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SUGAR SAVING NOT HARD IF WASTFUL HABITS ADJUSTED

The sugar shortage making necessary using less of it in the home is by no means a tragedy from the nutrition standpoint even though it may be somewhat inconvenient and require changing some habits, believes Miss Lucy A. Case, extension nutritionist at Oregon State college.

Ways by which such adjustments can be made have been suggested by Dr. Louise Stanley, chief of the bureau of home economics in Washington, D. C., and these apply very well to Oregon homes, says Miss Case. Most folks can get along on a lot less sugar than they normally eat and still have nutrition meals that taste good, says Dr. Stanley.

While sugar supplies energy in an exceedingly palatable form, any necessary reduction can easily be made up by increased consumption of other foods. Inexpensive energy-giving foods include whole grain cereals, starchy vegetables, dried fruits, and many others.

Elimination of sugar waste will sometimes help make up the shortage. One of the most obvious wastes is undissolved sugar in the bottom of coffee or teacups. Others are over-sweetened foods. A good plan is to experiment to see if the amount of sugar put on breakfast cereal or in coffee and tea is a matter of habit, and whether a person would be just as satisfied with a half teaspoonful or so less, Dr. Stanley continued.

Use of dried fruit on top of a cereal makes less sugar necessary. Use of fewer rich desserts, pastries, and sweet cakes will also cut down on sugar consumption. Fresh fruits are among the most nutritious and desirable of desserts and many of these carry their own sugar. Less sugar can also be used in canning fruit, as it is not the sugar which preserves

the fruit but the heat in processing and the air-tight seal.

Another way to reduce sugar consumption is to add the sugar at the end of the cooking time in making apple sauce or similar sauces. It takes less sugar to get the same sweetness if the sugar is not cooked so long.

MORE "WARCROPS" SOUGHT BY NEW AAA AMENDMENTS

Changes in the agricultural conservation program to stimulate increased production of "warcrops" during 1942 have been announced by the state AAA office.

Oregon crops covered by the "warcrop" designation include sugar beets, dry field peas, dry beans, canning tomatoes, fiber flax, and flaxseed. The amendments aim at expansion of warcrop acreage and at the same time continuation of soil building practices to maintain soil reserves for 1943 production and for the duration of the war.

The new provisions extend the list of crops and land uses which may be utilized to meet the requirement that 20 per cent of the farm's cropland be devoted to soil building crops. Added to the list are grasses and legumes seeded as a nurse crop with flax, peas or small grains.

The state AAA office also pointed out that farmers who underseed wheat acreage in 1942 to grow more war crops will not lose the wheat "history" of their farm, and accordingly, will not change the basis upon which their future wheat allotments will be established.

FOR PRINTING of Character AT MODERATE RATE

HERMISTON HERALD

Expert Assigns Names To Two Hundred Colors

"Color is experiencing its greatest boom in American history," asserts Mrs. Margaret Hayden Rorke, who comes as close as anyone to being America's "color-dictator." The Textile Color Card association, of which she is director, has 1,300 subscribers, running all the way from makers of apparel and cosmetics to manufacturers of automobiles and furniture.

Origin of the association goes back to 1915, when this country was still dependent on Europe for dyes. In those days almost anything from orange to deep pink was likely to be labeled "coral," Mrs. Rorke says. So her first task was to influence an entire nation to agree on a single definition for color-names.

Issue of the first list followed weeks of discussion, but now questionnaires are sent and conferences held annually, with the result that more than 200 color-names have been "stabilized." Three months of each year Mrs. Rorke travels to study trends in other parts of the world.

"New quirks in color can be found anywhere," she told the New York Times recently. "It is possible our next source of color may come from a country spotlighted because it isn't in the war. Other than that possibility, the only effect the war has had on colors is to make them gay. France indulged in drab tones for the last year. Today it senses the value of color psychology."

Cork Supply Is Ample For U. S. Requirements

C. Dudley Armstrong, vice president in charge of foreign operations of the Armstrong Cork company, said recently that the company has on hand in this country stocks of cork of all kinds enough to last for many months to come. Cork has many specialized uses in national defense.

"Ports on the western side of Portugal, such as Lisbon and Aperto, largest centers of the Portuguese cork trade, are open to American ships," Mr. Armstrong pointed out. "Portugal is the largest cork-producing country in the world, yielding a considerably greater quantity than either Spain or Africa. As regards Spain," Mr. Armstrong said, "the Spanish coast north of Portugal, including the Port of Vigo, and the coast along the Bay of Biscay, including Bilbao, are not in the combat area as defined by the United States government.

"The company believes it will be possible to get enough cork from abroad to meet current monthly requirements, thus keeping the large reserve stock virtually intact. It is expected that these shipments will be effected from the Armstrong supply points in the cork-producing areas, largely in vessels of neutral countries other than the United States, although shipment in American vessels will be made when convenient and where American vessels can operate."

'Lost' Painting 'Found'

Ruben's canvas, "Portrait of Mulla Ahmad," is on exhibition in the Boston Museum of Fine Arts—the first time this powerful canvas has been presented in a public gallery. Identity of the picture, which had been "lost" for more than 40 years, was established by Dr. Julius S. Hold, noted art critic.

The portrait, according to Dr. Hold, was a copy made from the lost original by Jan Vermeyen, a Dutch painter, who took part in the expedition to Tunis under Charles V in 1535 and who was commissioned by Charles to make a series of tapestries commemorating the event and affirming his role as protector of Christianity.

Little is known of Mulla Ahmad, represented in the painting. He was the son of a famous Tunisian, about whom more is known. The father was also mentioned in the expedition to Tunis.

Substitute for Aluminum

There are 30,000,000 tons of aluminate in the southwestern part of Utah, according to Representative Murdock of Utah. There are millions and millions of tons of magnesite around the giant lake, a lake 151 miles long, that will be created in the building of Grand Coulee, in Washington state, according to Representative Leavy of Washington. Leavy says that this magnesite can be reduced to metallic magnesium, which is a metal superior to aluminum and is a third lighter. It has a greater tensile strength and can be produced for 10 cents a pound. He says it is the "magic metal of the future."

FARMERS BUY BONDS WITH AAA CHECKS

Uncle Sam got a quick turnover on the first three 1941 AAA checks received by farmers in Linn county, Floyd Jenks, chairman of the AAA committee in that county, reports.

Taking the payments they earned for improving their farms by performing soil building practices, the three men, C. L. Newport of Tangent, W. A. Leach of Albany, and Anton Hronas, Seio, went directly from the county office to the post office and converted the entire amount into defense bonds.

NOTICE OF LAND SALE

NOTICE IS HEREBY GIVEN, That the undersigned, Sheriff of Umatilla County, Oregon, by virtue of an order duly made and entered herein by the County Court of Umatilla County, Oregon, on the 26th day of February, 1942, will, on the 7th day of April, 1942, at the hour of 10:00 o'clock in the forenoon, sell to the highest bidder for cash at the front door of the Umatilla County Court House, Pendleton, Oregon, subject to a minimum price of \$80.00 therefore, to be paid in cash, at the time of sale: the following described parcel of land, heretofore by Umatilla County, Oregon, acquired for delinquent taxes, to-wit:

N 1/2 SE 1/4 and SW 1/4 SE 1/4 and SE 1/4 SW 1/4, Section 23, Township 5, North Range 30, E. W. M.

R. E. GOAD, Sheriff of Umatilla County. (March 5-April 2)

NOTICE TO CREDITORS

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

In the Matter of the Estate of Catherine T. Codd, deceased.

NOTICE IS HEREBY GIVEN that the undersigned has been appointed administrator with the will annexed of the estate of Catherine T. Codd, deceased, and has qualified as the law directs. All persons having claims against said estate are required to present the same to me at my office in Hermiston, Oregon, verified as the law directs within six months from the date hereof.

Dated this 5th day of March, 1942.

W. J. Warner, Administrator with Will Annexed. (March 5-April 2)

NOTICE OF HEARING UPON FINAL REPORT

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

In the Matter of the Estate of Joseph Caleb Tucker, Deceased.

NOTICE IS HEREBY GIVEN that the undersigned executrix of the last will and testament of Joseph Caleb Tucker, deceased, has filed her final report with the Clerk of the above entitled Court, and that the Judge of said Court has designated Saturday, the 4th day of April, 1942, at 10:00 o'clock in the forenoon as the time, and the rooms of the above entitled Court in the County Court House in Pendleton, Umatilla County, Oregon, as the place when and where hearing is to be had thereon. All persons interested are hereby notified to then and there appear and show cause, if any they have, why said report should not be approved, the executrix discharged and the estate closed.

Dated this 5th day of March, 1942.

Mattie O. Tucker, Executrix.

W. J. Warner, Attorney for Estate. (March 5-April 2)

WANTS

FOR SALE—ROUGH USED PINE 1x12's, 8 to 10 foot lengths, about 700 feet. W. A. Thomas, Stanfield, phone 701 between 9 and 4. 29-1p

FOR RENT—40 ACRES, 1/2 MILE north from steel bridge; 30 acres in alfalfa, balance pasture and cultivation, no building. Ed Ballinger, Stoneman's ranch. 28-3p

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It's a losing proposition to raise baby calves on whole milk when Security Calf Food will do the same job at one-fifth the cost. Uncle Sam is calling for more milk. Sell your share and bank on Security for raising your calves. For 40 years this popular milk food has made good. Now the new improved Security is still more concentrated and gives still farther. It will help your calves to healthful maturity at breeding time.

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Umatilla Co-op. Creamery
Hermiston, Oregon

FOR SALE—20-ACRE TRACT OF land with 4-room house, barn and chicken house; 10 A. under cultivation. Two miles north, 1/2 mile east of Hermiston. H. D. Robuck. 29-3p

FOR SALE—'37 CHEVROLET SEDAN, good condition. Inquire Pilgrim Holiness chdreh. 29-3p

FOR SALE—TWO GOOD WORK mules and one saddle mare, six years old. Wm. Mikesell, Cold Springs Reservoir. 29-1p

LOST—BILLFOLD CONTAINING valuables and \$25 in currency, Monday morning on street. Edward D. Clarke. Please leave at Herald office. Reward. 29-1p

FOR SALE—GOOD RIDING HORSE. Harold Hunt, Columbia district. 29-1p

FOR SALE—CHRISTIE N. HAMP-shire White Leghorn baby chicks; also good used, 5-deck Jamesway Universal electric starting battery, capacity 1250 day-old chicks. Suddarth Hatchery, Irrigon, Oregon. 29-3p

FOR SALE—HIGH GRADE ROAN bull calf. Henry F. Lindner, Columbia district. 29-3p

FOR SALE—HAMMERED HAY, \$15.00 a ton. Also 4 acres artichokes. W. L. Sealf, Stanfield. Call at Tum-A-Lum. 29-1p

FOR RENT—2-ROOM DUPLEX bath, hot and cold water. No children. One mile east of Umatilla. Fred Gerg. 29-3p

FOR RENT—SMALL FURNISHED house after March 15, no children. 1 1/2 mi. on Butter Creek highway. Phone 2629. 28-3p

WANTED—JANITOR FOR METH-odist church. See Rev. Ballinger, Phone 3921, Hermiston. 28-tfc

FOR SALE OR RENT—DAIRY ranch. Across from Tiney's. G. W. Harper, Hermiston. 28-3p

GOOD BUYS IN USED CARS—See the Hermiston Auto Co. 44-1c

FOR SALE—GOOD PRACTICE piano. \$35.00. Inquire Hermiston Transfer. 28-3c

HOUSE FOR SALE—16' x 24', \$350 cash. Inquire Guy Putnam, Cox Addition. 28-3p

FOR RENT—APARTMENTS. West Side Hotel. 28-3p

GOOD BUYS IN USED CARS—See the Hermiston Auto Co. 44-1c

FOR SALE—'27 MODEL T FORD coupe, good running condition and tires. \$35 cash. Karl Krause, Box 1, Stanfield. 27-3p

FOR RENT—FURNISHED MOD-ern house in Stanfield. Surprisingly attractive. Completely furnished and ready to move into. Three bed rooms, \$75.00 per month. See Mr. Parker, Coe Ranch, Stanfield. 27-tfc

TRAILER HOUSE FOR SALE—\$300.00. Double construction, insulated, furnished. Inquire Floyd Laird, Rt. 1. 27-3p

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PENDLETON, OREGON

FOR SALE—SIX ROOM HOME IN Echo, Bath, basement and garage. Two lots, excellent lawn, good shade. E. P. Pearson, 1610 Grant St., Vancouver, Wash. 27-3c

FOR SALE—12 PIGS \$7.00 EACH, after Sunday, \$7.50, a good buy. 1/2 Mile north of highway mile post 182. S. B. Walton, Irrigon. 29-1c

FOR SALE—30 ACRE RANCH, house renting \$53 per month and living quarters. Will sell on easy terms. R. J. Jones, Rt. 2, Hermiston, 1 1/4 miles north. 28-3p

FOR SALE—18" John Deere direct connected two way tractor plow like new, as is \$50.00

McCormick-Deering potato planter used one year, Weston mountain \$75.00

Model A Ford Coupe \$65.00

1928 Dodge Sedan \$50.00

Model A Ford Coach \$85.00

1929 Plymouth Sedan \$75.00

PENDLETON GRAIN GROWERS

FOR SINGER SEWING MACHINE service or new machines see Fred Gearhart, Hermiston, or Jim Oliver, Pendleton. 25-tfc

WANTED—TO BUY LATE MOD-el used cars. Will pay cash. Apply C. L. Hodge, Hermiston Auto Co. Phone 3661. 24-tfc

WE BUY, SELL AND EXCHANGE furniture, machinery, household articles. Miller's Trading Post, Hermiston. 23-tfc

MIRRORS RE-SILVERED, SATIS-faction guaranteed, prices reasonable. J. H. Tabor, Box 34, Hermiston. 22-tfc

PICKUP SERVICE AT YOUR ranch. To sell your poultry and livestock, Phone 822 or write Dale Blackstone, Stanfield, Oregon. 9-tfc

GOOD BUYS IN USED CARS—See the Hermiston Auto Co. 44-1c

E. P. DODD—REAL ESTATE, sales, leases, exchanges. Insurance—fire, automobile, accident. Notary public, execution of legal papers. Herald office, Hermiston, Oregon. 15-tfc

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7 ABERDEEN ANGUS BULLS
2 SHORTHORN BULLS

These bulls are the finest breeding obtainable in Canada, being selected by Fred Zwick, well known bull man in the State of Washington. He was assisted by John Wilson, who is widely known throughout the United States and Canada as a prominent judge of cattle and is secretary of the Alberta Hereford Breeders association and judge at the Calgary Bull Sale.

These bulls are large for their age and carry lots of bone and body. They never have been pampered or stalled, but raised outside and will stand lots of tough going. They are all T. B. and Bangs tested.

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Good Bulls are scarce. If you are in need of a good one this season be sure to attend this sale. For further information, a card or letter to either the owners or auctioneer will bring full details.

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Sat., March 7, 1 P.M.
Col. Cronin, Auc. Agnes Bemis, Clerk