

lone News

Mr. and Mrs. John Ransier of Unlty were recent visitors of Mr. and Mrs. Harvey Smith.

The Three Links club of the Rebekah lodge held a very successful card party at their hall Saturday evening Nov. 23. Some of the proceeds will go toward the United Nations Pilgrimage fund. Those receiving prizes were: in pinochle, W. G. Seehafer and Mrs. W. E. Melena, high; and Mrs. Sam Esteb and Paul Pettyjohn low; and Mrs. Elsie Ayers the 300 pinochle. In bridge, Mrs. Herbert Ekstrom and Mrs. Clell Rea, high and Mrs. Echo Palmateer, low and Jack high; in pedro, Mrs. Ernest Heliker high, and Mrs. Anna Lindstrom low. Lewis Halvorsen received the door prize.

Officers recently elected in the Bunchgrass Rebekah lodge were Mrs. Ernest Heliker, noble grand; Mrs. Adon Hamlett, vice grand; Mrs. Wallace Matthews, secretary and Mrs. Mary Swanson, treasurer.

Mr. and Mrs. Earl Devine of Eugene have been guests of the Donald Helikers during elk season.

Mr. and Mrs. John Eubanks, Mrs. C. E. Brenner and Mr. and Mrs. Howard Eubanks left for Portland Sunday to be with their brother Bill Eubanks who is ill in a hospital there.

The Co-Wed group met at the home of Mrs. Ernest Crawford Thursday evening Nov. 21 with Mrs. Bill Rietmann and Mrs. Joe Hausler as co-hostesses. There were 18 members present. A discussion was held on the purpose of the meetings and Joe Hausler played his zither. The next meeting will be held at the school house Dec. 26.

Those who helped paint the Community church parsonage Saturday were Robert Jepsen, Robert DeSpain, Charles Hudson, Joe Hausler, Ernest McCabe and Rev. Floyd Bailey. Refreshments were served by Mrs. Bailey and Mrs. Hudson.

The Pilgrim fellowship youth of the Community church cleaned the city park and did odd jobs around town Saturday. They received around \$70 which will go toward a school in India and a scholarship for an Indian boy in the Northwest. Rev. and Mrs. Floyd Bailey served dinner to the group Saturday evening at the parsonage.

Mrs. Monetta Aldrich is visiting in Arlington this week.

A band concert was held at the

That's A Woman Driver for You



"Don't throw it out" has become the byword of vacationing motorists who take pride in keeping the nation's parks and countryside beautiful. Women drivers are setting an example by encouraging the family to use a new travelling waste basket, the car litter bag. The re-usable litter bag measures 12 inches wide and 12 inches deep. Made of red or green vinyl plastic, it is leakproof and washable. Twin sets of metal rings provide for quick installation under any car instrument panel, robe rail, front door or window cranks. The metal rings snap open just as quickly for disposal at station breaks or wayside litter barrels. A thin piece of wood sealed in the top of the back keeps the bag in position during motion. The homemaker taking the children picnicking, for a ride in the country or on a beach party finds the car litter bag serves as a firm reminder of the rules of the road.

school cafeteria Friday evening Nov. 22. The grade and the high school band played several numbers and songs were sung by the chorus. Refreshments were served afterwards by the band mothers.

Mr. and Mrs. Bill Rietmann and son Mark, spent Sunday with relatives in Arlington.

DATES TO REMEMBER—

Nov. 30—Dance at Legion hall sponsored by American Legion.
Dec. 3—Extension unit meeting at the home of Mrs. Robert Peterson; an all day meeting with sack lunch at noon. It will be a Do As You Please meeting and members are to bring ideas for Christmas. An exchange of gifts will be held.
Dec. 3—American Legion auxili-

More Protein Less Fat Found In Meats Today

OREGON STATE COLLEGE—Weight watchers who omit meat from the diet to restrict the calorie count are only shortchanging themselves in safe, satisfying nutrients.

Mrs. Ruth Klippstein, Oregon

ary meeting.

Dec. 3—City council meeting at 8 p.m.

Dec. 8—Christmas party at the Rebekah hall. A pot luck dinner will be served around 6 p.m.

This is a community affair and everyone is welcome.

State college extension nutritionist, points to a national livestock and meat board financed study in which it was reported that meat produced and eaten today has more protein, fewer calories and less fat.

As a result of the study conducted by Dr. Ruth Liverton at the University of Oklahoma, old food composition tables are being revised for meats. Old tables included only a limited number of meat cuts and the value of meat was figured on an uncooked basis only. Calorie values were out of proportion and many diets were not adequate in protein.

Production of meat has changed in the last 30 years, the home economist noted, as a result of consumers' meat eating habits. Surveys have shown that when meat is served, the lean is usually all eaten, the lean, marbled portion eaten by most people, and in most cases the exterior or visible fat is left on the plate.

To meet the demand for leaner meat, producers are raising more meat-type animals. Processors and meat packers have also trimmed meat so that today's lean pork chop for instance contains about 15 grams protein and about 80 fewer calories.

Food needs of today's families are much different today than they were in the 1920's, the home economist says. Today's farm, factory or office workers use fewer calories than their fathers did. With today's labor saving devices, women do not have to expend as many calories as they did in grandmother's day either.

Although men and women today need fewer calories, they still need ample amounts of protein,

vitamins and minerals, Mrs. Klippstein points out. They help the body to function properly and help the body resist infection and diseases.

Thirty years ago, nutrition was of little interest or concern to most Americans, Mrs. Klippstein explains. The science of nutrition was new and few people were aware of the relationship of nutrition to health. Meat was not considered one of the best foods.

Research has shown, however, that meat is an excellent source of body-building protein.



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NOTICE—OUR STORE WILL BE CLOSED THANKSGIVING WEEKEND

Electronic Service

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Contains wax, cleaner, and angora wash mitt all in one handy carton

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