

CHURCHES

FIRST METHODIST CHURCH

Rev. Fletcher Forster, minister
Church School 9:45 a. m.
Morning worship 11 a. m. Subject
"The Depth of Christ's Character."

HEPPNER CHURCH OF CHRIST

O. Wendell Herbison, Pastor
Bible School 9:45.
Morning worship 11 a. m.
Young People's meeting 7 p. m.
Evening worship service 8 o'clock.

ASSEMBLY OF GOD

Clifford Noble, pastor
Sunday school 9:45 a. m.
Morning worship 11 a. m.
Young People's Service 6:30 p. m.
Evening service 8:00 p. m.

CHURCH of IONE COOPERATIVE

H. N. Waddell, Pastor
Bible school. 10 a. m.
Worship service 11 o'clock.
Thursday Union aid 2 p. m.
Come to church.

ST. PATRICK'S CHURCH

Rev. Francis McCormack, Pastor
Schedule of Services:
Heppner: Mass at 9 a. m. 1st and
3rd Sundays; at 10:30 a. m. 2nd and
4th Sundays.
Ione: 10:30 a. m. 1st and 3rd; 9:00
a. m. 2nd and 4th Sundays.
Week day mass 8 a. m. First Fri-
day 7:30 a. m.
Confessions: 7:30-8:00 p. m. Sat-
urdays; Sundays, 8:15-8:55 a. m.

ALL SAINTS EPISCOPAL CHURCH

Archdeacon Neville Blunt
Church School 9:45 a. m.
No church services until Aug. 19.

FRIENDS LEARN OF DEATH OF MISS HELEN WHITEIS

Mr. and Mrs. Frank Turner are in receipt of a letter from Mrs. Gertrude Whiteis of Prineville telling of the death of her daughter, Miss Helen Whiteis, which occurred June 9 in Corvallis.

Miss Whiteis was for seven years associated with the agricultural engineering department at Oregon State college and more recently accountant for the school of agriculture and the Oregon State college experiment stations. She was born in Prineville Dec. 26, 1910. Her mother, Gertrude Lamb Whiteis, taught in Heppner high school for several years.

RITA ANN WEITZEL

Rita Ann Weitzel, 22-months old daughter of Pfc and Mrs. Elmer Weitzel, died Tuesday afternoon at The Dalles, the victim of a ruptured appendix. The father is in the armed forces somewhere in the Pacific area and has never seen the child. The mother is the former Mildred McClintock and she and the baby made their home with Mrs. Weitzel's parents, Mr. and Mrs. W. A. McClintock, of The Dalles.

Mr. and Mrs. Tress McClintock were called to The Dalles Tuesday by the child's illness but she had passed on before they arrived there.

Funeral arrangements are being withheld pending word from the father.

Wallace Rockwell, son of Dr. W. H. Rockwell, is spending his vacation in Heppner with his father and Mrs. Rockwell. Mr. Rockwell makes his home in Seattle, where he is an employe of Boeing Aircraft factory.

S SGT GILLEESE HERE

With three years service in the South Pacific to his credit, S Sgt Joe Gilleese is enjoying a visit at the home of his aunt, Mrs. Frank Monahan. The ranch and his relatives look so good to him he is staying pretty close but will get around to seeing his friends when he gets adjusted to civilian life again.

Fr. Francis McCormick miscalculated the depth of the swimming pool at Ritter Hot Springs and in trying to protect his head managed to break a bone in his hand.

Mr. and Mrs. J. J. O'Connor are the parents of an eight pound son born in Pendleton, Friday, July 27. The newcomer is the O'Connors' second boy. During his wife's sojourn Mr. O'Connor has been busy moving into the Court apartments. At last report the busy manager of the local J. C. Penney company store is a bit hazy as to the exact spot of this and that, but he is sure that everything will come to light in due season.

John Edwards, son of Mr. and Mrs. Alonzo Edwards tore the fingers of his right hand when he caught them in some machinery.

It was necessary to bring him to a physician for first aid.



OUR BREAKFAST IS TOPS WITH THE 7 A. M. CROWD

A wartime worker needs every bit of energy which a nutritious meal supplies. Stop in before your regular shift and go to work prepared to deliver a big day's work.

HEPPNER CAFE



Our Diners Resemble J. Spratt and Wife

Remember the nursery rhyme about the couple who licked the platter clean? Unusual? No! Our patrons enjoy doing it every day.

MEAL HOURS: 12 to 2 p. m. and 6 to 8 p. m.

Elkhorn Restaurant

Highways to Health

SUMMER CHECK-UP

In the olden days, before protective measures such as the pasteurization of milk, adequate refrigeration, and packaging of foods were common practices, summer time was often dreaded by parents and doctor alike—for hot weather and unprotected foods were a combination favorable to the growth of bacteria which might result in sickness and epidemics.

Nowadays, summertime is looked upon as health promotion days, when vitality and resistance are increased. At the beginning of the school vacation it is a wise plan for parents to see that their children have medical and dental check-ups so that remedial defects can be cared for before school reopens. In addition, they might also check on home routine to see if they are doing their part in providing the essentials of health which, together with the medical and dental care, help to keep children well.

No one cause produces any one effect—it is only with a balanced program of protective foods, regular meals, adequate sleep and rest, fresh air and sunshine, no physical defects, and freedom from emotional strain throughout childhood that the foundation will be laid for a healthy and happy life. This is the parents' responsibility.

Do your children have three meals a day built around milk, potatoes, other vegetables and fruit and whole grain cereals? Do they get 3 or 4 cups of milk each day?

This Orange Eggnog makes a delicious summertime treat and furnishes a part of the daily requirement of milk, fruits and eggs.

ORANGE EGGNOG

6 egg yolks, beaten, 1½ cups orange juice, ¼ cup sugar, 6 egg whites, 3 to 4 cups milk, orange rind, grated.

Combine egg yolk, orange juice, and 1 tsp sugar; beat. Combine egg white and remaining sugar; beat. Fold most of egg white mixture into egg yolk mixture. Pour into tall glasses. Add milk to fill. Top with remaining egg white and orange rind. Serves 6.

Rev. and Mrs. Clifford Noble went to Portland this morning. Mrs. Noble will enter a hospital in the city for a major operation.

Mr. and Mrs. Alva Jones enjoyed a visit from Mrs. Jones' brother and his wife, Mr. and Mrs. Robert Wilson of Boardman. They spent Tuesday in Heppner.

A. A. Amort spent a few hours in Heppner Tuesday and while in town visited at the home of Mrs. Addie Patterson. Mr. Amort's wife is the former Melba Griffith, niece of Mrs. Rebecca Patterson.

ANNUAL PICNIC PLANNED

Members of the Woolgrowers auxiliary are looking forward to their annual picnic and potluck dinner which will be held at 1 o'clock p. m. Friday, Aug. 3 in the courthouse park. A business meeting will be held as usual, but the main attraction will be the picnic.

FLASH! GAS STOVES NO LONGER RATIONED!

Wedgewood

The Ideal Gas Range for Morrow County Homes---Now Available Without Certificate!

Combination Gas and Wood or Coal Model

\$183.50

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Heppner

Serve MORE Salads
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