

# Good Start for a Good Day



The average American family shown above is illustrating how to avoid jangled nerves, lowered efficiency, lack of energy and dull wits.

They are doing it simply enough by eating a good breakfast. For, according to nutrition experts, all those symptoms can result if you skip or skimp breakfast.

Speaking to his board of governors, Curtiss H. Scott, of Louisville, Ky., chairman of the American Bakers Association, recently related numerous findings on what happens when you start omitting the first meal of the day, or cutting it down to a minimum.

Studies have shown that people who omit breakfast lose efficiency around mid-morning. They make more mistakes in their work, slow up generally. Children show less response in school than do those who eat a complete breakfast.

Scott figured that a loss of ten minutes per day per person as a result of poor breakfast habits can account for 43,000 lost man hours per year in a company employing 1,000 persons, as one ex-

ample of what can happen if breakfast habits are bad.

He quoted from a number of eminent authorities who emphasize that the human body cannot stay efficient if it does not receive food between the evening meal and lunch the next day.

He related a report from Dr. E. V. McCollum of Johns Hopkins University who notes that bodily stores are reduced during the night and if they are not replenished by adequate breakfast, weakness, irritability and reduced stamina result.

And what is a good breakfast? Nutritionists list fruit or juice, cereal, eggs and breakfast meat, toast and your usual morning beverage with milk preferred.

That kind of a breakfast provides a suitable proportion of the body's requirements for the day ahead in protein, calories, calcium, vitamins and minerals and other elements.

It makes a good start for a good day and can be a strong factor in building a healthier people for a healthier nation, the baking industry leader comments.

# GATES

Two programs to be presented in the near future at the Gates Community Church of Christ are being announced.

Sunday afternoon, April 12, from 2:30 to 3:30 o'clock, a program of accordian and guitar music under the direction of Mrs. Harold Wiltsey, of the Wiltsey studios in Salem, will be given.

Sunday, May 3, Mr. and Mrs. Paul Cammack, who have been missionaries in Bolivia for the last five years, will be present to talk of their experiences in that country and show pictures.

A basket dinner will be served following the morning service and the program held in the afternoon.

Mr. and Mrs. Cammack are ex-residents of Gates where he was principal of the high school for two years.

Mrs. Cammack was director of the school band.

Recent guests at the home of Mr. and Mrs. Lang Stafford were Mr. and Mrs. Clifford Rains of Lebanon and Mrs. Alice Thacker of Mill City.

Mayer and Mrs. Floyd Volkel, left Saturday for a 10-day vacation which will take them at least as far as Nevada. They own and operate the Gates General store.

Mr. and Mrs. Ray Lord were Portland visitors over the weekend. Mr. and Mrs. Lord own the Lord Motel in Gates.

Mrs. Edmund Klecker, daughters Janet and Kristine and son Jeffrey of Madras, visited at the home of Mrs. Klecker's parents, Mr. and Mrs. Albert Millsap last week. Other guests over the weekend were Rodney and Lee Klecker and Bruce Neitling of Stayton. Mr. and Mrs. Dorland Swan and baby daughter Kathy, of Salem.

W. S. Hudson left the last of the week for Phoenix, Ariz., on a business trip. Mr. and Mrs. Hudson operate the Gates self service laundry.

A large delegation of Gates folk attended the opening of the Santiam Memorial hospital Sunday. Among them were Mrs. Glen Hennessy, Mrs. Burrell Cole, Mrs. Louisa Wigglesworth, Mrs. Rosa Roten, Mr. and Mrs. Walter Brisbin, Mr. and Mrs. Don Miley, Mrs. Cecil Haun and Mr. and Mrs. Clare Hennessy.

Mr. and Mrs. Cecil Haun have traded their Gates property for a home and forty acres of land in Chowchilla, Calif., belonging to Mr. and

Mrs. Howard Shannon of that place. Mr. and Mrs. Haun and family plan to move to Redding, Calif., where Haun is employed as soon as school is out, later moving to their new home. Mr. and Mrs. Shannon and three children will take possession of the Gates home in June, following the closing of the California schools.

# DETROIT

By MRS. S. T. MOORE

Detroit high school junior class members sponsored box social Wednesday evening to raise funds for spring activities.

The regular meeting of the Detroit Women's Civic club was postponed from Wednesday to next Tuesday, April 7, when it will be held at the home of Mrs. Audrey Layman.

Forest service families gathered Sunday evening to honor Mr. and Mrs. Irving Steers who will be transferred soon to Blue River.

Steers, who has been clerk at the ranger station office for the past year, will assume the duties of scaler at his new post.

Present at the farewell party were Mr. and Mrs. Frank Moore and Frankie, Mr. and Mrs. Howard Dean and children, Mr. and Mrs. Clifford White, Mr. and Mrs. C. C. Mason and Martha, Mr. and Mrs. Steers and daughter Nancy, and Mr. and Mrs. S. T. Moore and children.

The Steers were presented with a set of China cups and saucers by the group.

Mr. and Mrs. Major Baughn have moved to Ephrata, Wash., where they will enter business. Also at Ephrata are Mr. and Mrs. Paul Reynolds, former Idanha residents.

The Baughns operated a garage in old Detroit for many years and recently established a home on a site overlooking the new town.

Mrs. Baughn has been active as girl scout leader in the Detroit Church of Christ.

Easter Sunday will be marked by three services at the Detroit Church of Christ, including a sunrise service at 6:15, Sunday school at 9:45 followed by church services at 11 and an evening program scheduled for 7:30. Richard Hake, minister, will officiate.

Sunday school classes will participate in the morning program and a special Easter film and music will be featured in the evening.

# The Debunker

BY JOHN HARVEY FURBAY, PH.D.

IT IS NOT DANGEROUS TO PLAY A RADIO DURING THUNDERSTORMS



Another of the old ideas which became modernized with the advent of electrical devices, is the fear that a radio is more likely to be struck with lightning if being played than if turned off during a thunder storm. Scientists say there should be no danger whatever in playing the radio during thunder storms, providing there is a good lightning arrester (ground connection) wired to the antennae. In any case, it is no more dangerous to have the set running than to have it turned off, authorities say.

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# Knowledge is Power



1. ARE MOTHERS SUCCESSFUL MODELS?

3. WHAT IS THE WHITE HORSE OF UFFINGTON?

(1) Many women who have children are actively engaged in modeling. Betty Caldwell writes about one of these women in Redbook magazine. The model's name is Phyllis Moran, and she's the mother of eight children, one girl and seven boys. After the five older boys had put in their appearance Mrs. Moran attended a modeling school, and began working part-time as a model. During her five years as a model she has appeared on 18 television programs. She models maternity clothes. Between babies she has entered five beauty contests, always made the finals, but never won.

Tom Moran, a sign salesman for an outdoor advertising firm, is enthusiastic about his wife's career. They have trained their children to work as a team in taking care of the house and each other.

(2) The city of Hong Kong is now the world's largest DP camp. During the past three years, 2½ million refugees have fled from the Chinese mainland to this island city, according to a picture story in the December Catholic Digest. Of this number about a

million persons have been sent on to Formosa, the rest remain at Hong Kong in homeless destitution. Americans have donated generously to organizations working for these homeless, and the Chinese residents of Hong Kong are learning at first hand the necessity of charity in these times.

(3) Some unknown artist 1,000 or more years ago designed the White Horse of Uffington. It is carved a full two feet deep in the white chalk rock of an English hill near Oxford, and is more than 100 yards long. In the Middle Ages a book listed this horse as the second wonder of England after Stonehenge. The story of the White Horse is told in De Volkskrant, an Amsterdam newspaper.

# Detroit City Council Meets on April 14

By BOOTS CHAMPION

Detroit—The next council meeting will be held on Tuesday, April 14th (every second Tuesday of the month) at 8 p.m. in the library at the Detroit school.

Our councilmen are doing every thing they can, but with out your co-operation the burden weighs heavily upon the shoulders of these men.

Your ideas, views, opinions, and volunteered service is urgently needed in the building of our new community.

Many important issues come up for discussion at these meetings, and your support for or against is vital to all of us. So come on let's get BEHIND our councilmen.

# Just Arrived...

CULP—To Mr. and Mrs. Dean Culp, Arcadia, Calif., a daughter, March 27, at Arcadia hospital.

WILSON—To Mr. and Mrs. Ford Wilson, Mill City, a son, March 30, at Salem Memorial hospital.

HATHAWAY — To Mr. and Mrs. Clyde Hathaway, Mill City, a daughter, March 30, at Salem Memorial hospital.

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Snowdrift Shortening, 3-lb. can 89c	PRODUCE
Wesson Oil Qt. 69c	Celery, top grade lb 12c
Fishers Biskit Mix 1ge box 39c	Radishes and Green Onions bunch 5c
Durkee Mayonaise Qt. 59c	Tomatoes, large ripe tubes 23c
Pacific Coffee lb 79c	Sweet Potatoes, fancy No. 1 lb 19c
Norpac Corn, No. 303 2 for 29c	Potatoes No. 2 50 lbs. \$1.59
Mill Race Beans No. 303 2 for 25c	MEAT
Standby Tuna, Chunk Style 29c	Armour's Star Hams lb 63c
Jelletine, assorted flavors 4 pkg 25c	Half or whole
Del Monte Sliced Pineapple No. 2 29c	Fryers, fresh pan-ready, each \$1.39
	Picnics, Armour's Star lb 39c

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