

MEHAMA

Mrs. John Teeters
The annual Mehama Baseball Picnic will be held August 4 at the Mehama Ball Park. The entire community is invited to the potluck picnic which will be held at 1:00 p. m., under the trees at the Dale Champ residence, adjacent to the ball park. The young ball players will challenge the adults to a game of ball following the dinner. Punch, paper plates and cups will be furnished.

Mrs. Charles Crook was hostess at her home Sunday July 21 for a family reunion and picnic. Present for the day were Mr. and Mrs. Vernon Goodell, Debbie and Freddie all of Lyons, Mr. and Mrs. Ronnie Spelmeyer and two children of Eugene, Mr. and Mrs. Richard Goodell and children of Tillamook, Mr. and Mrs. Robert Crook, Barbara, Allyson, Mark and Tracy of Salem, Mr. and Mrs. Clifford Crook Greg and Kim of Mill City and the hostess Mrs. Charles Crook.

Guests Sunday, July 21 at the home of Mr. and Mrs. Raymond Branch were Mr. and Mrs. Lester Warner and two daughters of Gladstone.

Mrs. Harry Johnson of Grants Pass visited a couple of days recently at the home of her grandmother Mrs. Harley Johnson and with other relatives in Lyons and Stayton.

Among those from here attending a family reunion, Sunday, July 21 at the home of Mrs. J. F. Webber in Sweet Home were Mr. and Mrs. Edward Titze, Mr. and Mrs. Ivan Clason, Mitch, Alice and Glenn, Mr. and Mrs. Edward Davenport, Mr. and Mrs. Harley Hershfeld and Rusty and Otto Davenport.

Ernie and Ed Kubin of Sandy were visitors Saturday, July 27 at the home of Mr. and Mrs. Ed Castle.

Mrs. Ted Rogers and daughter Kathleen of Fortuna, Calif., has been spending some time visiting here at the home of Mr. and Mrs. Ed Titze, with her parents in Lyons and with other relatives in the area.

Mr. and Mrs. Leonard Walen returned home Saturday, July 27 from a vacation trip to Colorado. They made the trip by bus and visited with relatives in Denver, Estes Park and Akron as well as many friends and former neighbors.

Mr. and Mrs. Harry Monroe visited Saturday July 27 at the home of her brother and sister-in-law, Mr. and Mrs. Max Montgomery in Eugene.

It's Your Law

Respect for Law Makes Democracy Live
Revocation of a Will
O'Hara, now deceased, had many times told his family that the will he executed some 25 years ago was no longer effective. He considered the will out of date and had told his wife to destroy it the next time she ran across it.

His wife, however, neglected to locate the old will. It was not found until after O'Hara's death.

The will favored one of the sons, who claimed the will was valid. Mrs. O'Hara was in doubt, but since she was named executrix in the will she offered it for probate. This was proper, for it is the duty of one who has possession of a will at the testator's death to produce it in court.

The court found that O'Hara's will was in existence at the time of death and properly executed. It was, therefore, valid even though many years old.

O'Hara could have revoked the will up to the time he died, but he did not effectively do so. The law protects testators by requiring an affirmative act of revocation. This prevents his heirs from testifying he said he wanted to revoke his will, when in fact he did not.

A will may be revoked by the one whose will it is or by someone else—at his direction and in his presence—by cancelling or destroying the will physically, such as by burning it up or tearing it to pieces. Oregon requires two witnesses to the destruction. Sometimes a testator's subsequent marriage revokes a will. The most effective and surest way to revoke a will, however, is by making a new will, properly prepared and executed, stating that all prior wills are revoked.

O'Hara had proper intent to revoke, but he failed to act properly to carry it out. Intention alone is not enough. His out of date will was still good.

(Oregon lawyers offer this column as a public service. No person should apply or interpret any law without the aid of an attorney who is completely advised of the facts involved. Even a slight variance in fact may change the application of the law.)

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LETTERS TO THE EDITOR

To whom this may concern. Recently we returned home from a fishing trip and found 2 horses tied up in our front yard across the street in a duplex yard.

And at that time I talked to the police commissioner about it and they were removed.

The other day Art White came down from Lyons and we counted 1 yellow, 1 Siamese and 7 black cats all in one bunch and as we looked the other way there was 4 dogs with one of them tied up and the other 3 dogs running loose.

Now I have spoken to the Police Commissioner also the Chief of Police with no results. Now for the last four nights there has been nothing but the cats a scrapping and the dogs a barking all night long. So that you can't even get a good night's sleep.

This is my question. Now should I quit fighting them and join them by bringing in more dogs and cats, or should I just leave my home and go on another fishing trip for the rest of the summer.

Your Neighbor
Al Pease.

BIRTHS

Santiam Memorial Hospital (Stayton)

McCAULEY — To Mr. and Mrs. Charles W. McCauley, Mill City, a son; Friday, July 19, 1968.

GRAY — To Mr. and Mrs. Robert L. Gray, Jr., Scio, a son; Thursday, July 25, 1968.

NUTRITION — THE SCIENCE FOOD AT WORK

"Nutrition" is an often-misunderstood word, according to Oregon State University's Extension food and nutrition specialist, Marie Tribble. Many people believe it is too scientific to understand and too involved for them to apply in their day-to-day selection of food.

What is nutrition and what does it mean to you? "Nutrition is the science that deals with food at work—food on the job for you" Miss Tribble explains. "It is the simple process of nourishing the body—of supplying it with fuel for proper functioning."

When you and your family eat the right food, it does far more than just keep you alive and going. Modern knowledge of food at work brings a new kind of mastery over life.

The right food promotes health and vitality. It can even help you to stay young longer, postponing old age. An individual well fed from infancy is more likely to enjoy a long prime of life. But at any age, you are better off when you are better fed. They provide materials for the body's building and repair. Tissue and bone are composed chiefly of protein, minerals, and water. Children must have these food materials to grow on; the body continues to require supplies for upkeep throughout life.

Food provides body regulators. Vitamins do important work in this line, and minerals and protein, too.

Food provides fuel for the body's energy and warmth. There is some fuel in every food.

There are about 50 nutrients—chemical substances that the body is known to require from food—ranging from Vitamin A to the mineral zinc.

You can put nutrition knowledge to use without being introduced to all of the body's "A to Z" needs. When daily meals provide the key nutrients, you can be reasonably sure of getting the rest.

"Food for Fitness—A Daily Food Guide," available from your Linn County Extension Office, P. O. Box 765, Albany 97321, is an excellent guide for planning meals to assure you of getting the key nutrients every day.

The Old Timer



"An expert is a person who takes something you already know and makes it sound confusing."

Settlers Gussed About Medicine

American medical tradition stems from an age very different from the one in which we now live, points out TODAY'S HEALTH GUIDE, the American Medical Association's manual of health information for the American family.

The early settlers, living remote from civilization, turned to the traditions of their ancestral homelands and to the methods of the Indians, and came up with a medical lore all their own. Their ideas of prevention and treatment were not all wrong, but often they did more harm than good. Some of the common misconceptions of the frontier era have carried over into modern times.

TODAY'S HEALTH GUIDE lists the facts about some of these misconceptions—

- Blood pressure of 100 plus the individual's age is not the normal value.
- Red meats and alcohol are not necessarily harmful to those with high blood pressure.
- Fish is not a brain food, it is simply a good food for all parts of the body.
- Sweets, while possibly detrimental to the teeth, are not the sole cause of tooth decay.
- There is no reason of health why one should not eat shellfish and ice cream at the same meal, provided neither of them is spoiled.
- Lemons, oranges, tomatoes and grapefruit do not cause "acidity" of the body.
- Fat people are not necessarily carefree and jolly.
- Being fat and 40 and feeling well does not constitute a good reason for declining to lose weight.



• It is not necessarily unwise to drink water with your meals, if you don't gulp it.

• Gargles and mouthwashes do not kill the germs in the mouth or throat.

• Boils are not due to impure blood.

• Punctures from rusty nails are no more dangerous than punctures from shiny nails; the danger lies in the germs that either one may introduce.

• Night air is not unhealthful. However, it is not necessary to open the windows of your bedroom wide at night, especially when it is cold.

• Whiskey with aspirin is not a good remedy for a cold. The cold might improve in spite of it.

11/6/67

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