

'Hello Heppner' Project of Home Extension

The Heppner Home Extension Evening group is promoting a project which they call "Hello Heppner". Members take turns in calling on newcomers and present them with brochures of the area. Names of new families are secured from Columbia Basin Electric. They started last April. They visited fourteen families in November.

This group meets the 1st Tuesday of each month, usually in the homes. Mothers with small children who can't get away during the day and women who work, are cordially invited to share the programs.

At Tuesday night's meeting Molly Saul, Home Extension Agent from Pendleton talked on "Facts and Fads." A person will eat 1095 meals and snacks in a year, eat 1400 pounds of food and in an average family (3.6 people) spend \$95 per person. An average person eating alone may pay as much as \$812 a year for food. She said this makes a good case for two people eating as cheaply as one!

Diets have changed over the years and now there are more than 8000 different item choices to make in the supermarket.

With a balanced diet, food supplements are not necessary. Too many vitamin pill supplements may be harmful as well as too much iron can be harmful. Additives may add flavor, texture and color as well as nutritive value. Some accepted and common ones are iodine to salt, vitamins to cereals, emulsifiers to mayonnaise to keep it from separating.

Cyclamates are back except in soft drinks. Molly urged common sense in using products with cyclamates in them until exhaustive tests prove them harmful to humans. 3500 milligrams is said to be the danger point in cyclamates. She urged against excess in anything. Salt used in excess can be harmful.

More tests will reveal the results of using monosodium glutamate. One of the Baby Foods companies has removed monosodium glutamate from their products.

Chemicals eaten daily include, salt, sugar, water, vinegar, lemon juice, oil, baking soda, cream of tartar and baking powder.

As the result of the cyclamates and monosodium glutamate withdrawals Molly said, the public may see more stringent controls by the Food and Drug commission and people will be reading the labels more closely.

Molly stayed overnight in Heppner and met with Birdine Tullis, extension aide on Wednesday.

Justice Court

Dec. 21 — Ron Cecil, reckless driving, Bail 150.00, suspended \$125. Paid 25.00.
Nov. 30 — Marsha Ball, vio. basic rule, 10.00 suspended.



KARLA WEATHERFORD who will be installed as Worthy Advisor for Rainbow Girls Sunday afternoon. (See story page 3)

File for County Positions Here

Morrow County Judge Paul Jones (Dem.) has filed his intention to run this year to succeed himself. Mrs. Joyce Ritch (Rep.) has filed for the assessor position. She was appointed to the position to fill the vacancy of Rod Thomson who resigned due to an illness. Jack Van Winkle, completing a term as county commissioner, has filed for the position of assessor on the democratic ticket. He had also been a city councilman here for a term and said friends had been urging that he run for assessor.

Judge Jones is completing his first 6-year term on the county court.

County Clerk Sadie Parrish said a position on the Port of Morrow County also exists but so far had not been filed on.

Position on county court vacated by Mr. Van Winkle will be open. Filing deadline is March 17 and primary election is in May.

Ione Gals on Honor Roll

On the fall term honor roll at Oregon College of Education, Monmouth, are Berniece Matthews and Deniece Matthews of Ione.

A pool table has been put in the lobby of Fiesta Bowl. Sam Heath says he bought it in Portland 15 years ago for \$200. It has been in the basement at the ranch but since no one was using it down there they decided to move it into the bowling alley. It is one of those old ones that would bring 10 times as much if it could even be purchased now.

Syb Wells wrote a note to the Heaths and said she was glad to see the bowling scores in the Gazette-Times.

Jack Sumner to Show Pictures at Grange

Rhea Creek Grange will meet Jan. 9 at 6:30 for a potluck supper. Plans are for Jack Sumner to show the 2nd series of his Farm Tour pictures.

HOSPITAL NEWS

Week of Dec. 31 to Jan. 7 Patients discharged after receiving medical care at Pioneer Memorial Hospital were: V. R. Runnion, Heppner; Teresa Naffziger, Heppner; Rita Sumner, Heppner; Loretta LaBorde, Kinzua, and Gary Kemp, Heppner, transferred to Providence Hospital.

Those admitted and still receiving care are: Edward Brandt, Heppner; Juanita Coghburn, Heppner; Lulu Cornelson, Lexington; Fred Mankin, Heppner; Edna Bailey, Heppner; Fullerton Luedde, Ione; Reuben Berg, Kinzua; Ralph Marlatt Heppner and Bettie Doherty, Heppner.

No immediate prospects for a New Year's Baby yet.

Clara Kincaid Reaches 95th Year

Clara Kincaid who is spending the winter at Pioneer Memorial Hospital is 95 years old on Tuesday. She was born Jan. 6, 1875 on the Mason homestead on Rhea Creek. Maybe she can't remember what happened this year but she is sharp on what happened 90 years ago.

Her parents were Joseph and Augusta Mason and the homestead was about 5 miles up from the mouth of Rhea Creek. The Pettyjohns are farming it now. She remembers the winters had lots of snow, there were lots of wild animals and it was all stock country.

During the summer there were Indians passing through the country often as they made their way to and from the mountains. They wintered on lower Willow Creek and where Arlington now stands. She recalls they were neighborly and "as good as they could be". The Indians gave them an Indian pony which they called "Bob" because his tail had been bobbed off short. They rode Bob to the Rhea Creek School which was 2 or 3 miles farther up the creek. During recess they played Black man, jump rope and ran races. During the winter months they raced with their sleds down the hills.

When she was 16 she helped at the Kincaid ranch. They fed the haying crew and the harvest crew, raised all their own vegetables and fruits along the creek. She learned to milk a cow when she was very young. It was here she met Oliver Kincaid. He went to Portland to school. She became a dress maker and made over 300 wedding

Fiesta Bowl

BLUE MOUNTAIN		
	Won	Lost
Crisp Logging	38 1/2	26 1/2
Rietmann's	33 1/2	30 1/2
Post Office	31	33
MCGG	30 1/2	33 1/2
Central Market	30 1/2	33 1/2
Gar Aviation	28	36
High Ind. Game—G. Meyers, 223; High Ind. Series—W. Ball, 579; High Team Game—MCGG, 1043; High Team Series—MCGG, 3070.		

Social Security Man Available January 9

John A. Pase, field representative for the Social Security Administration will be in Heppner Jan. 9 from 10 a.m. until noon and 1 p.m. until 2 p.m. at the Neighborhood Center.

At A. G. Piepers

Guests of Mr. and Mrs. A. G. Pieper of Lexington arriving for New Years, were their daughters, Mrs. Lavelle Nelson and Mr. and Mrs. Earl Hall and their grandson and his wife, Mr. and Mrs. Larry Holliday, all from Portland.

Mr. and Mrs. Pieper and their son and daughter-in-law, Mr. and Mrs. Elmer Pieper of Hermiton went to Portland early this fall to attend Larry Holliday's wedding.

Hotel Owners Take Over Cafe

Mr. and Mrs. John Dallman who have leased Hotel Heppner this year took over management of the Hotel Cafe this week. They have had several different cafe managers this past year. They decided to either eliminate some of their problems or multiply them by managing the cafe themselves. Mrs. Judy Ricker, an experienced cook, is chef.

St. Patrick's Plan Card Party

Plans are being made for a card party to be held Jan. 26 at the Catholic parish hall. This announcement was made by Eleanor Gonty, activity chairman for the month of January.

Mrs. Gonty and her committee will serve cookies and coffee during the course of the evening. Cards will start at 8:00 p.m. Tickets will be sold by the children of the parish and will also be available at the door.

Ruggles Report

The last letter from Mr. and Mrs. Charlie Ruggles is that they were at Sunnyvale, Calif. and living it up in sunny California. They planned to go on to LA until the 8th of January and then their trip would be unscheduled.

JUDGE JONES TRAVELS TO RENTON, WASHINGTON

Judge and Mrs. Paul Jones and Ray went to Renton to enjoy the holiday vacation with their son-in-law and daughter and new grandson, Mr. and Mrs. Jon Blake and Shawn Patrick. Shawn was 2 months old on Christmas Day.

Enroute home they stopped to visit their son and family, Mr. and Mrs. Gary Jones, Holly and Guy.

On Monday Ray went back to BMCC for winter term.

Mr. and Mrs. Sam Schwarzin of Portland accompanied by her mother, Mrs. Reardon, Cathy and David, visiting from Indiana, spent part of the holidays here with Mr. Schwarzin's sister and family, the Vern Keithleys. Mrs. Claire Andresen was also a guest for Christmas dinner.

At Randy Lotts

Mr. and Mrs. Randy Lott had for their guests Christmas Day, her folks, Mr. and Mrs. Wm. Kennedy of Walla Walla and her sister and family, Mr. and Mrs. Gilbert Manuel, Jim, Anita and Janice of College Place, all of whom stayed overnight and her brother and family, Mr. and Mrs. Robert Kennedy, Tim, Becky and Tom of Pendleton.

On New Year's Eve, Mr. and Mrs. Lott entertained at a buffet supper and Housewarming. Guests were Mr. and Mrs. Don McElligott and Joan, Mr. and Mrs. Jack Barak and Mr. and Mrs. Frank Rasmussen. The hosts were presented with a towel ensemble in blue to match the new bathroom.

Mr. and Mrs. Marion Cockburn were over from Milton-Freewater this weekend to visit Mr. and Mrs. Gene Ferguson. The men enjoyed skimming. Gene recently had a tree fall on his skimobile and just had it repaired in time to take advantage of this snow fall.

Mr. and Mrs. Reinhart Haack their daughter Kathy, and her friend Susan Mills, were here several days last week visiting with Mr. and Mrs. Claude Graham.

Recently the Gazette-Times ran a letter from Amanda Smith Swick requesting information as to the whereabouts of a close friend, Betty S. Hausler. We don't know whether these two friends have gotten together yet or not but we did receive information that Joe Hausler, Betty's father, is the music instructor in the Joseph Schools at Joseph, Oregon.

Mrs. Jan Crabtree is back at work at MCGG following a winter vacation which she spent at home with her son, Scotty.

In honor of Mrs. Thomas Young, Mr. and Mrs. Charles Heard entertained at New Year's Breakfast. Other guests were Mr. and Mrs. Garry Tullis and Mr. and Mrs. Ed Gonty. Mrs. Young is Mr. Heard's mother who was visiting here from Milton-Freewater.

FROM EVERETT Mr. and Mrs. Dave Barnett and Scott of Everett, Wn. were here for the holidays with his parents, Mr. and Mrs. Ray Barnett and her parents, Mr. and Mrs. Darrell Vinson. Friends and relatives were in and out to visit them while they were here.

The Value Center.



The Value Center.

It's where you go to get Buick value. It's where you go to get the things only Buick offers you.

Side guard beams.

In most Buicks, you'll find steel beams in the doors for added security. Every Buick has a list of safety equipment that never seems to end.

Semi-closed cooling system.

No new Buick should ever overheat. Or ever run out of engine coolant. Because of the unique semi-closed cooling system that's standard on all the new Buicks.



AccuDrive.

A Buick exclusive. It's a revolutionary front suspension system that's standard equipment on many new Buicks. It makes handling easier than it's ever been.

Choke control.

On every Buick V8 engine this year there's a special time modulated choke control. It provides easier starting in any kind of weather.

Six coat finish.

Every Buick has it. To keep a good looking Buick good looking for a long time.

What it all gets you.

A car that's built to last. A car that's worth more now because there's more to it. And a car that's going to be worth more tomorrow.

3100 Value Centers.

This is where the proof is. The Buick showroom nearest you. We've even created a special information center and loaded it with facts. The proof about Buick value. Visit the Buick Value center nearest you. Where there's a perfect Buick value for you.



Buick Value. Something to believe in.



Noritake PROGRESSION CHINA

SALE

FIRST TIME EVER OFFERED AT THESE LOW PRICES

20 PIECE SET SERVICE FOR FOUR ONLY \$28.88

CHOOSE FROM MANY PATTERNS ALSO SAVE 20 PERCENT ON OPEN STOCK

JAN. 12 THRU 24

Murrays Rexall Drug

Heppner

Ph. 676-9610