

WOMEN

Their Homes and the World Outside

By KITTY BARRY CRAWFORD

HERE is another reason for liking to write about women. They are always doing something interesting. Now they are invading that traditional masculine stronghold, the furniture field, and proving themselves factors with which to reckon.

MISS EMILY FREDERICKS, secretary of the Furniture Club of America, says that each year sees an increase in women buyers in the mammoth Furniture Mart of Chicago. And notably, as their numbers increase, they show themselves real merchandising persons.

AND women not only serve the mercantile world efficiently as buyers of furniture, Miss Fredericks asserts, but more women now sell furniture in retail stores than ever before. Because they have an instinctive feeling for the fitness and use of furniture, they are forging forward in this industry.

MISS FREDERICKS conducts the affairs of the Furniture Club of America in the beautiful rooms of this organization on the sixteenth floor of the huge Mart, with greater success than her years might promise. Slender, dark-haired, charming, she justifies forcibly the choice of youth in positions of responsibility.

MISS MARIE CLENDININ, manager of the permanent exhibit of a large chair manufactory in the Mart, has noticed a marked recent increase in feminine buyers. "They are mostly individual buyers, like decorators, or managers of furniture departments in general merchandise stores," she said. "Furniture offers a big field to women, and dealers often tell me women are more successful sales people than men. It is a field women are only beginning to select, however."

All correspondence addressed to Kitty Barry Crawford care of this paper, will be answered. (American Home Syndicate)

LOCAL NEWS ITEMS

H. K. Dean, superintendent of the Hermiston experiment station, was a Heppner visitor yesterday, in the interest of securing some feeder lambs for the station farm which it expects to use in its work the coming year. Guy Boyer, who is now an extensive rancher of the Monument section, spent several days in Heppner this week, attending to matters of business.

Regular meeting of Heppner unit, American Legion Auxiliary, Monday evening, September 20, at Legion headquarters. Hostesses Mrs. J. D.

Bauman and Mrs. Harvey Bauman. Miss Gladys Benge departed by Sunday night's train for Walla Walla where she will enter Whitman college as a student for the coming year. Melvin & Ridgeway will be at the Curran Hat Shop in Heppner Thursday and Friday, Sept. 23 and 24, with a full line of coats and dresses.

Prof. O. B. Kraus of Irrigon was among outside teachers taking in the institute here the first three days of the week.

W. P. Hill fractured bones in the wrist of his left hand Friday, when he used the arm to restrain himself in a fall.

Jimmy Furlong broke both bones in his right arm while playing on the rings at the school grounds on last Friday.

Dr. D. D. McMurdo, after spending several days with a hunting party in the mountains, returned home Tuesday.

Frank Creegan of Condon is in the Heppner Surgical hospital undergoing treatment for stomach trouble.

Born, to Mr. and Mrs. Harvey Miller yesterday morning at Heppner Surgical hospital, a 7 1/2-pound boy.

Oscar Hanks broke his left shoulder Sunday, the result of a fall from a horse in the Rodeo trouts.

Mrs. Elmer Hunt had a slight operation performed at the Heppner Surgical hospital this morning.

The Mrs. Allan Johnston baby is ill from dysentery.

For Sale—13 head of Lincoln bucks, Ralph Thompson, Heppner.

Robert Harrison, Jr., returned to Hillsboro Sunday after spending a week visiting his parents.

Gladys Medlock returned home on Thursday from Walla Walla where she had been visiting for some time.

The teachers of Morgan and surrounding territory attended the institute at Heppner.

Mr. and Mrs. Alfred Troedson and Mrs. Zoe Bauernfiend attended the institute.

Morgan has 14 pupils attending the Ione school.

Miss Ellen Ely arrived Saturday from Estacada to start her school on Thursday.

Mr. and Mrs. Matthew Ball were in Morgan Monday.

Mr. and Mrs. W. E. Bullard and family of Ione were calling on Mr. and Mrs. R. E. Harrison Sunday.

Mr. and Mrs. Bert Palmateer returned home from Estacada Saturday.

County School Superintendent Helen M. Walker for her untiring efforts in our behalf; the various institute conductors for the helpful material and inspiration that they brought to us.

2. In view of the excellent work that the Oregon State Teachers' Association has done for the teachers of the state, we wish to go on record as favoring a one hundred per cent membership in that organization by the teachers of Morrow county, and inasmuch as wide professional reading marks the progressive teacher, we also

wish to announce ourselves in favor of membership on the part of all teachers in the National Education Association.

3. That we heartily welcome the use of the new objective tests in Geography at the next state examination and that we desire the gradual extension of such tests to the other subjects of the elementary course.

4. That we urge upon the next legislature the extension of the present courses in the State Normal School at Monmouth from two to four years and that the school be known as the Oregon State Teachers' College at Monmouth.

5. That we resolve to use every reasonable means between this time and the November election to secure a new normal school in Eastern Oregon.

6. Because of the crowded condition of the only State Tuberculosis Sanitarium in Oregon, we announce ourselves as heartily favoring the establishment of a Tuberculosis sanitarium in Eastern Oregon.

That we hereby give notice to all candidates for Congress, that we shall favor only those who pledge themselves to vote for the educational bill now before Congress, thus giving a Federal Department of Education and a Secretary of the same in the President's cabinet; and further that a copy of this resolution be mailed to each Congressional candidate that he may be informed of our wishes.

RESOLUTIONS COMMITTEE. W. M. MEIDINGER. O. B. KRAUS. HELEN V. FREDRICKSON.

STATION REFLECTS PROJECT PROGRESS

(Continued from First Page)

the project at a meeting later in the evening.

A. C. Cooley, reclamation surveyor, was glad to note the progressiveness displayed by project farmers. He stressed the importance of the economic conference held at Hermiston in the spring, which has resulted in similar conferences being held in other reclamation districts, and urged that farmers study the printed reports of this conference carefully that they may reap full benefit of its helpful findings.

A plea for sweet cream for creameries was made by Chris Johnson, field representative of northwest creameries. Some creameries are paying as high as 6 cents premium for sweet cream, he said. Importance of water cooling of cream and keep-

ing the separator clean were also highlights of Mr. Johnson's talk. He has a plan whereby farmers may organize for cream delivery in order that it may be delivered in sweet condition, by farmers taking turns hauling the other fellow's can in the case of the smaller dairymen.

Governor Pierce, aside from commending the station officials for their good work, cited the state's policy with regard to experiment stations. He said he favored curtailing establishing more stations until those now in existence were placed on a self-supporting basis. His speech mainly was in behalf of his candidacy for governor at the coming election, consisting of a plea for the income tax, pure and unadulterated, and a review of his alleged accomplishments the past four years. Mr. Pierce was well received.

The Use and Abuse of Sugar.

By State Board of Health.

The place of sugar in a person's diet depends upon the individual's requirements. Certain it is, that the tendency today is to use sugar in too many kinds of food. Its legitimate use is to make things palatable which otherwise would not be so and to provide a ready or quick form of energy. But the natural flavor of grain and the mild flavor of fruit should not be concealed by the addition of large quantities of sugar.

In estimating the place of any food in the diet, we must consider its contribution toward nourishment. Has it any deficiencies? Will an unlimited or even liberal use of it likely make the diet one-sided or unbalanced in any way? Our body has certain nutritive requirements which can be met only through food. One of these requirements is a supply of energy sufficient to carry on the life processes. Food must furnish energy for growth and energy for work. It also must supply enough tissue-building material of the right sort. Certain vitamins and minerals are ne-

cessary, and we require both dilution and bulk or roughage in order to keep our machines running properly. After the period of infancy when mother's milk is the natural and best food possible, we find that no one food will meet all the requirements of adequate diet. Hence the importance of understanding the limitations and advantages of the many different kinds of food.

The substance we call sugar which is the same whether manufactured from sugar cane or from beets was, until recently, too expensive to be used by large numbers of people. Since the invention of machinery, with its subsequent great increase in sugar production and decrease in cost there has been most rapid growth in its consumption.

Sugar is a one-sided article of diet. It is simply a fuel food. We must remember, however, that there are many other foods that serve the same purpose. Starches and fats are fuel foods. There are other forms of sugar which occur in combinations of milk, fruit, honey, corn, etc., and most of these contain useful substances besides sugar.

Whether the eating of an excessive amount of sugar is the direct cause of any disease or not is not yet fully understood. It is well known that a diabetic is unable to use sugar unless he is treated with insulin, but it does not follow that the eating of sugar may produce the disease. However, in the absence of proof on such a

point, moderation at least is indicated. The normal individual can handle three to four ounces of sugar per day without ill effects. Overweight people should use sugar sparingly as

sugar is a fat former. The body can manufacture its own sugar from breads, cereals, fruit and vegetables. We need have no concern whatever about supplying it ourselves.

STAR THEATER

THURSDAY and FRIDAY, SEPT. 16-17:

MARION DAVIES in

"ZANDER THE GREAT"

LIFE WAS DULL—SHE WANTED THRILLS, and, oh boy, she got 'em!

Only an orphan, Mammie started out with an adopted child in a wheezy flivver, to see the world. They struck Arizona, like a cyclone. For what mere man could withstand her charm, her rare courage, her sense of humor, and the irresistible appeal of youth?

Also two episodes of "THE GREAT CIRCUS MYSTERY."

SATURDAY, SEPTEMBER 18:

LEW CODY and MAE BUSCH in

"TIME, THE COMEDIAN"

From the novel by Knut Jordan. You'll love this story of a frivolous mother who fought against the inroads of time, until the shadow of a past romance fell on her daughter's happiness.

Also Edmund Cobb in *The Flaming West*, and *International News*.

SUNDAY and MONDAY, SEPT. 19-20:

MARION DAVIES and ANTONIO MORENO in

"BEVERLY OF GRAUSTARK"

From the novel by George Barr McCutcheon. If love makes the world go round, Marion Davies in this great comedy romance will make it spin like a top. For here is a marvelous screen love story with the charming star never more alluring or gorgeously amusing than as the girl who played a Prince. Dressed as a boy, she entered into the maddest, most perilous series of romantic escapades you've ever adored on the screen.

Also *Flying Wheels*, two reel comedy. Children 20c, Adults 40c

TUES. and WEDS., SEPT. 21 and 22:

LILYAN TASHMAN and JOHN BOWERS in

"ROCKING MOON"

From the novel by Barret Willoughby. In the shadow of grotesque totem-poles, in the light of the midnight sun, grim tragedy stalks, while romance, love, intrigue, hate, cunning, superstition play their parts in one of the most dramatic stories ever screened. An Alaskan picture supreme, vibrant with thrills and deep appeal.

Also Comedy, *Love My Dog*.

DURING RODEO, Next Week:

THURSDAY and FRIDAY—Tom Mix in *THE EVERLASTING WHISPER*, with TONY, the Wonder Horse.

SATURDAY—Norman Kerry in *UNDER WESTERN SKIES*, made at the Pendleton Round-Up last year.

SUNDAY and MONDAY—George O'Brien in *THE JOHNSTOWN FLOOD*.

TUESDAY and WEDNESDAY—Edmund Burns and Vera Reynolds in *THE MILLION DOLLAR HANDICAP*.

NEW HANDY PACK WRIGLEYS P.K. CHEWING SWEET



3 Packs for 5¢

A treat everybody enjoys. It's good for young and old.

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What a lot of style and value we're giving you this Fall in

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New styles for fall with wide shoulders; narrow hips; wide lapels; and a suggestion of the waistline.

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Take the wheel of today's Chevrolet. Learn the simplicity of its gear shift—experience the flexibility of its velvety acceleration—the amazing smoothness and power of its modern valve-in-head motor—learn the thrill of its remarkable steering ease and the quick responsiveness of its big, oversize brakes!

Only then can you possibly appreciate its handling ease and multiple-cylinder performance.

Come in today and get a demonstration!

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