

### OREGONIANS NEED COD LIVER OIL, SAID

Protective Vitamins Essential to Health of Both Babies and Adults, Says O. S. C.

With the coming of winter and its meager snatches of sunshine, every Oregonian, child and adult, needs the protective vitamins of cod liver oil, says Mrs. Jessamine C. Williams, professor of foods and nutrition at Oregon State college.

The value of cod liver oil as a source of vitamin D, the substance manufactured in the pigment of the skin when subjected to direct sunlight, has long been recognized. Mrs. Williams points out, and every mother knows that an adequate supply of vitamin D is necessary to the proper bone and teeth development of the child and as a prevention against rickets.

What many parents do not know, however, Mrs. Williams continued, is that cod liver oil is also the richest known source of vitamin A, the vitamin which protects against infections such as the common cold, sinus, bronchial and lungs, and is therefore doubly important during the winter season when such infections are most prevalent. The various substitutes for cod liver oil found on the market do not contain vitamin A.

The average daily requirement for an infant up to one year old is from 1 1/2 to 3 teaspoons a day, according to Mrs. Williams, and this amount is gradually increased as the child grows older. A tablespoonful a day fills the requirement for adults.

### MILNOR, JEFFERS MAY APPEAR HERE

(Continued from Page One)

The establishment of these branches and the securing of competent personnel has, as can well be imagined, been no small task. This plan of development was seriously undertaken in March of the present year, so that, as a matter of fact, we have in approximately six months built up an organization that is successfully and profitably operating from coast to coast and from the lakes to the Gulf of Mexico. At present Farmers National Grain corporation owns and has under lease elevators of capacity of approximately 20,000,000 bushels. Our organization and facilities have enabled us to handle the current crop of wheat, oats and barley in a fairly satisfactory manner. During the months of July and August more than 32,000,000 bushels of cash grain was purchased by the corporation.

#### Business Worldwide.

This is the first time in the history of the country that grain producers have been able to market their products not only in the domestic markets but in practically all countries of the world that import American grain. The export department is operated from the Chicago office. It is offering your grain daily in many foreign markets. We work directly with foreign buyers, handle our own cables, charter our own boats, book our own freight. We maintain our own insurance department, which is operating efficiently and economically. Obviously, there is much work yet to be done. We have hardly started toward the goal that we hope to reach in perfecting an effective organization for the marketing of producers' grain. We have, of course, encountered the expected opposition from a great many so-called old line grain firms, and, in rare instances, from the established boards of trade. Such opposition is not surprising and always has been

### EX-GOVERNOR NOW ENDORSES SARGON

Former Governor Clifford Walker of Georgia, twice honored with the highest office the people of his state could give him, is prominent among the thousands of well known men and women throughout America who have publicly expressed their gratitude for benefits they have obtained by the use of Sargon. He recently said:

"Not being stalwart in physical strength, it has been my custom for several years to recoup my physical energies at each change of season with some tonic. Owing to close confinement in my office, and rather sedentary habits of life my physical condition was such that I decided to take a course of treatment at Battle Creek. During recent years, in fact, I have been compelled to resort almost continually to laxatives and other special hygienic measures to maintain my health.

"This season a friend of mine suggested Sargon. I was convinced from literature which I read that it was a scientifically prepared product and decided to try it.

"Almost from the start its invigorating effects were noticeable. I seemed more alert, my appetite improved, my capacity for work was increased and I was conscious of a feeling of general well-being. I have gotten by the summer and am now entering the fall season with more energy and in better physical tone than I have experienced in many years.

"From my own experience I am convinced that Sargon contains certain therapeutic agents which are highly valuable wherever a tonic impression is required, and also for their influence upon the appetite and digestion. From its effects in my case I cheerfully recommend it as a tonic and corrective worthy the trial of all tired business men."

Patterson & Son, druggists, local agents.—(Adv.)

encountered by every worth-while effort that is far-reaching and that involves such important principles as does the present undertaking. In spite of that, we confidently believe, and have every reason to expect, that by another year we will have the organization so perfected that it will be the most efficient marketing machine that ever has been developed for the handling of grains. In this development the producer will play a most important part and will assume a large share of the responsibility.

### COMBINED RELIEF MAKING HEADWAY

(Continued from First Page.)

One hundred and eighty-six persons were reported to have attended the annual banquet at Canyon City, a very large gathering considering the population of the territory.

The trip to Burns through the yellow timber belt was commented upon, as were the many signs of new development in the region, brought about largely through tapping this great resource. The hospitality of Burns people was said to be of the first order, though a lack of advertising was shown, Mr. Smith said, in that many of the townspeople did not know up to the time of meeting that a convention of state-wide importance was being held there.

#### Forest Officials Help.

Being an associate member of the association, Mr. Smith was in position to attack the subject from a different angle than Mr. Barratt. Mr. Smith paid high tribute to the spirit of the shepherds, who evidenced extreme optimism in going ahead with their problems in a businesslike manner, without complaint, doing their utmost to remedy their own ills. He paid tribute to Mr. Barratt as an active worker in the organization whose value was recognized in his being retained as a vice president. He also cited the fine spirit of cooperation existing between forest officials and the association who are working harmoniously in the solving of grazing problems looking to uplifting of the sheep industry.

Thanks to Mrs. Earl W. Gordon, solicitor, was extended Lions for their fine response individually to the Red Cross roll call. Mrs. Gordon issued the report that everyone was receiving the call for funds with liberal response.

T. J. O'Brien, Butter Creek sheepman and Mr. Lambert, traveling accountant with the Union Oil company, were introduced as visitors.

Modern house for rent. Inquire this office. 33tf.

### DAIRYMEN FAVOR NEW CREAM LAW

Mass Meeting in Portland Votes to Back Legislation; Use of Substitutes Hit.

A compulsory cream grading law to be presented at the coming legislature will have strong support from the producing dairymen, judging from their almost unanimous endorsement of the proposition at a mass meeting held in Portland at the time of the Pacific International Livestock show. They also endorsed adoption of U. S. standards for butter grading in the state and asked that state institutions be forbidden from using butter substitutes.

With some of the chief opponents of cream grading two years ago now lined up for it, about the only question to be settled is that of inclusion of a state brand and compulsory fixed price differential between the grades. Some marketing specialists say a state brand is of doubtful if any value and that a fixed price spread may be unworkable if not illegal.

Other recommendations made by the mass meeting were for a tariff against copra and for a law to compel stores to advertise the grade of butter being sold as a "leader." A vote of confidence in the dairy program of Oregon State college was also given. About 700 attended the meeting.

### W. C. T. U. NOTES

MARY A. NOTSON, Reporter.

Thirty-eight years ago Alonzo Stagg went to the University of Chicago. He has been there ever since training some of the most famous athletes and the most successful teams in America. He is recognized as one of the shrewdest and best coaches in the country. Last year he took a bunch of unpromising boys and before the end of the season had licked Princeton and the fine team from the University of Washington, and with it all gave a development of the play never before seen on the gridiron.

He was called before the judiciary committee of the House at Washington last March to tell what he knew about prohibition. The people listened. Even the wet papers had to print what he had to say on the front pages.

Again he repeats: I'm sure of my facts. It's true beyond any possibility of mistake that the number of students here who drink in any

amount is not sufficient to constitute any problem at all; is very small, and is becoming smaller every year. The liquor problem is less of a problem here today than it ever has been in the past.

When asked if he was sure there is no surreptitious drinking going on among the athletes, he said there was almost none, and that during the playing season there is none at all. When asked if he knew what sort of boys his athletes are, he referred to the date which he said they gather at the beginning of the season. He pointed to the section of the data concerning the squad which had reported the day before. The answers of the squad disclosed that 35 out of 36 boys had never smoked at all. He said no one could tell him that where most of the boys had never smoked that there are many of them doing any drinking.

Mr. Stagg insisted that, taking the problem of the whole campus, only a small percentage of the students drink at all. Those who drink are the idle rich, the ne'er-do-wells, the ones who demand special privileges, and the "follow-tails," that is

those who are weak and just "go along."

When asked if he thought the conditions under prohibition are better than in the old days, among the people generally, he said he traveled about a great deal, and talked to all sorts of people about prohibition. In his judgment hundreds of thousands of children now have a fairer start in life. He said that with the breaking down of home life and with all the complexity of new opportunities for being misled, he trembled to think what this revolt of youth might have led to were there no prohibition laws in effect.

### SHELL FISH NOW IN SEASON.

Following our usual custom at this season, we will have clams, oysters, crabs, as well as other fish in season, fresh every Friday; spring chickens for Saturday. CENTRAL MARKET. 34tf.

John Bellenbrock, Monument stockman, was a visitor at Heppner the first of the week. He reports the worst winter weather over in northern Grant county.

### PEA SOUP WITH STOCK

Many persons keep the bones of their roasts in order to convert them into stock for pea soup, which is one of the most relishable of all soups and a famous dish for cold weather, with this advantage in its favor that it may be made from almost anything. Good stock for pea soup can be made from a knuckle of ham. Supposing that to the extent of about two quarts, procure, say some such stock is at hand, two pounds of split peas, wash them well, and then soak them for a night in water to which a very little piece of soda has been added. The floating peas should be all thrown away. Strain out the peas and place them in the stock, adding a head of celery, a sliced carrot and a large onion or two, and season with half a saltspoonful of cayenne pepper. Boil with a lid on the pot till all is soft, skimming off the scum occasionally and then carefully strain, beating the pulp through the strainer with a spoon. Much of the success in preparing this soup lies in the "straining" which ought to be carefully attended to.

### HOMINY WITH BACON

Fry four slices of bacon until crisp. Cut in pieces, add four cups cooked hominy and reheat. Any of the other cereals may be used instead of hominy.

### NOTICE OF SALE OF ANIMAL.

Notice is hereby given by virtue of the laws of the State of Oregon that I have taken up and now hold at the home of Mrs. Olive Frye in Heppner, Oregon, an estrayed animal hereinafter described, which I will sell to the highest bidder for cash in hand at public sale, beginning at 10 o'clock a. m., Friday, December 5, 1930, at the above-named place in Heppner, unless it shall have been redeemed by the owner. Said animal is described as follows: One bay mare, about 6 years old; star in forehead and snip on nose; white left hind foot; no visible brand; broke to ride, has saddle marks. HARRY BROWN, Heppner, Ore. 36-38.

### CALL FOR BIDS.

The Board of Directors of the West Extension Irrigation District will accept sealed offers for the purchase of certain Water Right lands in the District; which bids will be opened on Tuesday, December 2, starting at 2 P. M. The Board reserves the right to reject any or all bids. For further particulars inquire of A. C. Houghton, Secretary of the District, Irigton, Oregon. 36.

### MUN SING WEAR MODES

INDIVIDUAL EXCLUSIVE ECONOMICAL

Created to fill a definite need in modern washrobes. . . These lovely Underthings, Sleeping and Lounging Pajamas and Ensembles by Munsingwear.

Beautiful, fashionable and so very practical, too . . . made of specially processed Munsingwear Rayon as durable as it is soft and caressing . . . economical as it is luxurious.

Bloomers \$1.50 Vests \$1.00 Ping Pong Shorts \$1.50

Bloomerette Chemise \$2.50 Heyday Pajamas (v-neck, tuck-in) \$4.50 Gypsy Pajamas (oval neck, tuck-in) \$4.50

Night Gown (flaring panel skirt) \$2.50

Pullman Robe (knee length) \$3.00 Bandeaux \$1.00

M. D. CLARK

### IT HAS TO BE GOOD TO CARRY THE "RED & WHITE" LABEL

Before any product goes on our shelves it has to pass the rigid inspection of a committee at "Red & White" headquarters. It is just such care that has secured the approval of "Good Housekeeping" magazine of the Red & White products. In line with this we have just completed arrangements for a hard wheat flour that will be handled exclusively by us. We guarantee this flour to be just what it says on the sack, and do not claim it to be some other flour packed in a different sack. We will put it up against any flour in its price range.

### SPECIAL FOR PRUNE WEEK

This being Prune Week, we have a large fancy Southern Oregon Prune for

\$2.19 CASH for a 25-lb. Box

Do not confuse this with the cheap prune you have been buying that is all seed and skin.

Also Roman Beauty and White Winter Pearmain Apples for

\$1.25 per Box, Extra Fine

### SATURDAY'S SPECIALS

Just Arrived, Fresh Cherry Wine Mincecmet Red & White Coffee . . . 35c per pkg. Fancy IXL Almonds for Thanksgiving . . .

3 Lbs. for 74c

Fancy Louisiana Shrimp . . . 2 Cans 37c

Fancy Oysters . . . 2 Cans 33c

Pink Salmon . . . 2 Cans 33c

Puree Tomatoes, 2 1/2s, Green & White . . .

2 Cans 31c

## HIATT & DIX

"THE RED & WHITE STORE"

## Prize Baby Show

Next Tuesday and Wednesday, Nov. 25 and 26, at the Star Theater babies from Ione, Lexington, Heppner and surrounding country will be shown on screen in life size. Everyone come and cast your vote for the Citizen of Tomorrow, the sweetest thing in the world—

### "THE BABY"

100 Votes With Each Ticket

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Once a diamond is mined, it goes on through the years . . . down the ages. There is no deterioration, no decay, no wear—only a never-ending, ever-changing ownership, good and bad. Such is inevitable. Today you can secure Certified VIRGIN DIAMONDS which have never before been worn or individually owned, at standard prices, through your

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**VIRGIN DIAMONDS** Reg. U. S. Pat. Off.

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## ALADDIN

Instant Light Kerosene Mantle Lamps

One beautiful table vase lamp given away free December 6. Come in and get your tickets.

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