

## GOOD HEALTH



**Answer to Question No. 1:**

1. Emotional distress, like worry, can affect the functioning of practically every organ of the body. Headaches, diarrhea, heart and blood pressure disorders, ulcers, skin rashes and other ailments can be the result of some emotion, stress or tension.

**Answer to Question No. 2:**

2. A cataract is a cloudy condition of the lens of the eye, gradually dimming the eyesight until blindness results. The lens can be removed by an eye surgeon—after which eyesight re-

turns. This is usually a disease of older people.

**Answer to Question No. 3:**

3. Very much so. The leading causes of death today are heart diseases, cancer, apoplexy, accidents, and nephritis. In 1900 the leading causes were tuberculosis, pneumonia, enteritis (diarrhea) and heart disease. The first three of the 1900 causes have been eliminated as primary causes of death, thanks to progress in medical science.

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## LYONS

By EVA BRESSLER

Mr. and Mrs. Francis Mullins are receiving congratulations upon the arrival of another daughter born Wednesday at the Salem Memorial hospital.

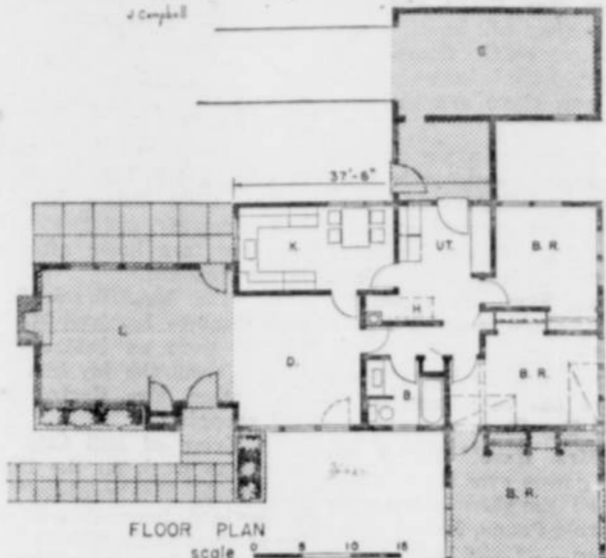
Mrs. Marvin Edwards was honored on her birthday anniversary when a group of relatives gathered at her home for the evening and a dinner. Present were the honored guest, Mrs. Edwards; Mr. Edwards, Carol and Dale; Mr. and Mrs. Byron Bates and son, Don of Gates; Mrs. Clyde Morgan, Juanita and John of Glenwood; Mr. and Mrs. Stanley Walters and son, Leslie of Scio; Mr. and Mrs. Carl Stavang, Carol and Wayne of near Jordan; and Mr. and Mrs. J. P. Edwards of Lyons.

Mr. and Mrs. John McClurg entertained with a pinochle party at their home Saturday evening in honor of Gus Steinborn, who left the first of the week for Hineky, Minn. Present were Mr. and Mrs. Oscar Naue and Ruby, Mr. and Mrs. Howard Naue, Mr. and Mrs. Donald Naue and sons, and Dick Brown.

Mrs. Glen Julian was hostess Sunday afternoon in the Julian home for a group of little folk honoring her son, Glen Jr. on his eighth birthday. Pony riding and games on the lawn furnished the entertainment. Refreshments were served Glen Jr. honored guest, Michael Cruson, Marjorie Worden, Jean Prideaux, Bonnie Cruson, Duane Christensen, Mary Jo Cruson, David Prideaux, Carol Downer, Buddie Bridges, Lena Downer, and Buddie Cruson.

Delegates elected Wednesday to the Rebekah assembly at Klamath Falls in May were Blanche Wagner and Hazel Lewis. Alternates are Effie Heineck and Garnett Bassett. Mildred Garr, noble grand, presided over the business meeting. A report on the Three Links meeting was given. Plans for the bazaar which will be held May 11 at the hall were discussed. It was voted that the lodge again sponsor the Boy Scouts. Scout-

## This House Will "Grow" For You



Build the basic two bedroom unit shown by the unshaded portion of the drawing above, add rooms and garage later according to plan, and when you are finished, own the ranch style farmhouse sketched. This is what Oregon State college extension rural housing specialists are suggesting to farm families who want to build a minimum farmhouse now. A set of working drawings for this farm home may be ordered from the OSC Farmhouse Plan Service, Corvallis. Cost for the complete set is \$2.10. See this and similar farmhouse plans at your county extension office.

master and Den Mother appointments come later. At the social hour dainty refreshments were served by Alice Huber, Nadine Duggan and Lucille Huber.

Mrs. Willard Berry of Venetta was honored with a shower held at the home of her grandmother, Mrs. George Berry, Sunday afternoon. Mrs. Marvin Berry and Mrs. Albert Carr were hostesses. Mrs. Carr was in charge of the games. After opening of the gifts, cake and ice cream were served to the honored guest, Mrs. Berry; and her mother, Mrs. Brown of Salem; Mrs. Norman Garrison and Miss June Mitchell of Gates; Mrs. Earl Hampton; Mrs. Norman Johnson and son, Chris, of Salem; Mrs. Paul Pennington and daughters, Paula and Sheryl; Mrs. Alex Bodeker; Mrs. Clyde Bressler; Mrs. George Berry; Mrs. Marvin Berry; Mrs. Albert Carr and daughters, Gloria, Kathryn and Nadine.

Several from Lyons went to Lebanon Saturday afternoon to attend funeral services for William Surry who passed away at his home there. Mr. Surry would have been 90 his next birthday. He lived many years on a farm in the Fox Valley district. Mr. and Mrs. Albert Stevens, who have been visiting at the home of his brother, Mr. and Mrs. Wilson Stevens, left for Seattle Tuesday morning enroute to their home at Sheridan, Wyo.

Mr. and Mrs. George Huffman and daughters, Janice, Janet and Jeanette visited in Eugene Sunday. They were guests at the home of her parents, Mr. and Mrs. George Hubbard and her sister and family, Mr. and Mrs. Clarence Decker.

Mrs. George Clippell is in Salem at the home of her parents, Mr. and Mrs. Cory. She is helping with the care of her mother who is quite ill.

Marvin Toland is convalescing satisfactorily at the Salem Memorial hospital, following surgery on his left eye. The eye was badly injured when struck by a board.

Wilfred Fox and his bride of Midvale, Idaho, are visiting relatives in Lyons. They will visit at the home of his grandmother, Mrs. Lizzie Bassett, aunt and uncle, Mr. and Mrs. Earl Allen and Mr. and Mrs. Floyd Bassett. A dinner was held Sunday evening in their honor at the Allen

## Community Church Holds Nightly Revival Services

Revival meetings are now in progress nightly at the Mill City Community church according to Reverend Watkins, pastor of the church lo-



REV. C. M. HARMS

ated near Hill Top Store in Mill City.

Evangelist C. M. Harms and wife of Long Beach, Calif., have charge of the revival services. Evangelist Harms will speak nightly Tuesday through Friday and twice on Sunday. Prayer meetings at 10 a.m.

Reverend Harms has issued an invitation to the sick. Reverend and Mrs. Watkins extend an invitation to the public to these revival meetings now taking place in their church.

home. Covers were laid for Mr. and Mrs. Fox, Mr. and Mrs. Floyd Bassett and son, Cecil; Mrs. Lizzie Bassett, Mr. and Mrs. Dale Bassett of Corvallis and Mr. and Mrs. Earl Allen. Ivan Smith, coach at the Mari-Linn school, is doing good work with his

## Church Activities

**FIRST CHRISTIAN CHURCH**  
Services every Lord's day  
Sunday school 9:45 p.m.  
Morning worship 11 a.m.  
Young People's meeting 6:30 p.m.  
Evening worship 7:30 p.m.  
Tuesday, 7 p.m. Jr. Teen Fellowship  
Wed., 7:30 p.m. Bible study hour.  
Thursday, 7 p.m. Young People.  
Mr. Hugh Jull, Pastor

**DETROIT CHRISTIAN CHURCH**  
Sunday school at 9:45 a.m.  
Preaching at 11 a.m. by Leland Keithly, minister.  
Youth meeting 6:30 each Sunday evening.

**GATES COMMUNITY CHURCH OF CHRIST**  
Sunday school at 10 a.m.  
Morning worship 11 a.m.  
Christian Endeavor 6:30 p.m.  
Evening worship 7:30 p.m.  
Walter Smith, Pastor

**IDANHA CHURCH ACTIVITIES**  
Sunday School 10 a.m.  
Morning service 11 a.m.  
Young People's meeting 6 p.m.  
Evening service 6:30 p.m.  
Prayer meeting 7:30 p.m. Thursday.  
Pastor, Fredrick Evans

**CHRISTIAN CHURCH IOOF Hall**  
Sunday 11 a.m.  
Wednesday meeting 4th Wed. 8 p.m.

**L.D.S. OF JESUS CHRIST CHURCH Detroit**  
Sunday school each Sunday 10 a.m. in high school building, Detroit.  
Priesthood meeting 11 a.m.  
Zealand Fryer, Presiding

**FIRST PRESBYTERIAN CHURCH**  
Morning worship 11 a.m.  
Music by choir.  
Dr. David J. Ferguson, Preaching  
Young People at 6:30 p.m., Miss Alice Smith, leader.

**SOUTHERN BAPTIST**  
Mill City Odd Fellow Hall  
Sunday evening worship at 7:30  
Director of music, Wm. J. Bishop.  
Rev. Fred Bennett, Minister.

**FREE METHODIST CHURCH North Mill City**  
Sunday school at 9:45 a.m.  
Morning worship 11 a.m.  
Junior church 11:00 a.m.  
Evening service 7:30 p.m.  
Wednesday prayer meeting 7:30 p.m.  
Phone 1906 Rev. L. C. Gould, Pastor

**ST. CATHERINE CATHOLIC CHURCH, MILL CITY**  
Mass at 9 a.m. every Sunday.  
Confessions heard before Mass.  
Altar Society 3d Wednesday 8 p.m.  
Father Carl Mai, Pastor

**ASSEMBLY OF GOD CHURCH**  
Sunday School 10 a.m.  
Morning Worship 11 a.m.  
Young people's service at 6:30 p.m.  
Evening Service 7:30 p.m.  
Prayer meeting and Bible study, Thursday at 7:30 p.m.  
Rev. W. D. Turnbull, Pastor.

**COMMUNITY CHURCH**  
Full Gospel Preaching  
Sunday school 10 a.m.  
Morning worship 11 a.m.  
Evangelistic service 8 p.m.  
Prayer meeting Tues. at 1:30 p.m.  
Preaching services Wednesday and Friday 8 p.m.  
Rev. Wayne W. Watkins, Pastor

soft ball teams. Thursday afternoon a game was played on the local diamond with St. Boniface of Sublimity. The score was 16 to 4 in favor of Mari-Linn. A game here is planned for next Friday with Gates.

## Notice

OUR MILL CITY BRANCH IS OPEN EACH WEDNESDAY FROM 1 TO 6 P.M., IN CHARGE OF W. A. PORTER, WHO HAS BEEN SERVING THIS AREA FOR 25 YEARS.

THIS ARRANGEMENT IS MADE NECESSARY BY THE PRESENT SHORTAGE OF RADIOS AND APPLIANCES WHICH WE HOPE IS TEMPORARY.

BY CONCENTRATING OUR STOCK AT STAYTON WE BELIEVE WE CAN SERVE YOU BEST.

LEAVE CALLS OR ORDERS AT MILL CITY VARIETY STORE ON OTHER DAYS.

## PORTER & LAU

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MILL CITY

## J. W. GOIN

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