

Church directory

ASSEMBLY OF GOD
660 Jefferson
429-6353
Pastor, Jimmy W. Glenn
Sunday School 9:45 a.m.
Morning Worship 11 a.m.
Body Life Service 7 p.m.
Home Bible Studies 7:30 p.m.:
Tuesday—Parsonage
Thursday—Birkenfeld

FIRST BAPTIST CHURCH
A and Washington Streets
Interim Pastor Louis Steed
10 a.m. Sunday Bible Study for all ages
11 a.m. Morning worship service (nursery provided)
7 p.m. Evening Worship Service
Thursday 7 p.m. Prayer and Bible Study

ST. MARY'S CATHOLIC CHURCH
Missouri Ave.
Tues. night Communal Service 7 p.m.
Sunday Mass 10 a.m.
Wed. C.C.D. Classes:
Kindergarten-4th at new church 3:15-4:30 p.m.
5th & 6th grades—basement of old church 3:15-4:30 p.m.
High School—new church 7:30-9:30 p.m.
Thrift Shop, old church 1st & 3rd Friday 9-4
Choir practice—Tuesday 7:30 p.m., Sunday 3 p.m.

CHRISTIAN CHURCH
430 North St.
429-6522
Pastor, Russ Vinyard
Sunday school (for all ages) 9:45 a.m.
Morning worship (nursery provided) 11 a.m.
Evening Fellowship 6 p.m.
Monday—Promise Choir 3:15 p.m.
Cherub Choir 4:30 p.m.
Pilgrim Choir 5 p.m.
Wed.—Ladies Bible Study located at Liz Serafin's on
Bridge St. at 9:30 a.m. with babysitting available
Adult Choir 7 p.m.
Monthly—Sunday School meeting 2nd Mon. 7:30 p.m.
Congregational Meeting 1st Wed. 8 p.m.
Fellowship Potluck 1st wed. 6:30 p.m.
C.W.F. 2nd & 4th Wed. 1:30 p.m.

VERNONIA BIBLE CHURCH
Parsonage, 256 North St.
429-3363
Pastor, D.J. Dickey
Sunday School 9:45 a.m.
Morning Worship 11 a.m.

EVANGELICAL CHURCH
957 State St.
429-8481 or 429-4281
Pastor, Carl Jon Duhrkoop
Sunday School 9:45 a.m.
Morning Worship 11 a.m.
Evening Service 6 p.m.
Wed. Fellowship groups 7 p.m.

JEHOVAH'S WITNESS
Kingdom Hall
Texas Ave.
Sunday Public Meeting 10 a.m.
Sunday Watchtower Study 11 a.m.

CHURCH OF JESUS CHRIST OF THE LATTER DAY SAINTS
1350 Knott St.
429-7151
Sunday School 10:15 a.m.
Sacrament Service 12 noon

SEVENTH-DAY ADVENTIST CHURCH
2nd and Nehalem
Congregational singing 9:15 a.m.
Sabbath School hour 9:30 a.m.
Sabbath School Superintendent, Ruth Veal
Bible instructor, Leland Seibert
Worship hour 11 a.m.
Visitors warmly welcomed
Tuesday night prayer meeting 7:30 p.m.
Community Services Program Tuesday mornings at
9:30 a.m. in Church Annex, Ruth Veal Community
Services Leader
Stephen Bukojemsky, pastor

MIST BIRKENFELD CHURCH
Pastor, Eldon Shetler
Sunday School 9:45 a.m.
Worship 11 a.m.
Evening Service 6:30 p.m. at Mist
Prayer Meeting and Bible Study Tuesday 8 p.m.

NEHALEM VALLEY COMMUNITY CHURCH
In Jewell
755-2376
Pastor, Richard Casad
Sunday School 9:45 a.m.
Worship Service 7 p.m.
Evening Service 7 p.m.
Prayer Meeting Wed. 7:30 p.m.
Ladies Study Thursday 10:30 a.m.

FOR PETE'S SAKE!, full length film coming to Vernonia Bible Church

FOR PETE'S SAKE!, a film credited as "unique in its capacity to reach out to meet the problems of people," will be shown on Sunday June 24 at Vernonia Bible Church, 700 Adams St.

This full-length comedy-drama, filmed in brilliant Eastmancolor by World Wide Pictures, will be shown once beginning at 7:00 pm and is open to the public at no admission charge.

Filed entirely on location in Denver and the Colorado Rockies, FOR PETE'S SAKE! is the story of Pete Harper, a family man and service station owner, who is knocked flat by unexpected problems, but finds the strength to stand up again, to face life anew.

FOR PETE'S SAKE! has been seen nationwide by over three million persons in theatre premieres, and has been cited by one film critic as "the perfect mixture, it's drama at its boldest, comedy at its lightest, and action at its liveliest." FOR PETE'S SAKE! is a family film, not only because it is good family entertainment, but because through its storyline, families can see and feel exactly what is needed to develop deeper understanding and build stronger ties.

FOR PETE'S SAKE! stars Robert Sampson, who also starred in World Wide's THE RESTLESS ONES. Pippa Scott, as Pete's wife, Marge, is well-known for her Broadway appearances and numerous television roles. John Milford and Sam Groom are both familiar to television audiences.

Other featured players include Johnny Jensen as Pete's son, Irene Tedrow as Grandma Harper, and Nicolas Surovy as Skip, the leader of a motorcycle gang.

Vegetarian diets are nourishing—inexpensive

Vegetarianism has become increasingly popular in recent years, says Doris Moore, Columbia County Extension agent.

People have many reasons for following such a diet. Some believe vegetarian diets are healthier, others have spiritual motives. Still others have ethical reasons, such as opposition to killing animals. And some switch to vegetables to save money and escape high meat prices.

Vegetarian diets are often thought of as meatless meals, but actually, there are different kinds of vegetarian diets.

Most include vegetables, fruit, breads and cereals, nuts and legumes such as dry beans and peas. They also may include other foods, but some diets are more strict than others.

A total vegetarian diet excludes all foods of animal origin—meat, poultry, fish, eggs and dairy products such as milk,

cheese and ice cream.

A "lacto-ovo" vegetarian diet includes eggs and dairy products, but excludes meat, poultry and fish.

A vegetarian diet can be nourishing if foods are carefully selected. Vegetarians who do not eat milk products must substitute other sources of calcium. Legumes and certain dark green leafy vegetables (including collards, kale and turnip greens) contain some calcium.

Children and women who are pregnant or nursing should include milk products in their diet if possible because their need for calcium is high. Vegetarians who eat no animal products may not get enough vitamin B-12. A vitamin B-12 supplement may be necessary.

Iron is another nutrient that may be lacking when meat is omitted from the diet. Some iron is available in egg yolks, poultry and fish. Total vegetarians will have to rely on foods such as dried fruits, legumes and fortified breakfast cereals.

NEW STOCK NEW STOCK NEW STOCK NEW STOCK NEW STOCK

LEVI'S®

H.A.S.H. JEANS

Reg. \$28⁰⁰
NOW \$17⁹⁹

NEW STOCK NEW STOCK NEW STOCK NEW STOCK NEW STOCK

NEW SHIPMENT
Levi's Work Jeans
Shrink-To-Fit

NEW DRESS
JEANS TOO!!!

NEW STOCK NEW STOCK NEW STOCK NEW STOCK NEW STOCK

NEW!

Levi's®

TWO

HORSE

JEANS

NEW STOCK NEW STOCK NEW STOCK NEW STOCK NEW STOCK

VERNONIA VARIETY

Authorized World Book/Child Craft Representative

847 Bridge Street John & Earleen Kelley 429-5384

Exquisite Form

SALE

SAVE

\$1.01

Style 1903
Bringin' Up the Rear
Knee-Sliper Brief
The panty with the "banded-in-shape." Cotton lined crotch.
White, Reg. \$5.99, Now \$4.99
S, M, L, Regularly \$8.99, Now \$7.99
X-L, Regularly \$9.99, Now \$8.99

Style 1429
Camisole
The double-look bra with back buckle strap adjustment.
White, Reg. \$4.99, Now \$3.99
S, M, L, Regularly \$4.99, Now \$3.99
Same with 1/2" built-in shape, Style 1429
A, B, C, D, Regularly \$5.99, Now \$4.99

Style 1309
Quick Flattery
Smooth, seamless cups. Plunged low to complement any neckline.
White, A, B, C, D, Regularly \$5.99, Now \$3.99



You can walk on Water
with
HEALTH SOLES
Water-filled
cushioning Innersoles

Now in Stock: 

FIREWORKS

New Shipment of
APRONS
Only \$3⁸⁹!!