

IODIZED SALT IS IMPORTANT IN DIET

"When the army puts its stamp of approval on something then civilians can benefit by taking notice. That's just what the army has done by requiring that all salt for the armed forces be iodized. It is ordinary table salt with an iodine compound added," said Mrs. Irene N. Makinson, chairman of the Malheur county nutrition committee.

"Because it is so effective in keeping the thyroid gland in good working condition and in maintaining physical well being, iodized salt is included in the diet of every serviceman. It also helps control growth in childhood. That is all the more reason for homemakers to follow the army's lead.

"The need for iodized salt in diets is emphasized by the fact that in many areas of the country where the soil has a low iodine content, there is a proportionately low iodine content in the drinking water and foods produced in the section. As a consequence many persons who live in these areas suffer from enlarged thyroid gland or simple goitre.

"Although in iodizing, only one part of potassium or sodium iodide is added for each 10,000 parts of table salt, this is enough to fill a definite body requirement when iodized salt is used daily for seasoning.

"Iodized salt was introduced in this country in 1924 after iodine had proved to have remarkable success as a preventative for simple goitre. Right now about half of the table salt in this country is iodized and salt manufacturers are prepared to iodize more if there is demand for it. And the demand for it certainly should go up when people discover that public health officers say if all of the table salt were iodized there would be no goitre problem.

"When buying salt, the homemaker may well remember the iodized salt looks the same, tastes the same and costs the same as ordinary salt, but it may make a lot of difference in her family's health if that salt is iodized."

Lincoln Heights

Mr. and Mrs. Art Wagoner gave a charivari dance Tuesday evening. Mrs. Wagoner is the former Viola Anderson of this community.

Mr. and Mrs. Orien Hainline and family were Monday evening dinner guests at the Mark Terrel home.

Artena and Phyllis Stohler gave reports when the garden club met at the home of their leader Thursday. Althea Hawkins assisted in serving refreshments. Peggy Terrel assisted Esther Ogura with the program.

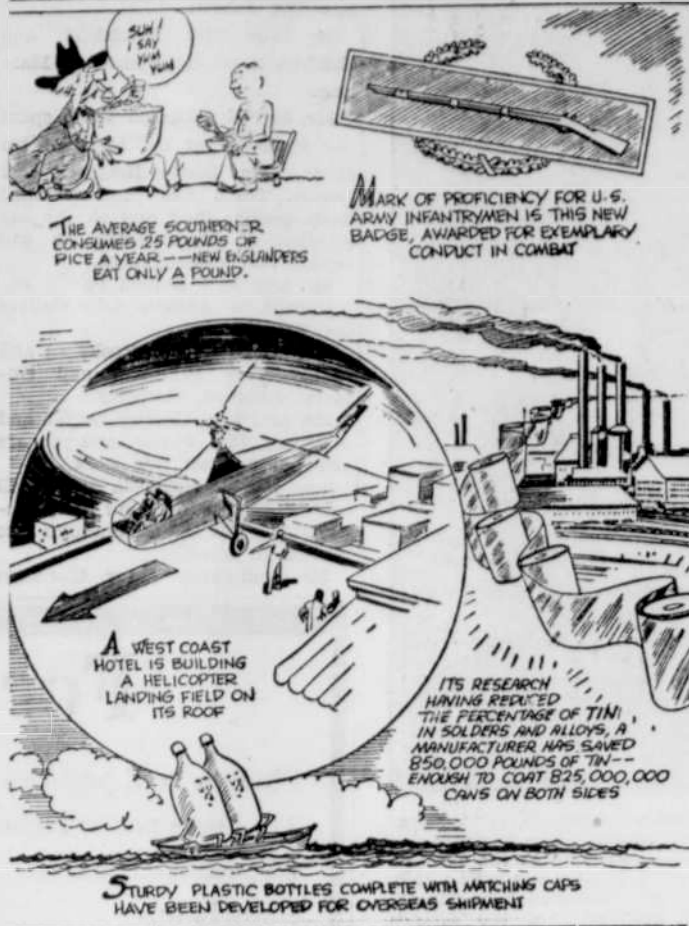
Most of the farmers who raised peas finished cutting and hauling their crops this week.

Ida and Margaret Nelson spent the Fourth at Payette lakes.

Rev. and Mrs. R. L. Kriner and family accompanied Rev. and Mrs. Fred McConnie and boys to Garden valley Wednesday.

Among those attending the Chris-

THE POCKETBOOK OF KNOWLEDGE



tian Endeavor rally at the Presbyterian church in Ontario Friday evening were Mr. and Mrs. Vern Smith and Harry, Margaret and Ida Nelson, Ione Robbins and Rev. R. L. Kriner and sons, Bobby and Ronny. Rev. Kriner led the singing and played several accordin selections.

Henry Sink and grandson, Billy Hunt went to the Owyhee dam to fish Sunday.

Mr. and Mrs. George Pennington, and Helen, Mr. and Mrs. Orien Hainline and family, Henry Sink and Mr. and Mrs. Allan Hainline of Vale enjoyed a picnic dinner at the Owyhee dam park the Fourth of July. The Ralph Barnes and Austin Robbins families also spent the day at the dam.

Mr. and Mrs. Emil Frank and Mr. and Mrs. Levi Johnson went to Caldwell Sunday to attend a picnic with several other families who formerly lived in Wyoming.

Delegates from Lincoln Sunday school who plan to attend the American Union Sunday school Bible camp are Billy Terrel, Dean Hatline, Norma and Artena Stohler, Cleone and Geraldine Pettet, Donna Winslow and Margaret Nelson.

Louise Ross plans to leave next week for a visit in California.

Mrs. T. C. Nielson and her daughter, Mrs. Emmett Lind, and son arrived last week at the Nielson home. Mrs. Lind is recovering from virus pneumonia. Mrs. Nielson was

called to San Francisco to be with her daughter during her illness. Mrs. Lind and son are spending a few days with her parents-in-law at Willow creek.

Rev. and Mrs. R. L. Kriner and family attended services at Willow creek Sunday. Following classes Rev. Kriner conducted services, after which a potluck dinner was served at the C. S. Tucker home.

COLUMBIA AVENUE

Mr. and Mrs. Gerald Jensen of Boise visited at the Clayton Jensen home Thursday.

Business visitors in Ontario Wednesday included Mr. and Mrs. Dick Groot.

Mr. and Mrs. C. M. Tensen have gone to their summer home at Summit prairie.

Miss Norma Jensen of Boise and Verla Jensen are spending a vacation with relatives in southern California.

Mrs. Edward C. Larson and sons, Norman and Dale, have returned from Ogden, where they visited relatives and friends.

Mr. and Mrs. Clayton Jensen and family are spending their vacation at Summit prairie with Mrs. Jensen's sister, Mrs. C. M. Tensen.

NEWELL HEIGHTS

Mr. and Mrs. Maurice Judd and daughter, Ellen, spent Tuesday night and Wednesday at Payette lakes as guests of the Frank Morgan family.

Mr. and Mrs. Frank Ray and family and Mr. and Mrs. Jake Borge and family spent from Sunday until Wednesday in the mountains.

Mr. and Mrs. Carl Hill, Mr. and Mrs. Hoyt Warwick and Betsey, Mrs. Norris and son, Jim, Mrs. Stanley Hill and children, Mrs. C. B. Norris and Linda and Junior Stevens enjoyed a picnic in the park at Caldwell the Fourth of July.

Mr. and Mrs. Luit Stam and family and Mr. and Mrs. John Timmerman and Pete fished near the Oregon camp at Unity Wednesday.

Mr. and Mrs. Arthur Cartwright, Mr. and Mrs. Earl Parker and sons, and the Misses Joyce Kurtz and Myrna Snow attended the air show and picnicked in the park at Boise the Fourth of July.

George Schiemer and George, Jr., George Eifers and Carl Hill left Friday for a fishing trip to the north fork of the Malheur river.

Miss Myrna Snow of Boise visited in the Kurtz home from Sunday until Wednesday.

A large acreage of potatoes has been planted in Newell Heights the past two weeks. Most of the early potatoes were sprayed from the air by an Emmett aviator.

Mr. and Mrs. R. S. Overstreet, Jr. and son, Bobby of Boise were guests in the parental Overstreet home Saturday night. Mr. and Mrs. Robert Overstreet, Sr. accompanied them home for a week's visit.

The Adrian war bond quota of \$25,000 was exceeded by \$1000. Miss Ellen Judd, bond writer for Newell Heights, sold \$7975 worth of bonds.

Mrs. Jesse Sugg of Madera, California, former resident of this community is attending Fresno State college. She will teach the sixth grade there this year.

VETERANS TO GET FARM MACHINERY

Veterans of world war No. 2 returning to agriculture to purchase or operate a farm, are entitled to special consideration in obtaining new farm machinery under a "preference certificate" plan an-

ounced by R. B. Taylor, chairman of the state AAA committee. AAA has assigned responsibility for issuing preference certificates to veterans who are unable to obtain needed farm equipment otherwise, Taylor reported. These certificates take precedence over all orders which dealers may have on file except those carrying a WPB priority rating for military or emergency use.

The program applies to all items included in the old farm machinery rationing program. It does not cover crawler tractors or farm machinery repair parts.

Veterans will apply to the AAA committee in the county in which the farm is located. To be eligible, a veteran must own or operate a farm. County committees will issue the preference certificate, which dealers are required to honor regardless of prior commitment or contracts of sale.

Pointing out that many veterans were forced to dispose of their farm machinery when they entered the service, Taylor said the plan is designed to help them re-establish themselves in the farming business. They are included along with other types of small business

in such preference. Details on how this program will be handled have not been received either by the A or the O. S. C. extension service other than that the deals will be cleared through the smaller war plants corporation after they leave the county. When detailed procedure is announced it will be widely publicized.

Buena Vista

Mrs. Glenn Hoffman entertained the Home Economics club at her home Thursday afternoon.

William Cleaver and Mr. and Mrs. J. Hailey of Buhl spent Sunday at the George Cleaver home.

Among those spending the Fourth of July away from home were Mr. and Mrs. S. B. Hoffman and Mr. and Mrs. Ray Griffith and family, who went to the Owyhee dam, Irvin Topliff, who attended the air show at Boise and LaVern Cleaver, who went to Baker.

George Cleaver and Alva Goodell were in Cascade, Idaho on business Wednesday. Glenn Hoffman and Ray Griffith

attended the horse sale at Ontario Saturday.

Alva Goodell was in Ontario Sunday.

Mr. and Mrs. Leslie Topliff were in Ontario Thursday. Word has been received here of the birth of an 8 pound son to Mr. and Mrs. James Stephen of Seattle. Mr. and Mrs. Stephen

lived in this community before going to Seattle to work in a defense plant.

Examiner Coming--

A traveling examiner of operators and chauffeurs will be in the Nyssa city hall July 18 from 9 a. m. to 12, noon.

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RESOURCES	June 30, 1944	June 30, 1945
Cash on Hand & due from Banks	\$82,900,912.29	\$85,789,588.71
United States Bonds, incl. U.S. Government Agencies	240,375,969.69	266,165,610.61
Municipal Bonds	15,797,613.00	76,506,595.05
All Other Bonds	None	1,007.50
Loans and Discounts	72,696,567.75	51,465,484.54
Stock in Federal Reserve Bank	300,000.00	300,000.00
Bank Premises, Furniture and Fixtures	2,652,530.99	2,561,774.59
Other Real Estate	1.00	None
Interest Earned	1,666,533.27	2,401,015.84
Other Resources	230,278.90	599,334.61
TOTAL RESOURCES	\$416,620,406.89	\$485,790,411.45

LIABILITIES	June 30, 1944	June 30, 1945
Capital	\$ 4,500,000.00	\$4,500,000.00
Surplus	5,500,000.00	5,500,000.00
Undivided Profits, Reserves	6,153,581.64	10,006,172.06
Reserves Allocated for Taxes, Interest, etc.	\$ 16,153,581.64	\$20,006,172.06
Interest Collected in Advance	1,163,686.97	1,292,729.55
Other Liabilities	130,116.37	139,253.84
Deposits (exclusive of reciprocal bank deposits)	165,121.53	157,715.10
TOTAL LIABILITIES	\$416,620,406.89	\$485,790,411.45

DEPOSITS First National Bank of Portland	\$464,194,540.90
DEPOSITS 8 other Oregon Banks under management control of First National Bank	25,398,889.42
GRAND TOTAL all Deposits Under First National Management	\$489,593,430.32

Portland Branches

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- 6th and MORRISON BRANCH
- MONTAVILLA BRANCH
- ROSE CITY BRANCH
- EAST PORTLAND BRANCH
- LIVESTOCK-KENTON BRANCH
- SOUTHEAST PORTLAND BRANCH
- UNION AND RUSSELL BRANCH

Other Oregon Branches

- ALBANY
- ASHLAND
- ASTORIA
- BEND
- CONDON
- COQUILLE
- ENTERPRISE
- FOSSIL
- GRANTS PASS
- GRESHAM
- HEPPNER
- HILLSBORO
- HOOD RIVER
- KLAMATH FALLS
- LA GRANDE
- LAKEVIEW
- MARSHFIELD
- MEDFORD
- MERRILL
- MOLALLA
- NEWBERG
- NORTH BEND
- NYSSA
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- PENDLETON
- SALEM
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- STAYTON
- THE DALLES
- TILLAMOOK
- UNION
- WOODBURN

Affiliates

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- CLATSOP COUNTY BANK, Seaside
- THE SCIO STATE BANK
- FIRST NATIONAL BANK OF COTTAGE GROVE
- FIRST NATIONAL BANK OF FOREST GROVE
- FIRST NATIONAL BANK OF PRINEVILLE
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