

Club 'dies' at the age of 45

The Cecil Friendship has disbanded after 45 years for lack of membership, according to Mrs. George Griffith, president.

The women's social club was started in 1928 by Mrs. Bert Warren, now deceased. Since money was scarce at that time, the rule of the club was that every lady attending the meetings must wear a cotton house dress. Anyone who came "dressed up" was subject to a fine.

The main purpose of the club was to provide a monthly get-together of friends and neighbors of the Cecil area. Each member was remembered in some way on her birthday. Sometimes it was a pot holder or a handkerchief shower, other times a gift from a secret pal.

The Cecil Hall served as the meeting place for the numerous potluck suppers the group sponsored. The suppers were followed by card playing or dancing.

Once a year a picnic was held during the summer months. This last summer was no exception. The picnic was held in July at Hat Rock, and everyone who had ever lived in Cecil area was invited to attend. Mrs. Griffith reported a very good attendance and that several had traveled several miles to attend the event.

Things began to change as the smaller farms were sold and people began to leave. The club that once boasted 22 members finally shrank to four active members. At the September meeting it was decided to discontinue the monthly meetings.

Active members at the conclusion were Mrs. George Griffith, Mrs. Dick Patton, Mrs. Grover Curtiss and Mrs. Henry R. Krebs. Surviving charter members are Mrs. Henry W. Krebs, Arlington; Mrs. John Krebs, Arlington; and Mrs. George Krebs, Portland.

HOWARD PETTYJOHNS INVITE THEIR FRIENDS

Friends and relatives of Mr. and Mrs. Howard Pettyjohn are invited to their 25th wedding anniversary, Sunday Oct. 21, at their home. Guests can come between 2 and 4 p.m., and are requested to bring no gifts.



"Never underestimate the power of a woman" they say. Make that plural and we bring down the price of meat, or anything else we decide to concentrate on. So concentrate! Make a game of eating, dressing and living as easily and inexpensively as possible.

Under present conditions we may not be able to reduce the price of gasoline, but we certainly can cut our car trips to a minimum by making one cover as many chores as practicable.

However, we all know that it's not much fun to continue being practical without an occasional fling. If we are careful about meal planning we can add a few frills, such as mushrooms or sliced water chestnuts to vegetables, or capers to a salad. And if we sew our own clothes we can go a little wild on accessories—with a clear conscience.

The crispness of Fall inspires the most excitement for clothes planners. This year, in spite of the continued popularity of knits and synthetics, tweeds are in high favor and,

of course, wool is still the greatest.

A jacket, skirt and pants of the same tweed makes a smart Fall outfit, in more ways than one. You get more from one piece of material than from the same yardage in two or three pieces, because you can use every inch. About four yards will make this outfit for the average figure.

Here is a good system for such a project: Set up four card tables with a blanket and sheet on top. After steam-pressing your wool (even if it is preshrunk) lay it out on the tables nice and straight.

Familiarize yourself with the pattern pieces. Separate those for linings and interfacings from those of the main garment. With this much material you can improve on the pattern chart, so experiment until you are sure of getting all pieces on the proper grain of the fabric. Then pin and proceed to cut.

Check you measurements with those on the pattern envelope. You may need to add a little at waist, hip or bustline or take a tuck to narrow the shoulders. The pattern will indicate where to lengthen or shorten.

To a black and white tweed ensemble, add a white jersey shirt or turtleneck sweater, a couple of interesting chains or ropes of beads, a crocheted or wrapped turban. If you are lucky enough to have in storage a silver or red fox fur (complete with head and tail) you are in luck, as they are very big again, worn with either a suit or pantsuit.

Do be careful in the selection of shoes. The awkward, clunky ones are not bad with slacks, but make feet look bigger with skirts.

Foursome end a 6100-mile trip

Mr. and Mrs. Marion Palmer and Mr. and Mrs. Harold Sherer have just returned home from a 6100-mile trip.

They traveled first to Victoria, B.C., where they visited Butchart Gardens and took a tour of the city.

They proceeded east on the Canadian Transcontinental Highway to Lake Louise, Banff and Calgary. They changed direction west of Winnipeg and drove south to North Dakota, Iowa and Missouri.

CONNORS, NASHES TO BEAVERTON

Mr. and Mrs. Dean Connor and four children accompanied Mrs. Lincoln Nash to Beaverton, Ore., Saturday, to visit Mr. and Mrs. Bob Parsons and Mr. Nash. Mrs. Parsons is the Nashes' youngest daughter.

Mr. Nash will be staying with the Parsons for eight weeks or longer to receive medical treatment.

The Connors spent Saturday night at the home of Mr. and Mrs. Johnny Williams in Aloha, Ore. Mrs. Williams is Dean's sister.

Mrs. Nash and the Connors returned to Heppner late Sunday night.

In Missouri, they visited with the women's father, Noah

Pettyjohn, and other relatives living in the Ozark Mountains, and attended the Dave Drennon "Ole Opry" show.

On the return trip, they arrived in Salinas, Kas., just after four tornadoes had set

down. There was extensive damage observed. Fields were under water, and many farmers did not have their crops harvested.

As a result of the storm, the Oregon travelers experienced some difficulty in finding motel rooms. They were glad to leave that particular area

the following morning as the rains continued.

They visited other points of interest on the return trip to Oregon, such as the Little Americas.

They encountered good weather most of their trip, and had no trouble obtaining gasoline.

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Storm sash, double glass and even temporary plastic covers can cut heat losses from windows. Weather stripping on outside doors and windows will minimize the infiltration of cold outside air.

Additional insulation tips:

1. Weatherstrip attic door. A 1/4-inch crack under the door can lose about \$5 worth of heat each winter.
2. Storm windows, plastic covers or double glazing, will stop moisture from condensing on inside of glass.
3. Close fireplace damper to prevent heat flow up the chimney when fireplace is not in use (caution, only after all fire is completely out).
4. Cover ground in unheated crawl space with plastic sheet vapor barrier to reduce moisture evaporation. Crawl space ventilation may be materially reduced during cold, windy weather if this ground moisture is eliminated, thus warmer floors. Some cross ventilation should be provided.

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How much does it cost to care for an empty hospital bed?

It costs about \$50,000 per bed to build a hospital in Oregon. But that's just the beginning. Many people and a vast amount of expensive equipment must be available day and night in case someone needs the bed. So maintaining or caring for a bed, whether it's empty or occupied, costs \$29,000 a year.

That's why it's important that there aren't too many beds—or too few beds—in any community. Too many beds raise the cost of health care unnecessarily. Too few beds can be disastrous. To prevent either possibility, voluntary Health Planning Associations in Oregon guide the planning for adequate health facilities, services, and manpower throughout the state.

In addition, they help coordinate emergency services. They look into health problems caused by the environment. They help eliminate duplication of expensive

facilities and equipment. They look to see if hospitals, mental health care services, public health clinics, and treatment centers are adequate. They plan for health care just as people in the community plan for schools—highways—urban development.

These organizations are set up throughout the state. There is one State Comprehensive Health Planning Authority. And there are 14 local Comprehensive Health Planning Associations which are dependent upon local financing in order to obtain matching federal funds.

Although the Comprehensive Health Planning Associations are staffed by professionals, consumers now have a voice in health planning in Oregon. In fact, 51 percent of the members of the boards must be non-professionals. These people, along with professionals, meet to review health care needs in Oregon.

How does Blue Cross of Oregon fit into this?

We feel that Comprehensive Health Planning is the most effective way to assure quality care and contain rising health care costs. So our staff members serve on Comprehensive Health Planning boards and committees. And we help these organizations financially.

We know that this investment will pay off for all the people we serve. After all, we can't honestly say we care for people unless we do everything we can to help them.

If you'd like to learn more about planning for health care in Oregon, just contact your local Comprehensive Health Planning Association or write to Blue Cross of Oregon for information.

Blue Cross of Oregon... we care for people.



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