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UMATILLA NEWS
 By ERMA BYRNES.

Mr. and Mrs. Fred Warnstrom and daughter Georgia of Waitsburg spent Friday visiting Mrs. Warnstrom's mother, Mrs. Pete McNabb.

Miss Sara Wurster returned home Thursday from Pendleton where she had been visiting. Her friend Alverda Thorne returned with her to visit.

The boat Umatilla came to Umatilla last Thursday and returned to Rufus Friday where it will pick up a load of wheat.

Miss Clara Corrigan arrived Wednesday of last week to visit at the H. B. Hull home for a couple of weeks. Miss Corrigan is the commercial teacher in the high school and will return to her home in McMinnville before the opening of school.

Mrs. George Kendler and Mary and two friends from Nyssa spent Saturday in Walla Walla.

Mr. and Mrs. Raymond McNabb and Mrs. Pete McNabb and Herbert

spent Saturday afternoon shopping in Pendleton.

V. D. Bramer, who is working near The Dalles spent Saturday and Sunday visiting his wife here.

Mrs. Del Jackson is recovering rapidly from an operation performed in Portland last week. Her husband and daughter Louise are living in Portland until she is able to return home.

Miss Betty McKenzie, who is in nurse's training in Pendleton spent Sunday at the home of her parents.

Mr. and Mrs. Harry Rodenbough, Mr. and Mrs. Ostrom were Sunday dinner guests at the Ursel Hiatt home.

Mr. and Mrs. Ben Spencer and Mr. and Mrs. Frank Clark returned home Monday from the coast where they have spent a week on a fishing trip.

Mr. and Mrs. Harry Kessler and children are leaving this week for Sunnyside, Wn., where they will make their home.

Mrs. Lyle Brown has been sick for several days. A girl from Stanfield is taking her place in the cafe.

Mr. and Mrs. Fred Warnstrom and daughter Georgia of Waitsburg visited at the home of Mrs. Pete McNabb Monday.

Mrs. Minnie McFarland gave a party in honor of her granddaughter Joyce McFarland Saturday afternoon.

WANTED!
SMALL BROILERS
 HIGHEST PRICES!
Modern Poultry Co.
 931 E. Francis Spokane, Wn.

Snore Cycles Mark Life of the Average Person

It has been established that there are snore cycles in the life of the average person, writes Margaret McEachern in Hygeia, the Health Magazine.

Infants snore commonly. Between the ages of ten and thirty years, snoring is rare. But after thirty it increases. This may be because at this age period, people become a little careless about their physical well being. And unless the physical condition which is causing the snoring is corrected, it will increase with the passing of each ten years.

Generally, snoring indicates disturbances in the breathing apparatus, especially an obstruction in the nose that prevents the individual from sleeping with his mouth closed. The obstruction may be a result of polypi, tumor growths, enlarged turbinates, bony deformities, sinus infection or a deviated septum which encroaches on the air space of one nostril.

Strange but true, certain foods may cause a person to snore. Many men and women are sensitive to certain proteins. If they eat tomatoes, for instance, the mucous membranes of the nose have a tendency to accumulate secretions. Chronic inflammation of the nasal linings also may cause an enlargement of the tissues sufficient to obstruct the nose.

In children, snoring commonly is an indication of enlarged adenoids. According to conservative estimates, one out of every eight persons snores more or less regularly. No doubt every person snores occasionally, but the one out of eight is the person to look out for.

ALONG THE MILKY WAY

From The Pacific Dairy Review.

Wherever dairymen meet they usually agree that a statewide advertising campaign to increase the consumption of milk would be a great thing for the industry. We all think it is a great idea, but nothing ever happens.

But the producers and distributors who sell milk in the San Francisco market have passed the thinking stage . . . they have actually gotten together and ACTED to increase the consumption of milk. Let us hope this will stir other localities into action that will bring into being a statewide campaign.

In a concerted effort to boost the per capita consumption of milk in San Francisco to a somewhere near normal level, San Francisco milk producers and distributors are now sponsoring a strong advertising campaign in the four San Francisco newspapers.

First insertion appeared May 3; reminded the public that milk, our most perfect food for building and maintaining good health, is an indispensable part of any proper normal diet, no matter what one's age. Headlined "A Habit You Should Never Break," this seven-column advertisement stressed the importance of "Two glasses of milk a day for adults, four glasses for children, even if you have to save in other ways!"

Copy story developed this central idea, explained that in addition to being a delicious and refreshing drink, milk is called by every health authority our best all-around food because it contains more of the essential elements required by the body daily than any other food. Stressing the vital need for milk, this first advertisement not only gave reasons why everyone should drink at least the minimum amounts, but reminded the reader of the many appetizing ways milk can be used in connection with other foods.

The complete honesty which characterized this first advertisement will be the salient feature of all subsequent ones. Half-page insertions are planned for each of the four San Francisco newspapers every other week for the year, with alternate weekly insertions of smaller advertisements.

Thus wisely do the California dairymen who produce San Francisco's milk supply seek to re-establish the milk-drinking habit among adults through an educational advertising program.

Authenticated figures show that milk consumption in San Francisco—already dangerously below dietary requirements—has been steadily declining during the last 11 years. As director of public health for the city and county of San Francisco, Dr. J. C. Geiger is on record as stating that San Franciscans consume one-half as much milk as they should.

Too, on the basis of Department of Agriculture requirements, San Francisco's per capita consumption of milk is only one-half what it should be for a restricted diet for emergency use, only one-third what it should be for an adequate diet at minimum cost, and less than one-third of an adequate diet at moderate cost.

In their effort to correct this situation by re-establishing the milk-drinking habit among adults, thru advertising, the dairymen are doing San Franciscans a praiseworthy service in reminding them that the vital need for milk knows no age limit.

Need Milk for Calcium in Adult Diet.

"One glass of milk contains more calcium than a serving of any other food. Two glasses will provide a quantity which could scarcely be equalled by any combination of foods in quantities compatible with the capacity of human beings." This significant statement, made recently by Dr. Julia Outhouse of the Nutrition Department of the University of Illinois, has great value for the dairy industry, points out the National Dairy Council.

Milk Only Practical Source of Calcium

The practical importance of milk as a calcium food has been proved repeatedly in nutrition laboratories of our leading universities. At the University of Illinois for example, the possibilities of obtaining a diet adequate in calcium without milk was tested in feeding experiments on adult students. The students lived for 24 days on a diet devoid of milk but including generous amounts of other foods believed to supply enough calcium. Large quantities of green vegetables, "enough to make the meals uninteresting and uncomfortable," reports Dr. Outhouse, were eaten. "But out of all this they obtained only as much calcium as is in 1 1/2 cups of milk." In concluding her remarks regarding

Hermiston Mercantile Cooperative
 Friday, Saturday and Monday Specials!

LITTLE BOY BLUE Tomatoes 3 No. 2 1/2 Tins 29¢	Rinso Large Package 65¢
Kellogg's All Rye Introductory Offer! 2 For 14¢	Salad Oil In Bulk Quart 29¢
Borden's Milk 3 Tall Tins 20¢	Hot Sauce 3 Tins For 12¢
PHILLIP'S Chicken Soup 6 For 29¢	Albers' Oatmeal 9 Lb. Bags 39¢
Franco-American Spaghetti 2 Tins For 19¢	Fresh Hamburger In 2 lb. Pkgs. Per Lb. 16¢

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milk as the only practical and palatable source of daily calcium, Dr. Outhouse reminds us "that the people of the world who have consumed generous quantities of milk are noted for their fine stature, their longevity and their health. Milk is a safeguard; and a diet which is built around it and the other protective foods is a fool-proof diet."

Diet Lacking Milk Also Lacks Calcium

Nutritionists at Kansas State College have just reported a study with 23 young women which verifies and strengthens the statements made above. When these young women ate their usual diet which contains liberal amounts of milk and cheese the calcium content of the diet was adequate. But when these

American Diets Low in Calcium.

The importance of milk for calcium in adult diets is often overlooked, says the National Dairy Council. There is too general reliance on other protective foods, vegetables and fruits in particular, to supply this much needed element. Undoubtedly this very habit is responsible for the fact that the diet

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WALKER'S SERVICE STATION
UNDER NEW MANAGEMENT
 NOW OPERATED AS
CONNOR SERVICE

Taken over Friday, August 12, by Jess Connor, who announces that he will be unable to extend credit.

We will be glad to present your name to the Associated Oil Company for an Associated Courtesy Credit Card.

HOURS:
 Service Station—
 7 A.M. to 9 P.M. - Every Day
 Repair Department & Lubrication
 7 A.M. to 6 P.M.-Every Day Except Sunday.

— WE INVITE YOUR PATRONAGE —
YOUR ASSOCIATED SERVICE

Arabs First to Respect the Value of Gibraltar

Even in the days when military science was in its infancy the rock of Gibraltar, rising sheer 1,400 feet, appealed to the imagination of the ancients, who called it, together with its companion, Gebel Musa, on the African coast, the Pillars of Hercules. In all other respects they left the solitary giant alone to his meditations, according to a writer in the Los Angeles Times.

The Arabs were the first to recognize the rock's strategic value. As Moors they crossed the strait in 711, christening it Gebel-el-Tarik, or the mountain of Tarik, their leader's name. They constructed a castle and eventually conquered the whole peninsula.

Nine hundred years later the last Moor was expelled from Spain and he left it where the original one had landed, in the bay of Gibraltar.

On the decline of the Spanish empire the rock passed into British hands.

Napoleon tried to take it when he was building his empire but failed. Thus was created the phrase, "as strong as the rock of Gibraltar."

Snake Lives on Eggs

The egg-eating snake of South Africa is a harmless reptile and lives almost exclusively on eggs. It is pale brown in color with three rows of darker blotches. In describing the food habits of this species, scientifically known as Dasypeltis scabra, Raymond Ditmars, authority on reptiles, says: "Characterized by the presence of only a few teeth in the rear part of the jaw bones the food of the species is restricted almost entirely to eggs. To aid the snake in cutting through the shell is an ingenious development in the throat. There are knife-like points extending into the esophagus that cuts the egg as it passes into the throat." This snake can swallow an egg as large as a hen's even though its body is about the diameter of a person's finger. It grows to be a yard long. After the egg has been swallowed the shell is crushed and expelled from the mouth. Three eggs make a big meal and after that the egg-eater is likely to fall asleep for three weeks.

"Left" Has Many Meanings

The word "left" has many adverse meanings. A left-handed toast is one drunk to the ill fortune of an enemy, a left-handed marriage is one contracted with an inferior, a left-handed compliment is not complimentary and a left-handed oath is not intended to be binding. Once omens seen over the left shoulder were considered unlucky, says Collier's Weekly, and actors, when playing villains, had to enter on the left or the sinister side of the stage.

The Ten-Gallon Hat

According to legend, the 10-gallon hat was named because it was used as a water bucket and also to carry food. And at night, the cowboy even rested his weary head on his "10-gallon pillow." Although all the "gallon" hats were pretty much the same size, they were called not only 10-gallon, but also one, two and five gallon hats, varying with the imagination of the Western story writer.

Name Meanings

Is your name among the following? Melissa is a German name meaning a bee. Mildred is a Teuton name meaning mild threatener. Miles is a Latin name meaning soldier. Minnie is a Teuton name meaning remembrance. Irene is a German name meaning peace. Israel is a Hebrew name meaning God fighteth. James is a Hebrew name meaning a supplanter.

CANDIDATE HOLDS "ROADSIDE CHATS"



Instead of "fireside chats," Charles A. Sprague, republican candidate for governor, is holding "roadside chats" during the summer months. Here he is shown visiting with C. M. Wessert, Lane county farmer, whom he found in his dairy barn. Sprague is taking his campaign to the "grass-roots" meeting with voters in all walks of life, and going more listening than speech-making at this stage of the campaign. He expects to visit all parts of the state during the summer, prior to opening the fall campaign.