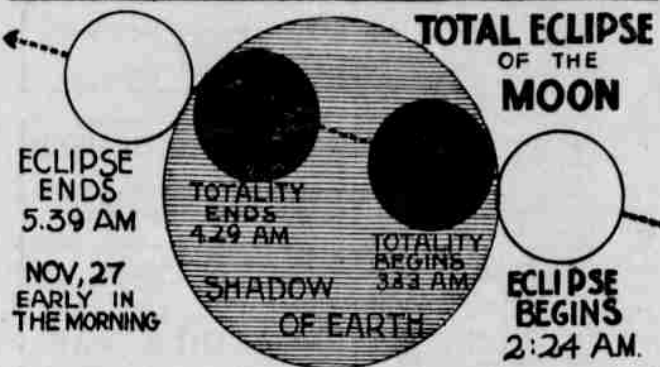


Total Eclipse of the Moon Nov. 27



Visible from beginning to end everywhere in the United States, there will be a total eclipse of the moon early in the morning of November 27th. The chart above provides a graphic time-table of the eclipse.

TOTAL ECLIPSE OF THE MOON WILL BE VISIBLE HERE ON NOVEMBER 27

Everyone in the United States will have the opportunity of seeing the total eclipse of the moon coming on November 27—but the spectators will have to be pretty early. For the moon will enter the earth's shadow at 2:24 A. M., eastern standard time. Total eclipse begins at 3:33 and lasts until 4:29 o'clock, when the moon begins to emerge. At 5:39 A. M. the eclipse will be over. Central times are one hour earlier, mountain times two hours and Pacific times three hours. The moon will probably not disappear from view although entirely within the shadow for nearly an hour. Considerable sunlight is refracted into the shadow through the ring of the earth's atmosphere around the base of the shadow. The moon at that time will be dim and noticeably red like the setting sun. During a lunar eclipse, recent observations have shown, the moon's surface temperature drops from 170 degrees Fahrenheit immediately before the eclipse to 190 degrees below zero during the total phase. A drop of 360 degrees in an hour of two! Some cold wave! Of course, no one lives on the moon, for it is airless and barren. The absence of atmospheric protection permits the sudden change in temperature. During the long lunar night, a thermometer at the surface would register not higher than 150 degrees below zero. Earth's conical shadow stretches nearly a million miles into space. At intervals of 29 1/2 days the moon, then at the full phase, overtakes the shadow; but it passes usually above or below and there is no eclipse. The number of lunar eclipses in a year varies from three to none at all. Some of them are only partial and not visible from the earth. Astronomers now know far in advance the times and circumstances of eclipses. At the times of full moon, near the middle and the end of the year, conditions are most favorable for eclipses.

Undernourished Children

From State Board of Health. In order to detect undernourishment, children should be weighed monthly. If a child is underweight or does not gain the normal amount each month it should receive serious consideration. Undernourished children are usually below normal weight and height and do not gain as rapidly as they should. Such children are pale, dull and listless. They tire easily and have no ambition for work or play. They are nervous, fretful, and hard to please. About one-fifth of the school children are undernourished. The causes of undernourishment are lack of sufficient food; lack of the right kinds of food; eating irregularly between meals; excess of candy, sweets and pastry; excessive use of tea and coffee; insufficient mastication; habitual constipation; too long and vigorous playing; overwork in and out of school; decayed teeth and enlarged diseased tonsils. Sunshine is important to the development and proper nourishment of children. The stimulating effects of sunshine are essential to maintaining physical as well as

mental health. Milk and eggs are foods needed to maintain proper nutrition. Eggs have a special value in the prevention of rickets. They are classed as protective foods rich in phosphorus, iron and calcium in organic constitution. Eggs cooked below the boiling point of water are more easily and quickly digested. They are a tissue building food, being rich in protein and mineral matter. Egg yolks are among the first foods to be fed to little children because they are so rich in iron and because the protein, fats and mineral substances are especially well suited to building body tissues. A child should have at least four eggs a week. It has been estimated that temporary teeth come through the gums practically perfect in 98 per cent of children. Teeth, like the rest of the skeleton structure, depend upon an adequate diet for their development and maintenance in health. 90 per cent of children in the first grade have bad teeth. The calcification of the first set of teeth begins between the 4th and 5th month of pregnancy and the calcification of the first permanent teeth begins to be active in the last

three months of prenatal life. If pregnant women received ample well-balanced diets in which green vegetables were abundantly supplied; if cow's milk were regularly taken; if they spent a sufficient part of their time in the open air and sun; if their infants were placed in the direct rays of the sun for a part of each day and were fed cod liver oil for the first two or three years of life, more could be accomplished in regard to the eradication of caries of teeth than in all the other ways put together, and rickets would be abolished from the face of the earth.

Why take a chance on having your children undernourished?

ST. PATRICK'S CHURCH.
Rev. Thomas J. Brady, Pastor.
Twenty-fourth Sunday after Pentecost.
Services in the Catholic church next Sunday will consist of a mass at 11 o'clock in Heppner with confessions before the mass and holy communion and instruction by the pastor on The Holy Name of Jesus and the Holy Name Society. Immediately after this mass there will be Benediction of the Blessed Sacrament. There will be recitation of the rosary during this mass.
Rev. Thomas J. Brady will conduct a first mass in Boardman at 7:45 in the morning in Root's hall just above the Boardman postoffice. While in Boardman the pastor will be the guest of Mr. and Mrs. L. Mead and immediately after this first mass he will return to Heppner for the service announced in the preceding lines. Services for the winter season will be held in the aforesaid hall pending arrangements for a special place of worship in the town of Boardman. A very large congregation greeted the pastor last Sunday in Ione for the mass there at 10:30.
The pastor again announces that services announced in the Gazette Times are official and may be taken for certainty. The first Sunday of each month during the winter season there will be mass in Lena at

the home of Mr. and Mrs. John Erosman at 10:30; on the second Sunday, mass in Ione at 10:30 in the home of Mr. J. P. O'Meara; on the third Sunday, in Boardman at 7:45 in the morning; on the fourth Sunday mass in The Sands at 10:30. Whenever the pastor goes to Boardman for mass the mass in Heppner will be at 11 o'clock. On all other Sundays the mass in Heppner will be at 8:30. Should a fifth Sunday occur during any month the only service for that Sunday will be in Heppner and at 8:30. Next Saturday morning at 8 o'clock there will be mass in Heppner for the Dead List of the parish.

WANTED! Ambitious, industrious person to introduce and supply the demand for Rawleigh Household Products in Gilliam and Morrow counties and other nearby towns or rural districts. \$150 to \$400 a month or more clear profit. Rawleigh Methods get business everywhere. No selling experience required. We supply Products, Outfit, Sales and Service Methods—everything you need. Profits increase every month. Lowest prices; best values; most complete service. W. T. Rawleigh Co., Dept. OR-1822, Oakland, Calif. 33-6.

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One of the best ways to do this is to take your car to the Ford dealer every 500 miles for oiling and greasing and a checking-up of the little things that have such a great bearing on long life and continuously good performance.

Such an inspection may mean a great deal to your car. To you it means thousands upon thousands of miles of motoring without a care—without ever lifting the hood.

Ford dealers everywhere have been specially trained and equipped to service the new Ford. You will find them prompt and reliable in their work, fair in their charges, and sincerely eager to help you get the greatest possible use from your car for the longest period at a minimum of trouble and expense. That is the true meaning of Ford Service.

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Be Glad Your Neighbor Hasn't Got It

Miss Eleanor White of Lawrenceburg, Ind., is here pictured with what is said to be the largest trumpet ever built. It is over seven feet long and has a "bass voice." Miss White plays this huge instrument.

When you build, we are ready to serve you

WHEN you build it is always a comforting thing to know that the building materials you buy are going to be up to specifications. Cheap, flimsy construction usually goes hand in hand with poor quality materials. Safeguard your building by letting us know what you require and we will work with you to see that your interests are well protected. We are headquarters for all dependable building materials and can also help you select a good, reliable contractor. Tell us what you plan to do—we can and will give you helpful advice.

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The creator and originator of modern beauty science, Helena Rubinstein, will contribute an article on beauty to this newspaper every week. Helena Rubinstein is recognized as the living symbol of scientific beauty culture. She is the world's greatest authority on beauty. Her knowledge and experience will hereafter be imparted to you through "Mildady's Beauty Secrets," which will touch on every delightful phase of loquacious share.

STARTS IN THIS PAPER NEXT WEEK