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MORROW COUNTY'S NEWSPAPER

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More Six-Footers

Highly-publicized, scare stories flowing across the country from hearings in Washington concerning everything from the pill to artificial sweeteners have made hypochondriacs out of a lot of otherwise normal people. This situation is alleviated somewhat by efforts of various authorities to present a commonsense scientific perspective.

One of those on the side of the reasonable approach is Dr. Frederick Stare, head of Harvard University's Department of Nutrition since 1947. Dr. Stare has a word to say about food additives that is encouraging. He says, "I would like to dispel the notion that our foods are increasingly tampered with in undesirable, unhealthy ways."

"As a physician and a student of nutrition for the last 30 years, I am convinced that food additives are far safer in actual use than the basic natural foods, themselves, because of improper food preparation, poor food habits and overeating. The very, very few instances of harm from excessive or careless use of additives, or from their unanticipated effects, are overwhelmed by their many beneficial effects." Vital statistics, with respect to longevity, general physical well-being, to say nothing of the rising number of six-footers in our population, bear out Doctor Stare's convictions.

Old Cure Still Works

Over the past quarter of a century or more, people have been taught that economists and governmental planners can control business cycles. That has been the crux of the "new economics". One of the main troubles today may be that people are becoming unsold on the invincibility of the managed economy. As the Spokane, Washington, Valley Herald expresses it, "We have tolerated governmental excesses which have led to inflation under the assumption that economics had now become a manageable science—that governmental action and policies could be used to speedup or slowdown business activity. This principle remains to be proved."

Business has been slowed down according to the indices, but not so much by the practice of new economics it seems, as by a dose of good old-fashioned belt tightening that has appeared to do little so far to stem the inflation psychology inspired by the new economic theories we have lived with for so many years.

The American Red Cross has asked the world's Red Cross societies to form a solid front in demanding that North Vietnam meet humanitarian standards in the treatment of American prisoners. It pledged that the ARC would "pursue without interruption or abatement every effort to bring about humane treatment of prisoners of war to which they are entitled under the statutes of international law and the dictates of moral decency." Individual citizens can aid by asking their congressmen to support such demands now.



CHUCK WAGON
Folks putting on that ham dinner last Thursday at the Elks Lodge Ladies' Night were the Don Evans, Jerry Doughertys, Pat Cutsforth, Don Stroehers and Fritz Cutsforth. It was delightful, topped off with an All-American favorite, apple pie and cheese. (Makes me drool to think about it.)

Becket Equipment Co. of Heppner is engaged in building race track maintenance equipment for Portland Meadows. Don McEwen is head boss of the track maintenance crew down there. Harold and Don have worked out designs for the materials themselves.

The McEwens and their three children recently moved to Portland. Mrs. McEwen has been lab technician at Pioneer Memorial Hospital.

"How did you cure your husband of biting his nails?"
"I hid his teeth."

Irrigon School Menu

The menu for A. C. Houghton School for Feb. 15-19.

Feb. 15—Hot dog toasties, potato chips, pickled beets, George Washington pie.

Feb. 16 — Hamburger chow mein, tomatoes, cheese sticks, no bake cookies.

Feb. 17 — Vegetable beef stew, hot rolls, pear gelatin salad, pineapple pudding.

Feb. 18—Tacos, tater tots, buttered carrots, apricots.

Feb. 19—Toasted cheese sands, green beans, strawberry shortcake.

There are 9,000 FFA chapters in 49 states as well as Puerto Rico and the Virgin Islands.

"Learning to do, Doing to Learn, Earning to Live, Living to Serve" is the motto of the FFA.

LETTERS TO THE EDITOR

Editors, Dear:

Ruth Payne of Pendleton writes: — "Seen Along Life's Highway" in the Gazette-Times today seemed like old times—I am busily making plans to go to Thailand to visit friends in the spring if I can bring myself to having the Bubonic plague shot.

"Do you remember Leatha Smith who once was manager of the Telephone company in Heppner long ago? She is working as a typist on my crew here at the office (Pendleton). She is very good, too. We have great times talking of days of yore in Heppner."

"I see Patricia Pierson Rauch (formerly Heppner) occasionally. She and husband Hank live in Pendleton now. Would you believe they are grandparents? My oldest nephew, Mike, will be getting married on March 16. He's 28 years old but it seems only yesterday that he was a little boy removing his shoes during services at All Saints' (Episcopal Church, Heppner).

Josephine Mahoney Baker
Portland 97201

P.S. Mrs. Russell Morgan (Laura Clark), eldest daughter of Mr. and Mrs. Hiram Clark of Heppner, died in Hillsboro in January.

She is survived by her husband, Russell Morgan, an attorney in Hillsboro, a brother, Ed. of Hermiston, and a sister, Iva Clark Wareham of Portland. A brother Ernest, (Bub) preceded her in death. She is the daughter of pioneer parents who lived near Heppner, next to the Wightman ranch (Dutton place).

To the Editor:
Our high school seniors are carefully studying Newsweek magazine in American Problems classes. Adults should gain much from a similar study.

The current issue, Feb. 8, focuses on welfare. Be sure you read this coverage.

We are fortunately isolated from much of the impact of this great problem. Our communities isolation should not be an excuse for lack of information or concern.

As Newsweek's article declares, the welfare system must change—there must be a better way!

Justine Weatherford

THANK YOU

Dear Young People,

Boys and Girls:
This is a thank you letter to those who have made trips to my home to carry the sad messages that dogs and cats have been run over in our streets by hit and run drivers lately.

Seems we are having an epidemic of such accidents. My heartfelt thanks and gratitude to all of you for showing so much compassion and concern.

for the helpless unfortunate animals that cannot speak for themselves. I feel highly honored for so many to show their esteem of my integrity and desire to help all in distress in such times of anguish and trouble.

A few weeks ago Queenie-pup-Shockie was hit on Main St. and ended up with a mangled broken front leg. The children knew this dog and it was easy to keep her under a blanket and quiet till her owner Mrs. Robert Buschke was located. The pup was taken to the Vet and is well and in good shape now after having proper care.

A little lonely poodle came to live at my house this fall. Thanks to the young people who picked him up after being struck by a hit and run driver and left to die on the cold frozen ground. He expired at one-thirty that night but not cold and alone because he was in my lap.

Jan. 19 a big dog was hit in front of the museum and left to lie and bleed in the cold rain. A shocking sight for children coming home from school to see. They stayed with the dog to keep him covered with a blanket until I could get help from Police Chief Glenn Kolkhorst to load the dog in my car to take to Dr. Norene for care. The dog recovered and the owner Mrs. Fred Harnden was happy to be able to take "Knot-head" home.

I can't thank these children individually because there have been so many whose names I did not know.

I urge these children to continue their concern and kindness. Kindness wears well, looks well and will be long remembered.

It was sad to see so many small children anxious and worried.

Billy Graham says our greatest sin is APATHY. Not one person stopped to help the children.

Kind regards to all,
Mrs. Lois Winchester

Missionaries to Speak February 11 to 14 At Assembly of God

Coming to Heppner for Feb. 11 to 14 is a Missionary Convention at the Assembly of God Church. There will be services each evening at 7 o'clock. The Rev. Furman, former missionary to the Congo will be the main speaker.

He served 20 years in the Congo until the uprising in the early 1960's. He is presently pastor of the John Day Church. He will show films of his work in the Congo.

He will speak every night during the Convention except on Friday night the Rev. Elwin Johns, missionary at the Umatilla Indian Reservation at Pendleton will speak.

Herbs for Gourmet Cooking Given at Garden Club Meet

At the Heppner Garden Club meeting on Herbs Monday evening at the E. E. Gonty home, members learned to choose the right herb "The right herb is the one you like best". Mrs. Charles Heard reporting from the book "How to Grow Herbs for Gourmet Cooking" by Frederick Anderson, gave the proving ground for learning the taste of each herb to know which is preferred. The suggestion is to add 1/2 tsp. of chopped leaves to soft boiled eggs. The author quoted Charlemagne as saying "Herbs are the friend of physicians and the praise of cooks." The book gives the background for each herb as well as how to grow it and the uses. Many of the herbs known before the time of Christ were used medicinally.

Herbs which the author says are reasonably "beginner-proof" and most indispensable are: basil (rhymes with dazzle), chives, dill, oregano, sage, summer savory, tarragon and thyme (pronounced time).

They all prefer a sunny spot. Herbs are used in pinches. Just as much as you can pick up between thumb and forefinger. They are used to enhance the flavor. Twice the amount of herbs is needed of fresh leaves as the dried ones.

Add an herb to soups, stews, roasts, vegetables, salads, breads. Add to a butter sauce for fish. In any egg dish. Use basil in any tomato sauce. Thyme has a natural affinity for fish. Boil summer savory with cabbage, brussel sprouts or turnips. Oregano is a must for spaghetti sauces. Be-

fore the introduction of tea from China the English drank sage tea. Use tarragon in vinegar, very good in mixed salads. Use dill in spiced beets, in sauerkraut, on potato salad, with peas. Use chives anywhere you think a little onion flavor belongs.

"By using herbs in your cooking, you can make a delicacy of the most lackluster dish. The difference is especially rewarding when you've grown the herbs yourself," Mrs. Heard said.

Pruning Meeting Planned
Larry Schaad, pruning expert from Pendleton, will give a pruning demonstration at the

March 8 meeting. This meeting will be held at the home of Mr. and Mrs. Charles Heard. It is hoped that Mr. Schaad will be able to take advantage of the last hour or so of day light for his demonstration. He will prune roses and fruit trees at the Heards and it may be possible that he may go to other homes to demonstrate other types of pruning.

Anyone interested in seeing the demonstration is invited and also invited to the potluck supper which will follow.

Preliminary plans were made for a Spring Flower Show.

New Bishop Heads Methodist Conference

Bishop W. Maynard Sparks has been named the interim bishop of the Portland Area of the United Methodist Church. Though the appointment is subject to formal ratification by the Council of Bishops, it becomes effective immediately.

Bishop Sparks is the bishop of the Washington area of the church whose offices are in Seattle. The Oregon-Idaho conference and the Alaska Mission conference will now be added to his duties.

Bishop Sparks was the E.U.B. Bishop of the western area before the merger of the E.U.B. church and the Methodist church into the new United Methodist Church.

Lone Auxiliary Earns Remodeling Funds

The successful Traveling Bake Sale of Jan. 28 was a topic of discussion at the Tuesday afternoon business meeting of the Lone American Legion Auxiliary.

The proceeds from the sale will be applied to the expense of remodeling the kitchen at the Legion Hall. Another project for additional funds is a tentatively planned dinner.

The Leigonnaires have begun the remodeling in two workday sessions on Feb. 2 and Feb. 6. The members are hopeful a third workday would complete the job.

In addition, tentative plans were made at the meeting to celebrate the upcoming Legion birthday in March.

The FFA is involved in helping initiate an organization for vocational agriculture students in Vietnam being named the Future Farmers of Vietnam.

The FFA publishes "The National Future Farmer" magazine which goes into the homes of 450,000 FFA members.

COMMUNITY BILLBOARD

FEB. 11

Volleyball Night at 7:30 p.m. at Seventh-day Adventist gym, this and every Thursday. Everyone invited.

BASKETBALL — FEB. 13

Heppner vs. Umatilla, at Heppner

FEB. 12
Lone at Echo, 6:30 p.m.

FEB. 11
Lone Jr. High vs. Riverside, at Lone, 2:00 p.m.

FEB. 11

Senior Ladies' Social and Crafts afternoon at Heppner Neighborhood Center. (Refreshments by St. Patrick's Altar Society)

FEB. 7-13

National Boy Scout Week

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School Lunch Menus

Presented Through Courtesy of Heppner Branch



Heppner Elementary and High Schools
SCHOOL HOT LUNCH MENU

LUNCH MENUS

Monday, Feb. 15 — Spaghetti, cabbage salad, peach half, graham crackers, whole wheat rolls, milk.

Tuesday, Feb. 16—Tacos, tossed green salad, chocolate cake, apricots, milk.

Wednesday, Feb. 17 — Meat loaf, mashed potatoes, carrot and raisin salad, fruit, rolls, butter, milk.

Thursday, Feb. 18—Barbecued pork, buttered rice, Jell-O vegetable salad, cookies, apple-sauce, rolls, butter, milk.

Friday, Feb. 19 — Vegetable beef soup, sandwiches, fruit salad, frosted spice cake, milk.