

Oasis Theatre

Hermiston, Oregon.
The Best in Talking Pictures

FRIDAY AND SATURDAY
DRAMA AS FIG AS LIFE!



HELL'S HIGHWAY
A Stirring, vital story of the chain gangs.

Plus:
Excellent Comedy and Cartoon.

SUNDAY AND MONDAY
MATINEE 2:30 SUNDAY
SHRIEK! HOWLS!
YELLS OF LAUGHTER!

THE PENGUIN
POOL MURDER
A Mystery-Comey Crammed with fun, FOX NEWS and Comedy.

Local Happenings

J. S. Burnham and John Pasley motored to Portland Sunday on business and returned Tuesday.

Mrs. W. H. Bowman left Tuesday night for Oklahoma where she will spend some time with relatives.

Chas. F. Morehead and Otis McCarty of Echo were business visitors in Hermiston Monday.

Mrs. Wm. Sharr has been quite ill but is somewhat improved at this writing.

Mr. and Mrs. Thomas Campbell were Sunday night dinner guests of Mr. and Mrs. E. P. Dodd.

Mr. and Mrs. N. R. Mueller and son Frank returned Saturday from Hope, Idaho, where they had spent the Christmas holiday season with Mrs. Mueller's parents.

For sewing and altering work see Mrs. Phillips, Hermiston Hotel.

Mrs. A. W. Christopherson, and Mrs. Joe Toole were visitors in Pendleton Wednesday. Mrs. Christopherson was called to act on the nominating committee for the Umatilla Health association.

Miss Emogene Paul left the first of the week to visit with friends in Forest Grove and Portland.

Ulrich Kaufman of Pendleton was looking after business in town Monday.

J. M. Doyle and Geo. McNealy of Plymouth, Wn., were among the out-of-town visitors here this week.

For sewing and altering work see Mrs. Phillips, Hermiston Hotel.

Wayne W. Coe of Portland, who is interested in the Coe ranch at Stanfield, was in Hermiston Wednesday.

N. W. Bloom is much improved after suffering from an attack of influenza.

Miss Katherine Stanfield and sister, Mrs. Asa Thomson of Echo, were business visitors in town the first of the week.

Other out-of-town visitors in Hermiston this week were Chas. Hango of Boardman; S. E. Walls, Echo; Mr. and Mrs. Milo McFarland, Umatilla; J. W. King, Stanfield.

Mrs. Wm. Arnold, who is making her home with Miss Pauline Stoop this winter, was a week end guest at the home of her sister, Mrs. W. J. Fergus, in Pendleton. She returned Wednesday night.

Miss Mary Petri and Miss Rachel Sloan were dinner guests Thursday night at the home of Mr. and Mrs. J. Neary.

Mr. and Mrs. R. A. Brownson were dinner guests at the home of Mr. and Mrs. Chas. Taylor, Friday night.

Mr. and Mrs. Brown were guests of Mr. and Mrs. R. C. McReynolds Tuesday evening. Bridge was the diversion of the evening.

The M. E. Ladies Aid will hold a cooked food sale Saturday, Jan. 28, in Virgil Smith's office. Phone orders will be taken by Mrs. O. O. Felthouse.

HIGHEST CASH PRICES
PAID FOR
CREAM AND EGGS
Columbia Creamery Co., Inc.
129 N. 21st St. — Portland, Or.

The Ladies Aid of the Hermiston Union church met at the church Wednesday afternoon to do some quilting. The society meets every week.

Dr. and Mrs. A. W. Christopherson entertained Saturday with a bridge dinner. The guests included Mr. and Mrs. Frank Swayze, Mr. and Mrs. A. H. Norton, Mr. and Mrs. Thomas Fraser, Mr. and Mrs. H. E. Hitt, Mr. and Mrs. Frank McKenzie, Mr. and Mrs. E. P. Dodd, Mr. and Mrs. W. J. Warner, and Mrs. Catherine Durfee. High prizes were won by Mrs. Thomas Fraser, and Mr. Frank McKenzie.

Mrs. Geo. Wagner entertained the Methodist Ladies Aid Wednesday afternoon at her home. The ladies are quilting and expect to finish their work in the near future.

An attractively appointed shower was given Monday night in the home of Mrs. Wm. Shaar, honoring Mrs. Geo. Storey. Mrs. Shaar was assisted by Mrs. B. S. Kingsley, Mrs. W. L. Hamma, and Mrs. Gerald White. A fireplace fire cast a mellow glow about the room which added to the comfort of the guests. Bridge was the diversion of the evening with Mrs. H. E. Hitt winning high honors.

BEST HEALTH INSURANCE IS AN ADEQUATE DIET.

Authorities agree that the best health insurance is an adequate diet. There is a tendency, when the amount spent for food is decreased, to in turn decrease the amount for the essentials necessary to an adequate diet.

When forced to a retrenchment in food expenditures it is a common thing to find that the food served revolves around meat, potatoes, gravy and bread. It is true that these are important, but in a diet of this kind the protective elements, that is, the minerals and the vitamins, have been removed. This type of diet will result in injury to health, especially where there are growing children, if used for any great length of time.

The essentials of a balanced or adequate diet are: Milk, fruit, vegetables and eggs, which are called the 'protective' foods. Everywhere, nutrition leaders and authorities urge that food money be spent for foods that will 'feed' and not merely 'fill', which is true economy in the long run.

It is known through observation and experiment that milk and dairy products do more to make up for the deficiencies in diets than do any other foods. An eminent authority on nutrition states, "Milk is both the cheapest and surest protection from the nutritional deficiencies which open the way to diseases and life-long injuries to health, happiness and working efficiency".

Surveys show that great numbers of children in the European countries during the World War suffered dietary deficiency diseases due to a lack of the protective foods in their diets. In Denmark many children suffered from a dreaded eye disease caused by the fact that Danish butter was sold to other countries, leaving only butter substitutes and skimmed milk. After an embargo was placed on the butter and the children were again receiving it, together with whole milk, the disease practically disappeared.

It is the wise housewife who will avail herself of these nutritional facts. With such knowledge it will be easy to modify the inadequate diet and to make a balanced one from it. Milk may be used in the preparation of foods, as in mashed potatoes, in gravy or with vegetables. It may also be used to make simple desserts and soups. In fact, it adds food value and protective value in any of its various forms.

An inexpensive and nourishing main dish is cod-fish soufflé, made as follows:

Codfish Soufflé.
½ cup rice, uncooked
2 cups milk
1½ tablespoons butter
½ cup salt codfish
2 eggs
Cook the rice with the milk in a double boiler until tender and dry. Separate the eggs and add the yolks, well beaten; add the butter and codfish, which has been freshened by soaking in water. When the mixture is somewhat cool, fold in the egg whites, beaten stiff. Bake 30 minutes in a moderate oven (375 degrees). Serve immediately, garnished with parsley and accompanied by a butter sauce. Put ¼ cup of butter in a bowl and work until creamy. Add ½ teaspoon of salt, 1-8th teaspoon of pepper and ¼ teaspoon of finely chopped parsley, then 1½ tablespoons of lemon juice very slowly.

NEW FARCISIA STRAWBERRY HAS GOOD POSSIBILITIES.

With many of the strawberry plantings in Oregon killed out or badly damaged by the freeze of December, much new planting will doubtless be carried on this spring.

Among new varieties recently introduced and worthy of more extensive trial in Oregon is the Narcissa, according to a recent circular of information issued by the Oregon Experiment station which developed the variety in cooperation with the United States department of agriculture.

This variety is not yet recommended for major commercial plantings, but it apparently has distinct possibilities as an early season dessert berry, field trials show. It is said to be distinctly superior to the Marshall (Oregon) as a dessert berry, is slightly earlier and is more vigorous and resistant to disease than the Marshall.

Of interest just now is the further fact that the Narcissa came through the recent freeze with less damage than the Marshall and much less injury than the Ettersburg, ranking apparently along with the Corvallis in cold resistance, though all the strawberry varieties were hurt to some extent.

The yield of the Narcissa has been exceptionally high in some sections, especially at Hood River where the branch experiment station reports a yield at the rate of 19,488 pounds per acre compared with 15,088 for Redheart, and less than 6000 for Clark. At Corvallis it ripens with the Gold Dollar but yields better, and ripens its fruit more evenly than the Marshall. It has given variable results for frozen pack and is not as good for canning as the Corvallis.

The Narcissa, named for the wife of Marcus Whitman, is the result of crosses and seedlings started back in 1923 by the plant breeders of the department of agriculture. Corvallis is now one of the two chief locations of cooperative strawberry breeding work, where tens of thousands of seedlings have been brought to fruiting, some 8000 being due to fruit for the first time in 1933.

IRRIGON NEWS

The work of erecting poles and wire and the installing of the plant for the Seattle Diesel Electric Light Power company is going on rapidly under the management of Mr. Bruce, and the Irrigon people will soon have the pleasure and convenience of electric light and power in their homes.

Mr. and Mrs. Lloyd Smith of Spokane, Wn., were visiting friends in this vicinity Saturday. Mr. Smith was agent here for the Union Pacific railroad two years ago and was married recently. His many friends extend best wishes for their happiness and prosperity.

Rev. and Mrs. Farrens of Yakima, Wn., are expected here early in the week to hold a series of revival meetings in the Community church. Rev. and Mrs. Farrens were residents of Irrigon a good many years ago.

The small son of Mr. and Mrs. Adams is quite ill. He was taken to the Hermiston hospital for medical treatment.

Robert and John Smith motored to the mountains near Meacham Thursday for a load of poles for the Electric Light Co. Mrs. Robert Smith visited her parents, Mr. and Mrs. Tom Caldwell during their two days absence.

Mr. and Mrs. Chas. Steward who have been in Portland the past several weeks returned home Monday.

Mary Ellen Carlyle is staying with Mrs. Tom Caldwell and attending the grade school.

Mrs. Lella Hoply who has been visiting her parents near Lyle, Wn., returned Friday.

Mr. and Mrs. Ray Minnick are enjoying a visit with Mr. Minnick's mother from Hood River. She is here for an extended visit.

Mrs. Roscoe Williams and family were Hermiston visitors Saturday.

Mrs. F. Caldwell and Mrs. Wade were business callers in Pendleton Tuesday, and together with Mrs. Edwin Wilson attended a meeting in Stanfield Thursday night.

Mrs. Ward and son of Pendleton are visiting Mrs. Ward's mother, Mrs. Fred Reiks.

The basketball teams of the high school here played the lone school teams Friday night at lone, and again the Irrigon boys came out victorious. The Irrigon girls lost their game.

The school bus driven by Glenn Ball was drained of gas while at lone Friday night, causing great inconvenience and delay on the return trip.

Mrs. Amy Collins is quite ill with an attack of flu.

Fred Markham, Robert Walpole, George Seartlett and Mrs. Leitch motored to lone to the basketball game Friday night.

Chas. Benefiel and two daughters Leola Benefiel and Mrs. Edith Puckett, were called to Athena Wednesday to attend the funeral of their uncle, Chas. Booker.

Five men were again put on a six day schedule of the section work here by the U. P. for an indefinite period if the weather will permit.

Mrs. Fred Markham left Monday for a ten days visit with relatives in Portland.

A. C. Houghton motored to Hermiston with several others from Boardman Thursday to hear Congressman Walter Pierce speak.

Mrs. Houghton visited Mrs. McFarland at Umatilla Friday night. The special meeting of Irrigon Grange 641 was held Wednesday evening with the new Master, Clay Wood, presiding. A good crowd was present and all business was taken care of. The regular meeting hour which has been every third Wednesday in the month, was changed to twice a month meetings, coming on

OUR PRICES CASH!

No Careless Credit. If any loss on accounts, we will not ask a cash customer to help pay the loss, by making larger profits. We take wood, grains, beef pork, horses, most anything, on old accounts. Anything you want to sell, let us know. We are often able to put you in touch with the party looking for just that thing. No charge. School warrants are paid as taxes are paid—Taxes are paid by local people, and not by mail order houses. The Depression is Not Over, and we are not through making prices to meet this condition. It pays to compare prices. It's cooperation. We cooperate by selling close, and you cooperate through your loyalty.

Grocery Department

Matches Carton 23c | Prunes - 6 Lbs. 25c
Macaroni-5 Lbs. 23c | Spaghetti-5 Lbs. 27c

Meat Department

Hamburgers-3 Lbs. 25c | Lard-3 Lbs. 23c
Weiners Lb. 10c | All Steaks-2 Lbs. 25c
Lamb Stew-4 Lbs. 33c | Bacon Lb. 15c

Dry Goods Department

Overshoes and Rubbers - 20% OFF
New House Slippers, Choice 99c

BURNHAM'S

PHONE 341 HERMISTON, OREGON

the second and fourth Saturday nights of every month.

The Grange is sponsoring a meeting next Wednesday night which is open to the public. Speakers on the program will be County Deputy Chas. Wicklander, Prof. Hyslop of O. S. C. and County Agent Chas. Smith of Heppner. It is hoped there will be a large attendance as several agricultural subjects will be discussed which will be of great benefit to the people on the project.

Mr. and Mrs. Geo. Kendler, Jr., Mrs. Geo. Kendler, Sr., of Umatilla, and Mrs. Frank McCoy and little daughter Betty of Seattle, Wn., were dinner guests of Mr. and Mrs. W. C. Isom Thursday.

Vern Jones was a Hermiston visitor Thursday. Mrs. Fred Reiks and daughter were shopping in Pendleton Friday.

"Vigorbilt" Volleys

We are too busy taking blood tests this week to say much—200,000 good hens on the project, which would, at a safe estimate, retire a net of \$100,000 annually. —Think it over.

GOOD CHICKS PROPERLY RAISED WILL MAKE IT.

Get Them at

"VIGORBILT" POULTRY FARM and HATCHERY, Hermiston, Oregon.

BASKETBALL

Double Header

HERMISTON HIGH SCHOOL
vs.
UMATILLA HIGH SCHOOL

HERMISTON BLACK HAWKS
(Town Team)

vs.
UMATILLA TOWN TEAM

Saturday Night

JANUARY 21, 1933
7:30 o'clock Admission 25c

Advertisement Paid by
PROPT VARIETY STORE
HERMISTON DRUG STORE
SHAA'S BARBER SHOP
OREGON HARDWARE



You'd Be Surprised!



And We Can Prove It!

Thrift, however, is an INTERNATIONAL habit. Housewives throughout the United States and Canada are looking to the Red & White Stores to supply their food needs... because QUALITY is higher—PRICES LOWER. Courteous, personal service only possible with home-ownership.

LOOK AT NEXT WEEK'S AD FOR PROOF OF THIS STATEMENT

Specials for Saturday & Monday, Jan. 21 and 23.

TOMATO SAUCE Blue & White	4 cans for	18c	FRUIT SALAD Red & White	1 lb.	16c
SPINACH 2 1/2's Red & White	Can	16c	CORN MEAL Yellow or White	5 lb. bag	13c
COFFEE Red & White	3 lb. tins	93c	PURE STRAWBERRY JAM, Walls Walls, and Bisquick Flour, Both		49c
COFFEE Red & White	1 lb. tins	33c	STARCH, Corn or Gloss Red & White	2 for	17c
MEMORIE TEA Orange Pekoe or Green	1/2 lb.	23c	WHITE FLOATING SOAP Red & White	4 for	18c
HOMINY 2 1/2's Red & White	Can	12c	SUGAR	20 lbs. for	93c
Raspberries, Strawberries, Blackberries and Loganberries, 2s. 2 for		43c	SALAD DRESSING Green & White	Quarts	28c

ANSWER TO LAST WEEK'S "YOU'D BE SURPRISED." The use of finger prints as signatures dates from very early times. The Chinese are believed to have used their thumbs as seals.

THE RED & WHITE STORES

The Sign of a Dependable Store

Money Saving SPECIALS

FEATURES FOR FRI., SAT. & MON., JAN. 20-23 Inclusive.

BEST CANE SUGAR-10 Lbs. 43c	CRYSTAL WHITE SOAP 6 Bars 15c
SALAD OIL In Bulk For Baking and Frying Gal. 79c	FANCY SEEDLESS Raisins 4 Lb. Pk. 23c
CALUMET 1 lb. Tin Baking Powder 25c	WHOLE WHEAT Oven Fresh FIG BARS-2 Lbs. 19c
Treat Yourself to a Good Kitchen Broom 29c	EDWARD'S DEPENDABLE COFFEE Vacuum Packed 1 Tin 32c

NOB HILL COFFEE 3 Lbs. 85c	AIRWAY Coffee 1 Lb. 23c
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Grape Fruit Large Seedless 3 For 10c	SWANS DOWN Large Cake Flour Package 25c
Bananas Ripe - Golden Fruit Dozen 19c	Pink 1 lb. Salmon Alaska Tin 10c
	Highway Brand 14-oz. Bottle Catsup 2 For 25c

	Shortening 3 Lb. Can 53c
	Marshmallows 19c
	1 Lb. Package
	Lettuce-2 LARGE HEADS 15c

WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

MACMARR STORES

Phone 241 — No. 1751 — Hermiston, Oregon