along with such physical benefits as fresh air, exercise, proper food, water, rest, proper care when needed and avoiding disease.

## IONE GIRL MARRIES.

Miss Ruby O. Engleman, daughter of Mr. and Mrs. Frank Engleman, and postmistress at Ione, was united in marriage on Monday, July 6, to Mr. Walter G. Roberts. The wedding occurred at Seattle and was performed in the pastor's study of the First Christian church by the pastor, Rev. Russell P. Thropp. The bride was a very popular young lady of Ione, and the bridegroom is a chief petty officer in the U. S. navy and at present located at Tacoma.

Lost—Between Ed Clark place and Heppner on last Thursday afternoon, lady's green and tan plaid coat. Finder leave at this office. It.

## Tex's Bride-to-Be



Dan Cupid knocks out Tex Rickard with blow to heart, will be the news headlines shortly after Sept. 11th, when the premiere fight promoter will wed Miss Maxine Hodges of New York City, shown here in photo.



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# "Aesop" Tells a Fable



ONCE upon a time there was a merchant in a small town in a far distant country who had divers wares on his shelves for sale. Time passed and the merchant's wares passed slowly from his shelves. But it so happened that in a large city some distance from the small town in the far distant country there was a very large vendor of wares like unto those sold by the merchant in the small town. Now it was the practice of the vendor in the large city to send out a big book illustrating his wares and quoting his prices, and into the small town these large books poured voluminously.

Then it was discovered by the merchant in the small town that the people of his territory were buying the wares of the vendor in the large city—and that was why the wares of the merchant in the small town were moving slowly.

The merchant in the small town was sorely indignant when he learned of this predicament, and wailed loudly, "Trade at Home."

And again it so happened that in this same small town in the far distant country there was a printing establishment. And this printing office issued a newspaper. And the merchant in the small town in the far distant country came unto the newspaper and asked the newspaper to tell the people to "Trade at Home." And the newspaper did tell the people to "Trade at Home." And many of them changed from the city vendor and did "Trade at Home."

But the merchant in the small town sent away to a city some distance apart for his bill heads, letterheads and other printing that the printing establishment in the same small town could have done. Then the merchant in the small town wondered why the newspaper issued by the printing establishment in the same town ceased to tell the people to "Trade at Home."

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