



The Young Oregonian Rhythm Wranglers, David, James and Fern Yeary, coming soon with the Young Oregonian entertainment troupe.

PRESERVING VITAMINS

Today most everyone is on speaking terms with the vitamins, even to calling them by name. No longer clouded in mystery, vitamins are now known to be "definite chemical substances, each having its own special function to perform in the body".

But even with much of this mystery cleared away there is evidence to show that many people do not get enough vitamins, and that even "deficiency diseases" caused by extreme lack of any of them, are far too common. But it is with the thousands of so-called borderline cases that nutrition workers are most concerned—that is, people who

are suffering bad effects because they are not getting as much of the vitamins as their bodies could use to advantage, although not actually showing symptoms of any deficiency disease. A good supply of vitamins is necessary for the "abounding good health" that we all cherish so much.

The vitamins that you get via the market basket or the garden are considered more dependable than those in prepared form. But there is caution for the homemaker as there are many forces at work to destroy the vitamins enroute from the market basket to the table.

If a cook does not take precautions she may unknowingly destroy some of the very food value she planned for so carefully in her menu. To assure the preservation of vita-

mins and minerals in the cooking of fruits and vegetables follow the simple, easy-to-observe rule—"Cook quickly, in as short a time as possible, using the smallest amount of liquid that is practical. Make use of the cooking water". This, of course, is no revolutionary idea to the good cook for she knows that it is not necessary to flood vegetables during cooking.

Milk and other dairy products are looked to as excellent sources of most of the vitamins, as well as the minerals. In fact, so important is milk in this respect that it takes the lead in the group of protective foods—milk, vegetables, fruits, eggs—protective because of the abundance of vitamins and minerals found in them.

Identification of the vitamins is important but it is more necessary to know and use vitamin rich foods in abundance and to be cautious in their preparation.

A dish full of vitamins is:

Vegetable Medley.

Mix 2 cups of peeled and finely shredded carrots and turnips, place them in a double boiler, add two-thirds cup of cream or rich milk (hot), and cook from 15 to 20 minutes. Season with salt and butter.

PINE CITY

By Mrs. Bernice Wattenburger

Mr. and Mrs. Louis Marquardt of Lexington and Mrs. Bennett of Portland spent Sunday afternoon at the J. S. Moore home.

Mr. and Mrs. Frank Helms and daughters and Mr. and Mrs. Harvey Ayers spent Monday in Pendleton.

Fred Rauch was a Pendleton caller Friday.

Mrs. Reid J. Buseick and children of Long Creek spent Friday night and Saturday visiting Mr. and Mrs. A. E. Wattenburger.

Mrs. Lois Kent, Miss Zella Robbins and Miss Margaret Weaver, teachers in Pine City school, attended the banquet and teachers meeting at Heppner, Friday evening.

Mr. and Mrs. Clayton Ayers and children spent Friday evening in Heppner at the Burl Coxen home.

Mr. and Mrs. Eldon Kenton of Salem spent the week end visiting at the Roy Neill home. Mrs. Kenton is better known as the former Alma Neill.

Mr. and Mrs. Clayton Ayers and children and Miss Weaver and Miss Robbins were Pendleton callers Saturday.

Mr. and Mrs. Marion Finch attended Grange at Lena, Friday evening.

Preparations are completed for the carnival at Pine City which will be given March 31.

Mr. and Mrs. Clayton Ayers and family were callers at the Fred Rauch home Sunday.

(Too late for last week)

Mr. and Mrs. Tom Boylen of Pendleton spent Friday afternoon at their ranch on Butter Creek.

Farmers in this area are busy using the water in Butter Creek for irrigation purposes.

Pendleton callers Saturday were Mr. and Mrs. Bob McGreer and Mrs. Brewster, Fred Rauch, daughters, Lilly and Mabel, and Mr. and Mrs. E. B. Wattenburger.

Mr. and Mrs. Jasper Meyers were Hermiston callers Saturday evening. Bert Barnes spent Friday evening at the Clayton Ayers home.

W. W. Felthouse of Hermiston has a bailing crew at the Helms and Ayers places.

Mr. and Mrs. Earl Wattenburger and son of Pasco and Mr. Witherright of Kennewick spent Sunday at the A. E. Wattenburger home.

Mrs. Dunn of Seattle is visiting her brother Robert McGreer, and her son Bob Gronvold.

IRRIGON

By MRS. W. C. ISOM

Mr. and Mrs. W. C. Isom and Mr. and Mrs. Dgn Isom were business visitors in Stanfield Saturday.

Mr. and Mrs. James Arnberg were calling on the Boardman project Sunday.

Frank Fredrickson was a business visitor in Hermiston Monday.

W. C. Isom and son Don were doing business in Pendleton Monday.

Mrs. Myrtle Markham entertained a number of small guests at her home Monday in honor of her daughter Marlene's birthday. The afternoon was enjoyed by the little folks.

Miss Billy Markham, Ilene and Buddy Markham of Richland, Wn., visited relatives and friends here last week.

Mrs. Ruth Knight and two children and brother Frances Markham of La Grande visited relatives here several days of this week.

A smoker was held at the auditorium Friday night. The boys participating were from the grade school.

Mrs. Marshal Markham and their daughters visited Mr. and Mrs. Jay Berry and family in Portland over the week end. Miss Barbara Berry, who was injured at Mt. Hood recently, is at home and improving.

Quite a number from here attended the funeral of the late Mrs. Carl Thompson at Hermiston Saturday.

UMATILLA NEWS

By MRS. GLENN OSTROM

Mrs. Joe Springer was hostess to the 500 club Wednesday afternoon at her home.

Mr. and Mrs. Bill Hanson are parents of a daughter named Sybil Ann born at St. Anthony's hospital in Pendleton last Tuesday.

Mr. and Mrs. John Mustard spent last Thursday visiting their daughter in Spokane.

Mr. and Mrs. Ray Justinson and Mr. and Mrs. Ben Spencer spent last Wednesday shopping in Pendleton.

Mr. and Mrs. Harry Hull returned home Thursday after visiting his mother, Mrs. Emma Hull in Spokane.

Mr. and Mrs. Glenn Linn spent Saturday in Pendleton where they purchased a new 1939 Buick coupe.

George McNabb, who is employed in Portland, arrived Sunday to visit a week with his parents, Mr. and Mrs. Pete McNabb.

Miss Cecilia Beyler spent Saturday in Pendleton.

Mrs. Lyle Brown and Mrs. Ken Baymiller spent Saturday in Pendleton.

Mr. and Mrs. James Byrnes and daughter Joan spent Saturday in Walla Walla.

Mr. and Mrs. Raymond are parents of a daughter born Saturday at St. Anthony's hospital in Pendleton. The baby is the granddaughter of Mr. and Mrs. John Wurster, and Mr. and Mrs. Pete McNabb, both of Umatilla.

Stuart Rice, who is employed here with the government, spent the week end with his family in Finland.

Betty McKenzie, student nurse at St. Anthony's hospital in Pendleton, spent Sunday visiting her parents.

Mr. and Mrs. Ray Justinson spent the week end visiting in Portland.

Mr. and Mrs. Harry Hull left Sunday for Spokane after receiving word of the death of his mother, Mrs. Emma Hull. Mrs. Hull will be remembered by the local people.

Mr. and Mrs. Fred Stone of Walla Walla, Mr. and Mrs. Preston Hanson and Mr. and Mrs. John McDonnell of Touchet spent Saturday evening visiting at the Ben Spencer home.

Mr. and Mrs. Jack Duff of Athena spent Sunday visiting at the home of her parents, Mr. and Mrs. H. O. Thompson.

Mrs. Hans Rynning and daughter Karen Ann of Seattle, who is visiting her parents in Stanfield, spent Sunday and Monday visiting Miss Clara Corrigan at the H. B. Hull home. Mrs. Rynning will be remembered as Helen Fredericksen, who taught in the local school.

The Pocahontas lodge is planning an Easter egg hunt for the young-

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ters of the town.

Mrs. Mattie Tucker accompanied her daughter Mrs. L. A. Moore to Goldendale, Wn., this week.

NOTICE TO CREDITORS.

In the County Court of the State of Oregon for Umatilla County.

IN the Matter of the Estate of Lydia May Cable, Deceased.

NOTICE IS HEREBY GIVEN that the undersigned has been appointed executor of the last will and testament of Lydia May Cable, deceased, and has qualified as the law directs. All persons having claims against said estate are required to present the same to me at the office of W. J. Warner, attorney, in Hermiston, Oregon, verified as the law directs, within six months from the date hereof.

Dated this 30th day of March, 1939.

ALFRED H. CABLE,
Executor.
(March 30-April 27)

State Land Sale Notice.

NOTICE IS HEREBY GIVEN that the State Land Board of the State of Oregon will receive sealed bids in its office in the Capitol Building, Salem, Oregon, up to 10:00 o'clock A. M., April 11, 1939, for all the state's interest in the tide and overflowed lands hereinafter described, giving, however, the owner or owners of the lands abutting or fronting thereon, the preference right to purchase said lands at the highest price offered, provided such offer is made in good faith, also with the understanding that the purchaser is to pay the expense of advertising and survey of the tract, in addition to the amount bid.

Said lands are situated in Umatilla County, Oregon, and are particularly described as follows, to-wit:

Beginning at a 1/2 inch iron pipe which lies N. 0 degrees 47 minutes W. (as determined by the north and south quarter line through Section 17, T. 5 N. R. 28 E.) a distance of 191.77 feet from a square iron bar marking the south quarter corner of Section 8, T. 5 N. R. 28, E.W.M.

thence,

N. 0 degrees 47 minutes W. 364.31 feet to extreme low water line; thence

N. 68 degrees 13 minutes E. 481.66 feet along the low water line; thence

N. 62 degrees 29 minutes E. 175.32 feet along the low water line; thence

S. 0 degrees 47 minutes E. 572.86 feet to an iron pipe; thence

S. 76 degrees 11 minutes W. 604.57 feet to an iron pipe; thence

N. 11 degrees 15 minutes W. 95.00 feet to the point of beginning, containing 7.083 acres, being a portion of the overflow lands lying in the SW 1/4 of SB 1/4 of Section 8, T. 5 N. R. 28 E. of W. M.

No bid of less than \$150.00 per acre will be considered and the Board reserves the right to reject any and all bids. Applications should be accompanied by certified check for the amount of the bid and should be addressed to Lewis D. Griffith, Clerk of the State Land Board, Salem, Oregon, and should be marked on the face of the envelope "Application and bid to purchase tide and overflow lands in Umatilla County, Oregon."

Dated this 24th day of February, 1939.

LEWIS D. GRIFFITH,
Clerk of State Land Board.
(March 9-April 6)

NOTICE TO CREDITORS.

IN THE COUNTY COURT OF THE STATE OF OREGON FOR UMATILLA COUNTY.

In the Matter of the Estate of Charles Holmen, Deceased.

NOTICE IS HEREBY GIVEN that the undersigned has been appointed executrix of the last will and testament of Charles Holmen, deceased, and has qualified as the law directs. All persons having claims against said estate are required to present the same to me at the office of W. J. Warner, my attorney, in Hermiston, Oregon, verified as the law directs, within six months from the date hereof.

Dated this 9th day of March, 1939.

MYRTLE TROXEL,
Executrix.
W. J. Warner,
Attorney for Estate.
(March 9-April 6)

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Brothers will compete against brothers, sisters against sisters, when some 1500 members of the Future Farmers of America and 4H Boys and Girls Clubs gather at the Golden Gate International Exposition on Treasure Island for the Twelfth Annual Interstate Junior Livestock Show during the week of April 2nd to 8th. Marvin and Melvin Boyer, twins of Medford, Ore., and 4H Club members, will oppose each other for honors in the beef cattle classes.



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