

Local Happenings

John Hiatt came over from La Grande Monday, and was accompanied on the return trip that evening by Mrs. Hiatt and Doris. The family home is being moved to La Grande where Mr. Hiatt has an interest in the Wallowa stages and drives one of the stages. He reported business on the pick-up. Since going to La Grande Mr. Hiatt and Cole Madsen, his partner, have taken over a stage run from Pendleton to Baker and this with the Heppner-Pendleton-Arlington, and La Grande-Wallowa Lake runs has been incorporated under Wallowa Stages. Doris expected to drive back to Heppner tomorrow.

Paul Gemmill returned home the first of the week from Montana where he went last week, driving the J. G. Barratt car there for the use of Mr. Barratt and Harold Cohn who accompanied their sheep on the train to place them on summer range near Browning. Mr. Gemmill said the mercury reached 104 while he was at Whiteface, Mont.

Os Burch, Civil war veteran who lived in this community for 51 years, is visiting in Heppner for a day or two from his home in Portland.

Among delegates from Morrow county attending the state grange convention in Pendleton this week are Mr. and Mrs. Ernest Heliker of Willows grange, and Mrs. Harvey Bauman of Lexington grange. On the way over Mr. and Mrs. Heliker visited over Sunday night at the home of Mr. and Mrs. Harold Rain in Hermiston. Miss Mable Cool of Ione, sister of Mrs. Bauman, is staying at the Bauman home and caring for the children during Mrs. Bauman's absence.

Chas. H. Latourel and Adam Knoblock, members of the Heppner-Pilot Rock trapshooting team to compete in the Oregonian shoot-off match at Klamath Falls this week end have departed for that place, each driving his own car and accompanied by his wife.

Rev. Glen P. White and Mrs. White left for Portland Monday to attend the annual conference of the Methodist Episcopal church for this district. Rev. Mr. White has held the local church pastorate for three years and nine months.

Mr. and Mrs. Vawter Crawford motored to Joseph over the week end for a visit at the home of their daughter, Mrs. Everett Hayes. On the way they visited in Pendleton at the home of Mrs. Crawford's sister, Mrs. James Cooley.

Henry F. and Henry Blahm, former farmers of the Heppner district, drove over from their homes at Walla Walla yesterday to attend to business affairs here. They report wheat looking good up that way.

Mr. and Mrs. John Vaughn and Jean Cochran arrived in the city Saturday and are making their home with Mr. Vaughn's mother, Mrs. Carrie Vaughn. They have resided in Portland for several years.

Gordon Ridings is visiting at the home of Mr. and Mrs. M. D. Clark, coming up from Eugene. Last year he taught in a New York high school, leaving the east two weeks ago, just in time to escape the heat wave.

Mr. and Mrs. Ray McDuffee arrived in the city the end of the week from Bend where Mr. McDuffee taught English and biology in the high school the last school year. They expect to spend the summer here.

Harold Buhman arrived back in Heppner Tuesday, following a short visit at his home in Canby after the close of school. He will have charge of the Legion swimming tank for the summer.

E. R. Schaffer was in from the Hynd brothers Freezout ranch the end of the week making arrangements for helping to get the Hynd sheep on summer range in the mountains.

Mr. and Mrs. C. W. Smith motored to Portland the end of the week, enjoying part of the Rose Festival. They were accompanied by Mr. and Mrs. Fred Mankin of Ione.

Foster Collins who makes his home on Camas prairie south of Hardman was in town Saturday. He reported the prairie much too wet for any good use.

Dr. John L. Marxer of Portland arrived in the city Monday to take care of the practice of Dr. A. D. McMurdo while the latter is absent from the city.

Miss Teresa Breslin has returned home from the University of Oregon to spend the summer with her parents, Mr. and Mrs. Ed Breslin.

Walter Luckman, Lena stockman, was in the city over Monday. He reported that he would get under way with his haying at once.

Harry Wells came home the end of the week from O. S. C. where he majored in education as a sophomore the last school year.

Miss Marjory Clark arrived home the first of the week from Eugene where she attended the university last term.

Lost—Boy's brown leather sport jacket, up Willow creek near forks, Sunday. C. N. Jones, phone 9F13.

Mr. and Mrs. Earl D. Hallock visited in the city over Sunday from their home at Redmond.

For Sale—No. 8 International combine, 12-ft. cut, \$300. Oral Cutsforth, Lexington. 14-15

Homer I. Watts, attorney of Athena, was in the city Monday on business.

Wins Air Race



Henrietta Sumner, of Los Angeles, Calif., flew 45 miles in 17 minutes, 7 seconds in the second annual air race for women flyers at New York, June 4 thus winning the Annette Gibson cash award over 23 competitors.

Dr. A. D. McMurdo and son Ted departed Monday evening for Roseburg where the doctor is attending the state Lions convention as a delegate from the local club. From there they will go on to Klamath Falls where the doctor will participate in the shoot-off match of the Oregonian telegraphic trapshooting tournament as a member of the first place Heppner-Pilot Rock team. The shoot-off is being held in conjunction with the registered state shoot being held there this week end.

Word was received by friends in this city of the serious injury of Felix Johnson in an automobile accident last Saturday evening between Pilot Rock and Pendleton near the Falkner farm. Mr. Johnson and family were returning to their home at Range from Walla Walla where two daughters had attended school the last year. Particulars of the accident were lacking, but it was reported two daughters were slightly injured.

Earl Thomson, son of Mr. and Mrs. Chas. Thomson, who attended the University of Oregon at Eugene the past year, has a job at the C. M. T. camp at Vancouver, according to word sent home folks.

The American Legion auxiliary will meet Tuesday evening, June 20, at the home of Mrs. Paul Gemmill. This is the last meeting of the summer and officers will be elected.

Mrs. Ida M. Dutton is up from her Portland home, a guest at the home of Mr. and Mrs. J. J. Wightman.

T. J. O'Brien was transacting business in the city Monday, coming in from the Butter creek farm.

Like It or Not, Spinach Said to Be Great Stuff

With spinach abundant at this season in Oregon, its frequent use in the diet as a valuable source of iron and vitamins is suggested by Miss Lucy Case, extension specialist in nutrition at Oregon State college. One serving of three-fourths cup of spinach provides one half of a day's iron needs for an adult.

Half a peck of raw spinach makes about two cups cooked, or four servings. Iron utensils are not suitable for cooking spinach as they discolor the vegetable. Spinach cooked in a small amount of water for eight to ten minutes or until tender, appears fresh and green when served. Vinegar or lemon juice is best added as desired by each person as otherwise it tends to destroy the attractiveness of the dish.

Several unusual and palatable combinations of spinach with other foods are suggested by Miss Case in a new mimeograph, "Spinach and Its Uses." Garnishing and flavoring with hard cooked or poached eggs and with bacon is a common practice. Cheese cooked with spinach gives a pleasing variety of flavor.

Muscle Shoals Boss



Arthur E. Morgan, president of Antioch College in Ohio, is the man selected by President Roosevelt as chairman of the Tennessee Valley Development project. Mr. Morgan first gained national attention in flood control work in North Carolina, Mississippi, Louisiana, Arkansas and Ohio. He gave up engineering to head Antioch College in 1920.

Cause and Cure of War

vor, especially when escalloped by adding a white sauce and bread crumbs and baking in a moderately hot oven for about 30 minutes.

A cream of spinach soup may be made by adding three cups of seasoned and slightly thickened milk and one grated onion to one cup of sieved spinach. This soup may curdle if allowed to stand but can be restored by beating vigorously with an egg beater just before serving.

Raw spinach may be used in either salad or sandwiches, according to Miss Case. A salad for five is made by shredding three cups of lettuce and one cup of raw spinach and adding sliced radishes and French dressing seasoned with garlic or onion. A "surprise" sandwich filling contains shredded raw spinach flavored with grated onion and moistened with mayonnaise or cooked salad dressing.

Spinach may be canned for use in balancing winter and spring diets, says Miss Case. From 65 to 75 pints are recommended for a family of five. As sieved spinach is one of an infant's first solid foods about 35 half-pint jars of it is about right if there is a baby in the family.

Directions for canning spinach are given in extension service bulletin No. 450, which may be obtained free from the college, together with the set of recipes.



Mrs. Carrie Chapman Catt, honorary chairman of the National Committee on the Cause and Cure of War, representing some three million American women, announces that definite steps are being taken to further organize public opinion "at the hearth." Round table discussions are being launched by eleven women's organizations in the U. S.

Four 4-H Club Girls To Speak Over KOAC

Four Morrow county 4-H club girls are attending the nineteenth annual club summer school at Oregon State college. They are Louise Moyer, Heppner; Nola Keithley, Eight Mile; Ruth Leicht, Irrigon, and May Rauch, Alpine. These girls will be heard over KOAC, the state-owned radio station at Corvallis, between 6:45 and 7:30 o'clock Monday evening, June 19.

The radio is used to the fullest extent each year to carry as much of the 4-H summer school program as possible to the parents and friends of clubbers attending the session and to other 4-Hers who are not able to be present. At some time during the two weeks' session each county delegation goes "on the air" for 5, 10, or 15 minutes, depending on the size of the delegation. This gives each group an opportunity to discuss the 4-H club records and accomplishments of their county.

The afternoon assembly programs from 1:30 to 2:30 o'clock daily, except Sunday, will also be broadcast over KOAC, thus giving the state at large, as well as the 4-H club members on the campus, an opportunity to hear such prominent men as Dr. W. J. Kerr, chancellor of the Oregon State System of Higher Education; Paul V. Maris, director of the Oregon Extension service; O. M. Plummer, manager of the Pacific International Livestock exposition; C. A. Howard, state superintendent of public instruction; Max Gehlhar, chief of the state department of agriculture; Dr. W. A. Schoenfeld, dean of the O. S. C. school of agriculture and director of the Oregon Experiment station; Ray W. Gill, master of the state grange, and T. P. Cramer, secretary of the State Bankers' association.

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