

Coasting Accident Brings Injuries To Youth At Lone

By Echo Palmateer

DATES TO REMEMBER
High school basketball game here Friday, Feb. 13.
Town team game here Feb. 14.
Legion dance at Legion hall, Saturday, 14th.
HEC of Willows grange, Friday, Feb. 20, at the home of Mrs. Walter Corley.
Regular grange meeting, Saturday, 8 p.m., Feb. 21.
Topic club study meeting at Mrs. Omar Rietmann's, Friday, 13th.

Robert, son of Mr. and Mrs. Van Hubbard, cut his face when he ran into a barb-wire fence when coasting down a hill at his home Thursday of last week. L. A. McCabe went after him in a jeep as the roads were impassable for cars, and brought him to Lone. He was taken from here in a car to a physician. Seventeen stitches were taken in his face.
Mrs. Algott Lundell and Miss Mary Brackett were dinner guests of Mrs. Bertha Severin Thursday evening of last week.
Mr. and Mrs. Raymond Lundell entertained Mr. and Mrs. Algott

Lundell at a dinner Sunday in honor of Algott Lundell's birthday.

Mr. and Mrs. W. R. Wentworth got stalled in the snow with their car while coming home from the DeMolay dance at Rhea creek Saturday night.

The city has ordered a new fire siren and it will be tested once a week when it is installed.

The lone public library subscribed for the Geographic magazine and copies are available at the library.

Mr. and Mrs. George Bye gave a birthday party Sunday evening in honor of Mrs. Bye's brother, Harold Hoffman.

Several from here attended the Peterson-Doherty wedding in Heppner Saturday.

The school buses were unable to complete their routes last week on account of the snow in the roads. Ralph Crum cleared most of the roads with his bulldozers Saturday.

Irrigon town team defeated lone here last night, 54-32. The second lone team won, 45-24.
The Ameca club will meet at the home of Mrs. John Proudfoot, February 13.

Ernest McCabe has opened up a meat market in Bristow's store. It contains a walk-in cooler 7 feet wide, 9 feet long and 9 feet high. There is a large meat display case, cutting blocks, an electric meat saw and grinder.
Mrs. Larry Fletcher is opening up a beauty shop on Main street

Happiness Formula Found In Report Of Rural Life Group

(Continued from last week)

5. Safety. We recommend care be given in house plans to promote safe living, stressing dangerous stair openings, unmarked stair steps, unlighted stairs, dangerous cupboard drawers, make-shift electric wiring, and unsafe electrical appliances; danger of carelessness in regard to gas and oil appliances, dangerous stove pipes, flues and fireplaces.

We recommend mothers furnish proper storage place for toys and train the children to use such places.

6. Remodeling Houses. To meet the needs of families planning to remodel their houses, it is recommended that up-to-date bulletins on modernizing the farm house be made and that demonstration clinics or tours also be held.

7. New Materials. Many new fabrics of mixed fibers are on the market today. Often the home-maker does not know their contents and does not know how to care for them.

Therefore, we recommend a national law that manufacturers be required to furnish labels indicating the percentage of various fibers in upholstering materials, raspy fabrics, piece goods and household fabrics.

8. Water Systems. According to 1945 survey, out of 505 farms in Morrow county, 338 farms, or 67 percent, had running water.

It is recommended that each rural family work toward a goal of running water, complete bathroom units, and sanitation facilities such as septic tanks as the first major improvement.

9. Water Supply. An impure water supply is a menace to the health of the family. Therefore, it is recommended that rural families have their drinking water tested at least twice a year. This may be done through the

in about a week. She has all her equipment installed.

10. Septic Tanks. To help relieve unsanitary conditions and possible contamination of wells, the installation of septic tanks and sewage disposal facilities is highly recommended.

We recommend that septic tanks be built according to regulations set up by the Oregon State Sanitary authority, which specifies a minimum capacity of 500 gallons or larger. We feel that 1000 gallon capacity is preferable on rural property.

To encourage the construction of septic tanks by rural families, we recommend that demonstrations be given in one or more sections on the construction and installation of septic tanks.

11. Water Conservation. We recommend that dams be built to conserve and control our water supply so that each farm home on the water courses could benefit by increased garden production, sanitation, and home beautification.

12. Insulation. According to a 1948 survey of 87 homes in Morrow county, 54 lack good insulation. We believe that a study should be made of the various types of insulation suitable for different types of homes and educational material be made available to rural homemakers.

13. Farm Market Roads. We recommend that farm market roads be improved and maintained so that there would be less wear and tear on the family car and that the travel of the housewife to and from the shopping center would be facilitated.

HEALTH AND NUTRITION
Successful home life, efficiency in work, and happy social attitudes and relations are influenced by the health of the individual members of the family. Poor nutrition in early life has been the cause of many misfits in the world. This lack of good nutrition was called to our attention recently by the number of physical rejects from the armed services—many of which could be traced to poor nutrition.

1. Medical Care. In order to maintain a minimum standard of medical care and hospital care for the civilian population, the American Medical Association and U. S. Public Health Service recommend one physician is needed per 1,500 population and that 45 hospital beds are needed per 1,000 population.

Health and social services in Morrow County that are now available are inadequate for the estimated population of 4,337 persons. To meet the minimum standard would require the services of three doctors and 20 hospital beds. In view of these facts, the committee recommends that an educational program be developed to acquaint the people in each community with the need for more adequate medical facilities in Morrow county.

We further recommend that a hospital be built and fully staffed to provide medical facilities for Morrow county families.

2. Health Examinations. We recommend that the law requiring a physical examination of all first-graders and freshman students be enforced and that our school administrators be urged to cooperate in bringing about this recommendation. We further recommend that a full time county health doctor be secured so that this recommendation can be carried out effectively.

3. Sewage Disposal. The committee recommends that each incorporated town in Morrow county be required to provide safe and sanitary sewage disposal by means of a central disposing plant. In bringing about better sanitation, it is felt that in employing a county sanitarian be kept in mind for a long time program.

4. Tuberculosis Test. We recommend that the family cow be tested for tuberculosis and Brucellosis once a year by a county veterinarian in order to safeguard the health of our rural people. In bringing about this recommendation we urge that a county veterinarian should be appointed by the County Court in order that

office of the County Agent or county health nurse.

aggregated, we recommend that research be done on the value of vitamin concentrates and their proper use.

9. Home Garden and Produce. The 1945 census figures showed that 238 farms in Morrow county had home gardens. Four hundred thirty nine (439) families were using farm produce in the county, valued at \$164,993.00. This amounted to \$376 per farm. Since the cost of family living especially food costs, have risen, we recommend that all farm produce and gardens, especially early ones where possible, be increased to help alleviate the food shortage. We further recommend that information be made available on the pest control.

5. Hot Lunches. We recommend that adequate and well balanced school lunches be furnished to school children and that mid-morning milk be served to children in primary grades either with or without federal aid.

We further recommend that the educational program encouraging children to eat well balanced meals be continued.

6. Home Food Habits. In 1944 Sherman county cooperated in a survey of the diets of school children and found that there was not enough Vitamin C nor iron in the diets of school children to supply normal daily needs. As the age increased, the deficiency was more evident.

Therefore, we recommend that each rural family adopt good eating habits as part of the daily routine.

7. Vitamin C. We recommend that the nutritional program of the county emphasize the need for an increased consumption of tomatoes, citrus fruits, milk and green and yellow vegetables for both school children and adults.

8. Vitamin Concentrates. According to the advertising propaganda of many manufacturers, vitamin concentrates are essential for all. Since this seems ex-

aggerated, we recommend that this test be made yearly without fail.

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We've put in 2 1/4 MILLION TELEPHONES since V-J Day



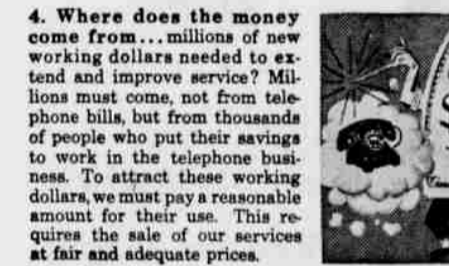
1. We had to break records... and we did. Today we're serving over one-fourth more telephones than at the war's end—a net gain of three-quarters of a million. And, since every day many customers move, we actually had to install more than two and a quarter million telephones to make this gain.



2. Complex splices like this—thousands of them—went into the two million miles of wire we've put in. And that's only part of the story—more than 200 new buildings or additions... complex new switching equipment in almost all our buildings... these and other facilities are being added in the face of sharply rising costs and tough supply problems.



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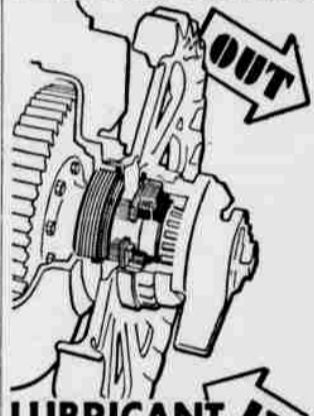


4. Where does the money come from... millions of new working dollars needed to extend and improve service? Millions must come, not from telephone bills, but from thousands of people who put their savings to work in the telephone business. To attract these working dollars, we must pay a reasonable amount for their use. This requires the sale of our services at fair and adequate prices.



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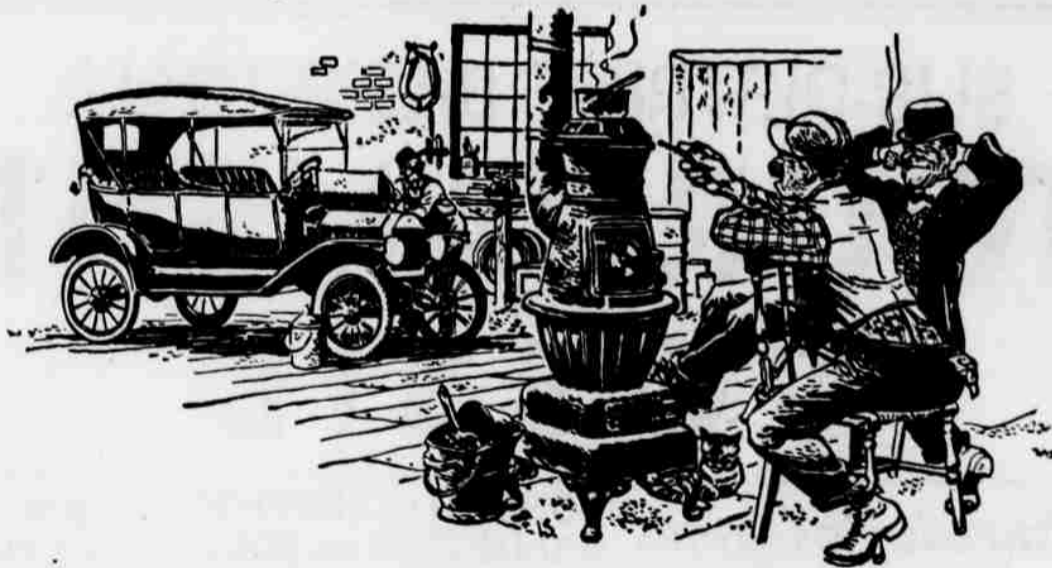
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What happened to the Pot-Bellied Stove?



NOT SO LONG AGO, servicing cars was simple. Most folks fixed their own with a screwdriver or pliers. And when they did come in for service, there was no hurry—everything was nice and informal. You might just sit near the pot-bellied stove and talk with the mechanic while he fixed the car.

Well, the pot-bellied stove is gone—so is the old-fashioned car. But it has meant lots of changes for the better. We've replaced the old plier-and-screwdriver service with up-to-date Special Ford Equipment . . . our mechanics are

highly skilled specialists, these days . . . our methods are better and faster . . . our Genuine Ford Parts are easier to install, fit better, and last longer, to save you lots of money.

Yes, it's been a good change. But one thing we've tried not to change is the old "personal touch". Next time you bring your Ford in, notice that even though our mechanics do things in a hurry, they still take time to be courteous, and thoughtful. We think you'll agree our service today is far better, faster, more satisfactory, and just as friendly.

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