



FIRST CHRISTIAN CHURCH
Gale and Center
Charles V. Knox, Minister
Worship 9:00 a.m.
Bible School 10:00 a.m.

ST. PATRICK'S CHURCH
Heppner
Rev. P. J. Galre, Pastor
Masses:
Sundays, 6:30 and 9:30 a.m.
Weekdays, 7:30 a.m.

ST. WILLIAM'S CHURCH
Ione
Masses: Sunday 8:00 a.m.

ASSEMBLY OF GOD CHURCH
Gale and Willow
Willis W. Geyer, Pastor
Sunday school, 9:45 a.m.
Morning worship, 11:00 a.m.
Evening service 7:30 p.m.
Tuesday, Young People, 7:45 p.m.
Thursday Bible Hour 7:45 p.m.

IONE NAZARENE CHURCH
Charles Wilkes, Pastor
Sunday school at 10 a.m.
Morning worship 11 a.m.
Young Peoples' meeting at 6:15 p.m.
Evening worship at 7:00 p.m.
Prayer meeting at 8:00 p.m. on Wednesday evening.

Monument News

Mr. and Mrs. Lee Slocum visited at the Gerald Slocum ranch above Wall creek Saturday.

Mr. and Mrs. E. R. Kingman of Alturas, Calif., stopped Friday night with her folks, the Elmer Mattesons. They left Saturday morning for Chelan and Wenatchee, Wash. to visit for a week with his relatives.

Mr. and Mrs. Ross McDonald and daughter Cindy came in Saturday from California after the rest of their household goods that they had stored here at her folks, the Dick Williams. They went back Monday.

Mrs. Ansil Martin and Mrs. Henry Martin drove to John Day Saturday morning on business.

George Kirk, Henry Durst and Mr. and Mrs. Elmer Matteson and son Dale were all in Long Creek Monday on business. The Mattesons visited their daughter Mr. and Mrs. Sam Scott.

Mrs. Bob Neel and Mrs. Earl Lewis drove to Prineville last week for funeral services for the Norman Lynch family. His mother, wife and son were killed in a car wreck in Idaho. Norman was transferred to the Prineville hospital where he died a few days later.

ALL SAINTS EPISCOPAL CHURCH
7:00 a.m. Holy Communion.
9:30 a.m. Holy Communion.
Wednesdays—10:00 and 8:00 p.m. Holy Communion.

SEVENTH DAY ADVENTIST CHURCH
Brent Border, Pastor
Saturday Services:
Sabbath School 9:30 a.m.
Sermon, 11 a.m.
Prayer meeting Wednesday, at 7:30 Bible Studies.

HOPE LUTHERAN CHURCH
Corner Alfalfa St.
Merilla W. Zier, Pastor
Morning worship, 9:30.
Sunday school 10:30.
Everyone welcome.

VALBY LUTHERAN CHURCH
Services second and fourth Sundays, 11:15 a.m.

IONE COMMUNITY CHURCH
Rev. Floyd S. Bailey, Pastor
Morning Worship at 9 a.m.
Church school at 10 a.m.
Everyone welcome.

LEXINGTON CHURCH OF CHRIST
Rev. Norman Northrup, Pastor
Sunday school 9:45 a.m.
Evening service, 7:30 p.m.
Prayer Meeting Tuesday 7:30 p.m.

HEPPNER METHODIST CHURCH
8 Church Street
L. D. Boulden, Minister
Sunday School and morning Worship at 10 a.m.

At one time they were residents of Monument.

Mr. and Mrs. Ernie Johnson and Mr. and Mrs. Forrest Noland and two daughters spent Sunday in Heppner attending the golden wedding anniversary of Mrs. Johnson's folks, Mr. and Mrs. N. D. Bailey.

Maynard Hamilton was home for the weekend from the Frank King ranch in the basin near Long Creek.

Mrs. Helen Holmes has as a houseguest her granddaughter from California.

Roy Bowman returned home Saturday evening after being gone a week on business.

Fred McWillis spent the past week working at the C.P.C. power office.

Mr. and Mrs. Bob Kelly and four children of Long Creek spent Saturday evening visiting the Joe Mellor family.

Maynard Hamilton was a Sunday dinner guest at the Lee Slocum home.

The Joe Mellor family drove to Long Creek Sunday morning and joined the Bob Kelly family huckleberrying. George Kirk accompanied them.

Mr. and Mrs. Bill Settle, Mr. and Mrs. Fred McWillis, Mr. and Mrs. George Stirritt and Mr. and Mrs. Ed Rounds all left Sunday morning for the huckleberry patches.

Livestock Day For 4-H and FFA Set In October

A junior livestock marketing program at Portland Union Stock Yards will replace 4H club and Future Farmers of America youth activities at the Pacific International Livestock exposition this year. The program is scheduled for October 16 and 17. According to Cal Monroe, 4-H club extension agent at Oregon State college, the P. I. and the Stock Yards company will provide \$1000 to help furnish youngsters' meals and lodging. The two day program will give youths first-hand experience in how livestock is marketed and prices determined. To be eligible for the tour, a 4-H club or FFA member must be enrolled in a beef, sheep or swine project and have one or more market animals ready to sell at the time of the tour. Youths from Oregon, Washington and Idaho are expected to attend. Members will deliver their animals to the stock yards Wednesday afternoon, October 16, where the animals will be consigned to the Portland Livestock exchange. Youths will watch as their animals are sorted, weighed and delivered to buyers by commission agents. Four-H and FFA youth will pay the usual marketing charges—feed, weighing, commission charges, transportation and yardage. Special speakers will be W. E. Williams, president of the Stock Yards company; Prosser Clark, secretary of the Portland Livestock Exchange; and Walter Holt, manager of the P. I. Youths will tour the Swift packing plant, federal market news office, state brand inspection office, and Safeway's meat warehouse and retail store. W. Y. Fowler, extension livestock marketing specialist, is in charge of program arrangements.

Vitamin Functions In Healthy Humans Aim of OSC Study

New evidence on ways vitamins function in normal healthy humans is being sought by Oregon State college nutritionists.

To learn what vitamin needs are for the normal healthy adult, and to find ways to measure vitamin absorption in the tissues is the study's aim.

To determine vitamin requirements of normal healthy adults,

four persons went on identical 30-day constant diets to measure vitamin levels of vitamin C (ascorbic acid), and three B vitamins—B1 (thiamine), B2 (riboflavin), and niacin. Researchers measured the vitamin levels in different fractions of the blood—the red and white cells and the serum or plasma.

According to Dr. Clara Storvick, head of home economics research at OSC, certain fractions of the blood may be more sensitive than others in reflection of vitamin deficiencies.

Dr. Storvick also pointed out that excessive intake of one vitamin may lead to a deficiency in some other vitamin. For instance, when the intake of one B vitamin is increased, requirements for other associated B vitamins is stepped up. Other general findings are given about these vitamins which have been under study the past 10 years.

Unlike fat-soluble vitamins A and D which are stored in the body, vitamin C is not stored and needs to be supplied to the body daily. Natural ascorbic acid containing foods include orange juice, strawberries, tomatoes and

grapefruit. Vitamin C is essential for maintenance of healthy cells, particularly in gum tissues. Thiamine content of the blood was determined for cattle, hogs, sheep, turkeys, horses, rabbits, mink and hamsters. Animals from the Portland zoo—the bear, lion, deer, mouflon sheep and monkey were also used in OSC tests.

Researchers found that hogs had 10 times as much thiamine in the blood as horses and twice as much as humans. Most animal products, especially pork and beef liver, are natural rich sources of thiamine. Thiamine is needed in utilization of carbohydrates.

LIVESTOCK MARKET
Cattle—Hogs—Sheep
SALE EVERY TUESDAY
12 Noon
On U. S. Hiway No. 30
NORTHWESTERN LIVESTOCK COMMISSION CO.
JO 7-8655 Hermiston, Oregon
Frank Wink & Sons, Owners
Don Wink Mgr.
Res. Hermiston JO 7-3111

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A big group of our better dresses are reduced to clear. Make your selections now while there is a good choice.

Greatly Reduced NORAH'S SHOP

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THE RHEA CREEK GRANGE —PRESENTS—

Princess Janet Wright's

MORROW COUNTY FAIR & RODEO

DANCE

Saturday August 10

WITH THE MUSIC OF Rod Esselstyn AND HIS ORCHESTRA

Heppner Fair Pavilion

Dancing 9:30 to 2

Admission \$1.50

SAVE \$15
During Sealy's Golden Sleep Sale

Sealy Button-Free "ENCHANTED NIGHTS" Mattress

It's button-free—smooth as a mattress can be! Healthfully firm as a mattress should be! Tested for ten years' use! Sealy tru-balance innerspring unit. Exclusive decorator-designed cover. Pre-built borders stand up to extra hard wear. Save now during Sealy's Golden Sleep Sale! Matching box spring regularly \$59.50...\$44.50.

\$44.50 Regularly \$59.50

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