

**Professional Directory**

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

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

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**INSURANCE**  
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CONTRACTOR & BUILDER  
All kinds of carpenter work  
Country work especially  
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**NEW AUTO POLICY**

	Bod. Inj.	Pr. Dam.
Class A	6.25	5.05
Class B	6.00	5.25
Class C	7.75	5.25

F. W. TURNER & CO.

**Phelps Funeral Home**  
Licensed Funeral Directors  
Phone 1332 Heppner, Ore.

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

**A. D. McMurdo, M.D.**  
Trained Nurse Assistant  
PHYSICIAN & SURGEON  
Office in Masonic Building  
HEPPNER, ORE.

**Dr. W. H. Rockwell**  
Naturopathic  
Physician & Surgeon  
287 North Main St.  
Office hours: 1 p. m. to 7:30 p. m.  
Exam free Ph. 522 Heppner, Or.

**J. O. Turner**  
ATTORNEY AT LAW  
Phone 178  
Hotel Heppner Building  
Heppner, Oregon

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

**Dr. L. D. Tibbles**  
OSTROPATHIC  
Physician & Surgeon  
FIRST NATIONAL BANK BLDG  
Rec. Phone 1182 Office Phone 492  
HEPPNER, OREGON

**Directors of Funerals**  
M. L. GASE G. E. NIKANDER  
962—Phones—262

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

**FOOD FOR YOUNG WORKERS**  
With the closing of school an entire new corps of young people have their working papers and have gone into the work-a-day world. Because of the manpower shortage many of them are starting work at a younger age than was common in prewar days and this means no doubt, that they will be working harder than usual. It is important that the health of these young people be preserved under the added tension.

A great deal of emphasis has been placed on the importance of the right foods every day for working people so that health and efficiency are maintained. The right foods are doubly important for these younger workers for their foods must provide for good growth in addition to maintenance of health and energy.

To get the right foods three good meals a day, and probably some in-between meals, will be needed by these young workers. No meal can be judged alone. Each of the meals should provide one-third of the total for the day, but the food eaten through the entire day is the real test of adequacy in kind and amounts.

Nutritionists agree that from many standpoints breakfast is the most important meal. The body has been without food for ten hours or more and the morning meal should supply the nutrients needed for the morning's activities. Failure to eat enough of the right kind of breakfast may result in that mid-morning fatigue which means lessened efficiency on the job.

Many surveys of the breakfast habits of high school boys and girls have shown that a large number of them neglect this meal. This is regrettable for students and even more so for workers if the habit continues, since classroom work is usually less strenuous than work done by errand or delivery boys and girls, and those who help on farms. Breakfast for all working people should, as a minimum, include fruit, a generous serving of cereal, a glass of milk, and one or more pieces of toast. If more is needed second helpings may be served or bacon and eggs added if desired.

Most young people are hungry in the morning and would eat breakfast and enjoy it if time allowed.

This responsibility rests with parents, seeing that each working member is up in time to go through the routine of dressing in the way they like and have enough time left to eat and enjoy a good breakfast well prepared.

One of Uncle Sam's naval fighting men, Arthur R. Patterson, is spending a leave here visiting his sister, Mrs. Hubert Mahon, of Reid's mill.

**Wage Stabilization Board Established For Oregon Farms**

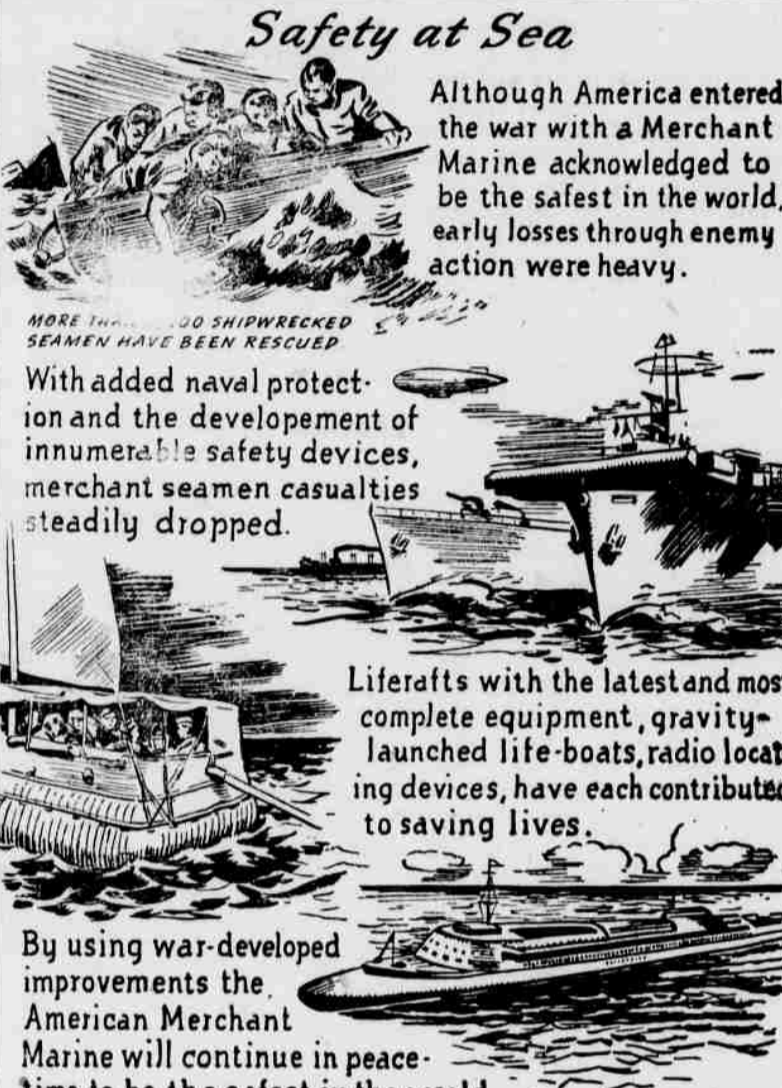
Responsibility for the wage stabilization in Oregon agriculture has been given to a wage board recommended by Dean Schoenfeld and appointed by Col. Philip G. Burton, director of labor, War Food Administration. This board is composed of

the following members:  
Carl Izett, chairman, assistant state supervisor office of distribution, WFA; Wm. E. Kimsey, state labor commissioner; Verne F. Livesay, state director FSA; N. I. Nielson, agricultural statistician, bureau of agricultural economics; E. L. Potter, department of agriculture economist, Corvallis; John Shepherd, vice chairman state AAA committee; E. L. Peterson, director of agriculture, state of Oregon.

This board has appointed Leo D. Hollenberg as executive officer with his office in room 784, Pittock Block, Portland. Field offices have been set up in Pendleton and Eugene with James B. Sager in charge in Pendleton and Frank W. Squire in Eugene. Chester Preston will do field work out of the Portland office.

**Our Merchant Marine**

*Safety at Sea*



Although America entered the war with a Merchant Marine acknowledged to be the safest in the world, early losses through enemy action were heavy.

With added naval protection and the development of innumerable safety devices, merchant seamen casualties steadily dropped.

Liferafts with the latest and most complete equipment, gravity-launched life-boats, radio locating devices, have each contributed to saving lives.

By using war-developed improvements the American Merchant Marine will continue in peacetime to be the safest in the world.

Information Courtesy of American Merchant Marine Institute, New York

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Go to the  
**VICTORY CAFE**  
Ione, Oregon  
Roy and Betty Lieuallen  
Proprietors

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● If you find yourself straining to hear... if you can't "get" all that's said at home, at business, at theatres or social gatherings, you owe it to yourself to try this sensational new hearing aid. At its low price, it is helping thousands who could not "afford" to hear. Let your own ears decide—you will not be pressed to buy.

New **ZENITH** Radionic Hearing Aid



Ready to wear, complete with radionic tubes, crystal microphone, 4-position outside tone control batteries and battery-saver circuit. Liberal guarantee. One model—*one price—one quality—Zenith's finest. No extras—No "decoys."*

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Come in for Demonstration

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Pendleton, Oregon

**Watch for Opening Date of O.K. Tire Shop**

Complete Recapping and Repairing Service coming to Heppner.

-- RELIABLE EXPERIENCED OPERATOR --

Latest Electrical Welding Equipment

Can do all sizes up to and including 8.25 tires—both passenger and truck.

**All Work Guaranteed**

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**Frank A. Engkraf**