

Unit Lesson Shows Efficient Planning Aids Tension Relief

"Think of the work in your household as homemaking, not just housework," Mrs. Iva Booker told members of the Rhea Creek Extension Unit as she spoke on the subject, "You versus the Fagged-out Feeling" at the regular meeting of the group on February 2 at the Rhea Creek Grange hall.

"The smart homemaker plans her work, does one thing at a time, alternates harder jobs with easier ones, and does not agonize over trivial details, if she is to avoid physical and mental fatigue," continued Mrs. Booker.

Storing much used equipment within easy reach, using good posture, and giving attention to the proper use of muscles were among many fatigue-fighting ideas presented. Demonstrations of the best posture to use in doing different household tasks were made by Mrs. Dean Graves.

Mrs. Barton Clark presented an "eye opener," encouraging members to acquire correspondence friends in foreign countries through Associated Country Women of the World, to which all extension unit members belong. Twelve women requested names from Italy, Scotland, Germany, France, India, England, and Ireland.

Mrs. Roger Palmer told of her pen pals from New Zealand, Malaya, India, and Finland, and showed pictures, gifts, magazines and books she had received from them during an eight day visit with the Palmer family.

At the business meeting roll call was answered by giving a special time or energy saving trick in doing housework. The 4-H demonstration day was discussed, and the group voted to give awards to 4-H winners of demonstrations in junior and senior clothing and foods, for both individuals and teams. A committee for selecting these awards will be Mrs. L. A. McCabe, Mrs. Elmer Palmer and Mrs. William Rawlins.

The March meeting will be on making meringues, led by Miss Marilyn Bergstrom and Mrs. William Bergstrom. Also planned is a white elephant sale at auction.

Metsker maps of Morrow, Gilliam, Umatilla, Wheeler counties on sale at the Gazette-Times, \$1.25 each. Others available on order.

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SOCIETY

Coming Events

THURSDAY, February 10
Grade School Basketball jamboree, 7 p.m., grade school gymnasium.

FRIDAY, February 11
Basketball—Madras vs. Heppner High, Heppner high school gym.

Morrow County CowBelles
luncheon meeting, Heppner Grill dining room, 1:00 p.m.

SATURDAY, February 12
Basketball—Heppner vs. Sherman County at Moro.
Boy Scout, Cub Scout Banquet, high school cafeteria, 6:30 p.m.

SUNDAY, February 13
Elks' Pinocle Tournament, 7 p.m., Elks Temple.

MONDAY, February 14
Heppner-Morrow County Chamber of Commerce, noon, Wagon Wheel.

TUESDAY, February 15
Golden Age Club, 7 p.m., Episcopal parish hall.
Benefit Basketball Game, Dirt League vs. faculty, high school gym, 7:30 p.m.

THURSDAY, February 17
Socioplist Club of Heppner, noon luncheon, Heppner Grill dining room.

Three Scholarships Available to Seniors By Federated Women

The Seventh District, Oregon Federated Women's Clubs, directs the attention of all graduating high school seniors to three scholarships now being made available by the Federation.

Three scholarships are available, one each in the fields of art, instrumental music and vocal music. Competition for the three scholarships starts at the District level. An amount of \$150 per scholarship is awarded at the state level.

Application forms and further information may be obtained from Mrs. Melvin Bates, District music scholarship chairman, Box 1091, Pendleton, Oregon.

All interested persons are urged to obtain forms immediately since completed forms are due to the District chairman by March 1.

The District contest to determine winner of each of the three scholarships will be held jointly March 5 at 10 a.m. in the Vert Clubroom in Pendleton.

Mothers Entertained At Annual FHA Tea

Decorations by Ena Winchester highlighted the annual Future Homemakers' Mothers' Tea, Thursday afternoon, February 3, at the high school cafeteria, when mothers of both FHA and FFA members were honored guests.

Entertainment during the afternoon included a ballet by Sara Miller, and a selection of songs by Judy Jones and Kathy Melby accompanied by Janis Baker, and by Judy Jones and Janis Baker, accompanied by Kathy Melby.

Those attending were served heart-shaped cakes, coffee, tea, and punch by Maralee Murray and Carol Rawlins.

The chairman of the Mothers' Tea was Judy Jones. Announcing of the program was done by Nonda Clark. Other committees and chairmen were invited by Shirley Norton, helped by Jill Schmidt and Janis Baker; program by Nonda Clark, and refreshments by Donna Potter.

Background music during the tea was provided by pianists Verina French, Susan Drake, Janis Baker, and Kathy Melby. Faculty advisor is Miss Virginia Buch, high school home-making teacher.

Lifetime Residents Honored at Reception

Many personal greetings were extended Mr. and Mrs. Howard Keithley at a reception Sunday, February 6, honoring them on their 36th wedding anniversary.

The couple has had the distinction of not only living all their married lives in the Heppner area, but their parents, Mr. and Mrs. Martin Lovgren and Mr. and Mrs. Oscar Keithley, were also native Morrow county people. Erna Lovgren became the bride of Howard Keithley on February 8, 1930, at a small ceremony at the Methodist church parsonage.

Their daughters, Mrs. Darrel McLachlan, Mrs. Larry Simmons, Mrs. Clyde Pettyjohn and Jeri Keithley were hostesses for the occasion. Another daughter, Mrs. Jim Reed, who is moving to the states from Alaska, was unable to be present.

A beautiful three-tiered all white anniversary cake, topped with a large numeral "36", was served the many guests who called. Coming from out of town were Mr. Keithley's brother-in-law and sister, Mr. and Mrs. Ray Warmuth of Portland, his sister-in-law and brother, Mr. and Mrs. Everett Keithley of Condon, and many relatives and friends from the Cecil, Ione and Lexington areas.

Miss Pfeiffer to Wed Corvallis Man Here

Mr. and Mrs. John A. Pfeiffer are announcing the approaching marriage of their daughter, Julie Ann, to Thomas Clyde Saling, son of Mr. and Mrs. Neil Saling of Corvallis, on Sunday, February 20, at All Saints' Episcopal church, Heppner.

Vows will be exchanged at four o'clock in the afternoon. The family extends a cordial public invitation to all friends in the area to attend both the ceremony and the wedding reception which will follow in the church parish hall.

State President Plans Visit With CowBelles

Mabel Schumacher of Silver Lake, state president of the Oregon CowBelle Association, will be a guest of the Morrow County CowBelles at their meeting on Friday, February 11, it is reported by Mrs. Wavel Wilkinson, local president.

The meeting will start with a no-host luncheon in the dining room of the Heppner Grill at 1:00 p.m. All members are urged to be present.

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Social Fellowship Feature of Program At Annual Dinner

Heppner Mothers' club members entertained at a pleasant social evening Saturday, with husbands as honor guests for the annual sweetheart dinner. Thirty-three persons were served a buffet dinner at the Heppner Grill dining room, with table decorations carrying out the Valentine motif.

Mrs. Everett tStruckmeier, club president, welcomed those attending and introduced members and their guests. Two new members, Mrs. Gene Winters and Mrs. Al Boschee, and their husbands were given a special introduction.

Following dinner, the group traveled to the home of Mr. and Mrs. Jack Kreiger for entertainment. A beautiful selection of colored slides, arranged to depict the changing seasons, was presented by Lynn Pearson. Especially beautiful were the winter scenes of the Sawtooth mountains in southern Idaho where his family had vacationed while making their home in Boise.

Rev. Kenneth Robinson entertained with folk songs, with guitar accompaniment, and also accompanied the group in informal singing of a variety of favorite songs.

Hostesses served refreshments at the close of the evening.

Enjoy Valentine Party

A meeting of the Butterfingers 4-H cooking club was called to order by the president, Terry Cross, on February 4 at the home of our leader, Mrs. Wallace Wolff. We discussed a trip to the supermarket. For roll call at the next meeting we are to report about any spice. After the meeting we had a Valentine party. Members brought refreshments or party favors. We meet again at the Wolff home on February 24.

Lindy Leonnig, reporter

SCHOOL LUNCH MENU Heppner Elementary February 14-18

Monday—Spaghetti and meat, vegetable salad, cheese sticks, peach halves, bread and butter, milk.

Tuesday—Fried chicken, buttered corn, celery sticks, apricots, bread and butter.

Wednesday—Potatoes, hamburger gravy, cabbage salad, purple plums, bread and butter, milk.

Thursday—Vegetable beef stew, cottage cheese, pears, bread and butter, milk.

Friday—Vegetable soup, peanut butter sandwiches, cinnamon rolls, applesauce, milk.

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Al Lamb Shows Gain in Hospital

Al Lamb, who has been ill since returning from Washington, D. C., in late January, is showing continued improvement in Pioneer Memorial hospital, according to the report of his son, Wayne Lamb.

Mayor Lamb remained at home for nearly two weeks after returning from his trip but entered the hospital Friday. He had been unable to move his right arm but has been showing progress and is able to make some movement now.

Report was encouraging and it is expected that he may be out and about again in a few weeks.

For the present, visitors are limited to members of the family.

Greet New Grandson

Mrs. Ernest Christopherson and son Neal of Ione returned Sunday from Provo, Utah, where they visited the Christopherson's son-in-law and daughter, Mr. and Mrs. Ted Bohn, and their new son. The baby was born January 31, weighed 7 lb., 3 oz., and has been named Theodore Christopher. Paternal grandparents are Mr. and Mrs. Ted Bohn, Sr., of Ogden, Utah.

Rev. Dixon Due Home This Weekend

The Rev. Melvin Dixon, pastor of the Heppner Methodist church, is due home this weekend after undergoing surgery at the St. Vincent hospital, Portland, last Wednesday.

He came through the hernia operation fine, Mrs. Dixon reports, and showed rapid improvement.

During the two Sundays he is out of his pulpit the Rev. Fletcher Forster of Pendleton is acting as supply minister.

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