

GASOLINE - 24 CENTS

Cord Tires, \$7.95

Storage Batteries, \$16.50

KELLOGG & SCHIMKE

The Hermiston Herald

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THE HEALTH OF OREGON CHILDREN

(Article No. 3)

The financial and economic value of dairying in Oregon is established. Everybody knows that it pays everybody to have more and better cows, creameries, cheese factories and condensers in Oregon. There is another phase of the subject that is even more important—health.

Physicians, chemists, scientists, all have been studying vitamins for the past twenty years. Vitamins are too elusive to be seen, but it is established beyond a shadow of a doubt that they exist, that their presence in the diet of children produces proper development, and that their absence permits certain diseases to stunt growth of both body and mind, and injure the coming generation.

Vitamins are found in certain food. The best home for two of them is in whole milk, and the butter retains them both. These two vitamins are not found in vegetable oils. Thousands of tests demonstrate these facts. Vegetable oils are not harmful, but they certainly do not supply the vital elements of growth and resistance of certain diseases.

Children deprived of whole milk or butter suffer from serious ailments and do not develop properly in mind or body. They are stunted, are subject to rickets, to an eye disease, bad teeth and other evils. In the past Oregon children have been particularly healthy and strong. Our past and present generations have been distinguished for their physical fitness. Our share of soldiers have been tall, strong, husky fellows, noted for their endurance and mental alertness. Oregon has always been a dairy state.

A few illustrations out of a thousand: During the world war the children of Denmark developed a serious eye disease. It did not yield to treatment. It was discovered that the dairymen, tempted by high prices, were selling all the butterfat and feeding the children skim milk and oleomargarine. As soon as the butterfat was restored to the diet of the Danish children their eyes got well.

Tests conducted in orphanages and schools have pointed invariably to the same conclusions—milk and butter in the diet of children bring resistance to disease, steady and normal gain in weight, better health and better marks in school work. Substitutes result in loss of weight, lower health and poorer grades.

The use of whole milk and butter and cheese is important for mature people. Their habitual use tends to produce a stronger, brighter and longer lived race.

During the world war, the authorities in Great Britain were alarmed

at the high percentage of the young men unfit for service. An investigation was undertaken. During its course, the inhabitants of a little island off the coast of Scotland were found to be remarkably free from imperfections. These people live in miserable huts without sanitation in a damp, foggy climate. They are very poor. Yet their teeth are sound and perfect to old age, they are strong, big framed, big lunged, strong boned specimens of man and womanhood. Their food consist almost entirely of fish scraps and every family owns a cow.

Deficiency diseases have been prevalent in the Orient for ages. Japan has been wise enough to study them and seek a preventative. As a result the Japanese government is establishing herds of dairy cattle and encouraging in every possible way the universal use of milk and butter.

Any alleged substitute for butter anything which takes the butterfat out of milk and replaces it with vegetable oils—is a blow at healthy childhood. Any law which seeks to protect the milk and butter industry is a law for the protection of the babies. The oleo measure on which we are to vote in November seeks to preserve the health of Oregon people. Remember these facts when the time comes to vote.

It is the sacred right of your children to be as healthy as knowledge can make them.

Milk not only contains vitamins but the other elements of a balanced food ration. It is as near a perfect food as it comes in the cow, as nature ever made.

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NOTICE

Notice is hereby given that the Mayor and City Council of the City of Hermiston, Umatilla County, Oregon, will meet at the City Council chambers, in said city, Wednesday, October 15, 1924, at 8 o'clock P. M. for the purpose of reviewing the Budget for the year 1925, at which time and place the following estimates and Budget may be discussed with the Levying Board.

The total amount of money needed by said City for the year 1925 is estimated in the following Budget:

CITY OF HERMISTON BUDGET	
Estimated Expenditures	
ITEMS	
Library	\$ 600.00
Auto Camp Grounds	150.00
City Park	500.00
Interest on Warrants	500.00
Street Fund	1275.00
General Fund	4200.00
Total	7225.00
ESTIMATED RECEIPTS:	
License Fees and Fines	100.00
Probable unexpended balance end of Current Year	500.00
Total	600.00
Amount Necessary by Taxation.....	\$6625.00

We the undersigned Chairman and Secretary of the Budget Committee of the City of Hermiston, hereby certify that the foregoing is correct as made by said Budget Committee.

F. C. MCKENZIE, Chairman.
 H. M. STRAW, Secretary.

ORIGINAL ESTIMATE AND ACCOUNTING SHEET CITY OF HERMISTON

ITEMS	Estimated Expenditures for ensuing year.	Expenditures and Budget allowances or six months of this year.	Budget Allowance	Detailed Expenditures for the last year of the three year period.	Expenditures for three fiscal years next preceding the last year.	
					Second Year Totals	First Year Totals
LIBRARY						
Personal Services Librarian.....	\$360.00	\$ 180.00	180.00	\$ 360.00		
Personal Services Janitor.....	40.00					
Miscellaneous	200.00	178.21	70.00	203.30		
Total	600.00			562.30	446.90	309.80
PARK AND AUTO CAMP						
Interest on Warrants	400.00					
Water and Lights.....	13.00		18.00	16.00		
Equipment and Maintenance.....	275.00	100.00	75.00	96.50		
Indebtedness	100.00		50.00	100.00		
Interest	12.00	400.00	9.00	18.00		
Total	800.00			230.50	333.18	None
Street Improvement						
Street Fund	1000.00	1000.00	250.00	702.00	331.50	13932.66
GENERAL FUND						
PERSONAL SERVICES:						
City Recorder	600.00	300.00	300.00	600.00		
City Treasurer	100.00	23.20				
City Attorney	240.00	120.00	120.00	330.00		
City Police	720.00	330.00	360.00	726.00		
City Health Officer.....	120.00	20.00	60.00	100.00		
Total	1780.00	793.20	840.00	1846.00	1238.00	
Street Lights	860.00	450.50	430.00	707.40	724.15	
Fire Department	750.00	296.00	250.00	175.23	557.00	
Election Expense	50.00		25.00	8.00	45.16	
Miscellaneous	760.00		518.03	255.00	320.13	721.28
Total General Fund.....	4200.00	2157.73	1800.00	2056.76	3285.59	2988.87
Grand Total	6600.00	2774.94	2452.00	4551.56	4397.17	1750.72

I, C. W. Kellogg, do hereby certify that the foregoing estimate of expenditures for the year 1925, budget allowances for six months of the current year and the expenditures of the three fiscal years next preceding the current year as shown above have been compiled from the records in my charge, and are true and correct.

C. W. KELLOGG, City Recorder of Hermiston.

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We have taken the exclusive agency for the Famous Utah Aberdeen Coal.

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Exclusive Representatives of National Builders Bureau

FOOT BALL Oregon Aggies

vs.

Whitman College

FRIDAY, OCTOBER 3

On the Round-Up Field at Pendleton. Eastern Oregon's only collegiate game this fall, and the first appearance of an O. A. C. team in this part of the state since 1917.

PENDLETON General Admission OCTOBER 3
 on \$1.50 at
 OCTOBER 3 Box Seats \$2.00 PENDLETON

When you have a job in our line give it to the home printer. The salesman from an out-of-town concern may give you an oily line of "bunk" but the home printer is entitled to your job work. The dollar you spend here will some day return to you. The dollar you send away is gone forever. Our prices are standard. If it is to be printed we can do it. Let us figure with you.

HERMISTON
 HERALD

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We give full weight of cream.
 We give "exact" test of butterfat.
 We pay for cream promptly.

Hermiston Creamery Butter has a good reputation which ALL Dairymen profit by, and we need the cream to fill our butter orders.

HERMISTON CREAMERY COMPANY