



**Your Legs and Your Brain**

This is one of the greatest tragedies of modern life. Men are forgetting how to walk. They travel by taxicabs and street cars; they travel by automobile; they project their personalities over a telephone wire. But they do not walk. There is a double loss in this. A loss in health, first. Most of the diseases of modern men originate in the intestines. Formerly men and women walked enough to keep the stomach muscles firm, the intestines healthfully agitated. Now men and women ever more so—sit all day slumped in. Germs settle down inside them gladly; and Death, his work made easy for him, laughs. There is another loss, equally great. A loss in mental keenness and mental wealth. Did you ever take a walk in the country with someone who knows really how to walk? Someone of the type of the naturalist Linnaeus, for instance? Linnaeus walked into Oland, and found the lands of the farmers ruined by sand blown from the beaches. He discovered that the roots of a certain beach grass were long and firm; he taught the farmers to sow that grass along the beach, and so preserved their lands from ruin. He walked into Thorne, and found that at a certain period in every

year the cattle fell sick and died. It was a curse, the people said—the act of angry spirits. But Linnaeus, examining the pastures, uncovered a noxious weed, and showed the farmers how the work of one laborer for a few days every season would root it out. In his walks he examined and catalogued 8,000 plants, vegetables, and flowers. How many plants, vegetables, and flowers do you think you could identify if you were to see them in their native states? "Few men," said Dr. Johnson, "know how to take a walk." But those favored few enjoy a glorious and mysterious privilege. To discover where the violets first bloom in the spring— To be able to tell directions in the woods, by knowing that large pine trees bear more numerous branches on their southern side— Or that grass grows on the south side of ant-hills and whortleberries on the north— There are few pleasures more richly satisfying; none that pay larger dividends in health. The man who goes into the country once a week is a better citizen than the man who never goes, even though his eyes see nothing more inspiring on his walk than a golf ball. Flabby legs usually mean flabby brains. If you would think clearly, speak forcefully, work effectively, get out into the country when you can—and walk.

**DAIRYMEN BACK PUBLICITY WORK**

State Association Makes Plans to Sell Oregon on Use of More Dairy Products.

Every publicity medium available ranging from oratory to paid advertising is to be enlisted by Oregon dairymen in extending a campaign of education as to the value of more dairy products in the diet. If recommendations adopted by the Oregon Dairymen's association at the annual convention in Marshfield and Coquille are carried out. The report of the committee on increasing consumption adopted by the association points out that more is to be gained by a constructive campaign of education regarding the products of the cow rather than in a drive against substitutes. Any remedial legislation in regard to the matter, it was decided, should be national in scope. The report favored attention to high quality products as the first step in any successful sales campaign and in this connection endorsed a state cream grading law. A unified effort to push sales of all classes of dairy products was favored rather than a number of separate campaigns. "The press is recognized as a powerful factor in moulding public opinion," the report said, "and we appeal to the editors of Oregon in this hour of under consumption of dairy products, to give the dairy industry special consideration in their editorial pages and also to lend more attention to solicitation of paid advertising of dairy products in their display. The association also favored steps to increase efficiency of production with only moderate expansion, but said there is no need for the good dairy farmer to become unduly alarmed over the present situation. New officers of the association chosen are president, Sidney Miller, Woodburn; first vice president, Marvin Thomas, Redmond; second vice president, Thomas Acree, Hood River; secretary, P. M. Brandt, Oregon State college; assistant secretary, N. C. Jamison, Corvallis. The next convention will be held in Redmond.

**Political Announcements**

**FOR JUSTICE OF THE PEACE.** I hereby announce myself as a candidate for the office of Justice of the Peace for the 6th district of Morrow County, subject to the will of the democratic voters of said district as expressed at the May primaries. (Paid Adv.) E. R. HUSTON.

**FOR COUNTY COMMISSIONER.** To the Republican Voters of Morrow County: I hereby announce myself as a candidate for the office of county commissioner at the May primaries; if nominated and elected, I promise to serve the people of Morrow county to the very best of my ability. (Paid Adv.) JOE DEVINE.

**FOR COUNTY COMMISSIONER.** I hereby announce myself as a candidate for the office of County Commissioner for Morrow county, subject to the will of the Republican voters, expressed at the May primaries. (Paid Adv.) GEO. N. PECK.

**FOR COUNTY COMMISSIONER.** At the next Primary election I will be a candidate for the office of County Commissioner on the Republican ticket. If nominated and elected I will carry out the duties of such office to the best of my ability. (Paid Adv.) CREED OWEN.

**FOR COUNTY JUDGE.** To the Voters of Morrow County: I hereby announce myself as a candidate at the coming primaries for the office of County Judge of Morrow County on the Republican ticket. If nominated and elected, I pledge the same faithful and sincere service that has characterized my long term with the County Court as commissioner. (Paid Adv.) G. A. BLEAKMAN.

**FOR COUNTY ASSESSOR.** I hereby announce myself as a candidate for the office of Assessor of Morrow County, subject to the will of the Democratic voters at the May primaries. (Paid Adv.) JESSE J. WELLS.

**FOR COUNTY JUDGE.** To the voters of Morrow County, I wish to announce that I will be a candidate for the nomination of County Judge on the Democratic

ticket at the next primary election, and if nominated and elected, I will perform the duties of such office to the best of my ability. (Paid Adv.) G. L. BENNETT.

**FOR COUNTY COMMISSIONER.** I hereby announce myself for the office of County Commissioner of Morrow County, subject to the will of the voters of the Republican party at the May Primaries. GEORGE W. DYKSTRA, Heppner, Ore. (Paid Adv.)

**FOR COUNTY TREASURER.** This is to announce that I will be

a candidate for the office of County Treasurer, subject to the will of the voters of Morrow County, at the Primary elections, May 16th, 1930. I wish to thank my friends, both republican and democratic, for their generous support in the past, and hope I have proved worthy of their confidence. LEON W. BRIGGS, (Paid Adv.) present incumbent.

**FOR COUNTY JUDGE.** At the next primary election I will be a candidate for the office of County Judge for Morrow County on the Republican ticket, and

if nominated and elected I will carry out the duties of such office to the best of my ability. (Adv.) WM. T. CAMPBELL.

**TEST HERD STARTED.** The extent to which dairymen may depend on alfalfa hay alone as a feed for the producing herd is to be the chief object of study in a new experimental dairy herd established by Oregon State college at the Hermiston branch experiment station. A grade herd, dairy barn and hay storage room are among the additions to the station arranged for.



**ALCOHOL**

More alcohol is being distilled in the United States than ever before. That has nothing to do with prohibition. The use of alcohol in industry has multiplied enormously since the war. The new chemical industries use it in a thousand ways. Next to sulphuric acid, it is the most important of all chemicals. Business would stop, in hundreds of lines, if the manufacture of alcohol stopped. But less grain is being used for alcohol than before. Molasses and potatoes are the chief sources of industrial alcohol. The sugar-growers of Louisiana are getting real money now for what used to be pure waste, and the potato growers of Maine, Michigan, Maryland and the other potato centers have a more stable market for their product.

**CITIZENSHIP**

Becoming a citizen of the United States ought to be as impressive as joining a church or a lodge. When you join a church it is a solemn occasion. You are welcomed into the communion by a ceremony in which minister, elders, deacons or other officials take the lead and the whole congregation participates. When you join a lodge you are, for the moment, the central figure among the brothers; you are made to feel that you have achieved a new importance in their eyes, a new dignity in your own esteem. But when a man or woman goes into a naturalization court to get his final papers he is treated as if Uncle Sam wished he had stayed at home. It would be a useful service for any Chamber of Commerce to undertake to make of the admission of aliens to citizenship an occasion for public rejoicing. And if the same idea could be extended to an annual welcome to the new American-born voters who have just come of age, that would certainly help impress upon them the responsibilities and the dignity of American citizenship.

**CHEESE**

There are more than five hundred varieties of cheese. Some are made only in certain parts of the world, such as Roquefort, which ripens only in natural caverns in France, Gorgonzola, a native of Italy, Stilton, as English as John Bull, Limburger, Brie and a hundred other "ripe" cheeses, besides the mild soft cheeses such as Camembert, cream and the others which should be eaten as soon as possible after they are made. Swiss cheese must not be overlooked. And then there are the more universally popular cheeses of the cheddar type, which includes the Dutch Edam and pine apple cheese of commerce, which is the staple product of the American dairy. Cheese supplies all the nutritive elements found in meat. The use of cheese is increasing, as the use of meat is decreasing. That is encouraging to the dairy farmer but not so good for the cattle raiser.

**MOUNT VERNON**

Greatest of all our national shrines is Mount Vernon, the country seat of George Washington, on the Potomac, a few miles below Washington. It was a neglected, almost ruinous old house when, more than fifty years after Washington's death, a band of ladies selected from the various states, raised funds with which to purchase and repair it. From time to time a movement from the Federal Government to take

over Mount Vernon and be responsible for its maintenance has begun. For nearly eighty years the burden has been carried by private donations and subscriptions. If there is any one spot in America which should properly be a charge upon the whole nation, it is Mount Vernon.

**GETTYSBURG**

To North and South alike the battlefield of Gettysburg is hallowed ground. Here was the high tide of the Confederate forces. Here Lincoln voiced his immortal phrase, "Government of the people, by the people, for the people." Here the most imposing monument is the statue of General Lee. Here, among these rolling Pennsylvania hills, lie the most gallant soldiers whom America has produced. "Under the sod and the dew, waiting the judgment day."

Every year nearly a million and a half tourists visit the Gettysburg National Park. They come from every section of the Union, as many from the South as from the North. The pleasant little town has welcomed them but its facilities for housing and feeding its guests have not kept pace with the growth of the tourist tide. It is good news, therefore, to all who cherish Gettysburg as one of our national shrines, that the people of the town have at last stirred themselves to meet this need. A new hotel, in a style and manner befitting its surroundings, is to be built this year. And this will make the pilgrimage to Gettysburg even more popular than it is now.

**COLLEGE DRAMAS BROADCAST**

"Miss Civilization," the first of a series of plays to be broadcast by KOAC, is scheduled for 8 o'clock Wednesday evening, March 12. The cast will be furnished by the Workshop Theater players, composed of advanced students in community drama at the college. One play will be listed for each Wednesday night at 8 o'clock.

Mr. and Mrs. Leonard Carlson brought their child to town Friday to receive a doctor's care. He reports his wheat crop coming along fine. Spring plowing with a tractor has kept him busy lately.

**Butter is Nutritious ---Use It!**

Butter is one of the most delicious foods made. It should be used freely in cooking, frying, baking, and on the table. Butter is almost 100 per cent digestible, and because of its vitamin content, those growth-promoting, health-preserving substances, it is classed by nutrition experts as one of the protective foods.

**BUTTER IS CHEAP NOW, SO EAT PLENTY OF IT.**

"There is No Substitute for Good Butter"

**Morrow County Creamery Co.**  
This advertisement is sponsored by the Oregon Creamery Operators Association

**SPRING GARDEN HINTS.**

(From Landscape Section, O. S. C.) No time is gained in trying to divide plants or transplant shrubs or perennials before the soil warms up as new roots will not form properly, resulting in stunting or death of the plants. To eradicate moss from lawns rake as much as possible with a garden rake and then add a soil dressing containing one-sixth its bulk in lime. Next reseed with a good grass mixture containing considerable clover.

Synthyris, or spring queen, is a common Oregon wild flower that goes well in a wild flower garden. This plant with heart-shaped leaves and blue flowers grows from two to eight inches tall and serves well as a border plant. Many gardeners prefer selected shades of zinnias rather than a complete mixture so commonly used.

**COMPLAINT FILED.**

Judgment of \$29.99 and costs is sought by the State Industrial Accident commission in a complaint filed in the circuit court for Morrow county, February 20, naming Henry A. Fuller as defendant. The amount, according to the complaint, is claimed due because of an agreement with the commission to protect his farm hands under the provisions of the "Workmen's Compensation Act."



**DRINK MORE MILK**

Wise old Mother Nature made milk for children. Into it she put everything needed for sustenance, and in the most easily assimilated form. So, Drink More Milk. Let the children have plenty. It is the cheapest food you can buy.

**Alfalfa Lawn Dairy**  
WIGHTMAN BROS., Props.  
Phone 30F3

**Prepare for Spring Plowing**  
USE  
**THE BATES CRAWLER TRACTOR**  
35, 45 and 80 H. P. Models  
**PAUL G. BALSIGER, Ione, Oregon**  
Agent for Morrow County

**A FINANCIAL GUIDE**

One of our checking accounts will give you a permanent record of your income and outgo. It will help you control your expenses. It will aid you in quickly realizing your ambitions.

Talk with us about it—**TODAY.**

**Farmers & Stockgrowers National**  
Heppner Bank Oregon

**THE LINE OF 'MARCH'**  
**FOR THRIFTY FOOD BUYERS**

Every day you will find MacMarr customers forming a "line of March" to our inviting food centers. In these busy days when there is so little time to choose foods carefully, modern women enjoy the quick obliging service and efficient arrangement of stocks in our stores. Start today on the road to easier, more economical food buying by joining this ever-growing "line of March."

**Features for Friday & Saturday, March 7-8**

**MAC MARR'S SPECIAL**  
**Broom Sale**  
Starting March 8 to March 15, Inclusive  
Little Dot. **65c** Veribest.. **85c**

**Red Mexican Beans .. 10 lbs. 79c**

**Navy Beans ..... 10 lbs. \$1.29**

**Toilet Tissue**  
A Very Good Grade  
3 for ..... **19c**

**Jellwell**  
Assorted Flavors  
4 for ..... **25c**

**MacMarr Flour**  
Sperry Product  
25 Lb. .... **\$1.05**  
50 Lb. .... **\$1.69**

**MATCHES**  
Buffalo Brand  
**2 Cartons . 35c**

**MacMarr Coffee**  
Always Fresh  
1 Lb. .... **43c**  
3 Lb. .... **\$1.19**

**Corn Flakes**  
Kellogg's Brand  
**4 for ... 30c**

**Raisins**  
Thompson's Seedless  
**2 for ... 59c**

**HAMS**  
An Armour Product  
Per Lb. .... **32c**

**EGGS**  
Fresh from the Ranches  
5 Doz. .... **\$1.00**

**BACON**  
An Armour Product  
Per Lb. .... **33c**

**ORANGES, No. 126s, per doz. 79c**

**ORANGES, No. 80s, per doz. 89c**

**LARD—An Armour Product**  
4 Lb. .... **80c**

**LARD—An Armour Product**  
8 Lb. .... **\$1.43**

**MACMARR STORES**  
Phone 1082 STONE'S DIVISION Hotel Heppner Bldg.