

Star Reporter

FRIDAY-SATURDAY, OCTOBER 12-13

HITCHHIKE TO HAPPINESS

Al Pearce, Dale Evans, Brad Taylor, William Frawley, Jerome Cowan, the Boner Twins—A good musical comedy.

—PLUS—

GREAT STAGECOACH ROBBERY

Bill Elliott, Bobby Blake, Alice Fleming, Sylvia Arslan
A Red Ryder with plenty of action and a good story.

SUNDAY-MONDAY, OCTOBER 14-15

THE CORN IS GREEN

Bette Davis, Nigel Bruce, Rhys Williams, Rosalind Ivan, Mildred Dunnock, Joan Loring

The inspiring story of one woman fighting against tradition and ignorance to bring opportunity and happiness to a talented boy.

TUESDAY, OCTOBER 16

THE CHEATERS

Joseph Schildkrant, Billie Burke, Eugene Pallette, Ona Munson, Raymond
Bath Terry, Robert Livingston, Davaid Holt, St. Luke's Choristers

The picture that can change your life! It's the most unusual story of love and laughter you've seen in years.

Also, "Boogie Woogie" a Technicolor musical short subject with Robert Benchley.

WEDNESDAY-THURSDAY, OCTOBER 17-18

THAT'S THE SPIRIT

Jack Oakie, Peggy Ryan, Andy Devine, June Vincent, Arthur Treacher, Gene Lockhart, "Johnny" Coy

A "down-to-earth" comedy with pleasing song-and-dance interludes; the first-rate comedy cast includes some sensational talent.

—PLUS—

MARCH OF TIME: THE PALESTINE PROBLEM

Home Demonstration Groups Forming

Organization of home demonstration units in Morrow county is getting under way. Women in the Bordman, Lena, Ione, Lexington, Willow creek, Hardman, Eightmile and Pine City communities have been contacted and nearly all have expressed a desire to take advantage of the home economics extension program for 1945-46.

Since the end of the war the emergency assistant's work is not limited to war food demonstrations. A well rounded home economics program is being offered including the following subjects: Renovation of furniture; sewing machine clinic; new techniques of mending; tailoring; sugar stretchers; quick breads and others.

During the month of October "sugar stretchers" is the topic of the demonstrations. The first one was given Oct. 11 at Boardman in co-operation with the grange home economics club. Others will be given Oct. 17 at the home of Mrs. John Lane; Oct. 18, at the Hardman Odd Fellows hall. All women near these communities are invited to attend.

Mrs. Mabel Mack, extension specialist in home management, will be in Morrow county Oct. 18 and 19 to assist with organization problems.

Hi-Ways to Health

By ADA R. MAYNE

THREE SQUARE MEALS

The familiar expression, "three square meals a day" is more than a happy ideal for children. It is a necessity for good nutrition. It has been shown through study of the diet and health of children that if one meal is very light or omitted altogether, a child nearly always fails to get enough food and also the particular foods he needs, even if other meals are ample. Eating too little at breakfast, or lunch, usually results in irritability or fatigue before the next meal.

Because children can take only so much food at one time, they can not make up by an extra heavy meal the nourishment missed at a skimpy or neglected meal. Therefore the busy or careless mother who lets children go off to play or to school without a proper breakfast or does not provide them with more than a pick-up for lunch, may unthinkingly contribute to poor nutrition in her family.

In planning the day's meals at least one-fourth of the food needed for the day should be provided at breakfast, more than one-third at lunch, and at dinner or supper at night.

Nutritionists suggest at least one fruit or vegetable, beside potatoes, be served at every meal. At least once a day food rich in vitamin C should be served—tomatoes, citrus fruit, or strawberries, for example. Once a day also children should have green or yellow vegetable rich in vitamin A. At every meal they should have one hot dish.

TOMATO CASSEROLE

6 hard cooked eggs, 3 ripe tomatoes, 3 tablespoons butter, 3 tablespoons flour, 2 tsp salt, 1½ cups grated cheese, buttered crumbs.

Cut hard cooked eggs in half and arrange around the edge of a buttered casseroles or baking dish. Slice peeled ripe tomatoes in the center of the dish. Make a white sauce of the milk, butter and flour. Add cheese, and stir over a very low fire until the cheese is well mixed and smooth. Pour over tomatoes and eggs. Cover with crumbs and bake 20 minutes in a moderate oven.

ENTERTAINS CHOIR

Mrs. Fletcher Forster entertained the newly organized junior choir of the Methodist church at her home Tuesday evening. Ramona McDaniel was elected president, Joan Corwin, secretary and Beverly Forster, treasurer.

Floyd Tolleson, genial agent for the Union Pacific railroad in Heppner is having a two-weeks vacation which he is spending in the Blue mountains stalking the wary deer. In his absence Mrs. Patricia Espy is carrying on the business of his office.

Mrs. Joe Hughes returned to Heppner Wednesday evening after several days spent in Sacramento, Calif., with relatives attending a family reunion. She accompanied F. W. Turner to Heppner.

M. L. Case left Sunday for Portland on a vacation. He planned on going fishing with his son Allen, visit his sisters at Gladstone and then go to Clatskanie to visit his son Harold. Returning home, Harold will come with him for a hunt in the Blue mountains.

Mrs. Bill Eubanks has gone to Portland to meet her husband who

has recently been discharged from the navy. They plan to make their home in Portland.

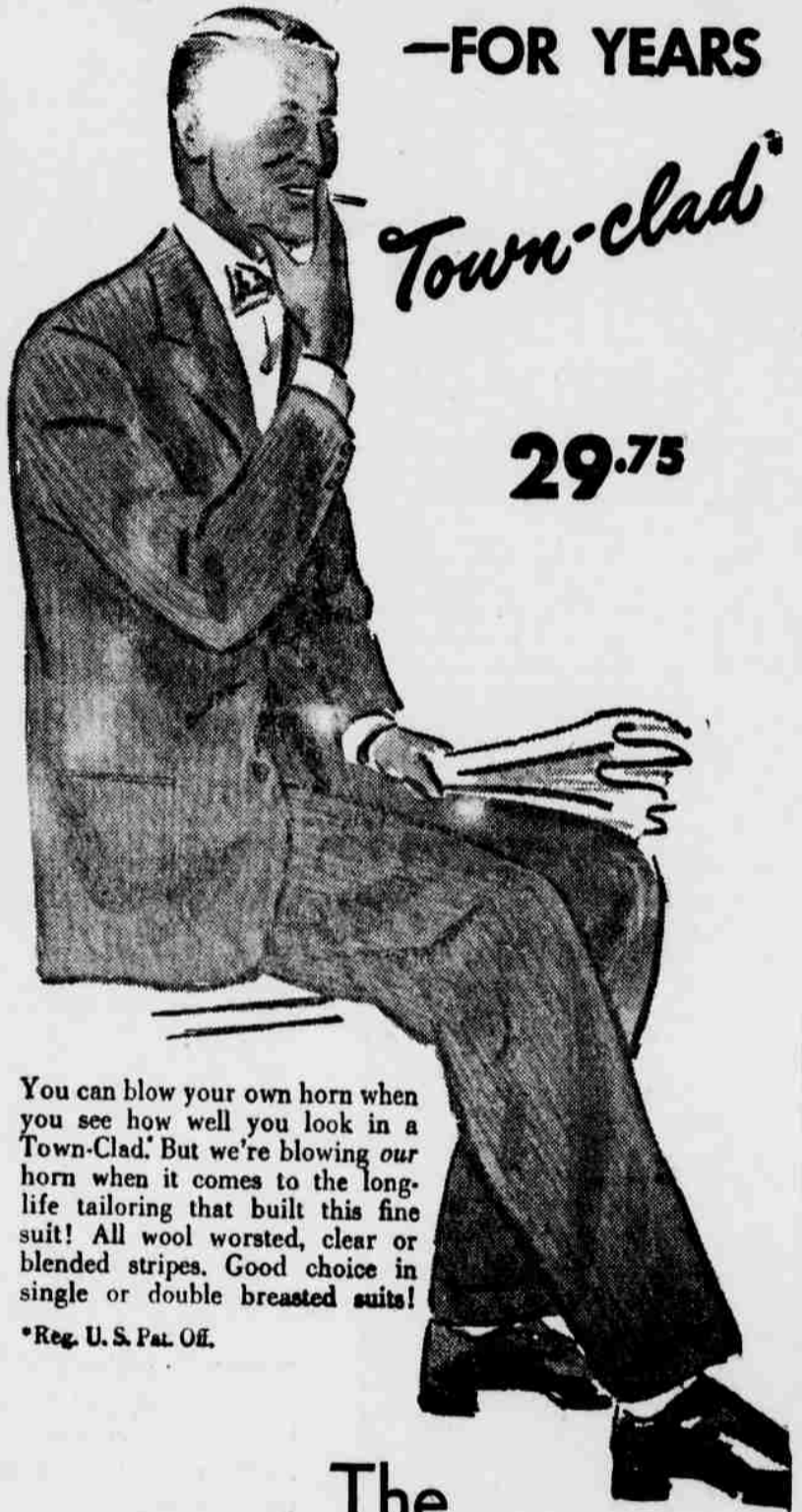
LOST—in Heppner, billfold containing valuable papers and money. Finder keep money and return billfold to Heppner Hotel please. John Lorenz. 29-30p

FOR RENT—1 cabin. Phone 1172, Wilson Cabins. Charles Fraters, owner. 29-30p

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