

Chats From Your Home Agent

Widowhood Study to Get Underway in Unit Meetings

By ESTHER KIRMIS

Last week twelve women met at the Lexington school to hear Roberta Fraiser, OSU Family Life specialist, discuss the problems of "Widowhood" (via recording). They were readying themselves to teach the subject to their various units during the month of February.

This is a subject which most of us would like to ignore, but more homes are broken by death each year than all other causes combined. In fact, there are 183 widowed women in Morrow county.

Here is a quiz I gave the women at the start of the meeting. Try it yourself.

WIDOWHOOD

- Can you check the correct answers?
1. T—F—50% of women age 70 are widows.
 2. T—F—Widowhood was a greater problem in the 1860's than it is today.
 3. T—F—One out of 10 women in the U. S. age 45-54 is a widow.
 4. T—F—There are nearly 9 million widows in the U. S.
 5. T—F—Widows have greater problems in the U. S. than in some other countries.
 6. T—F—Divorcees have a better chance to remarry than do widows.
 7. T—F—The goal of a husband and wife should be develop togetherness in all activities.
 8. T—F—If a woman doesn't re-

marry within 5 years of widowhood, she has little likelihood of remarriage.

9. T—F—When there's no financial need, it is better for a widow to devote her time to her children than to take a job.

10. T—F—A woman of 18 is too young to be concerned with preparation of widowhood.

The answers to these questions are answered by Mrs. Fraiser, who has been a widow for 15 years, at the February Extension unit meetings in your community.

Here's when and where they are meeting:

- February 5 — Rhea Creek grange hall, (Rhea Creek Extension unit); Mrs. Walter Wright and Mrs. Evelyn Farrens, leaders.
- February 6—Kenneth Palmer home, Lexington, (Ione Extension unit); Mrs. Wilbur Steagall and Mrs. Kenneth Palmer, leaders.
- February 11—Creston Robinson home, Heppner, (Heppner Extension unit); Mrs. Douglas Drake, leader.
- February 13 — Old Irrigon school (Irrigon Extension unit); Mrs. Rees Morgan and Mrs. Millie Hoadley, leaders.
- February 18—Madge Bishop home, Boardman, (Boardman Extension unit); Mrs. Harold Walker and Mrs. Bernard Donovan, leaders.

All meetings begin at 10:30 a.m.

March of Dimes Mothers To Deliver Health Leaflet

Mothers who will be marching for the March of Dimes throughout the nation this January will distribute millions of copies of a leaflet entitled "One Minute Warning," which gives the latest facts about birth defects and arthritis.

According to local March of Dimes volunteer leaders, these two disease areas are of concern to millions of people in this country. About 250,000 of our children are born each year with a serious birth defect. Arthritis and the rheumatic diseases afflict upward of 11,000,000 Americans.

The National Foundation-March of Dimes is fighting these diseases with the same three-pronged attack which helped conquer polio as a public health problem. Using the experience gained in spearheading the development of the Salk and Sabin polio vaccines, March of Dimes funds currently finance:

- a nationwide scientific research program aimed at finding causes and cures for birth defects and arthritis,
- a nationwide network of treatment centers which help bring top-quality medical care to victims of these crippling,
- a nationwide professional education program which channels latest scientific findings to scientists, physicians and their associates, and
- a nationwide public education program.

Latest addition to this public education program, according to Dr. William S. Clark, director of the medical department of The National Foundation, is the "One Minute Warning" leaflet.

"Our purpose is to reassure the public that much is being done in the fight against these two great crippling," Dr. Clark says. "The American people are financing the fight with their contributions to the March of Dimes, and they have a right to receive periodic reports of what is being accomplished."

In reassuring, non-technical



Jane Wyatt, star of screen and TV, who is the 1964 Honorary National Mothers' March Chairman for the March of Dimes.

language, the pamphlet, which takes only a minute to read, suggests these precautions for a pregnant woman:

- See your doctor early. Be sure to tell any other doctor you may consult, for treatment of other conditions, that you are pregnant.
- Take no drugs on your own initiative. Tell your doctor about any you have been taking. Especially, stay away from "tranquilizers," "mood adjusters," and "happy pills."
- Learn your Rh factor, blood type, and your husband's. Inform your obstetrician.
- Follow the diet your doctor prescribes.

• Avoid excessive smoking and drinking.

• If pregnant, don't knowingly expose yourself to infectious diseases—particularly German measles.

For the person who suffers from arthritis, the leaflet stresses: "Follow ONLY the advice of your doctor." Several other points of advice are given, among them, "Remember, there are no quick cures, no short cuts. Good results from treatment require time and patience."

If your home has been missed in the distribution of this pamphlet, you can obtain one free of charge from the local March of Dimes headquarters.

CHURCHES

ASSEMBLY OF GOD CHURCH
Rev. Bill Alsop, pastor
Sunday school, 9:45 a.m.
Morning worship, 11:00 a.m.
Evening service 7:00 p.m.
Thursday evening, family services, 7:30.

THE METHODIST CHURCH
Rev. Melvin W. Dixon, pastor
Church school, 9:45 a.m.
Morning worship 11:00 a.m.

IONE UNITED CHURCH OF CHRIST
Rev. Walter B. Crowell, pastor
Telephone 422-7530
Church School, 9:45 a.m.
Morning worship, 11:00 a.m.

ST. PATRICK'S CHURCH
Rev. Raymond Beard
Heppner
Weekday Masses, 7:00 a.m.
Sunday Masses, 7:30 and 11:00 a.m.

ALL SAINTS' EPISCOPAL CHURCH
The Rev. C. Bruce Spencer, Rector
Holy Communion daily (except Mondays) 7:30 A. M., Sundays 7:30 and 10:00 A. M.

HOPE LUTHERAN CHURCH
Rev. Kenneth Robinson, pastor
Alfalfa Street
Church school, 9:45 a.m.
Morning worship at 11:00 a.m.

SEVENTH-DAY ADVENTIST
Elwood Boyd, pastor
Saturday services,
Sabbath school, 9:30 a.m.
Church services, 11:00 a.m.
"Quiet Hour" radio broadcast over KGO every Sunday, 2 p.m.

CHURCH OF THE NAZARENE
J. G. Weller, Pastor
Phone 676-5529
Sunday Services:
The Church Teaching, 10:00 a.m.
The Church Worshipping, 11:00 a.m.
The Church Training, 6:45 p.m.
The Church Reaching, 7:45 p.m.
(Meeting in Seventh-day Adventist church.)

VALBY LUTHERAN CHURCH
Rev. Kenneth Robinson, pastor
Sunday school and worship 9:00 a.m.

LEXINGTON CHURCH OF CHRIST
Earl L. Soward, Pastor
Sunday school, 10:00 a.m.
Worship 11:00 a.m.

ST. WILLIAMS CHURCH
Ione
Rev. Raymond Beard
Sunday Masses, 9:15 a.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS
American Legion Hall
Arnold Raymond, Br. President
Priesthood meeting, 8:30 a.m.
Sunday school at 10:30 a.m.
Sacrament service at 11:30 a.m.

FIRST CHRISTIAN CHURCH
Charles V. Knox, minister
Bible school at 9:45 a.m.
Morning worship at 11:00 a.m.
Evening worship, 7:00 p.m.
CYF meeting, 8:00 p.m.
Chi Rho meeting 1st, 3rd Thurs., 7:00 p.m.

Mr. and Mrs. Oliver Creswick took their son, Don, to Corvallis over the week-end where he attended Beaver Preview for high school seniors. The family stayed Friday night in Portland and continued on to Corvallis on Saturday.

HOSPITAL

Patients admitted to Pioneer Memorial hospital for medical care during the past week include: Betty Hamilton, Heppner; Ella Bleakman, Heppner; Clarence Rosewall, Heppner; Anna Steagall, Lexington; Betty Curtis, Condon; Etta Huston, Ione; Helen Cohn, Heppner; Juanita Cross, Spray; Roy Radke, Heppner; Billy Joe McMin, Kinzua, and Judith Marshall, Condon. Patients dismissed during this same period were Sandra Potter, Olex; Barbara Boyce, Ione; Marlene Magill, Cecil; Milton Boyce, Condon; and Louise Shaffer, Fossil.

Need extra cash? Sell unused items around your place with a Gazette-Times classified ad.

Hammins Return Home From Southern Trip

Mr. and Mrs. Frank Hammin returned Sunday night from a six weeks vacation tour which took them into several southwestern states and Mexico. They found the leisure trip completely enjoyable, getting an opportunity to visit friends and relatives whom they had not seen for several years.

They enjoyed the Christmas holidays at the home of their son and daughter-in-law, Mr. and Mrs. R. S. Herlinger in Placerville, Calif. While there they helped welcome home their grandson, Pvt. Ted Herlinger, who arrived home on leave from a tour of duty with the army in Germany.

In Los Angeles they were escorted on several tours to places of interest by Mr. and Mrs. Leroy Donat, including Knotts Berry Farm and Disneyland. Hammin and Donat were service buddies in World War I.

Traveling into Mexico, they spent an interesting two days of sightseeing and relaxation.

They were greeted by warm Arizona climate and hospitality while guests in the home of Mr. and Mrs. Garnet Barratt in Mesa, Ariz., taking side trips to places of interest.

Hardman News

By CHARLOTTE WALKER
Hardman and Rhea Creek News—Mr. and Mrs. Cecil McDaniel and family went to Lone Rock Sunday to visit relatives.

Mr. and Mrs. Bob Stevens drove to Pasco on business recently.

Mrs. Ida Lee Engelman and Frankie, and Mrs. Jim Hams visited at the home of Mr. and Mrs. Blaine Chapel on Saturday.

Mr. and Mrs. Houston Lesley went to Mt. Vernon over the week-end. Saturday night they attended the Scotch American dance at Canyon City.

Mr. and Mrs. George Rugg, Jody and Jill, moved their trailer home from Parkers Mill to Boardman for the rest of the winter.

Mr. and Mrs. Ivan Cox are due home from Portland where Mr. Cox underwent major surgery in a hospital there recently.

Bonnie Kessel stayed overnight Friday with Alta Stevens in Heppner.

Mr. and Mrs. Archie Saling of North Powder visited friends overnight here a couple of weeks ago.

Mr. and Mrs. Elmer Palmer went to Arlington on Friday.

Mr. and Mrs. Percy Cecil and Mr. and Mrs. Dean Graves were among those going to Monument to the "Gay '90's" dance.

Mrs. Hager Shows Steady Improvement

Mrs. J. O. Hager was admitted to St. Anthony's hospital in Pendleton last Thursday where she is showing improvement from her recent illness. Complications came with an attack of the flu while she was convalescing from a weakened heart condition. She had been staying at the home of her son and daughter-in-law, Mr. and Mrs. Jim Hager. It is expected that she will be in the Pendleton hospital for two more weeks, and is in Room 310.

Dr. Tibbles Heads Staff at Hospital

Dr. L. D. Tibbles was elected chairman of the medical staff at Pioneer Memorial hospital Tuesday morning at a meeting of the staff. He succeeds Dr. A. D. McMurdo who served during the past year.

Dr. H. S. Huber was reelected secretary-treasurer. Present at the meeting were Dr. C. M. Wagner, Dr. Wallace Wolff, Dr. Tibbles and Dr. McMurdo.

Tell the advertiser you saw it in the Gazette-Times.

Postal Savings To Be Terminated At Local Office

Designation of Heppner as a postal savings depository will be terminated as of the close of business on January 29, Jim Driscoll, postmaster announces. All remaining accounts will be transferred to Pendleton.

All depositors have previously been notified of the impending action and those who so desired have withdrawn their deposits, he said. Those who wish to continue their accounts will be able to do so by mail with the Pendleton post office.

Business at the local postal

savings depository has dwindled from a peak of \$174,000.00, in the late 1940's to less than \$18,000.00 at the present time and reflects a trend in the savings and investment habits of the general public. The 2% interest rate compounded annually is less than is generally available at other sources which probably accounts for much of the decline, Driscoll said.

Since the early 1950's the Postal Department has been divesting itself of postal savings depositories in those communities where no particular need exists due to adequate commercial savings institutions, and particularly where business has become static and reflects little use of the facility.

In 1959 Heppner absorbed the remainder of the Postal Savings business from John Day, which in turn is now being transferred

to Pendleton.

"I do not believe that this par-

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IF IT MATCHES THE NUMBER POSTED IN OUR STORE.		SMELT 39c lb.	
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You Will Win		BACON 43c lb	
Participate any day of the week. No obligation. No purchase required. Bring this section in, check your number with the one posted on display board by checking stand. Every two weeks another \$5 will be added to the unclaimed balance. When the prize is claimed the jackpot will be started again with another \$10.00.		Four Fisherman 8 oz.	
In case of duplication, first one presenting number wins. NO PHONE CALLS PLEASE!		FISH STICKS 2 for 79c	
Prize paid in merchandise.		7 Oz.	
N ^o 03015		SCALLOPS 2 for 98c	
Assorted Sunny Boy Canned Goods 7 for \$1		1 Lb.	
DINTY MOORE 24 Oz. Con	Reg. Size — 3 oz.	RED — PT. SIZE	
Beef Stew 2 for 97c	Jello 4 for 39c	Karo Syrup 2 for 59c	
	Strawberry, Orange Raspberry, Lemon		
PURINA		DOG CHOW	5 Lb. 83c
CAT CHOW 4 Lb. Bag 98c		CHOW	10 Lb. \$1.45
NALLEY'S	HOT OR REG.		
CHILI . . . 3 for \$1		FOLGER'S COFFEE	
		3 Lb. Can Only	
WHITE STAR — CHUNK STYLE	1/2 SIZE TINS	Reg. or Drip	
TUNA . . . 3 for \$1		\$1.75	
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Heppner, Oregon