

Local Happenings

Word received by Heppner friends says that Elmer Peterson, son of Mrs. Aaron Peterson of Eight Mile, Heppner high school and U. of O. graduate, has completed his course with the Aetna Insurance company at Hartford, Conn., and that he will return to Oregon shortly. He will locate at Portland and specialize in group insurance, a comparatively new branch of the insurance business which deals with selling insurance covering groups of employees in factories and other large industrial concerns. Elmer's friends here are glad to note his progress in the business world.

Mr. and Mrs. Vawter Crawford and Spencer Crawford motored to Waitsburg, Wash., on Friday. Mr. Vawter Crawford taking advantage of the community fair there as an opportunity to refreshen childhood acquaintances. They returned home Sunday evening. Mrs. J. H. Gemmill accompanied the Crawfords to Pendleton from where she went to Helix for a short visit at the home of her son Chester Gemmill. Mrs. Gemmill also returned Sunday evening.

W. C. Lacey of Portland has been spending a week in the city looking after interests which he retained in this county since retiring from the farm on Blackhorse a number of years ago. Mr. Lacey, hale and hearty, enjoyed shaking hands with many old-time friends. He returned to the city in a few days. Adam Blahm has leased the Lacey farm and will run it in the future.

Mr. and Mrs. B. R. Finch departed Sunday for Eugene where they will make preparations for entering the University of Oregon this fall. The Finchs, employed in the Heppner schools last year, spent the summer months here, and Mr. Finch was one of the mainstays of Heppner's successful ball team. Many well wishes of Heppner friends accompany the young couple to their new fields of endeavor.

Wm. Meidinger, principal of the Hardman high school, arrived in Heppner Saturday on his way to Hardman. Mr. Meidinger reports an enjoyable vacation season, a large part of which was spent at summer school at the University of Washington. He reports a rather rough voyage from Pendleton to Heppner by way of Pilot Rock, the road being badly cut up with construction work.

District Attorney S. E. Notson departed for Portland on Tuesday night to be present at a meeting of the republican state central committee in the city on Wednesday. He returned home today, accompanying Frederick W. Steiwer, republican candidate for United States senator, who is making a call on the voters of Morrow county in the interests of his candidacy.

W. P. Cox and family departed on Tuesday for Greenham where they expect to reside for the winter, at least. Mr. Cox, who has been following the farming game in this county for a number of years, has decided to seek some other occupation and enter business. During the past couple of years he has been farming the R. L. Benge place in Six Dollar canyon.

F. H. Wilson, formerly a farmer in the lone section and now of Santa Ana, Calif., was a business visitor in Heppner the last of the week. Mr. Wilson states he finds life quite lonely since the death of Mrs. Wilson last winter. He expects to return south as soon as he straightens up business matters in this county.

Mr. and Mrs. Andrew Patterson arrived in the city from Portland the end of the week and enjoyed a visit at the home of Mr. Patterson's mother, Mrs. C. C. Patterson. The Andrew Pattersons expect to make their home in this county for the winter, Mrs. Patterson being employed as a teacher in the lone schools.

Mr. and Mrs. Harold Cohn returned Sunday evening from a motor trip of a month to California and northern Mexico points. They were accompanied on the trip by Mrs. Frances Rood of Portland and Heppner. Taking their time on the road they enjoyed many side trips, and had a most enjoyable vacation.

Earl Hallock, assistant cashier at Farmers & Stockgrowers National bank, departed Tuesday night for Portland and the beach at Rockaway. He will spend a week's vacation and will have a visit with his mother, Mrs. Della Hallock, who resides at Rockaway.

John W. Maidment, prominent Gilliam county ranchman, was here from his home at Lone Rock on Thursday last. Mr. Maidment was in this vicinity looking after the buying of some mixed lambs but found that it was difficult to get just what he wanted.

Heppner Garage disposed of a flock of Star cars during the week. Frank Wilkinson of Heppner bought a four-cylinder touring; Ray Wright of Hardman a six-cylinder sedan, and Jeff Jones & Sons of Heppner a four-cylinder coupe.

Ed Clark arrived the first of the week from Seaside and other coast and valley points where he has been spending the summer. He will leave shortly for his homestead on the John Day river between Spray and Monument.

Mr. and Mrs. Earl George are visiting at the home of Mrs. George's father, Jake Young, in Eight Mile. They expect to spend the winter in this county. Mr. Young and Mrs. George were in Heppner Tuesday.

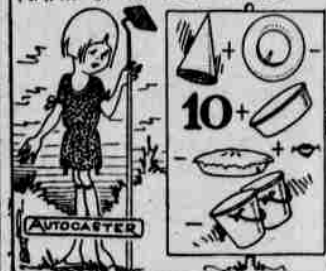
Earl Warner, Lexington wheatraiser, was doing business here on Tuesday. He was rejoicing over the good rain that his his section Monday night and Tuesday forenoon. Farmers will now be busy seeding.

The Misses Mary and Marjorie Clark were week end visitors in Portland.

W. A. McCarty and son of Hardman were visitors in Heppner Tuesday.

'TEASERS'—No 8

ADD AND SUBTRACT THE NAMES OF THE OBJECTS, AS SUGGESTED, AND HAVE AS A RESULT, THE NAME OF A VEGETABLE.



Answer to Last Week's:—
BEAR LION DEER

Mr. and Mrs. Aubrey Cutsforth are new arrivals in the Heppner vicinity from Lexington. They have located on the Ed Hunt farm in Sanford canyon, which they have rented.

Mr. and Mrs. Cyril Adkins of Emmett, Idaho, are visiting at the home of Mr. Adkins' mother, Mrs. Mattie Adkins, in this city. They arrived Tuesday.

Mrs. V. V. Crawford is substituting at the Farmers & Stockgrowers National bank during the absence of Earl Hallock for a week at Rockaway.

Andrew Baldwin returned home on Monday from his vacation trip. He reports a fine time visiting different points in Oregon and Washington.

Mr. and Mrs. Joe Devine of Lexington returned home on Monday from Lehman springs where they spent an outing of a week.

Geo. W. Clark, local forest ranger, has moved his family into town for the winter so that the children may enter school.

William V. Crawford spent the week-end with his family in Heppner returning to Portland Tuesday morning.

EATING FRUIT IS VERY BENEFICIAL

By State Board of Health.
The benefits derived from eating fruits are undoubted. Fruits are a natural and healthy stimulant to digestion. They act upon the digestive organs somewhat like green vegetables, but they have the additional advantage of containing acids and of appealing to the aesthetic taste. Some people look upon fruit as a luxury, but there are very good reasons why we should eat fruit daily. All fruits contain certain salts or organic acids which have a more or less stimulating action on the kidneys, and some of them, such as pears, figs and prunes have a laxative effect. In addition to this, fruit furnishes a certain indigestible bulk or roughage which tends to retain water in the intestines and thus helps to regulate the bowels.
Children's physicians recommend that all babies of the age of six months should be given a small amount of mild fruit juice or tomato juice daily. This is particularly

necessary in cases of infants fed on cows' milk or prepared milk foods. Unless some of these juices are given, a disease known as scurvy may develop. The mild form of this disease often stands unrecognized for a time, being noted only in the slowing up of the growth of the child later on. Fruit is one of the so-called protective foods and it should be used in some form daily. Fresh fruits, because of their large content of water, are always cooling, refreshing and appetizing. Fruit that is not thoroughly ripe, or is decomposed, should not be eaten. Apples are a staple fruit, low in price and easy to prepare. They are the most abundant market fruit. Their many and varied uses are too well known to require comment.

When we chew fibrous foods, such as raw fruit, it is said that we exert a pressure of 100 to 150 pounds on the teeth. This insures a good ventilation of the lungs, and in children, particularly, tends to develop better teeth and jaws. Raw fruit, again, leaves the teeth freer from adhering matter than do soft foods. It also stimulates the secretion of a strongly alkaline saliva which coats the teeth and counteracts the action of particles of food which would otherwise remain. It is wise, therefore, to end a meal with raw fruit, since it not only adds to the cleansing of the teeth, but it also helps to preserve them. Fruit juices are invaluable as restoratives to health, since they tax the digestive organs very little and are quickly assimilated.

Permits to Build Fires Required This Month

It will be necessary for all persons visiting the national forest area during the present month to secure permits to build fires, is the information handed to this paper by Geo. W. Clark, local forester. Mr. Clark will be away from Heppner the most of the time on duty in his territory, but he has arranged for the issuance of permits to all persons interested, and these may be secured at the office of Roger Morse, county agent.

As the hunting season will be on, opening with the 10th of the month, there will be many visitors to the timbered sections, and these will desire to make camp fires and unless they have their permits they will face the possibility of getting into trouble with the authorities. All this will be avoided by calling on the proper official and getting the camp fire permit.

For Sale—Property known as Geo. Schemp place in lower Heppner. Price \$850. 5 room house, good cellar, modern conveniences. Inquire Mrs. M. L. Oney, Heppner. 24-27

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

For Sale—Kerogas, Bon Ami model oil stove, 4 burners; used only one month. Inquire at E. H. Buhn jewelry store. 20-21

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"Safety First" has long been a slogan that we all follow in most things. But in one respect many of us are often too careless. We do not take sufficient care of our valuables.

Day by day we read of robberies of thousands of dollars in paper and jewelry. There is only one way to combat this evil. And that is by the Safe Deposit Box in the vaults of a strong bank.

If you keep your valuables in your own home even in a supposedly secure wall safe, you are liable to heavy losses. We cannot recommend too strongly that you investigate our Safe Deposit Vaults. You will find them positively safe from burglar, fire and water. This service is exceptionally convenient and the cost is remarkably low.

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Farmers & Stockgrowers National
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TO OUR CREAM CUSTOMERS :
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W. C. COX, Manager.

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