

Local Happenings

Mrs. Chas. H. Latourell and brother, Chuck Bell of Milton, left Heppner early Friday on a motor trip to San Diego, Cal., where they went in answer to a notice of the death of their mother, Mrs. Etta M. Bell. Mrs. Lena Pettyjohn of this county, a sister, accompanied another brother, Frank Bell of Corbett, to the California city by train, the latter Mr. Bell having just recovered from a spell of influenza. Mr. Latourell received word that Mr. Latourell and Chuck made it to Redding, Cal., the first day.

Dressler and Beery in MIN AND BILL, Star Theater, Sunday and Monday.

Mr. and Mrs. S. R. Cooper and daughter Marjorie were visiting in Heppner Saturday from their home near Stanfield. Mr. Cooper runs an extensive dairy and was interested in the new plant of the Morrow County Creamery company, which he supplies a large amount of cream. Mrs. Cooper, nee Outman, enjoyed a visit with relatives here, among whom are numbered Mrs. F. S. Parker and Vawter Crawford, second cousins.

Mrs. Alfred Nelson of Lexington was transacting business in the city Saturday. She reported her brother, Ira Morgan, former manager of Morrow County Creamery company, to be on his feet again after his recent operation, though still in poor health. Mr. Morgan now makes his home in Washington.

Mrs. Earl Gordon returned Tuesday from several weeks' stay in Portland where she has been with her mother, Mrs. Daisy Hall, who is receiving the attention of city physicians. Mrs. Hall is still in the hospital but reported much improved in health.

Vawter Crawford, Gazette Times editor, has been confined at home for several days suffering with an earache, occasioned by an unwelcome "gathering." Suffering has been considerably allayed, and complete recovery is anticipated soon.

Mr. and Mrs. George Howard departed the first of the week for Pomeroy, Wash., where they will spend a month while Mr. Howard is on a leave of absence from his position as assistant manager of the local J. C. Penney store.

Dr. Clarke of the Clarke Optical Co., Portland, EYE SIGHT SPECIALISTS, will be in Heppner all day and evening, WED. & THURS., Feb. 11 and 12, at Hotel Heppner. SEE HIM ABOUT YOUR EYES. 47

Monte Hedwall spent last week in Portland and Corvallis, attending the convention of Oregon buttermakers in the latter city. Mr. Hedwall is employed with the Morrow County Creamery company.

Guy Hall, who visited for several days with relatives in Heppner, left for Portland the first of the week to be with his mother, Mrs. Daisy Hall, who is ill in a city hospital.

Mr. and Mrs. O. P. Ferguson and family returned Monday evening from southern Oregon and coast points, where they visited for a month.

Fred Tash, Arlington confectioner, was in Heppner for several days this week looking after local property interests.

Frank Leicht was among irrigator people waiting upon the county court yesterday in behalf of road matters in his district. He runs a service station and store in the north-end town.

Women's Relief Corps of Heppner will meet in regular session on Wednesday, Feb. 11, at Legion hall, at 2:30 o'clock.—Secretary.

ALPINE.

The "Snappy Snippers" held their second 4-H sewing club meeting at Dorothy Doherty's last Friday evening. All the members were present. A demonstration in patching was given by Doris Klinger and Edna Rauch. A report on "Color in Schoolgirls' Clothing" was given by Margaret McDaid. The sewing done in group one was observed and discussed by the members and their parents. A judging team was appointed to act at our next meeting. The social meeting following the business and project meetings was enjoyed by both members and visitors. The members formed into two teams. They were supplied with newspapers, scissors and pins and were given five minutes to dress one of their group. The result was a neat little Dutch girl and a snappy waitress, both attired in full paper costumes. The club members were invited to hold their next meeting at Edna Rauch's home. The invitation was accepted and the meeting will be held February 20. About forty members of the community afterwards spent an enjoyable evening playing cards and dancing. Refreshments were served.

Willard Hawley and Irl Clary were transacting business in Lexington and Heppner Thursday.

Mr. and Mrs. C. D. Morey of Umpire were visitors at the home of their daughter, Mrs. Dan Lindsay of Alpine during the week.

Joe Pinnell spent several days with his parents at Woodburn, near Portland, and with his aunt in Portland. He returned to Alpine Thursday.

Art Schmidt, Ed Hounsshell and Ruth Bennett took in the dance at Echo Friday evening and reported having a delightful time. Mr. and Mrs. C. F. Moorehead and family of Pine City were guests at the Lindsay home Wednesday evening.

Frances and Gene Doherty, accompanied by Gertrude Doherty, Helen Bennett and Katherine McLaughlin were guests from Heppner at the B. P. Doherty home Friday evening.

Miss Camilla Kilkenny spent the week end visiting with friends in Heppner and Pendleton.

Mr. and Mrs. C. D. Morey and Mr. and Mrs. Dan Lindsay were callers at the home of Mr. and Mrs. Neil Melville Thursday afternoon.

Mr. and Mrs. Henry Rauch and children, Mr. and Mrs. Julian Rauch and children and Mr. and Mrs. Rudolph Klinger and children were visitors at the home of Mr. and Mrs. Fred Rauch Saturday evening.

Willard Hawley made a hurried trip to Pendleton Friday where he was looking after business interests.

"Puff" Rice was a visitor at the Doherty home Friday evening. William Doherty of Juniper was calling upon friends in Alpine Saturday.

Saturday, Feb. 7, will be the time for the Farm Bureau meeting. Everybody come and see a good program and enjoy the eats and social hour following. Don't miss the fun.

C. D. Morey and Dan Lindsay were looking after business interests in Pendleton Friday.

Neil Melville began fixing the roads in the Juniper community this week.

Joe Pinnell was calling at the Clary and Bennett homes Friday afternoon.

CHURCH OF CHRIST.

JOEL R. BENTON, Minister.

Bible school promptly at 9:45 a. m. Morning worship at 11 o'clock. Christian Endeavor at 6:30 p. m. Evening worship at 7:30 o'clock.

If you are without a church home we earnestly urge you to come and worship and fellowship with us.

This is a friendly church; come and make yourself at home with us. We invite you to be here each Lord's Day promptly at 9:45, a. m., and enjoy the spirit of our live Bible school—there is a place for you in our Bible school.

You will enjoy the morning worship and the fine community of interest manifested, and where the constant effort is to crystallize into concrete forms of daily life the "faith of our fathers, living still."

If you are interested in young people's work, by all means attend the meeting of the Christian Endeavor at 6:30 p. m. There you will be helped and impelled to finer things by seeing young people preparing to carry on in the Church of tomorrow.

You will be repaid in attending the last service of the day at 7:30 p. m. Especially in this service is the effort made to present in evangelistic form the Gospel of Jesus Christ. Come with us and we will do these good. No man liveth to himself alone. Come and enjoy this service and bring a friend with you.

Sermon topics for the coming Lord's Day are: Morning, "Towers of Babel." Evening, "Twice Born." There will be a preaching service at Lexington at three o'clock Sunday afternoon in the Christian church, the Heppner minister in charge. Come and let us enter wholeheartedly into all these services. "And ye shall seek Me and FIND Me, and ye shall search for Me with ALL YOUR HEART." Jer. 29:13.

LETTER OF THANKS.

The Past Noble Grands' club of the Rebekah lodge of Ione wish to thank all of the people who so kindly assisted the I. O. O. F. and Past Noble Grands' club members in making much needed improvements on the road to the Ione cemetery. This includes citizens of Ione and community, also the Lexington people who allowed us the use of their hall for our road benefit dance, and the members of the Morrow county court who helped by giving their advice and the loan of county tools with which to do the work.

We feel that this work was very much worth while and we sincerely thank each and every one who helped us in any way.

VIDA HELIKER, President.
ETTA HOWELL, Vice-Pres.
LEE HOWELL, Sec. I. O. O. F.

ABOUT THE HOME

By JESSIE E. PALMITER
Home Economics Instructor
Heppner High School

FOOD FADS AND FANCIES.

There is an old saying, "A few swallows do not make a summer." And if we wanted to paraphrase we might add that "a few swallows may not always make a proper cure for all ills." Hence most of our food fads, our dieting fads only represent half-truths.

Thus in dieting to lose weight the use of the "no breakfast" method is a poor one since every normal person needs a nourishing breakfast after eight or more hours of fasting. The body needs breakfast for its energy until lunch time. It would be much wiser to eliminate dinner since one does not usually need so much energy at night. But better still would be the practice of refusing second servings or eliminating food between meals.

There are many dieting fads although they are not so much in vogue as they were several years ago. The calculation of calories without regard to food value is dangerous and harmful.

One of the commonest food fads is vegetarianism. The body needs protein foods for building and so the vegetarian uses milk, egg, and cheese, all of which are animal products. And he also sees no harm in the use of silk, leather and wool for clothing needs. It is usually conceded that the rule of some form of meat once a day should be adhered to.

Then there are some ideas which are utterly ridiculous to educated people, such as the idea that carrots make one beautiful, crusts of bread make the hair curl, and fish is a brain food. We all know that these things are essential in our diet but why not be sensible and know the exact reason why they are valuable? Carrots are very valuable for the mineral content, vitamins, and cellulose. Crusts of bread are more easily digested than the inside of the loaf due to the fact that the starch has turned to dextrin which is a carbohydrate more easily digested than starch. And although fish is a protein and helps build tissues and repair the body, yet it takes more than good food to become intelligent.

There are many food fakers—

men and women who profess to be food experts or dietitians. They can cure everything with their dietary advice. Time and again they and their impossible ideas have been exposed by scientists and yet some people are still gullible enough to believe them.

The following are some of the ridiculous cases that have actually been discovered: Petruna is a medicine which will cure catarrh—that's all. But when you look farther you discover that catarrh is whatever happens to all you. For instance, pyohreah is catarrh of the gums, appendicitis is catarrh of the appendix, pneumonia is catarrh of the lungs, and a corn, yes, a corn is catarrh of the toes, and to carry it still further, I suppose insanity would be catarrh of the mind. Now all you have to do to cure any of these is merely buy a bottle of Petruna and start using Blank's system of eating!

You see it takes more than medicine to cure these ills; it takes proper food habits and so we learn that some foods give us colds, and coughs, while some make one nervous, shy, or low-spirited. Did you know that too much butter, eggs and cream (isn't it ridiculous?) would produce deafness, and grapefruit and tomatoes will dissolve tumors, goiters, and gall-stones? Well, I wouldn't advise you to depend on

them for cure! And then corns are due to eating cornflakes while other foods will produce vitality, electricity and magnetism so all that one has to do to become a loving husband—or perhaps to make one's husband loving, is to know the right food combinations!

However, the advice of a real nutrition specialist is to include sufficient amounts of fuel foods to yield the necessary energy calories, adequate amounts of protein and minerals in proper proportions, and enough vitamins to keep the body in health, which has been defined as "a combination of fresh air, work, recreation, rest and food in suitable kind and amount."

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