Page Four

Heppner **Gazette Times**

THE HEPPNER GAZETTE. Established March 30, 1883; THE HEPPNER TIMES. Established November 18, 1897; CONSOLIDATED FEBRUARY 15, 1912

Published every Thursday morning by CRAWFORD PUBLISHING COMPANY and entered at the Post Office at Hepp-ner Oregon, as second-class matter. JASPER V. CRAWFORD, Editor

SUBSCRIPTION RATES:

	Years	 \$2.00 5.00
	nths Months	 1.00
Single	Copies	 .05

Official Paper for Morrow County

Nutrition in Defense **Outstanding Factor** Savs National Head

"Nutrition is not new to us nor would it be new to thousands of out, and few restaurants serve paothers participating in our nutrition trons nutritiously. However, steps program; however it has not aroused the general interest and general participation that such a program should," said Dr. Helen Mitchell, national defense nutritionalist before the Oregon State Nutrition council in Portland last week end, as reported by Mrs. Bruce Stewart of this city, an attendant.

Mrs. Stewart reported further the chief's message:

We have been satisfied to be just average-to correct disease when it occurred, but not to devote ourselves wholeheartedly to the betterment of the human race. If it were not possible to reach an optimum, change could not be made. That it has been possible to change has been proved by the average height and weight of soldiers. Today's soldier is one inch taller and fifteen pounds heavier than his father who fought in the last war. Further proof that change is possible has also been evidenced by the general improvement of the health of the boys since they entered camp last year.

Miss Mitchell explained that the nutrition problem in this country is not obvious. There are few diet deficiency diseases such as scurvy, pallegra, or beri-beri. The trouble, says Dr. Mitchell, is that too many of us don't feel up to par. "How many times have you got the answer, 'Oh, so-so,' when you've inquired about the health of a friend?" The greatest efficiency could never be expected from a nation of people who are tired and have poor morale.

Dr. Mitchell attributes this fatigue and poor morale to hunger-not obvious hunger that can be satis-

doesn't guide. Instincts don't guide humans to proper food as it guides animals to adequate food. The human animal has this instinct covered by tradition and habit. Our instincts guide us to quantity and not to quality. "We need calories in good company," says Dr. Mitchell. Dr. Mitchell classified the mal-

nourished people into four groups: The low income group, the middle income group, the upper income group and the live-alone class.

The low-income group has the combined problem of limited funds and limited knowledge of proper foods. The middle group has a budget large enough to have correct foods, but tends to spend more on luxuries than on necessities. The upper income group is subject to fads and prices. They find it easier to depend on vitamin concentrates than taking the time to change food haits. This group also has a tendency to take on extra meals-"put calories in poor company." The livealone group tends to neglect their diet because it is easier. They eat

are being taken in the restaurant world to give more nutritious fare. "Kowledge of proper nutrition is

not enough, we must put nutrition to work," Dr. Mitchell told us. She compared the advance of mechanics over nutrition in practical application. The average layman can use the most complicated machine with-

Heppner Gazette Times, Heppner, Oregon



CHURCH OF CHRIST

Martin B. Clark, Pastor

- 9:45. Bible school.
- 11, Communion and preaching.
- 6:30, Christian Endeavor.
- 7:30, Evening service.

7. Thursday evening, prayer meet-

Thursday evening, Bible 7:30, study.

PENTECOSTAL ASSEMBLY OF Sterl D. Spiesz, Pastor. GOD Sunday school, 9:45 a.m.

Worship, 11 a. m. Evangelistic services, Sunday, 7:45 p. m.

Tuesday, 7:45 p. m., cottage pray er meeting.

Thursday 7:45 p. m., Bible study at church.

FIRST METHODIST CHURCH BENNIE HOWE, Minister.

Sunday, Nov. 16th: Divine worhip at 11 o'clock. Church school at 9:45 a. m., Mrs. Lucy Rodgers, superintendent, and Miss Werner, primary department. Bible study and prayer meeting Wednesday evenings. Thought for today: As a peace officer the Church has no equal. Neglect the church and put on more

policemen.-Holmes. Old and new friends are cordially invited.

out knowing how it works, but it takes work to make ourselves change food habits. To put nutrition to work each individual (those who teach as well as those who are being taught) must change his daily routine in order to put it to work for himself.

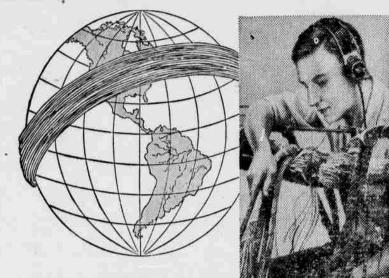
0

ALL SAINTS CHURCH All Saints Episcopal church, Sun- CCC.

Henriques, traveling chaplain to the

Thursday, November 13, 1941

Woman with boy 8 wants houseday, Nov. 16; 23rd Sunday after Trinity: Morning prayer at 11 a. m. work after Dec. 1. Mrs. Eva Mc-Officiant and preacher, Major Hoyt Mickle, Echo, Ore.



FOR DEFENSE Enough New Telephone Wires to go around the world 50 times

Army and Navy centers, aviation fields, shipyards, and vastly enlarged aircraft and other manufacturing plants have created heavy new demands for telephone service.

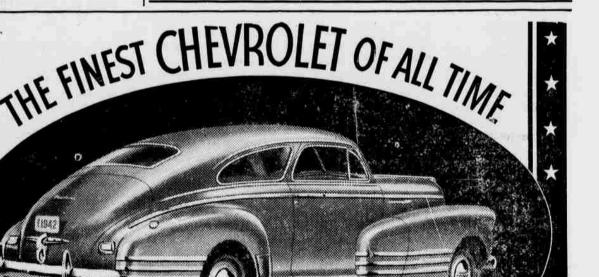
The Bell System is "all-out for Defense"-adding to the telephone network as never before.

At the same time we're taking all steps possible to safeguard and satisfy the great and growing civilian demand for day-to-day telephone service.

THE PACIFIC TELEPHONE AND TELEGRAPH COMPAN



Business Office: 4 W. Willow Street, Heppner





Dr. Stram Formerly 16 years with Colum-bian Optical Co., Portland, Ore. SEE

YOUR





fied by taking in just any food, but a hidden hunger that satisfaction

QUICK RELIEF FROM Symptoms of Distress Arising from STOMACH ULCERS DUE TO EXCESS ACID **FreeBookTells of HomeTreatment that**

Must Help or it Will Cost You Nothing Over two million bottles of the WILLARD TREATMENT have been sold for relief of symptoms of distress arising from **Stomach** symptoms of distress arising from Stomach and Duodenal Ulcers due to Excess Acid— Poor Digestion, Sour or Upset Stomach, Gassiness, Heartburn, Sleeplessness, etc., due to Excess Acid. Sold on 15 days' triail Ask for "Willard's Message" which fully explains this treatment—free—at



Next time WHY NOT try a LOCAL **CLEANER** for your Cleaning and **Dyeing Needs**?

Alterations and repairing neatly done Just phone 672

CITY CLEANERS & DYERS at Heppner Laundry

One day service if needed

FOR THE SERVICE OF AMERICA Distinctive without being expensive CHEVROLET'S NEW Fleetline MODELS

NEW CHEVROLET Fleetline AEROSEDAN

Their surpassing quality-plus their surprising economy—sets them apart from all other "Torpedo" models

Superlative grace and beauty distinguish Chevrolet's new Fleetline Aerosedan and new Fleetline Sportmaster.

And, of course, they also bring you all of the Unitized Knee-Action comfort . . . all of the Valve-in-Head "Victory" performance and economy . . . all of the 30-year-proved dependability which characterize the new Chevrolet-The Finest Chevrolet of All Time.

See these distinguished cars at your nearest Chevrolet dealer's, and convince yourself that "It pays to buy the leader and get the leading buy."



PAYS TO BUY THE LEADER AND GET THE LEADING BUY FERGUSON MOTOR COMPANY

Heppner

DESIGNED

TO LEAD IN

STYLING

.

DESIGNED

TO LEAD IN

PERFORMANCE

DESIGNED

TO LEAD IN

ECONOMY

Oregon