



Wheat Germ Has Vital Place in Modern Cookery

Widespread use of the new enriched or restored flour containing additional vitamins does not replace the valuable vitamin food, wheat germ, in the diet, believe nutritionists at Oregon State college.

Experiments carried on this year in the nutrition laboratories by Dorothy Harstad Fenner, graduate assistant, and Agnes M. Kolshorn, assistant professor in foods and nutrition, have resulted in the development of numerous recipes using wheat germ, which provide foods exceedingly rich in vitamin B, vitamin E, and one of the other E vitamins.

Wheat germ is obtainable at grocery stores in vacuum cans, in cellophane packages, and in other convenient containers. It is processed before packing to reduce the chance of its becoming rancid, although it is best kept in a cool place, since its fat content will deteriorate at room temperature.

Wheat germ may be included in the homemaker's favorite muffin, cookie, or nut bread recipe by simply substituting it for one-third of the flour. Usually no other changes in ingredients or methods of mixing are necessary. In making yeast breads, however, it is impossible to use as large a proportion of wheat germ, as it interferes with the development of the gluten, Mrs. Fenner found. Where wheat germ is used in bread, an increased amount of flour in relation to liquid, a shorter rising period, and lower oven temperatures are recommended.

Use of refined cereals has created a dietary problem in the United States which is now being corrected in various ways, partly as a national defense measure to insure better health and national vigor. The three most practical ways are considered to be the use of whole grain products more regularly, use of the recently developed enriched flour, and the addition of wheat germ in the home to cereals used either in bread products or breakfast foods.

they would like nothing better than to trim appropriations, but they cannot without the moral pressure, for national defense and the regular departments, almost without exception, are keeping within their budgets. The one hope of these congressmen is that when the war is over the world will be so financially busted that there will be a general cancellation of debts. They do not expect to collect a dollar from Britain, China or any other country that the United States is helping, and they do not believe the people of the United States will go on taxing themselves for two or three generations to pay for these war expenditures.

This point will become clearer next spring when the people begin paying new taxes and increased old taxes. When the government starts taking 30 cents out of every dollar of income (some say it will exceed 30 percent, may go to 40) the people will discover that they are in a war, and in 1943 when the taxes are tilted still higher there will be grumbling and in 1944, presidential election year, it is believed the tax question will be the paramount issue.

There are ways of saving, however, by compelling the employer to take part of the payroll and set it aside for each worker, and the "doing without" can be accomplished by the government fixing prices or refusing manufacturers of consumer goods from being supplied with materials, such as is now being done with aluminum, no more aluminum ice trays in the refrigerator; no more aluminum pots and pans—the housewife will buy enamelware, and like it. Some of these ideas on saving and doing without have been laid before the president within the past two weeks.

WAKE UP BUSINESS
By Advertising In This Newspaper

Seed Growers of Oregon Organize Statewide League

Oregon seed growers who are responsible for an industry that adds some five million dollars annually to the agricultural income, have decided to pool their interests in the creation of a state-wide organization to be known as the Oregon Seed Growers league. The organization of this service association was completed at a meeting held at Oregon State college which followed several preliminary meetings of organization committees.

The new association was patterned rather closely after the Eastern Oregon Wheat league which has for some 15 years operated effectively, as the voice of the commercial wheat growers in this state. For the time being the association will be unincorporated, it was decided, as it will not serve as a marketing organization, but merely as the official voice of the Oregon seed industry.

Glen Ritchie of Forest Grove, who has headed a Washington county seed growers' group and who was chairman of the organization committee, was elected as one of nine directors, and later was chosen by these directors as president for the coming year. Other officers are Bernal Hug, Elgin, vice president, and E. R. Jackman, Oregon State college extension specialist in farm crops, secretary-treasurer.

The state was divided into seven districts with one director for each, with the exception of the large district including all of the Willamette valley and Hood River county, which is represented by three directors. The nine directors by districts are as follows: Coast district, Mark Johnson, Astoria; Willamette valley and Hood River, Glen Ritchie, Forest Grove; Raymond Johnson, Eugene; Joe Harland, Rickreall; southern Oregon district, Frank Schotzwohl, Grants Pass; south central, E. A. Geary, Klamath Falls; central, J. E. Thompson, Bend; eastern, M. W. Osborn, Nyssa; north-eastern, Bernal Hug, Elgin.

The league will provide a means for the industry to express itself on matters of legislation and will be used to help maintain the quality of the Oregon seed output, and to work for greater standardization of grades, according to purposes set out in the by-laws.

Defense Training Planned for OSC

Oregon State College—A 12-week training course for machinists, aviation sheet metal workers, and foundrymen will probably be given on the campus this summer if enough men are available to take the work, offered as part of the defense training program. The work would be on the vocational level, the same as that being given throughout the state in high school shops and other centers.

The need for more trained men to these fields and the availability of college facilities during the summer prompted the plan for establishing a unit here, according to George B. Cox, head of the industrial arts department.

Under the training plan proposed, the government provides all expenses of instruction, with the students paying living costs only. Applicants must be 18 years of age or over. Morris Bullard, state supervisor of the defense training program, is working with local officials on the plan.

Forest Fire Camp at OSC for Second Year

Oregon State College—Training in the control of forest fires has started again here for the second year, under a cooperative program between the NYA and school of forestry, with the aid of state and federal forest agencies. The "red hat" central camp has been opened six miles northeast of Corvallis on the McDonald forest with an initial enrollment of 46.

Other young men are being sought for the training, with anyone eligible between the ages of 17 and 24 who is in need of work and who is interested in receiving training in this type of forest conservator. Many of the young men now starting their training will receive responsible po-

sitions with the forest protective agencies yet this summer, according to school of forestry officials.

Men will receive immediate training in the use of the fire finder, radio, and other fire equipment, after which they will be eligible for placement as forest guards. Many of the regularly trained foresters this year have been taken into defense positions.

In addition to the central camp, side camps will be located near the Santiam pass at Hoodoo ski lodge, at Campus mountain near Roseburg, and a third in Clatsop county. When out on fire duty the men receive regular wages.

NOTICE TO CREDITORS

In the District Court of the United States for the District of Oregon.

IN THE MATTER OF Robert A. Jones, Bankrupt; No. B25933 in Bankruptcy.

Notice is hereby given to all creditors that on the 12th day of May A. D. 1941, Robert A. Jones of Heppner, Oregon, the bankrupt above named, was duly adjudicate bankrupt; and that the first meeting of his creditors will be held in the office of the Referee, West Jacobson Bldg., at La Grande, Oregon, on the 23rd day of June, 1941, at 10:00 A. M., at which time said creditors may attend, prove their claims, appoint a trustee, examine the bankrupt and transact such other business as may properly come before the meeting.

Claims must be presented in form required by the Bankrupt Act and sworn to. The schedule filed discloses \$435 assets, \$1731.10 liabilities, \$435.00 exemptions claimed.

La Grande, Oregon, June 9, 1941.
H. E. DIXON,
Referee in Bankruptcy.

NOTICE OF FINAL ACCOUNT

Notice is hereby given that the undersigned administratrix of the estate of Glenn William Gemmell, deceased has filed with the County Court of the State of Oregon for Morrow County, her final account of her administration of said estate, and that said Court has fixed Monday, the 14th day of July, 1941, at the hour of 10:00 o'clock in the forenoon of said day at the County Court room at the Court House at Heppner, Oregon, as the time and place for hearing objections to said final account and all persons having objections thereto are hereby required to file the same with said Court on or before the time set for said hearing.

Dated and first published this 12th day of June, 1941.
LEVONNIE GEMMELL,
Administratrix.

Professional Directory

Maternity Home
Mrs. Lillie Aiken
Phone 664 P. O. Box 142
Heppner, Oregon

Phelps Funeral Home
Ambulance Service
Trained Lady Assistant
Phone 1332 Heppner, Ore.

NEW AUTO POLICY
Bodily Injury & Property Damage
Class A \$13.60 Class B \$17.00
See us before financing your next automobile.
F. W. TURNER & CO.

Heppner City Council
Meets First Monday Each Month
Citizens having matters for discussion, please bring before the Council.
J. O. TURNER, Mayor

GLENN Y. WELLS
ATTORNEY AT LAW
ATwater 4884
535 MEAD BUILDING
5th at Washington
PORTLAND, OREGON

J. O. Turner
ATTORNEY AT LAW
Phone 173
Hotel Heppner Building
HEPPNER, ORE.

A. D. McMurdo, M. D.
PHYSICIAN & SURGEON
Trained Nurse Assistant
Office in Masonic Building
Heppner, Oregon

Heppner Abstract Co.
J. LOGIE RICHARDSON, Mgr.
RATES REASONABLE
Roberts Building Heppner, Ore.

P. W. Mahoney
ATTORNEY AT LAW
GENERAL INSURANCE
Heppner Hotel Building
Willow St. Entrance

J. O. Peterson
Latest Jewelry and Gift Goods
Watches - Clocks - Diamonds
Expert Watch and Jewelry Repairing
Heppner, Oregon

Vawter Parker
ATTORNEY-AT-LAW
First National Bank Building

Dr. Richard C. Lawrence
DENTIST
X-Ray and Extraction by Gas
First National Bank Bldg.
Phone 562 Heppner, Oregon

Dr. L. D. Tibbles
OSTEOPATHIC
Physician & Surgeon
FIRST NATIONAL BANK BLDG.
Rec. Phone 1162 Office Phone 492
HEPPNER, OREGON

Jos. J. Nys
ATTORNEY AT LAW
Peters Building, Willow Street
Heppner, Oregon

V. R. Runnion
AUCTIONEER
Farm Sales and Livestock a Specialty
405 Jones Street, Heppner, Ore.
Phone 452
MAKE DATES AT MY EXPENSE

Morrow County Abstract & Title Co.
INC.
ABSTRACTS OF TITLE
TITLE INSURANCE
Office in New Peters Building

Peterson & Peterson
ATTORNEYS AT LAW
U. S. National Bank Building
PENDLETON, OREGON
Practice in State and Federal Courts

Real Estate
General Line of Insurance and Bonds
W. M. EUBANKS
Notary Public
Phone 62 Ione, Ore.

M. L. CASE G. E. NIKANDER
Directors of Funerals
862—Phones—262

Washington, D. C., June 12.—No one pretends to know how much money is being voted by congress for national defense, aid to Britain, etc. From the president comes a special message making a request for a few hundred millions and it is promptly voted. The war department requests more hundred millions—a few billions—and after a day of consideration by a committee it is voted in a few minutes. From the navy comes a request for a billion or two, and this has the same expeditious treatment as the request from the army or from the president.

Congress is running wild making appropriations. There is almost no effort to hold down outlays and thereby reduce taxes a little. But the congressmen are "on the spot." If one knows that this spending should be curbed he is regarded as a stumbling block; as not in sympathy with national defense and at heart a fifth columnist. This being the case, the congressmen either vote for the appropriation or carefully absent themselves when the roll is being called. One member who regularly gets the floor and talks for one minute invariably asks, "Where will you get the money?" This member is not popular; he is regarded as against the administration, as one who would scuttle the defense program to pinch pennies.

A canvass among congressmen reveals that not one has the slightest idea of the total of appropriations. There has not been a week when a staggering sum has not been voted without the bat of an eyelash. Men high in the administration tell congress that the defense program will cost the United States \$100,000,000,000 before we are through; that the billions already approved are merely a start, that requests for another 20 billion will be made in the fiscal year beginning next month. Presumably there is some official, probably a bookkeeper in the corner of some office, who is keeping tally on the outlay, but he appears to keep his secret.

On the theory that the time to get it while the getting is good, there are members who endeavor to have defense funds spent in their district or state and these have no interest in economy. Some of the most important functions the war department is to undertake have not been announced yet, but there are members of congress who are pulling wires to see that these activities are properly located, and properly located means in their district if possible.

Secretary of the Treasury Henry Morgenthau, Jr., suggested that one billion dollars could be saved this year by refusing appropriations to certain agencies. Invited to itemize these agencies, he mentioned the CCC camps, the WPA, and immediately raised a row. There is a proposal for CCC and NYA to consolidate but such a merger will never please the people of the west for the enrollees have performed remarkable work in the forests, in soil reclamation, on reclamation projects, on grazing, on wildlife centers and on public land. The west, better than the east, recognizes the value of these camps. As for WPA, although the president reduced his request for that agency, there are many champions in congress for this relief work, for not everyone is capable of taking a job in private industry and there are millions who need the small sum that WPA pays. So neither CCC or WPA will be eliminated. The forces will be reduced, projects deleted, but both will carry on within whatever sum congress approves.

Many members of congress realize that a payday must come and