

WINNING ESSAYS IN BUTTER CONTEST

1st Winner Group I, High School. BUTTER AGAINST BUTTER SUBSTITUTES IN A CHILD'S DIET.

VERDIE LEACH, Irigoin High School. A child's health largely depends upon his diet. It is essential that he has proper food, especially in the formative period of body building.

Dairy products, the child's natural food, are most important because they contain the materials for proper growth and strength. Without them the child is likely to be pale, weakly and a prey to disease.

Parents should look with suspicion upon butter substitutes for they cannot take the place of wholesome, nourishing butter. People should beware of the catchy, high-sounding phrases used in butter substitute advertisements.

Butter is especially valuable for its mineral salts and quality of fat. It contains all the elements essential in the child's diet with the exception of iron. Butter plays an important function in bone and cell development. Butter substitutes produce heat and energy, but do not contain body building materials. In contrast, butter performs all the functions of substitutes and likewise promotes growth and health.

Butter is cleaner and more sanitary than substitutes. These substitutes are manufactured from coconut oil. After coconuts fall from the trees they are broken and the meat dries in large heaps, exposed to all sorts of contamination in a country where cleanliness has never been an outstanding virtue. The copra is packed in the holds of vessels by barefooted natives whose feet have never known the luxury of soap and water. We would never entertain the thought of allowing these natives to bathe their germ-laden feet in the milk from which our butter is made. Contrast this with the modern methods used in milking and the manufacture of dairy products under conditions unparalleled for cleanliness and sanitation.

Butter contains a substance necessary to protect the child against rickets. We can do much to stamp out this disease through a liberal use of butter.

Substitutes, such as are commonly sold, have been tested in many places, and each test adds proof that there can be no substitute for butter. In a Jewish orphanage at Rochester, New York, a test of this kind was conducted on seven children whose average age was eleven years. They were fed on a uniform diet in three six-week periods. The first period butter brought forth a gain of 6.32 pounds. The second period oleomargarine was used and there was no gain but an average loss of 1.35 pounds. The last period butter again was used and there was an average gain of 8.12 pounds. This proves that butter has a substitute in name only.

Butter truly represents its value in color for the golden hues mean strong teeth that gleam like ivory, clear skins transparent as pearls, eyes that sparkle like diamonds, bones that grow strong and straight, and hair that is softer than the finest silk.

1st Winner Group II, Grades 5 to 8. BUTTER VS. OLEOMARGARINE IN A CHILD'S DIET.

BETH WRIGHT, Golden West School. "Bread is the staff of life, but bread and butter is a golden-headed cane." If this is true, which I think it is, then why shouldn't butter be used rather than oleomargarine?

Oleomargarine is sometimes used instead of butter, but there is no substitute for butter. Oleomargarine is made from tallow, the solid fat of cattle or vegetable oil such as cottonseed or palm. It has a very low percent of volatile fatty acids and a very high percent of insoluble fatty acids. Vitamin A is completely destroyed by process of hardening in manufacturing of oleomargarine from the oil.

Butter is very necessary in a child's diet because it is very important in building the bones, the cells, and the teeth. Butter furnishes vitamin A, a substance which the diet should always contain. If children don't have butter, they often have rickets. Several experiments have been tried with butter and oleomargarine. At the Jewish Orphanage, Rochester, New York, one was tried on seven children. For six months they were fed butter, gaining six and thirty-two hundredths pounds; the next six months they were fed oleomargarine, losing one and thirty-five hundredths pounds. This proves that butter is better than oleomargarine in the diet.

Butter contains eighty-three percent fat, thirteen percent water, one percent protein, and three percent ash. It is the most wholesome and easily digested of fat foods. It is ninety-seven and eighty-eight hundredths percent digestible. Creameries now pasteurize all the cream before making butter.

President Herbert Hoover says, "The white race cannot survive without dairy products." I think like him, especially children.

1st Winner Division III, Grades 3 to 5. BUTTER VS. BUTTER SUBSTITUTES IN THE CHILD'S DIET.

DAVID BAKER, Ione. Butter is needed in the child's diet. When we try to substitute something else for it, it is like trying to eat crackers for bread. We are robbing our body of something it needs.

A butter substitute may have as much heat in it as butter, but there is one thing which it does not have and that is vitamins. We cannot keep healthy just with heat. We

Schedule for 1930 Season of Wheatland League

Table with columns: SEE, At Condon, At Fossil, At Ione, At Heppner, At Wasco, At Arlington. Rows: Condon, Fossil, Ione, Heppner, Wasco, Arlington.

Federal Bank Interest Rates Reported Lower

Spokane, Wash. April 16.—A reflection of the easy conditions in the money market is seen in the reduction of a quarter of a cent in the Federal Intermediate Credit Loan bank, effective April 15, as announced in Spokane by E. M. Ehrhardt, president. The reduction makes the rate 4 3/4 percent, and applies to direct loans to cooperatives and to discounts received from live stock financing corporations, banks and agricultural credit corporations.

"This is the lowest rate in more than a year, and is possible," said Mr. Ehrhardt, "because the credit bank has just concluded negotiations for the sale of debentures on April 15, to draw 3 3/4 percent."

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A brick of our delicious ice cream—or in bulk, just as you like—puts the finishing touch as a dessert to the best party, the jolliest picnic or the finest home dinner. Ask for

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Ice Cream, for it is the best and purest that can be made and is sold in any quantity desired. Bricks in single and three flavors make our ice cream just the thing for any occasion. Patronize retailers of our ice cream.

Morrow County Creamery Company

need the vitamins that butter contains because they make us grow tall, strong, and healthy.

Once a man took two white rats. He fed one on butter and one on oleomargarine. The one he fed on butter grew fat and healthy, but the one fed on oleomargarine was tiny and skinny.

White rats are more like a person than any animal. If a butter substitute would keep a rat from growing large and healthy it would do the same to a child.

Mr. and Mrs. Reuben Weitzel and Russell Brown, who are connected with the J. C. Penney company store in Walla Walla, Wash., were visitors at the home of Mr. and Mrs. George Howard Sunday.



Free Air

A COLUMN OF FUN AND FACTS

(Edited by Dean T. Goodman from his private sanctum down at the Heppner Garage.)

We suppose that every one, some time or other, has wanted to be a writer, wanted to edit a column and have it syndicated all over the country.

We'll confess that it's our weakness, too. Editing a column has always interested us.

"Spence" Crawford of the G. T. says that column writers sure have their ups and downs, but if we insist, he will rent us this little space each week and it'll be up to us to make good.

So we'll be here each week with "Free Air," and we'll talk about:

YOU FOLKS OUR TOWN AND THINGS

and maybe we'll talk a little bit about the auto and tire business.

WE'LL PROMISE TO BE INTERESTING & GIVE YOU A FEW SMILES. WE MAY "KID" SOME OF YOU ONCE IN A WHILE, BUT THAT'S A SURE SIGN THAT WE LIKE YOU, SO WATCH AND WAIT FOR "FREE AIR" TO GET YOU.

ANOTHER THING

All editors need contributions and criticisms from "their public," so yours are welcome. Tell us what you think about our editorial efforts.

Without mentioning any names, one of the boys told us about an elephant party he was on recently. That is, he called it an elephant party because his trunk was out on the lawn when he got home.



OUR HALL OF FAME

Chas. W. Smith; he has figured out a method to complete a three years' correspondence course in one. He uses special delivery stamps.

Saving time on a correspondence course is all O. K. but saving dollars on GOODYEAR TIRES is better. Use our tires and service and the savings will be very handsome.

TIME PASSES SLOWLY FOR THE GINK WITH THE SEVEN YEARS' ITCH.

John Barleycorn has been dead for ten years, but there are still a lot of people trying to revive him.

Crockett Sprouls sez, "Most any girl knows that a lot of air is the best treatment for a flat tire."

President Hoover says, "The white race cannot survive without dairy products." I think like him, especially children.

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A Heppner girl has won a loving cup, and there are them round about which says she deserves it.

We have heard of absent minded folks, but the best one yet is the case that came to our attention last week of the party who got so absent minded that he paid his doctor bill and neglected the payment on the car.

Thasall.

Hints for the Home by Nancy Hart

Pork Chops

A good way to cook pork chops this time of year is to put them in a casserole with a quantity of cut-up apples. First lay a chop in the casserole surrounding it and covering it with sliced apples, add a scant sprinkling of salt and a dash of pepper, with the merest suspicion of nutmeg or mace. Then add another chop and then more apples. The casserole should not be too full, and it should be kept covered throughout the cooking.

Another good way to cook pork chops in the casserole is to butter the casserole and then line it with a goodly layer of cooked rice. Lay in the desired number of chops, pour over them cooked tomatoes to which have been added a little chopped green pepper and onions if desired. Then add more-cooked rice. Moisten well and cook in a casserole. Cook for an hour or until the chops when raised from the rice appear to be thoroughly done. About five minutes before taking from the oven remove cover and add a little butter to the top of the rice.

To prepare pork chops with bread crumbs, use about a cupful of bread crumbs for six chops. Use with this a piece of salt pork the size of an egg or two slices of bacon. Put the bread and the pork or bacon thru the meat grinder with half a small onion. Season with salt and pepper and moisten with hot water and then lay it over the chops which have been placed in a dipping pan. Cook in the oven, adding more water as needed. They should cook about an hour in a moderate oven.

Our Layer Cake

Most of us when we say cake mean layer cake. One of the things that the American traveler in Europe finds disappointing is the lack of this American delicacy. The French, by cake, usually mean small very richly frosted cake; the English mean rather dry loaf cakes. And some Americans go from tea shop to tea patisserie looking for a piece of luscious chocolate or coconut layer cake.

Foreign visitors to this country sometimes think our cake is indigestible and over rich. However even a rich chocolate layer cake is a perfectly wholesome dessert if it is well made. Furthermore it should be eaten alone and not as an adjunct of a rich ice cream.

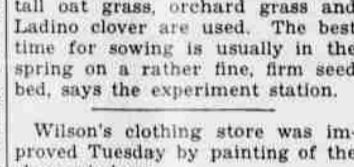
There seems to be a general objection to fresh baked things, and yet food specialists have pointed out that fresh cake, if it is thoroughly masticated, is more easily digested than cake a couple of days old. The butter, once it has been cooked, is better fresh than after it has stood and this makes fresh cake more easily digested.

Of course children must be taught to masticate any fresh baked bread or cake very thoroughly. If they do this will not hurt them unless it is too rich or they have very delicate digestions.

Ladino clover is an excellent pasture legume for Oregon. It is usually mixed with English rye grass, timothy and orchard grass, if the moisture supply is good. Otherwise tall oat grass, orchard grass and Ladino clover are used. The best time for sowing is usually in the spring on a rather fine, firm seed bed, says the experiment station.

Wilson's clothing store was improved Tuesday by painting of the show windows.

Flew to Bermuda



Captain Lewis A. Yancey, who made the first successful flight from Long Island to Bermuda, landing on the water near his goal and finishing the flight the next day.

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For County Assessor To the Republican Voters of Morrow County: I hereby announce myself a candidate for the office of County Assessor at the coming primaries. If nominated and elected I promise to serve the people of Morrow County to the best of my ability. FRANK W. TURNER. (Paid Adv.)

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This greater value is instantly obvious when you drive a Chevrolet Six. You notice first of all its greater smoothness. There is no tremor in the steering wheel—no rattle in the floor boards—no rumble or drumming in the body.

In addition to the finer performance of its six-cylinder motor, the new Chevrolet gives you truly remarkable economy.

Its six-cylinder smoothness saves the entire car from the strain and wear of vibration. This, of course, lowers the cost of maintenance and assures a longer-lasting, longer-satisfying automobile.

From the standpoint of operating expense, Chevrolet is equally economical. No other automobile consumes less gasoline and oil. No other shows a lower expense for tires. And

no other car costs less for service.

Because of its modern engineering, Chevrolet also assures a high resale value.

Chevrolet gives you fully-enclosed, weather-proof, 4-wheel brakes; a modern fuel system—with the gasoline tank mounted in the rear; four long semi-elliptic springs, mounted lengthwise in the direction of car travel. It gives you beautiful Fisher bodies built of combination hardwood-and-steel. It gives you a heavy, rigidly-braced channel-steel frame. And it gives you a full ball bearing steering mechanism.

Before you decide on any car in the low-price field, see and drive the Chevrolet Six. The more thoroughly you investigate, the more certain you are to conclude that it's wise to choose a Six—for value, for performance... and for economical transportation!

Table with columns: ROADSTER OR PHAETON, The Coach or Coupe, The Sport Roadster, The Sport Coupe, The Club Sedan, The Sedan, The Special Sedan, The Light Delivery Chassis, The Sedan Delivery, The 1 1/2 Ton Chassis, The 1 1/2 Ton Chassis with Cab, The Roadster Delivery. Prices listed for each.

495 f. o. b. factory, Flint, Michigan Ferguson Chevrolet Co. Heppner, Oregon