

Hints for the Home

by Nancy Hart

It is no longer sufficient merely to place on the dressing table a "set" of toilet ware. To be smart, one must have mirror, brush, comb and cream jars that complement the decorative scheme.

Created by foremost modern artists, period and modern designs in most exquisite colors have made their appearance. For the room of 18th Century influence there is a charming Watteau design, done in burgundy and cream in the tolle du Joy manner. Another and more formal pattern follows the classic lines of Napoleon's day; a third adapts the lines of modern art to the Wedgwood motif which has been a favorite for centuries.

When planning improvements in home-furnishings for fall it is well to remember this fashion trend which so definitely stamps the toilet table as to date.

Sunday's Menu
 Shrimp cocktail
 Fried chicken—cream gravy
 Parsley potatoes
 Succotash
 Lettuce hearts—cheese dressing
 Coffee Mousse
 Wafers

Fish Scalloped with Vegetables
 1 small onion, 1 cup water, 1 cup creamed fish, 1 cup chopped buttered carrots, 1 cup cooked spaghetti, 1 tsp. salt and a little pepper. Remove seeds from pepper, chop onion and cook the two 10 minutes in water. Add all other ingredients; put in baking dish, sprinkle liberally with grated cheese and bake in moderate oven for 30 minutes.

Protects Cut Fruit
 If you place a sheet of oiled paper over cut fruit such as oranges, grapefruit, melons, and lay the fruit cut side down on a flat plate no juice will be lost and the fruit will keep perfectly fresh.

Irrigated alfalfa and dairy ranch of 66 acres for sale, trade, or will rent to responsible party. If interested call or write M. Farsel, Reid's Planing Mill, Heppner. 21-28.

Beauty Secrets

By HELENA RUBINSTEIN.

YOUR HAIR IN SUMMER

Ever since the vogue of permanent waving became a nation-wide institution women everywhere have paid less attention to the care of their hair in summer than ever before. Once it was a difficult matter to keep straight hair softly curled and neatly arranged through the warm, moist weather. Women worked hard over their hair—they "fussed" with it—spent much time and energy in keeping it smooth, shining and well-groomed.

Now, fortified with a permanent wave they face the summer season boldly. No extra attention is given to the hair. A shampoo occasionally, a moment for pushing the wave into place with the fingers, and the hair is forgotten for a week, except for the hasty care it gets during the daily combing.

All this saves time during vacation days but it is exceedingly bad for the hair. Even permanently waved hair needs careful regular attention to keep it healthy and well-groomed looking. The operator who waved your hair may have told you not to brush it—that if you brushed it often the wave would come out. But I warn you to brush, and to brush frequently. The wave may be loosened slightly or it may not last quite so long, but your hair will be softer and more shining. The added gloss and life it has will more than make up for a little less in wave. And a wide, loose wave, remember, is much more fashionable than a tight one this season. If you are swimming daily in salt water you should take unusually good care of your hair. Since no swimming cap yet devised will keep the hair from getting wet when you dive or swim under water, you must remember to rinse your hair under a clear water shower after each swim. Salt left in the hair makes it sticky, dull and lifeless.

Exposing your head, hatless, to the warm, summer winds is excellent for the hair. To be fragrant and healthy it must be frequently sunned and aired. Continued exposure to the hot, midday sun, however, will burn and dry it dangerously. Wear a light straw hat if you are to be in the hot sun for any length of time—and if your hair already looks sunburned, use a hot oil massage before each shampoo.

Heart to Heart

By John Joseph Haines M.D.

A REVERIE

Years ago a beloved poet wrote, "There's nothing true—but heaven." This, after saying how deceitful were the smiles of joy and the tears of woe. To my then youthful soul, the poet's words rang in the sweetest of chimes. Something at last would prove true!

Last week I read in a well-known publication the cold statement of a professional writer and profound theorist that this thing we call heaven is nothing more than a film of the fancy; that there is not an iota of ground for any such belief; that the idea is too silly, even for respectable fiction.

He would have it that way. He would wipe away at one sweep, the prop that has sustained many a pure life to the very margin of the grave under the weeping willows. This modern wise man did not waste any time on the smiles of deceit, or the baby-tears of imaginary woe, although there is much

that he might have said to the edification of the human race; but he aimed his poisonous shafts at the most precious of promises. He seemed to float in his ability to tear down something pure, beautiful, good, reassuring.

The heaven of which I have been hearing from my childhood up, has been one of the strongest of incentives working within me, to make of me a better man. I cannot think of a single atom of harm that my belief in a heaven has done me or any one else. Just why an individual should buckle on his sword and rush to my rescue from such a belief, is too deep for me to fathom. Perhaps he has nothing else to do. And wants to be busy at something notoriously vivid.

So far as I am concerned, he has wasted his time and energy, though he may realize the few cents the editor paid him for filling the page sensational. I am for anything that goes to make men better, not worse. Aren't you?

BARN AND HORSES BURN.

Mrs. R. W. Volle, who was in town on Saturday from the Volle home on Rhea creek, reported to this paper that their barn, two valuable horses and a quantity of straw were destroyed by fire early on Thursday evening last. Children playing with matches fired the straw near the barn and before relief could be had the barn was in flames and the animals were destroyed. Mrs. Volle was alone at the house with the children at the time.

Mike Curran departed Friday evening for Portland to join Mrs. Cur-

ran who has been in the city for some time making selection of her fall millinery. Mr. and Mrs. Curran planned to go to the coast for a short stay before returning to Heppner.

Mr. and Mrs. Robert Steers are the proud parents of an eight pound son born at their home in Klamath Falls on August 8. The boy has been named Lyle Robert. Mr. and Mrs. Steers were formerly residents of the Heppner community and are well known here.

Dr. Clarke, of the Clarke Optical Co., 221½ Washington St., corner

16th, Portland, EYE SIGHT SPECIALISTS, will be in Heppner for two days, Sunday and Monday, August 25 and 26, at Hotel Heppner. SEE HIM ABOUT YOUR EYES.



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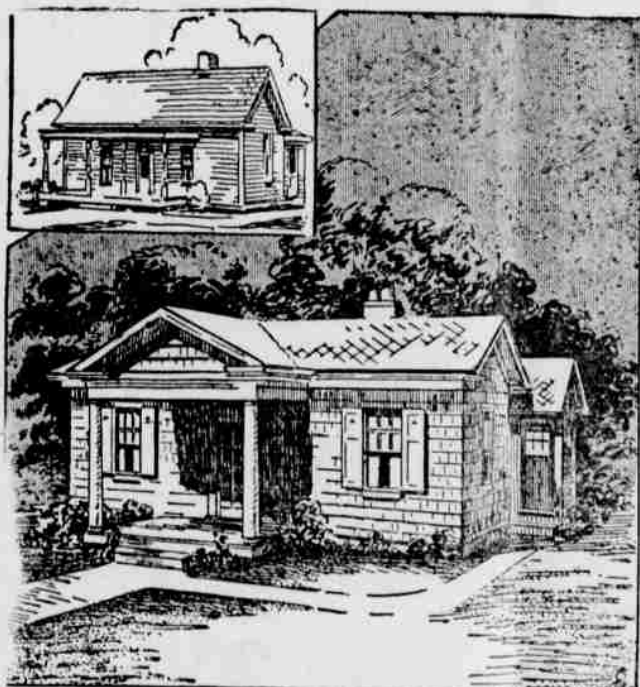
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