

CAMPBELL'S
TOMATO JC.
4 46-oz. Cans \$1.00

ORE-IDA FROZEN 7-oz. Pkg.
Onion Rings 3/ \$1

CALIF. FANCY Pound
Carrots Cello Bag 10¢

FANCY CRISP
Celery Stalk 15¢

STARKIST FROZEN
TUNA PIES
6 8-oz. Pies \$1.00

SHOP FOR SAVINGS IN EVERY AISLE

HUNT'S FRUIT
COCKTAIL
5 No. 300 Cans \$1.00

SWANS DOWN ANGEL FOOD
CAKE MIX
2 15-oz. Pkgs. 85¢

SAFFOLA
Margarine 2 Lb. 79¢

LIBBY'S CORNED BEEF
Hash 1 1/2-oz. Cans 4/ 89¢

FUDGE BROWNIE
Mix Betty Crocker 2 2 1/2-oz. Pkg. 75¢

SUNSHINE HYDROX
Cookies Choc. Creme Sandwch., Lb. 43¢

HONEY BEE Fey. Cut
Yams In Syrup No. 2 1/2 Cans 2/ 49¢

DEL MONTE LGE. DRIED Prunes Ready To Eat 2-Lb. Pkg. 65¢

TINY TOT IMPORTED
Sardines Norway 3 3/4-oz. 3/ 85¢

BAGGIES PLASTIC
Bags Sandwich Size Roll 50 Bags 2/ 45¢

NABISCO
Crackers New Merry Makers. 9-oz. Pkg. 39¢

NALLEY'S CREOLE
Meat Balls 15-oz. Can In Tom. Sauce 3/ \$1

DEL MONTE
CORN
6 No. 303 Cans \$1.00

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MEAT DEPARTMENT
SWIFT'S PREM. SAUSAGE
Patties Brown and Serve 12-oz. Pkg. 49¢
Fryers Oregon Grown Fresh Cut-Up. Lb. 39¢
Red Snapper Ocean Fresh, lb. 39¢

TOPICS OF THE TOWN

Week end before last, Miss Vicki Nance came from Monmouth where she is a student at Oregon College of Education, to spend the week end with her grandmother, Mrs. Essie Nance. She was accompanied by Curt Hill of Monmouth. Mis Cathy DuPuis rode from Monmouth to Vernonia with them then went on to Birkenfeld.

Paul Bunyan car wash March 6, 10 a.m., high school. 91c

Mr. and Mrs. Dave Knowlton and Mr. and Mrs. O. T. Bateman vacationed last week in California and Nevada. They went first to Blythe in Southern California to visit Mr. Knowlton's sister and husband, Mr. and Mrs. W. R. Hall. From there, they went to Las Vegas, then up through Nevada to Reno with a side trip to Death Valley. Enroute home Saturday, Mr. Bateman stopped at Corvallis for the remainder of dad's week end with his son Steven at Oregon State University. He came on home Sunday with James Davies who had spent the week end with his son Craig.

Mr. and Mrs. H. J. Peasnell of Astoria were week end guests of their daughter and husband, Mr. and Mrs. Melvin Schwab and family.

Rummage sale, March 4, 5, 6. Fire hall, Vernonia Grange. 91c

Henry Anderegg attended Dad's week end at Oregon State University Saturday and Sunday as the guest of his son Ralph. Mrs. Anderegg and her mother, Mrs. J. Dimbat, visited in Salem with her brother, Edward Dimbat and family. They also called on Susan Fowler who is in state TB hospital and found her much improved and very cheerful.

Mrs. Sam Davis entertained last Thursday afternoon in honor of the fourth birthday of her son Duane. Guests were Mrs. Oscar Vike and granddaughter, Venetia Daughtry; Mrs. Frank Steele and children, Mike, Karen and Pam; Mrs. Don Wantland and son Duane, Mrs. Owen East and children, Chrissie and Barry; Mrs. John Rinkes and children, Connie and Julie; Gary Meyer, Gary

Zimmerman, Lori Lawler, Lori and Bryan Wilson and Kenneth Browning. Ice cream, cake and kool aid were served and all the children received party favors.

Mrs. Evelyn Heath was entertaining her daughter Harriet and husband, Mr. and Mrs. Richard Light of Beaverton and their two sons last Saturday, February 27 and they were observing the fourth birthday of grandson Larry Light when a call came from North Bend with news that a daughter, Karen Marie, weighing seven pounds, had arrived at the home of her daughter Carolyn and husband, Mr. and Mrs. Irvin Ladd. This is their second daughter and the fourth grandchild for Mrs. Heath.

Rummage sale, March 4, 5, 6. Fire hall, Vernonia Grange. 91c

Mr. and Mrs. Wm. Nelson arrived home Saturday evening from Moorhead, Minnesota where they were called the previous week by the death of his father. Enroute both ways, they had a three and a half hour stop in Minneapolis which they spent with relatives of Mrs. Nelson. Weather was good for flights both ways. Temperatures of 20 degrees below were encountered at Fargo, North Dakota.

Attending the final performance at the Barbershop Ballad contest at Forest Grove Saturday evening as guests of Mr. and Mrs. James Fuiten and Mr. and Mrs. Robert Friesen were Mr. and Mrs. Sam Hearing Jr. Mr. and Mrs. B. J. Horn, Mr. and Mrs. Lloyd Thomas, all of Vernonia, and Mr. and Mrs. Frank Turk of Cornelius.

Art Gardner returned to work Tuesday after being ill with pneumonia.

Mrs. John Serafin received word Wednesday of last week of the sudden and very unexpected death of a cousin at Long Beach, California whom she had visited during her recent trip there.

George Laird is spending this week at Rainier with his daughter, Mrs. Edwin Roberts and her family.

Donna Wantland was honor guest last Saturday afternoon on the occasion of her tenth birthday at a party given by her mother, Mrs. Don Wantland. Guests included Sally Leffer, Gayle Welch, Vicki May and Susan Garner. Also present were her sisters, Linda and Pam Wantland and her brother, Duane.

Rummage sale, March 4, 5, 6. Fire hall, Vernonia Grange. 91c

Monday evening after school, Sandra Stockwell observed her 12th birthday by inviting as guests Sharlene Gibson, Celeste Hytrek and Susan Garner. The girls enjoyed a hike after which they returned to Sandra's home to be served refreshments by her mother, Mrs. Roy Stockwell. Also present were Sandra's sister Judy and brother Dean.

O. T. Bateman returned from a weeks vacation Sunday to find waiting for him the news that his mother, Mrs. Emma Bateman of Covington, Kentucky had suffered a stroke.

The fellow who imagines he was cut out for a big gun often turns out to be a misfit.

Pay your debts as promptly as your grudges and your credit will be unlimited.

National TB Association Gives Explanation About Bronchitis

The National Tuberculosis Association offers the following information on Chronic Bronchitis in hopes that the public will become aware of this serious health problem.

Bronchitis is an inflammation of the lining of the bronchial tubes. These tubes, called bronchi, connect the windpipe with the lungs. When the bronchi are inflamed and infected, the air flow to and from the lungs becomes labored and a heavy mucus or phlegm is coughed up. Many people suffer a brief attack of acute bronchitis with fever, coughing and spitting when they have severe colds. Chronic bronchitis, however, is the term applied when the coughing and spitting continue for months and return each year, lasting slightly longer after each cold.

Chronic bronchitis is almost always associated with heavy cigarette smoking. It is likely to begin in middle age and to get worse as the years go on unless the victim seeks help from a doctor early in the disease. Almost four times as many men get chronic bronchitis as women. Most victims live in cities where air pollution is a problem.

In Great Britain, chronic bronchitis causes at least one-quarter of all male illnesses, is responsible for the loss of 22 million working days annually, and is listed as the cause of 30,000 deaths each year. U. S. doctors do not report their cases in the same terms the British do, but there is no doubt, that chronic bronchitis is one of this nation's costliest diseases in terms of manpower, money, and misery.

The disease does not strike suddenly. After a winter cold seems cured, the patient may continue to cough and spit for several weeks. Since people who get chronic bronchitis are nearly always smokers, the cough is usually dismissed as only "smoker's cough." As time goes on, colds become more frequent. Coughing and spitting last longer after each one.

Without realizing it, the patient begins to take this coughing and spitting as a matter of course. Soon they are with him all the time - before colds, after colds, all year round. Generally, the cough is worst in the morning and evening and in damp, cold weather. An ounce or more of yellow mucus may be brought up in the coughing each day.

The most common causes of chronic bronchitis are from cigarette irritation and air pollution. Once the bronchial tubes have been irritated over a long period of time, excessive mucus is secreted constantly, coughing becomes necessary, air flow is hampered, and the lungs are endangered. The tubes then make an ideal breeding place for infections.

The discovery of antibiotic drugs has been of tremendous importance in treating chronic bronchitis. These drugs can usually overcome even deep and long-lasting infections, so they make it possible for a patient to get back on his feet in a shorter time after an acute attack.

However, to really clear up and prevent chronic bronchitis, it is necessary to eliminate all sources of irritation and infection in nose, throat, mouth, sinuses, and bronchial tubes.

The disease isn't usually considered a "killer." Perhaps that's why so

many people neglect it until it is in an advanced stage. Often by the time a patient goes to his doctor his lungs have been injured seriously. Then he may be susceptible to heart attacks or to serious lung diseases.

Savings Stamp Plan Promoted

Postmaster O. T. Bateman said today that he had just been instructed by Postmaster General John A. Gronouski to extend all cooperation possible to students, educators, bankers and other volunteers in promoting and servicing the treasury's school savings program in Vernonia. "I am pleased to carry out Mr. Gronouski's instructions," he said, "because any program which stimulates young Americans to save these days is for the good of the country and for themselves."

The school savings program, during World War II provided one of our most effective instruments for teaching thrift and good citizenship, he stated.

An adequate supply of savings stamps and books and promotional material will be on hand to meet the needs of the students and the community in carrying out the stamp consignment plan, he concluded.

Riding Club Members At McMinnville Meet

The Vernonia Ridge Riders met at the fire hall February 23.

A party had been held in January and cards and games were enjoyed by all.

John Siedelman, Shalmon Libel, Lawrence Johnston and Wally Noakes were appointed on the Trail Ride committee for 1965. A ride will be planned very soon.

Anyone interested in joining the Ridge Riders may contact Jim Johns. Meetings are held the last Tuesday of each month.

The Bob Thompsons, Lawrence Johnstons, John Siedelmans, and George Bellingham attended a play day February 21 at McMinnville. It was held in a covered arena and there were 75 entrants.

John Siedelman won first place in the keyhole race. Bob Thompson and John Siedelman won second place in team pole bending and third place in team figure eight stake race.

A movie on Alaskan game was shown.

Unit Schedules Lesson On Emergency Meals

The Timber Route Extension Unit will meet March 9 at 10:30 a.m. at the home of Mrs. Don Bergerson. Project leaders, Mrs. F. E. Fuquay and Mrs. J. Fields, will present the lesson, Meal Planning for Emergencies. Everyone interested is urged to feel free to attend.

The American Heart Association has a booklet for farmers with heart or blood disease. "A Safe Work Load." It is a guide to help the farmer and his doctor plan a work prescription.

Johnson Heads Highway Meet

Cecil Johnson, president of the Lower Columbia Highway Association, has announced that a delegation from the group will be given a 15-minute audience with the Oregon State Highway Commission in Salem at 11:45 a.m. on March 11.

The delegates, headed by Johnson, will bring up the possibility of getting the four lane highway completed from Portland to St. Helens, in view of new industries moving into the area which will increase the traffic load. Another problem scheduled to be aired is the Rainier hill road.

Johnson, who is also the chairman of the Scappoose Planning Commission, was recently appointed by the county court to fill out the unexpired term of the late Walter Erickson on the Columbia county budget committee.

Happy Cooks Plan For Demonstration Meet

On February 18, the Happy Cooks met at the home of Mrs. Higginbotham. The girls talked more about demonstrations and decided what they are going to make.

The demonstrations are going to be on March 11 at the grade school at 7:30 p.m.

They also talked about the cookie sale to be held on March 12.

Dates To Remember

THURSDAY, MARCH 4
Vernonia Grange Rummage Sale - Fire hall - all day.

Vernonia Study club - Home of Mrs. B. J. Horn - 8 p.m.

FRIDAY, MARCH 5
Arts and Crafts knitting class - West Oregon Bldg. - 2 p.m.
PTA Revue - High school - 8 p.m.
Columbia Encampment No. 89-IOOF hall - 8 p.m.

SATURDAY, MARCH 6
Natal Grange Card party - Natal hall - 8 p.m.

MONDAY, MARCH 8
Nehalem Assembly Rainbow Girls - Masonic Temple - 7:30 p.m.
Basketball, Rainier here - High school gym-JV 6:15, Varsity 8 p.m.
Chamber of Commerce board - West Oregon Bldg. - 8 p.m.
Band parents - Washington school - 7:30 p.m.

TUESDAY, MARCH 9
Mt. Heart Social Committee - Home of Mrs. Nels Hogberg - 8 p.m.
Chapter BS, PEO Sisterhood - Home of Mrs. Wm. Bridgers - 8 p.m.
Timber Route Extension Unit - Home of Mrs. Don Bergerson - 10:30 a.m.

WEDNESDAY, MARCH 10
Vernonia Temple Yarithon Sisters - IOOF hall - 8 p.m.
Natal Grange - Natal hall - 8 p.m.

Some countries are so mad at us they don't even offer a receipt when they take our money.

It's an iron will that causes some men to grow rusty.

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2 THURSDAY, MARCH 4, 1965

DR. R. V. LANCE
OPTOMETRIST
Wed., 10 A.M.—5 P.M.
Vernonia Clinic Building

Phone HA 9-3462

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— THIS WEEK ONLY —
Sat., Sun. March 6-7
Big Parade of Comedy
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