

Coming Spring Events

Cow Belles Date Two Affairs

Two spring affairs have been planned by the Morrow Cow Belles. All CowBelles and their friends are invited to the Spring luncheon to be held April 3 at noon at St. Patrick's Parish hall.

A business meeting will follow.

Plans will also be made for the annual Spring Food sale. This year it will be a traveling food sale on April 13.

ESA Plans Garage Sale

Beta Omega chapter of Epsilon Sigma Alpha of Ione met March 20 at the home of Mrs. Mark Murray to discuss plans for a Garage Sale to be held March 31 at the Ione Legion Hall. Proceeds of the sale will be Beta Omega's donation to the Crippled Children's Hospital School in Eugene.

Some members will attend the District meeting in Condon on March 25. The chapter at Ione will be in charge of the entertainment.

Piano Recital This Sunday

Mrs. D.E. Hudson will present her piano pupils in recital this Sunday at 2:30 at the Heppner Elementary School multipurpose room. All friends are cordially invited.

Appearing in the spring program are:

Jacki Hudson, It Ain't Gonna Rain, row, Row, Row Your Boat; Arlene Gray, Jesus Loves Me, Old Folks at Home; Bonnie Arrington, Welcome, Sweet Springtime, Strike Up the Band; Paula Palmer, Aura Lee, Spring's Greeting; Hudson Sisters (trio), Comin' Round the Mountain and Home on the Range.

Deann Connor, National Emblem, Won't You Come Over To My House?; Cindi Hudson, Pony Trot, At a Ducky Camp Meeting; Rosanna Marlatt, A Cowboy Ballad, Caprice; Gray Sisters (Duet), Little Brown Jug, Scotch Lassie and Debra Palmer, A Hot Time, Barcarolle.

A New Nutrition Learning

Judy Forest, Extension Food and Nutrition Specialist, Oregon State will be in Pendleton Tuesday, March 27, to present a lesson termed "What's New in Nutrition". This lesson is designed for Home Extension study group members, who will teach the lesson throughout Umatilla and Morrow counties in April. Extension home economist Molly Saul states that any organization interested in having this lesson is invited to send a representative to take the training.

Questions such as the following will be discussed: How can I lose weight without starving? Which cereal should I buy? Are organic foods really more nutritious? Should I take vitamin supplements? What can I

Watch For The Artfactory

The Artfactory is on it's way. The list of demonstrations is growing. There will be painting, tile painting, china painting, two demonstrations of leather craft, macrame, crewl work and Japanese Ming Trees.

And don't forget the book sale. The Artfactory will be held on Saturday April 14th in the Heppner Hotel from 10 a.m. to 5:30 p.m.

Participants are reminded to bring paper bags for sale of merchandise.

7th Graders Plan Cupcake Sale

The Heppner Jr. High 7th graders will have a cupcake sale on March 27 in both the primary and junior high buildings. The sale will begin just after noon and continue through the lunch hour. The money made is to be used to help finance the trip the 7th graders will take to OMSI and the Portland Zoo on April 17.

Krynn Robinson, Missouri Waltz, Sombbrero; Melody Marlatt, Liebestraume, Tropicana; Donna Palmer, Andantino, Ida, Sweet as Apple Cider; Cindy Dougherty, In My Merry Oldsmobile and Londonderry Air. Sandy and Cindi-duets, Sweetheart Waltz, We'll Go Fishin' In a Cradad Hole.; Anna Schwarzin, Whispering Hope, You're a Grand Old Flag; Sandra Palmer, Western Waltz, O Sole Mio; Susan Gray, Chopsticks de Luxe, Cara Nina; Palmer Sisters, duets, Campus Capers, Rockin' in the Rockies and Sandi Hudson, Tia Juana Tango, St. Paul Waltz. Suzanne Cutsforth, Shadow Dance of a Ballerina, Brazilian; Dee Hedman, So Long Mary, The Ameri-Conga; Bill Kenny, Castaneta, Asleep in the Deep and Marlatt Sisters, duets, Christ, the Lord is Risen Today, God Bless Our Native Land.

believe about vitamin E? Are yogurt, black strap molasses and honey really superior foods? Can foods cure arthritis? Ample time will be allowed for the answering of questions from the audience.

The lesson will be held at the Peace Lutheran Church, Pendleton, N.W.9th and Carden, from 10-12 noon. There will be a coffee and get acquainted period from 9:30-10 a.m.

LUNCHEON GUESTS on Sunday at the home of Mrs. Amanda Duvall were Mrs. Leonard Floan, her son-in-law Joe Kent and his son, Jim all of Portland.

Help With Toddlers on the way

Parents of toddlers are frequently puzzled by their behavior. Is it normal? What should I expect? How do I get him to cooperate? How much discipline? These are only a few of the questions that parents ask.

To help parents of the 1 to 3 year old find answers to these and other questions, Umatilla-Morrow County Extension Service still has room in its correspondence or home study course which begins April 2, according to Debbie Barker, Extension Home Economist. The course will consist of four lessons. Each lesson includes a work sheet to help the parent become involved in learning about toddlers. A brief report-back is included with each lesson to be mailed back to the county office before the next lesson is sent.

Bake & Take.

At the request of Oregon Wheat Growers wives Governor Tom McCall is proclaiming March 24 Bake and Take Day. Every lady in Oregon is urged to participate by baking something using a wheat product and take it to the elderly, shut-ins, lonely or someone special. The personal visit to deliver the bread, rolls, cake, cookies etc. is considered an important part of the Bake and Take concept.

Mrs. Alda Scharf of Amity, state chairman for the domestic wheat utilization committee is coordinating this project in Oregon. Wives of Kansas wheat producers initiated this project of good will. They hope to make it a national event.

Mrs. Carl Marquardt, Morrow County Domestic Wheat Utilization chairman urges all women in Morrow County to participate in this Bake and Take project.

Attend Wedding

Several people from Heppner went to Pendleton Saturday to attend the wedding of Janet Thompson to Tony Bliss at the Church of the Redeemer Episcopal Church.

The bride is a sister of Terry Thompson of Heppner. Shellie Thompson was a junior bridesmaid and Brian was candle lighter.

Going over were Mr. and Mrs. Claude Graham, Mr. and Mrs. John Pfeiffer, Mr. and Mrs. Raymond Ferguson and Mrs. P.W. Mahoney.

Engagement Announced



JODI ANN SNOW

Bill Snow of Ione and Virginia Snow of Tacoma are announcing the engagement of their daughter, Jodi Ann to Leonard John Hanna, son of Mr. and Mrs. John Hanna, Heppner.

Miss Snow is a 1969 graduate of Ione High School and is attending the University of Oregon. She plans to graduate in August with a degree in Sociology.

Mr. Hanna is a 1967 graduate of Heppner High school and attended Blue Mountain Community College. He is employed at the Frank Anderson ranches.

A September 1 wedding is planned.

Mid-winter Wedding Unites Joan Healy-David Eckman



Mr. and Mrs. David Eckman Jr.

Joan Marie Healy and David Wallace Eckman, Jr. were united in marriage January 27 at St. Patrick's Catholic Church. Father Raymond Beard performed the ceremony before immediate members of both families. The bride is the daughter of Mr. and Mrs. William J. Healy, Butter Creek and the bridegroom is the son of Mr. and Mrs. David W. Eckman

Sr. of Heppner. Attending the young couple were Kenneth Eckman and Miss Patti Healy. A reception followed in the parish hall. Attending from out of town were Mr. and Mrs. Kenneth Burgess of North Bonneville, Wa., grandparents of the groom. Friends and family surprised the young couple by furnishing their apartment prior to the wedding.

Expected Doherty and Mom Honored

Mrs. Eldon Padberg, Mrs. Bill Van Winkle, and Mrs. Robert Davidson were hostesses for a large baby shower on Wed. of last week honoring Mrs. Dennis Doherty. The large Davidson home at Lexington was well filled with guests and appropriate gifts. Mrs. Davidson prepared one of her decorated cakes supreme, very cleverly decorated with a baby in a play-pen and other clever plastic miniatures. Mrs. Van Winkle served punch and Mrs. Padberg poured the coffee. A good time was had by the guests and by the Doherty grandmother-to-be and mother-to-be.

Jean Dobbs Will be in her shop MARCH 28/29/30 to sell - BEAUTY SHOP EQUIPMENT, RETAIL ITEMS and HOUSEHOLD ARTICLES. While in Heppner - 676-9435

54th Birthday

Heppner Legionnaires and Auxiliary members and families enjoyed a potluck and meeting here Monday night. Event celebrated the 54th anniversary of the Legion's founding in Paris following World War I.

Eight of the Legionnaires have been members for 54 years. Darrell Hudson was the one present who accepted an award on their behalf. Others with this membership are Harold Cohn, Henry Peterson, Earl Gilliam, Clarence Bauman, Alva Jones and Frank Hamlin.

Commander Clayton Sweek welcomed the guests. Awards for obtaining members were made to Jerry Rood and Frank Hamlin. New members are now joining the Legion. Veterans can obtain information on joining from any member, or call Mr.

MR. AND MRS. VICTOR SCHOEN of Skamania, Wa. visited here recently with their daughter and family, Mr. and Mrs. Terry Thompson.

THE RINEY SEEGERS of Burns spent the weekend with Madge Bryant in Heppner. They attended the Thompson wedding in Pendleton on Saturday.

Spring Buffet Dinner

Lexington Grange Hall

March 25

1-4 p.m.

Adult \$2 Children \$1 Family \$5

PINOCHLE 2-5

Benefit Lexington Grange Building Fund

PORK STEAK lb. **89¢**

Western Family WIENERS 12-oz. pkg. **69¢**

Oregon Chief Smoked PICNICS lb. **79¢**

Cornish Game HENS 24 oz. size each **85¢**

COFFEE 3 lb. **\$2.79**

Schillings 4 oz. **PEPPER** **49¢**

CRISCO OIL 24 oz. **55¢**

Chicken of the Sea **TUNA FISH** 6 1/2-oz. **44¢**

Mission 12-oz. **EGG NOODLES** 3 for **\$1**

KRAFT Macaroni & Cheese 5 for **\$1**

NABISCO OREO CHIPS AHOY 15 oz. 2 for **95¢**

Produce

ORANGES 8 lbs. **\$1**

Asparagus lb. **49¢**

CELERY 2 stalks **45¢**

Prices Good March 23-24 Phones: (Groce) 676-9614, (Meat) 676-9288

Central MARKET

It's nice to save twice—low prices and S&H Green Stamps

For \$24.95 Give Her Diamonds Caravelle® by Bulova.

If diamonds are a girl's best friend, befriend her. And keep her timely, too. For a mere \$24.95. Give her a pretty sculptured, precision-made, 17 jewel watch, highlighted with twin diamonds. The Sweet Briar "G". Caravelle by Bulova. An expensive watch at an inexpensive price.

Peterson's JEWELERS

Store Hours: 9 A.M. to 6 P.M. 177 MAIN ST., HEPPNER PH. 676-9200