

Local Happenings

Sheriff Clarence Bauman attended the meeting of Eastern Oregon peace officers held at Pendleton on Monday evening. He was the sole representative from Morrow county, and upon his recommendation, District Attorney Notson was appointed vice president of the organization for Morrow county. Mr. Bauman reports a very interesting and profitable meeting. Sheriff McKinney of Baker county was elected president of the association for the coming year.

Mont Bundy, wheatraiser of the South Springs neighborhood, was attending to business here on Monday, and he reports the wheat belt looking fine. R. B. Rice was another north end farmer here Monday from the Artesian well ranch, and he makes a similar report, but feels that there is a lack of moisture for the time of year, and hopes to see "falling" weather pretty soon.

Edw. A. Lindeken was in Heppner Monday from his home at Ione. So far there is no complaint to make concerning the growing crops, however, Mr. Lindeken states there is a shortage of moisture that will soon be felt on the hills and unplowed fields, the latter showing that it is but a few inches down to dry earth. Wheat continues to grow well.

Sheriff Guy Boyd of Caldwell, Ida., accompanied by Mrs. Boyd were week-end visitors at the home of Mrs. Boyd's parents, Mr. and Mrs. Wallace Smead, in this city. Mr. Boyd proceeded to Kelso, Wash., where he took charge of a prisoner wanted in his county, and the man was held over in the jail here for a night on the return to Caldwell.

Norman Florence reports dry conditions on the range up Willow creek. The winter has been quite pleasant, regardless of the long drawn-out foggy spell, but during this time there has been no snow or rains to speak of, and a consequent shortage in moisture is the result. The only relief will be a wet spring.

Mrs. Lucy Rodgers, county school superintendent, Miss Stallard, county nurse and Chas. W. Smith, county agent, motored over to Irrigon Tuesday. Mrs. Rodgers and Mr. Smith went in the interest of boys and girls club work, while Miss Stallard made a health survey.

Mrs. Scott Brown, who underwent a major operation recently at the Heppner hospital, was discharged from that institution during the past week and after spending a few days at the home of Mr. and Mrs. R. A. Thompson, returned to her home on Rhea creek.

Fred Mankin and Carl Troedson were Ione ranchmen looking after business here on Monday, having no complaint regarding weather conditions, and reporting wheat coming along alright round about Ione.

Jason Biddle was in the city on Tuesday from his Rhea creek farm and reports that all grain in his vicinity seems to be doing well. Some needed moisture is lacking, however, which may arrive later.

Mrs. Chas. Pratt of Salem, has been a guest this week at the home of her son and daughter-in-law, Mr. and Mrs. Russell Pratt, who motored to Arlington on Sunday to meet her.

Editor W. W. Head of Ione Independent was a Monday visitor in Heppner, spending the afternoon and evening here. This office enjoyed a short call from him.

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R. A. Thompson reports that lambing has started on the Rhea creek ranch, and at Cecil the lambs are beginning to arrive at the Krebs brothers' ranch. Locally several small bands of ewes have been dropping lambs for the past week or so and the season is due to open up generally over the county.

Frank Gilliam, senior member of the firm of Gilliam & Bisbee, is spending this week in Portland on business and pleasure combined.

G. L. Corey, district manager of Pacific Power & Light company, was a visitor at the local office Monday from his home in The Dalles.

Mr. and Mrs. French Burroughs were Heppner visitors on Tuesday afternoon from their home on Rhea creek above Jordan Siding.

F. L. Ballard, state county agent leader, from Corvallis, is expected to visit the local county agent's office over Monday.

Earl W. Gordon, local druggist, is spending a few days in Portland this week while attending to business affairs.

Mr. and Mrs. Jesse D. French were Butter creek people here from the Gurdane ranch on Monday.

Mrs. Earl Eskelson of Lexington was a business visitor in the city Saturday.

LEXINGTON NEWS

The girls town team was defeated by the Umatilla girls town team on Thursday evening at Umatilla.

The civics class of Mrs. Turner's room has been studying the judicial department of our government. In order to make the lesson more impressive J. O. Turner, attorney of Heppner, was asked to come down Friday morning. A mock trial was staged, using members of the class as characters.

The 4-H sewing club meets under the supervision of Mrs. Turner the last period of every school day. There are 21 members in the club and both division one and division two are being studied.

A dance for the benefit of Lexington high school student body was

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given in the Leach Memorial hall Saturday night. A large crowd attended, and the dance was successful both financially and socially.

Saturday, Feb. 21, will be lecturer's night at the Lexington grange. The program and dance are open to the public. Grange meeting nights have been changed to the first Wednesday and the third Saturday in each month. On Wednesday nights business meetings and initiations are held, while Saturdays are reserved for programs, dancing and other social features.

Myles Martin was called to Portland last week on account of the serious illness of his mother.

The seventh and eighth grades are planning to celebrate Valentine's day this week.

Mr. and Mrs. Wm. Campbell were visiting friends in Lexington last week.

Mrs. Tom Beymer spent Sunday with her mother, Mrs. Sarah Bocher.

JoAnne, small daughter of Mr. and Mrs. John Graves, is quite ill.

Grange met Wednesday, Feb. 4. The regular business meeting was held. J. O. Turner, chairman of the legislative committee, gave a talk concerning bills on butter substitutes and the power bill.

Word has been received that Mr. and Mrs. Lawrence Reaney, who recently removed to the Willamette valley, have decided to live on a farm near Vancouver.

ABOUT The HOME

By JESSIE E. PALMITER
Home Economics Instructor
Heppner High School

COMMON COLDS.

Many parents blame the cold, foggy weather for the condition of their children's health—and realizing that the child may have a severe cold still send them to school where in a warm room with many other children they may spread that one cold through an entire room. For, as scientists have proved, colds do not originate from cold, sunless months but from germs given off from the body by coughing, sneezing, etc.

The old idea that colds are due to exposure to cold is erroneous. In fact the opposite is true. If one is out in the cold air they breathe more deeply and thus tone up the bodily health. All sorts of winter outdoor sports and sleeping on open air porches, help one to build up resistance to colds. The reason that we take colds easily in the winter is that we have lowered our resistance to infection by having our houses overheated. Then when we go outside, the change in temperature is so great that the blood temperature at the surface of the body is lowered. When this temperature is lowered one degree Fahrenheit, the power of the body to resist germs is decreased, and the lungs invite the pneumonia germs, always lurking in the throat and nasal passages, to come in and spend a cozy winter.

There is no use to bundle up a child in woolen clothes after he has taken cold. In fact, the heavy clothing only prevents healthy skin functioning. But on the other hand, it is not wise to wear too light clothing since much of the body's resistance must be used up in keeping the body warm.

If one is not accustomed to being outdoors much during the winter months it would be foolish for him to try the cold, outdoor cure for a cold. It would be much better in such a case to watch the diet carefully and be sure that he is getting sufficient amounts of vitamin A which helps to prevent infectious diseases of the nose, throat and lungs. Foods which are rich in vitamin A are milk, butter, eggs, liver, cod-liver oil (an especially good source), leafy green vegetables such

as lettuce, spinach, cabbage, and yellow vegetables like carrots, squash, sweet potatoes, corn, and yellow turnips. These foods are not any more expensive at this time of year than other foods and there is little excuse for not including sufficient amounts in the everyday diet.

In summing up methods of preventing colds, I would say: 1. If you have a severe cold, stay in bed for a day or at least keep away from other people. If a child has a cold, keeping him out of school a day or two may prevent his giving it to many other children and will probably break it up more quickly, too.

2. Watch your diet. Eat sufficient quantities of vitamin A. 3. Get lots of outdoor exercise and fresh air. 4. Dress warmly but do not bundle up. Don't pamper your neck by having it all muffled up every time you step outside. 5. And last, but not least, when you do have a cold, be exceedingly careful to cough and sneeze into a handkerchief and thus prevent scattering the germs broadcast.

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Mr. and Mrs. Noah Clark were Eight Mile folks in the city on Tuesday for a few hours, while attending to shopping.

Thoroughbred Plymouth Rock and R. I. Red cockerels for sale. \$1.50 ea. Mrs. H. O. Bauman, City.

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