

Holly Rebekah Lodge Elects Officers

By DELPHA JONES
LEXINGTON—Holly Rebekah Lodge met on Thursday evening for their regular meeting, with the NG Donna Papineau in the chair. Plans were made for the Christmas meetings and election of officers were held, with Dorothy Burcham elected as Noble Grand, Frieda Majeske as Vice Grand, Delpha Jones as Secretary and Hilda Yocom as treasurer.

The Committee on Women's Activities held their regular meeting on Thursday at the home of Mrs. Ernest Christopherson. Plans were discussed for the installation meeting to be held at the Lexington Grange Hall on Saturday, Dec. 13. An election of officers was held with the following elected: Mrs. Joe Yocom, chairman; Mrs. C. C. Jones, Vice Chairman; Mrs. Wilbur Steagall, Secretary; and Mrs. Kenneth Smouse, treasurer. Refreshments were served to Mrs. Florence McMillan, Mrs. Wilbur Steagall, Mrs. C. C. Jones, Mrs. Nora Turner, Mrs. Martha Van Schoelack, Mrs. A. F. Majeske, Mrs. Ola Ruggles, Mrs. Kenneth Smouse, Mrs. Norman

Nelson, Mrs. Ella Burgoyne, Mrs. Alfred Nelson, Jr. by the hostess.

At Roy Martins
Mr. and Mrs. Hugo Leyva and son were visitors several days last week at the Roy Martin home. Mr. Leyva had just received his army discharge, after 7 years in the service where he saw duty in the South Pacific and in Germany. They were enroute to Medford where they will make their home. Mr. and Mrs. G.G. Leyva, Medford, visited at the Martin home and enjoyed some elk hunting. They met their son and family here.

Mrs. Joe Yocom motored to Union one day last week with Mrs. Verle Green from Heppner, who is moving there to make her home.

Mrs. Joe Yocom, Mrs. Frank Robinson, Mrs. C. C. Jones motored to Boardman on Tuesday where they played pinocle at the Greenfield Grange hall.

Mrs. Florence McMillan spent several days this week at the home of her daughter and family, Mr. and Mrs. Bob Cool in Pendleton.

Mrs. Venice Hendrickson and daughter Mrs. Stewart were recent Portland visitors.

Mrs. C. C. Jones spent the weekend in Hood River at the home of Mr. and Mrs. Alonzo Henderson. On Sunday they motored to Portland and Corvallis, taking Betty Henderson to her school in Corvallis and Mrs. Jones visited her daughter Charlene in Portland. Kimberlee Larson of Portland returned home with Mrs. Jones for a two weeks visit.

Mr. and Mrs. Henderson were Lexington business visitors on Monday.

Mrs. Bob Taylor of Boardman was a Lexington visitor on Wednesday and attended the funeral services for John Rea, held in lone on that day.

George Hermann and Dale Badger of The Dalles enjoyed several days elk hunting, staying at the Wm. J. VanWinkle cabin.

Mr. and Mrs. Skip Ruhl, Cindy and Lori of Colfax visited last week with the L. E. Ruhl. Cindy and Lori stayed for a longer visit.

Mr. and Mrs. Bob Gray of Dexter visited at the L. E. Ruhl home and with his mother, Mrs. Mabel Gray in Heppner.

The Seamstress 4-H sewing club met Nov. 8 in the Catholic Church basement. We made laundry bags and elected officers. They are: Arlinda Aldrich, president; Debbie Patton, vice president; Yvonne White, secretary; Joan Doherty, reporter and Kathy Kincaid, sergeant-at-arms. Mrs. Doherty is our leader. Our next meeting is Dec. 13.

Joan Doherty, reporter

Bernie Rice Gets 65-Year Jewel Here

A veteran member in every sense of the word is Bernie Rice. In ceremonies at The Dalles Lodge of the Odd Fellows, Mr. Rice was presented a 65-year jewel for membership in the IOOF.

The whole county, we're sure, joins in saying "Congratulations, Bernie Rice."

It's A Son

Mr. and Mrs. Larry Angell announce the arrival of a son Timothy Lee, born Nov. 15 at Pioneer Memorial Hospital. He weighed 8 lb., 12 oz., and has a brother, Jimmy, 7 years old and a sister, Bobette, 1 year old. His grandparents are Mr. and Mrs. Jim Angell of Portland and Mr. and Mrs. Floyd Hutchens of Heppner. Great grandparents are Mrs. Christina Kester and Mr. and Mrs. Mark O'Kelly all of Prineville.

Pam McCabe is now employed at Niedermeyer-Martin wood imports in Portland.

Nutritious Snacks Eye-opener Topic For Unit Meetings

"What's for Snacks" is the subject of eye-opener presentations to be given at all Home Extension unit meetings in Morrow and Umatilla counties for the coming year, according to area home agent Molly Saul. The emphasis in the programs will be on nutritious snacks, rather than "empty calorie" snacks, or those that furnish only calories and no food value. Eye-openers are short presentations given at the beginning of each meeting. The purpose is to get everyone to the meeting on time and to start the meeting with a timely topic.

According to Mrs. Saul, snacks are really here to stay. She says that not so many years ago the word snack wasn't even in the average person's vocabulary, but now Americans eat up to three snacks every day — all this in addition to breakfast, lunch,

and dinner. Women at home and husbands at work have a midmorning "coffee break"; school-age children are given midmorning milk or juice; there is the afternoon tea or cocktail hour for grownups; while teen-agers make an after-school rush for refreshments. Many families have the habit of munching while watching television during the evening — and, finally, there are the bedtime snacks.

Snacks Not Calories
Extension members are asking if snacks contribute only calories — or if they help families to get the foods needed every day. According to Mrs. Saul snacking can undermine the family's health if these extra meals are filled only with calories. The practice of serving and eating snacks which are too sweet or starchy often results in obesity and poor nutrition. On the other hand, snacks can help the family's well being.

"Out of sight-out of mind" might be a good slogan to prevent the candy and soft drink habit in children. If fruit is served attractively, raw vegetables served cold and crisp, or if cheese dips, dried fruit, peanut butter candies or cold fruit drinks are offered, children will usually be satisfied. They will have foods that will help build strong bones and teeth, make rich red blood give them pep

and energy and a general appearance of good health.

Girls Have Poorer Diet
Mrs. Saul says that studies were made of the eating habits of teen-agers in several of the western states. The surveys show that while many teen-agers are getting most of the nutrients they need from their food, there is still lots of room for improvement. Girls eat a poorer diet than boys. At this age most boys have a healthy appetite and eat most foods served to them. But the girls may be concerned about their weight and actually avoid foods needed for a pretty complexion and good health.

The extension program will bring out that there is no question about the possibility of snacks coming to the aid of this nutrition problem. They have the following check list on snacks to help parents and children decide what foods to choose for between-meal eating.

1. A snack should supplement regular meals in nutritive value.
2. It should not add calories in excess of energy requirements.
3. It should not be substituted for regular meals.
4. It should not be eaten so close to regular meals that it spoils the appetite.
5. It should taste good. After all — snacks are eaten for fun.

CHURCHES

SEVENTH-DAY ADVENTIST

Elder H. E. Preston
Ph. 676-9952
Sabbath School, 9:30 a.m. Saturday
Worship Service, 11:00 a.m.

FIRST CHRISTIAN CHURCH

Don W. Johnson, Minister
Ph. 676-9209
Bible School 10 a.m.
Lexington and Heppner
Morning worship—Lexington 9 a.m.
Heppner 11 a.m.
Combined evening service at Heppner, 7:30 p.m.
United Youth Fellowship, Methodist and Christian Youth, 6:30 p.m.

LEXINGTON CHURCH OF CHRIST

Don W. Johnson, Minister
Ph. 676-9209
Bible School, 10 a.m.
Morning Worship, 11:00 a.m.
United Youth Fellowship and Evening Worship in Heppner.

UNITED METHODIST CHURCH

Rev. Edwin Cutting
Ph. 676-9224
Sunday School, 9:45 a.m.
Morning Worship, 11:00 a.m.
United Youth Fellowship, 6:30 p.m.
Choir Rehearsal, Thursday, 7:30 p.m.

CHURCH OF JESUS CHRIST OF LATTER-DAY SAINTS

American Legion Hall
V. P. Bennett, Br. President
Ph. 676-9760
Priesthood Meeting, 8:30 a.m.
Sacrament Service, 11:00 a.m.
Sunday School, 10:00 a.m.

ASSEMBLY OF GOD CHURCH

Rev. Ellis Parker
Ph. 676-5581
Sunday School, 9:45 a.m.
Morning Worship, 11:00 a.m.
Evening Service, 7:30 p.m.
Mid-week Service, Tuesday, 7:30 p.m.

HOPE AND VALBY LUTHERAN

Rev. Rudolph Mensch
Ph. 676-9940
VALBY: Worship, 9:00 a.m.
Sunday School, 10:20 a.m.
Holy Communion 1st Sunday every month

HOPE: Sunday School, 9:45 a.m.

Worship, 11:00 a.m.
Holy Communion 1st Sunday every month
CONDON: First and Third Sundays
Worship, 7:30 p.m.
Sunday School, 6:30 p.m.

ALL SAINTS' EPISCOPAL

Morning Prayer, 10:00 a.m.
Church School, 10:00 a.m.

ST. PATRICK'S and ST. WILLIAM'S CATHOLIC

Father Raymond H. Beard
Ph. 676-9462
ST. PATRICK'S (Heppner): Sunday Masses, 7:30 and 11:00 a.m.
ST. WILLIAM'S (lone): Sunday Mass, 9:15 a.m.
Confessions, St. Patrick's, Saturday, 7-8 p.m.

IONE UNITED CHURCH OF CHRIST

Rev. F. W. Luedde, Jr.
Ph. 422-7530
Church School, 9:45 a.m.
Worship Service, 11:00 a.m.

Adventists Begin Caroling Nov. 29

Seventh-day Adventists will begin their 1963 season of caroling for missions in the Heppner-lone-Lexington area Saturday evening, Nov. 29, weather permitting, according to Adventist pastor, Henry Preston.

"The youth and young adults of the church delight in spreading Christmas cheer as they gather funds for their church's worldwide uplift and welfare services," he said.

He reports that several families in the area near Heppner and between Heppner and Condon were given aid from these funds last year when house fires left them in varying degrees of distress. "Local emergency services of the Heppner Adventist Health and Welfare Society are directed by Mrs. H. E. Preston in cooperation with larger Health and Welfare Societies in other churches throughout the Inland Empire," he said.

The pastor stated he and his congregation are most grateful for the liberality of the people whose gifts enable his church to render such a far-reaching service in all lines of welfare and uplift work. They anticipate a generous response to this year's annual appeal, he said.

Don Cossitt returned home Saturday from St. Anthony Hospital in Pendleton where he had surgery for the removal of a 5th lombard disc resulting from an injury received while working on the Don Robinson ranch. He has spent 41 days in all in three different hospitals. His last instructions from his doctor was to do as little as possible.

Family Christmas Shopping TIPS

FOR MOM: PROCTOR SILEX Blender \$12.88
SUNBEAM Coffeemaker 18.94
SUNBEAM Electric Knife 15.50

FOR DAD: B&D 3/8" Drill Kit 19.99
B&D 1/4" Varispeed Drill 18.98
B&D Sander Kit 23.25

FOR SIS: SUNBEAM Hair Dryer 17.94
Bulletin Boards 3.95
Paint For Her Room 7.49

FOR SON: .22 Remington Rifle 34.95
DAISY B-B Gun 18.49
JUST LIKE DADS SPIN Rod & Reel 11.95



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DAISY B-B Gun 18.49
JUST LIKE DADS SPIN Rod & Reel 11.95

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Farm and Builders Supply
Heppner Ph. 676-9157

Kenneth Jones Has Cruiser Duty

USS GALVESTON (FHTNC)—Machinist Mate Third Class Kenneth L. Jones, USN, son of Mr. and Mrs. Charles C. Jones of Lexington, is serving aboard the guided missile cruiser USS Galveston in San Diego.

The ship recently returned from a seven month deployment to the Mediterranean. Although the Galveston is assigned to the Pacific Fleet it has spent almost as much time in the Atlantic as in the Pacific.

During its last cruise the ship covered more than 8,000 miles and visited eight countries.

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