B-THE MILL CITY ENTERPRISE

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

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 gover-nors, Cartiss H. Scott, of Louis-ville, 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- | dustry leader comments.

ample of what can happen if breakfast habits are bad. He quoted from a number of

eminent authorities who empha-size 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. . V. McCollum of John 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 bev-erage with milk preferred.

That kind of a breakfast pro-vides 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 in-





GATES

announced.

April 2, 1953

2:30 to 3:30 o'clock, a program of of the California schools. 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 folprogram held in the afternoon.

Mr. and Mrs. Cammack are exresidents 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.

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. Al-Bert 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 at 6:15, Sunday school at 9:45 fol-Memorial hospital Sunday. Among lowed by church services at 11 and them were Mrs. Glen Henness, Mrs. an evening program scheduled for Burrel 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 Henness.

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 Two programs to be presented in Haun is employed as soon as school the near future at the Gates Com- is out, later moving to their new home. munity Church of Christ are being Mr. and Mrs. Shannon and three children will take possession of the Gates Sunday afternoon, April 12, from home in June, following the closing



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 lowing the morning service and the 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 Mayer and Mrs. Floyd Volkel, left Frankie, Mr. and Mrs. Howard Dean Saturday for a 10-day vacation which and children, Mr. and Mrs. Clifford will take them at least as far as White, Mr. and Mrs. C. C. Mason and Nevada. They own and operate the 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.

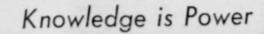
The Baughns operated a garage in old Detroit for many years and recently established a home on a site overlooking the new town.

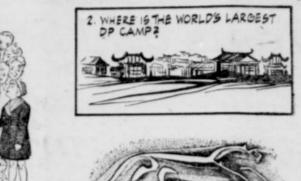
Mrs. Baughn has been active as girl scout leader an din the Detroit

Church of Christ. Easter Sunday will be marked by Detroit City Council three services at the Detroit Church of Christ, including a sunrise service 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.







3. WHAT IS THE WHITE HORSE OF UFFING-

(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

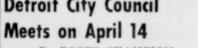
school, and began working part- million persons have been sent time as a model. During her five on to Formosa, the rest remain years as a model she has ap- at Hong Kong in homeless destipeared on 18 television programs. tution. Americans have donated She models maternity clothes. generously to organizations work-Between babies she has entered ing for these homeless, and the five beauty contests, always made Chinese residents of Hong Kong are learning at first hand the Tom Moran, a sign salesman necessity of charity in these for an outdoor advertising firm, times.

is enthusiastic about his wife's (3) Some unknown artist 1,000 career. They have trained their or more years ago designed the children to work as a team in taking care of the house and each White Horse of Uffington. It is carved a full two feet deep in the white chalk rock of an Eng-(2) The city of Hong Kong is lish hill near Oxford, and is more now the world's largest DP camp. than 100 yards long. In the Mid-During the past three years, 21/2 dle Ages a book listed this horse million refugees have fled from as the second wonder of England the Chinese mainland to this after Stonehenge. The story of island city, according to a picture the White Horse is told in De story in the December Catholic Volkskrant, an Amsterdam news-

CONSISTENTLY

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OUT OF



Digest. Of this number about a paper.

1. ARE MOTHERS

SUCCESSFUL MODELS ?

the finals, but never won.

other.

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 cooperation the burden weighs heavily upon the shoulders of these men. Your ideas, views, opinions, and

GODFREY'S TEABAG