

### News From C. A. Office

Did you know that:

1. Green walnuts are a good source of Vitamin C?
2. Spaghetti, usually credited to Italy, originated in China?
3. You must never put bananas in the refrigerator because starch can't change to sugar to make them sweet?
4. Cheese slices more easily if you heat the knife slightly before cutting the cheese?
5. Overweight due to overeating is the greatest single nutrition problem today?
6. Ice cream cones in various colors are on the market?
7. Berries thickened with instant tapioca makes a quick dessert? Easier for children to handle when berries in their own juice.
8. That the United States is the heaviest drinking nation of coffee in the world?

**Use Waffle Irons More Often**  
Home makers in Morrow county are being urged to use their waffle irons more often to make other products besides waffles and their variations. "Drop biscuits, corn bread, cookies, brown-

ies, cake, and tarts, all, can be made on your waffle iron," says Mabel Wilson, home demonstration agent. Most waffle irons cost only 2 1/2 cents per hour to operate—cheap baking! In talking about electrical equipment, Miss Wilson urges women to read directions on use of that price of equipment. Proper care of any electrical equipment will insure better and longer service. If small appliances are kept handy, they will probably be used more often.

**Care Before Wear**  
Many stores today advise washing—or at least rinsing—new nylon or silk hose before wearing them. The idea is to remove any finish used in manufacture at the start and thus help stockings to wear longer. This pre-washing also may make a closer, neater fit the first time the hose are worn.  
Give new smooth leather shoes a polish before wearing them the first time. A coat of good wax polish starts shoes out with extra protection against spots, stains and scuffing. The same suggestion holds good for smooth leather purses or pocketbooks.

**April Abundance**  
Underscore carrots and oatmeal on the family food-shopping list for April, the U. S. department of agriculture suggests. Long, ten-

## 4-H CLUB NEWS

Latest recruits join to join the 4-H club ranks are Janet and Patsy Wright, and Billy Jean and June Privett, in their newly formed Clothing I club. Mrs. Walter Wright is their leader. These girls experienced some club progress before. Their officers are, president, Billy Jean Privett; vice-president, Patsy Wright; secretary, June Privett, and reporter, Janet Wright.

Clothing club members are practicing sewing while maintaining good posture. Feet flat on the floor and backs straight and relaxed. They make long strokes with their scissors in cutting, and always clip their thread with scissors instead of biting it. They do hand work using a thimble and never put pins in their mouth.

The lone Livestock club held their meeting at the Herbert Ekstrom home in Ione on Sunday afternoon, March 20.

Mabel Wilson gave the club members some training in parliamentary procedure, in how to conduct proper club meetings.

N. C. Anderson spoke to the club on the value of demonstrations, and topics that could be worked into demonstrations. It was decided that the club would give some demonstrations on dehorning methods, feeding livestock, building salt and mineral boxes for stock. Mr. Anderson also gave instruction on beef showmanship.

Members present at the meeting were Leland and Malcolm McKinney, Duane, Ronald and Mardine Baker, Herbert and Dickie Ekstrom, and Joanne Coleman. Refreshments were served to the group by Mrs. Ekstrom following the meeting.

der, new-crop carrots and oatmeal—that sturdy item for porridge, breads, and cookies—lead off the department's list of plentiful foods for next month.

Listed also are the plentiful protein foods to consider for budget main dishes: broilers and fryers on markets east of the Mississippi; eggs, fresh and frozen fish, especially rose fish or ocean perch; also, processed dairy products, butter, cheese, evaporated milk and non-fat dry milk solids; also peanut butter and dried peas and beans.

## CHURCHES

**ALL SAINTS MEMORIAL CHURCH (Episcopal)**  
Holy communion, 8. Church school, 9:45. Morning prayer and sermon, 11. Evening prayer and instruction at 5.  
Week-day services: Wednesday, holy communion, 10; Friday, holy communion, 7:30.  
Choir practices: Girls, Wednesday at 4; boys, Thursday at 4; adults, Thursday at 8.  
The congregation is invited to attend this practice.

**METHODIST CHURCH**  
J. Palmer Sorlien, minister.  
Morning worship and sermon at 11 a.m. with special music by the choir. Mr. Paul McCoy, director.  
Church school at 9:45 a.m. Mr. Thos. W. Allen, superintendent. Also Youth Fellowship class. Mr. Vernon Bohles, counsellor. Adult Bible class at this same hour.  
6:30 p.m., Junior Youth Fellowship.

Abundant vegetables, in addition to carrots, will include: onions, cabbage, Irish potatoes, spinach, canned corn, canned peas—lower grades.

Corn products and honey will also be plentiful.

**Peel Protection**  
To peel or not to peel before cooking is one of the modern housewife's questions about preparing root vegetables like the potatoes and carrots, now plentiful on markets.

Potato skin is a great protection against loss of nutrients in cooking. Not so, however, with carrot skin.

Potatoes, boiled or baked in their jackets offer important dividends over paring before cooking. If you want to serve potatoes without their skin, remove it after cooking rather than before. This may save time as well as nutritive value, because skinning a hot boiled potato is quicker and easier than paring a raw one.

With carrots, the story is different. Carrot skin seems to give little or no protection to nutritive value in cooking. Pared and unpared carrots were about equal in nutritive value in the tests.

Mr. and Mrs. Lee Scribner are moving their household goods from the ranch to their new home in Heppner which they recently purchased from Mr. and Mrs. Oscar George. The Georges are doing over the Greener house which they now own and are staying with Mrs. George's mother, Mrs. Sadie Sigbee, until their new home is ready.

ship, Mrs. Carl McDaniel, counsellor.  
Methodist Youth Fellowship rally at Hermiton Sunday afternoon, March 27, at 3 p.m.  
Church board of education, third Thursday of each month.  
Womens Society of Christian Service, the first Wednesday of each month.  
Special: College of Puget Sound Chorus, March 31, 8 p.m., high school gym.

**ASSEMBLY OF GOD**  
Pastor, Shelby E. Graves.  
Sunday, 9:45 a.m., Sunday school, Mrs. Ora Wyland, supt. Lesson topic, The Smallest Man. A story that is very interesting to all ages.

11 a.m., worship hour. Do you believe Jesus is soon to appear in the clouds for those that are born again? The signs all around us say so. Hear these messages that you might be ready when He comes.

7 p.m., Christ's Ambassadors. 7:45 p.m., a good lively song service, testimonies and preaching of the word.  
Thursday, 7:45 p.m., Bible study and prayer meeting.  
Friday, 7:30, prayer meeting in Ione.

If you aren't attending services some place, we give you a hearty welcome to attend our church where you are a stranger only once. "For the Kingdom of God is not meat and drink, but righteousness, and peace and joy in the Holy Ghost." Are you really happy in Jesus? Read Romans 14:17.

### ST. PATRICK'S CATHOLIC CHURCH

Schedule of services:  
Mass in Heppner on the 1st and 3rd Sundays at 9 a.m.; 10:30 Mass in Ione on the 1st and 3rd Sundays at 10:30 a.m.; 2nd and 4th at 9 a.m.  
Mass on the fifth Sunday—one mass only—in Heppner at 9 a.m. on the 2nd and 4th.  
Holy days of obligation: Mass in Heppner at 7:30 a.m.; mass in Ione at 9 a.m.  
Mass in Heppner at 7:30.

**CARD OF THANKS**  
We wish to thank neighbors and friends for their thoughtfulness during our recent bereavement and for the many floral offerings to the memory of our beloved Gussie.

Wendell Aldrich, and the Cox family, Mr. and Mrs. Phil Griffin and Mr. and Mrs. Sie Walker.

**CARD OF THANKS**  
I wish to thank my neighbors for their thoughtfulness during my recent illness—for the telephone calls, and for the maga-

zine subscription from Rhea Creek grange.  
Alvin Barlow.

**CARD OF THANKS**  
I am truly grateful to my friends for their thoughtfulness during my recent illness. The many cards, letters and the flowers made my stay in the hospital more endurable.  
James Lindsay.

**CARD OF THANKS**  
We take this means of thanking neighbors and friends for their kindly assistance and many expressions of sympathy during our recent bereavement, and for the beautiful floral tributes to the memory of our brother, Arthur and Gus Johnson.

**FOR SALE**—Modern house, lot and 5 acres adjoining, in Heppner. Dan Bishop, box 394, Ione.

**NOTICE OF SCHOOL ELECTION**  
THE RURAL DISTRICT OF MORROW COUNTY, OREGON UPON QUESTION OF INCREASING TAX LEVY OVER AMOUNT LIMITED BY SECTION 11, ARTICLE XI, STATE CONSTITUTION.

Notice is hereby given that an election will be held in Morrow County, April 18, 1949, by the Rural School District of Morrow County, State of Oregon, in all competent school districts of said Rural School District.

The election will begin at 2:30 P.M. and will be held in the school house in each of said competent districts. The purpose of the election is to submit to the legal voters of the rural school district the question of increasing the tax levy for the fiscal year beginning July 1, 1949, over the amount limited by Section 11, Article XI of the Constitution.

The reasons for increasing such levy are: The combined levying bases of all school districts in the county amounts to but \$80,557.44. The required tax levy for all school districts of the county is \$380,051.00. The difference between the required levy and the base levy is \$289,493.56. The amount of tax, in excess of the six per cent limitation proposed to be levied by the rural school district of Morrow County, Oregon, for the fiscal year beginning July 1, 1949, is \$289,493.56. Dated this 24th day of March, 1949.

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Dated this 24th day of March, 1949.

J. J. NYS,  
Chairman, Rural School Board.  
HENRY E. TETZ,  
Secretary, Rural School Board.

**SPECIAL SCHOOL MEETING**  
NOTICE IS HEREBY GIVEN, in compliance with Sec. III-908, O.C.L.A., to the legal voters of School District No 1 of Morrow County, State of Oregon, that a SPECIAL SCHOOL MEETING of said District will be held at CITY HALL, on the 18th day of April, 1949, at 2:30 o'clock in the afternoon, for the following objects: To vote upon the proposed tax levy for all of the school districts of the county.

Dated this 24th day of March, 1949.  
J. J. NYS,  
Chairman, Board of Directors, Morrow County Rural School District.  
HENRY E. TETZ,  
District Clerk, Morrow County Rural School District.

## STAR REPORTER

Admission prices afternoon and evening, unless specifically advertised to be otherwise: Children: Est. Price .15, Fed. Tax .03, Total .20; Grade and High School Students 12 years and over: Est. Price .40, Fed. Tax .10, Total .50; Adults: Est. Price .50, Fed. Tax .10, Total .60. Every child occupying a seat must have a ticket.  
Sunday shows continuous starting at 1 p.m. All other shows start at 7:30 p.m. Boxoffice open evenings until 9 p.m.

**THURS.-FRI.-SAT., MARCH 24-25-26**  
**TIMBER STAMPEDE**  
A George O'Brien western.

**EMBRACEABLE YOU**  
Dane Clark, Geraldine Brooks, S. Z. Sakall, Wallace Ford.  
There is plenty of action packed into this melodrama.  
Also a return engagement of the splendid Walt Disney cartoon, "Wynken, Blynken and Nod."

**SUNDAY-MONDAY, MARCH 27-28**  
**Adventures of Don Juan**  
Errol Flynn, Viveca Lindfors, Robert Douglas, Alan Hale, Romney Brent, Ann Rutherford.  
A plot that would do justice action-wise to any western, exceptionally good Technicolor Dashing characterizations.

**TUES.-WEDS., MARCH 29-30**  
**Texas, Brooklyn and Heaven**

Guy Madison, Diana Lynn, James Dunn, Lionel Stander.  
The tale of life among out-of-the-ordinary Brooklyn characters has a series of amusing incidents.  
**Also, WHO'S DELINQUENT? and RUBIN-OFF AND HIS VIOLIN**

**THURS.-FRI.-SAT., MARCH 31-APRIL 1-2**  
**THUNDERHOOF**  
Preston Foster, Mary Stuart, William Bishop, Thunderhoof.  
Desert drama of a savage horse.  
PLUS  
**Jiggs and Maggie in Society**  
Joe Yule, Renie Riano, Dale Carnegie, Arthur Murray, Shellah Graham, Tim Ryan.  
Broad comedy based on the best-loved of all comic strip characters.

**Every Sunday & Monday: An excellent News reel with news while it is still news!**

**Give Your Chicks a Real Chance**



Good chicks can make good pullets if you follow the Larro Pullet Plan. Start them on Larro "Farm-tested" Chick Builder, the nutritious, well-balanced feed that helps keep them growing. The simple 2-mash Larro plan supplies the right nutrients at the right time—saves time and work. So this year start with Larro and stay with Larro.

**Larro CHICK BUILDER**  
Farm-tested

Morrow County Grain Growers, Inc.  
Heppner - - Lexington

# The Methodist Church of Heppner

Sponsor - - - Invites You to Hear

## The Adelpian Concert Choir of the College of Puget Sound

Thursday  
Evening  
March 31  
at Eight O'Clock  
Heppner School  
Gym - - Auditorium  
NO TICKETS - NO RESERVATIONS



The All-College Adelpian Choir of the College of Puget Sound  
Clyde Keutzer, Conductor

An All-College Choir of  
More Than 40 Voices  
In a Program of  
Religious and Secular  
Music, featuring ensemble,  
vocal and instrumental  
soloists.

Admission---No Charge - - - Just Your Free Will Offering

— This Advertisement sponsored by the following business concerns and individuals of Heppner —

Alice & Jeanne's Beauty Shop  
O. M. Yeager's Store  
Heppner Market  
Central Market & Grocery  
Anderson & Wilson  
Women's Apparel  
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O'Donnell's Cafe  
Central Meat Market  
Key's Barber Shop  
Turner, Van Marter & Co.  
Elkhorn Cafe  
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Thomson Bros  
Heppner Bakery  
Heppner Garage  
Conley Lanham  
J. J. Nys  
Gilliam & Bisbee  
Heppner Red & White Store

Farley Pontiac Co.  
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McBride's Body Shop  
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Bailey's Cabinet Shop  
Morrow County Grain Growers