

## Ione Topic Club reviews book on federal over-regulation

The Ione Women's Topic Club hosted members of the Bookworms at a meeting at the home of Vera Rietmann on April 11. Guests for the day were Justine Weatherford, Inez Irvin, Marian Brosnan, Helen Curran and Ruby Beck- et.

Martha Barak reviewed "A Time for Truth" by William B. Simons, former Secretary of the Treasury during the administration of Presidents Richard Nixon and Gerald Ford. In his book he tries to provoke thought concerning the over-regulation by our government and the efforts of

the elite social planners. This distinguished conservative dissects the economic and political policies that threaten our liberty and points the way to an American Renaissance. He says that "life can still be

lived in the loopholes and crevices between government contradictions" and agrees with Herman Kahn's sardonic view that "Americans are fortunate not to get all the government that we pay for."

## '5-day Stop Smoking' program set for May 6-10

Smokers who want to kick the habit should mark the dates of May 6-10 on their calendars. A special Five-Day Plan to Stop Smoking will be presented here during that week.

The Five-Day Plan, a clinic to help smokers break the habit within five days, will be held at the Heppner Elemen-

tary School multipurpose room each evening at 7:30 p.m. from May 6 through 10.

The plan consists of regular evening group therapy sessions, films and a daily personal control program for home or work. Films, lectures, printed materials, a buddy system, and medical

participants break the habit.

A daily control book gives specific suggestions for the first five days, believed by experts to be the most crucial period for the new non-smoker.

The plan was developed in 1959 by a doctor-minister team of the Seventh-day Adventist Church, and has been success-

ful over the years in major cities around the world. It is presented locally by the members of the Adventist church,

with the help of visiting medical and other professional personnel. There will be a charge of \$5 per participant to help defray expenses.

UNUSED ITEMS LAYING AROUND?  
Get Rid Of Them Quick With A  
Gazette-Times Classified Ad

### Kinzua news • Barbara Pike

Kinzua Community Church's last day of serving this community started with the Easter Sunrise services at 6 a.m. and ended with the conclusion of the regular morning services.

Following the sunrise services, which were attended by some 100 worshippers, the ladies of the church, assisted by many former members, served breakfast to some 135 members and guests. An overflow crowd of about 250 were on hand at the morning service. Many of those present for this final service were former Kinzua residents who returned for a final look at their old home.

Jack and Virginia Sitton were glad to have their daughters, Rita Roy and Jackie Nickelsen, and grandchildren Tiffani and Brad Nickelsen all of Pendleton, here for the Easter weekend. They were joined at the Sunrise services by Dave and Barb Sitton, Fossil. Sunday afternoon the entire group went to Fossil to attend a farewell potluck and afternoon services at the Baptist Church. Honored at the potluck were Howard and Rachel Welch and Ray and Linda Rector and their children.

Guests at the home of Bernard and Carol Dyer are Mrs. Dyer's parents, Les and Virginia Malloroy, and her grandmother, Elise Reichelt, all of St. Maries, Idaho, and Mrs. Dyer's father, Bob Dyer of Westfir. The Dyer guests are all former residents and came to attend the final Easter services at the church.

Elva Muzzy and children, Paula and Kevin of Westfir, and Paulette Peterson and her daughter, Cheryl of Tigard, were all weekend visitors at the home of Paul and Gladys Muzzy.

Friday evening, Dave and Sara Riney and Megan arrived to visit her parents, Jiggs and Rita Bowman, and to attend the Easter church services. Joining them Sunday here were Ron and Ginger Bowman of Heppner, and Pete and Sharon Ewell of Fossil. Arden Tripp and his son Bill stopped by to say hello at the Bernard Dyer home Sunday. We were sorry to hear that Marian is in the hospital at Heppner...hope she is able to come home soon.

Among the many former residents in town Sunday there was a large group from Heppner, including Raymond and Deena Reid, Johnnie and Dinah Jackson, Billy Joe and Patsy McMinn and Steve and Angie Ball.

Chuck and Marti Mitchell were here for the weekend to work on Chuck's race car and move some more of their things to their new home in Heppner.

Herb and Evie Luper of Odell were visiting friends in town Sunday.

Dorothy Wallis, who has been living with her son, Vic, here in Kinzua moved to Hamilton, Mont. this last weekend. Vic and Geri Ballou, Wasco, drove Dorothy to her new home. This lively lady will be missed by all of us in town. Hope she enjoys her new

# Springtime in



## SAFEWAY

### 2 GRAND PRIZES WIN A FABULOUS VACATION FOR 2 TO PARIS, FRANCE

Unbelievable but true. A drawing will be held Friday, May 11, not for ONE, but for TWO GRAND PRIZES OF TRIPS FOR 2 TO PARIS. 7 days and 6 nights in glamorous Paris, France. Trip includes air fare via Air France, departure from Portland, Oregon; hotel accommodations, and \$400 expense money for each vacation for 2.

**RULES:** Here's all you do. Fill out a registration slip each time you visit any of the participating Oregon and S.W. Washington Safeway Stores. (Ontario and Milton-Freewater excluded). No purchase is necessary. You need not be present to win. Winners will be notified. Only adults 18 years and over may be eligible. Registration ends Saturday, May 5. Complete rules on entry blanks.



**Oranges**  
Extra Large Sunkist Navel Oranges Seedless  
**29¢**  
lb.



**Sweet Corn**  
Fresh & Tender A Delicious Spring Treat  
**5\$1**  
for



**Planting Mix**  
All-purpose Deluxe Mix Reg. \$1.98 Save 50¢  
**\$1.48**  
1 cu. ft. Bag

**Fresh Spinach** Sold Perfect **3.99**  
**Crimson Rhubarb** **.39¢**  
**English Cucumbers** **.49¢**  
**Raisins** Town House Seedless Reg. \$2.68 - Save 70¢ **\$1.98**

WE NOW HAVE A LARGE SELECTION OF BEDDING PLANTS IN STOCK.

### French Cheeses

<b>Camembert</b> Soft, creamy, full flavor aromatic. This cheese is best brought to room temperature before serving. A Snack Cheese <b>6-oz. Box \$2.29</b>	<b>Tartare</b> An enriched style of French cream cheese spiced with garlic and herbs. A perfect party spread for crackers or stuff celery. <b>5-oz. pkg. \$1.75</b>	<b>Port Salut</b> Mild with a sweet creamy lingering flavor. Excellent with dry white wines, roses or light Gamay Beaujolais. <b>4 1/2-oz. pkg. \$1.49</b>
<b>Kirsch Fondue</b> Gourmet Kirsch Cream and cherry liqueur are added to a mild Swiss to make this spreadable dessert style cheese. <b>4-oz. Box \$1.39</b>	<b>French Brie</b> Mild flavor, soft and creamy to spread on crusty French bread or unsalted crackers. <b>4 1/2-oz. Tin \$1.89</b>	<b>Roquefort</b> French Roquefort, a creamy white cheese with delicate blue marbling, often considered the greatest of cheeses. <b>3-oz. Wedge \$1.75</b>

FREE Wine and Cheese Recipes Available at Safeway

### INFLATION FIGHTER



**Margarine**  
Nucor No-Burn Margarine  
1-Pound Pkg.  
**49¢**  
(Coldbrook Margarine 1-lb. pkg. 39¢)



**Jeno's Pizza**  
Canadian Bacon or Pepperoni  
12.5-Ounce Size  
**88¢**  
(Bel-air Pizza Cheese, Pepperoni 13-oz. 78¢)

### Quart Yogurt

Plain or Sundae Style  
**88¢**

### Cheddar Cheese

Lucerne Mild • 2-lb. Loaf  
**\$2.98**

### Dawn Liquid

Detergent 20" Off Label 32-oz.  
**\$1.39**

### All Detergent

40" Off Label - 9.813-lb. Box  
**\$4.45**

### French Wines

<b>French Menciaant</b> Wildman Macon Villages A Light white Burgundy <b>24-oz. Btl. \$4.39</b>	<b>Chenin Blanc</b> Michel... Fruity, semi-dry with a smooth finish. <b>24-oz. Btl. \$2.98</b>	<b>Bordeaux Red</b> Chateau duJuge 1977 Dry, Flavorful. <b>24-oz. Btl. \$3.98</b>
<b>French Muscadet</b> Chateau des Gillieres 1976, Fuller Bodied red wine. <b>24-oz. Btl. \$3.39</b>	<b>Gamay Rouge</b> Michel, Fruity dry red dinner wine. Good Bouquet. <b>24-oz. Btl. \$2.98</b>	<b>Bordeaux Red</b> Chateau Haut Guiraud 1975 Mild, dry, delicate flavor. <b>24-oz. Btl. \$4.39</b>

### French Imported Favorites

<b>Lemon Drops</b> Dole Vegalene 3-oz. pkg. <b>59¢</b>	<b>Jam</b> French Raspberry 13-oz. Size <b>\$1.49</b>
<b>Chocolate</b> 3-oz. Lamin Crumb <b>89¢</b>	<b>Mustard</b> Grained, with Wine 1/2-oz. <b>\$1.19</b>
<b>Vinegar</b> Amoro French Red Wine 8.5-oz. <b>\$1.35</b>	<b>Crisp Toast</b> Grilled 8.5-oz. <b>\$1.55</b>
<b>Liver Pate</b> French Recipe Perigord 2.5-oz. <b>95¢</b>	<b>Perrier Water</b> French 11-oz. 3 for <b>\$1.49</b>

### Cannon Towels

Safeway Exclusive! Lovely "Rose Design". Assorted Colors

<b>Bath Towels</b> <b>\$3.59</b>	<b>Hand Towels</b> <b>\$2.69</b>
<b>Wash Cloth</b> <b>\$1.19</b>	

May be in Temporary Short Supply. Additional Deliveries in Route.

### Fresh Breads

<b>Ovenjoy Bread</b> White or Wheat 22.5-oz. Loaf <b>28¢</b>	<b>Fresh Buns</b> Mrs. Wright's Hot Dog or Burger 11 & 13-oz. <b>39¢</b>
<b>30-oz. Bread</b> Mrs. Wright's Wheat or White Sandwich (Crusted Wheat Sandwich 39¢) <b>2.51</b>	<b>Honey Wheat Berry</b> Mrs. Wright's 24-oz. <b>69¢</b>
<b>French Bread</b> Mrs. Wright's Stued or Unstued 15 or 18-oz. <b>2.51</b>	<b>Butterhorns</b> Mrs. Wright's Family Pack 18-oz. <b>99¢</b>