

OVER THE VALLEY

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Women Invited—

Members of all the women's civic clubs and granges of this county and nearby towns are being entertained next Tuesday afternoon by the La Grande Neighborhood club in the large ball room at the La Grande hotel at 2 o'clock. The subject for the afternoon is "Oregon Trails" and Ray Conway, of the state motor association will be the special speaker and will tell something of the high-way beautification program which is being carried on in Oregon. This is the second year the Oregon Trail committee of the La Grande club, with Mrs. H. G. Smith as chairman, has carried on a program encouraging highway beautification. A special and urgent invitation is extended to all the women of the county as the committee feels that this is a program in which all women of the section are vitally interested and in which they can have a definite part. Tea will be served on the mezzanine level of the program and a large attendance is anticipated.

Return Home—
Mr. and Mrs. Tom Williamson, Mrs. Sarah Williamson and Mrs. Grace McAllister returned this week from Portland where they visited friends for several days. Mrs. McAllister had been in Portland for some time and returned with them. While in Portland she visited with a number of friends, among them being Dr. Myrtle Eastman, a former resident of La Grande. Mrs. Eastman is a doctor of chiropractic and practiced here a number of years ago.

Improving—
Both Mrs. Carrie I. Steincamp, and her mother, Mrs. Alice Lindsay, who have been quite seriously ill for several weeks at their home in Island City, are reported to be improving.

P-T-A Meets—
The meeting of the Willowsdale Parent-Teacher association is being held this afternoon at the school house.

Visits Daughter—
Mrs. Lee Smith, accompanied by her daughter, Mrs. Mildred Smith, and daughter, Betty, visited their daughter and sister, Miss Beulah Smith, in Enterprise last week. Miss Smith is a teacher in the school here and is having charge of the English department and the occasion of the visit was to attend a play which she was presenting.

Are Moved—
Mr. and Mrs. Harley Counsell are now comfortably settled in their new home over on the hillside road near La Grande which they recently leased. They followed Mr. and Mrs. McClure who have moved not long since to the North Powder vicinity.

Doing Fine—
Little Betty Jean Howell, four-year-old daughter of Mr. and Mrs. Pete Howell of the Valeria district, is reported as improving nicely. Betty Jean underwent a very serious operation in La Grande last week.

Visits—
Bernice Kelly, of Baker, was a visitor in this valley last week, ending a guest at the home of Mr. and Mrs. Sam Ruckman, near Alice.

Conclude Visit—
Mrs. Forrest Day and children, Glenn and Shirley, left for their home in Pendleton Monday after a two weeks' visit with her parents, Mr. and Mrs. Delo Gauthier, who live on a ranch in the Hot Lake neighborhood and with her brother, Floyd Gauthier, and his sister, Mrs. Chet Godsey, of Union.

Visit Parents—
Mr. and Mrs. Richard Badaky and small son, Ted, came into the valley Sunday from their home in Muddy creek and spent the day at the home of her parents, Mr. and Mrs. C. W. Bond.

Meet Tomorrow—
The Union County Dairy Herd Improvement association is calling for a meeting to be held tomorrow, Saturday, at the office of county agent.

gricultural agent, Harry G. Avery, at ten o'clock.

Grange Meets—
Pleasant Grove grange met in regular session Saturday. State Deputy Charles Wicklander of Boardman and Mr. and Mrs. Nizer of Blue Mt. grange were visitors. All were very sorry that Professor Johnson of Imbler was unable to show the pictures of Yellowstone park. A substitute program was given after which all partook of the bountiful supper served by the home economics committee. Several hours were spent after supper in dancing. All the members are looking forward to the next dance to be given Saturday evening at the hall. The next grange meeting will be in charge of the brothers Lloyd Woodell and Henry Fries are to plan the program. The men will also serve the supper. They are hoping all the members will be present because there will be lots of fun for all.

Dinner Guests—
Mr. and Mrs. Roger Deal, who live west of Summerville, had for their dinner guests Monday evening at their home, Mr. and Mrs. E. A. Austin and Lee Hatt. Mrs. Deal served a very lovely dinner.

Sister Visits—
Mrs. Ernest Bell, who lives above the Cove has for her house guest this week, her sister, Mrs. Adda Geer of Walla Walla.

Is Eight Now—
That is what Helen Jean Speckhart is—and to properly remind her the relatives of whom she is so very fond gave her a surprise party Tuesday evening at the home of her parents, Mr. and Mrs. Herbert Speckhart in the Iowa district. Helen had been waiting in La Grande for a day

Consumption Of Lamb Is On The Increase

OREGON STATE COLLEGE, Corvallis, Feb. 27.—Americans are evidently developing a greater appetite for lamb meat, for there were three million more lambs slaughtered under federal inspection last year than the year before.

This information, contained in the annual outlook report of the extension economist here, also indicates the progress toward increasing lamb for lamb meat, for there were three million more lambs slaughtered under federal inspection last year than the year before.

"Lamb is delicious, nutritious and palatable," says Mr. Oliver. "Some persons object to the 'sheep flavor' but this is not so prevalent now since more of the lambs are killed in packing houses where they take more care to keep the wool away from the carcass. This flavor is in the outside fat and can be overcome by rubbing lemon juice on the outside of the cut."

Mr. Oliver also explained the difference between mutton, lamb and spring lamb. Mutton, of course, is the meat of sheep more than a year old. It is not so frequently found on the market, as 75 per cent of the sheep killed are lambs. The meat is darker in color than lamb, the bones are whiter instead of pinkish, and the fat not so white as on lamb meat.

While lamb meat is on the market the year round, practically all of it comes from lambs born in February, March or April. Spring lamb distinguishes the meat from lambs born in the current year and marketed before July 1. Straight lamb designates those marketed after that date and on into the following year after the new crop of spring lambs is on the market.

are of the opinion that the powder would not come in contact with enough moisture to make it effective. But few badgers, ground-hogs and other ground rodents have shown signs of coming out yet in that locality, according to several who have been looking for badger signs with view to trapping.

Home from Trip—
Karl J. Stackland, of Cove, prominent valley fruit grower, returned home during the weekend from Portland and other coast cities where he had been on business for the preceding three weeks.

New Correspondents—
We wish to call attention once more to the three new correspondents on the Observer staff from three different sections of the valley: Mrs. Ray Wilson at Imbler, Mrs. N. E. Hersey of Island City and C. J. Law of North Powder. Please communicate any news you may have to one of these three ladies. We are endeavoring to build up new columns in all centers, but ask the assistance for these three who are new.

Lambing On—
Our correspondent at Hot Lake informs us that lambing has started in that locality and that the rush season for sheepmen will soon be on. Weather conditions are very favorable this year for a successful season.

State Officer Coming—
On Wednesday evening, March 4, at eight o'clock, Dorothy St. Clair, tutor, Mrs. Marie Flint McCall, will hold a conference at Pleasant Grove grange hall. The meeting is for all lecturers and members who care to attend, it is announced. The various granges have been called upon to furnish one number each for the program. Mrs. McCall will have charge of the meeting. She is holding a series of such conferences in Eastern Oregon. This promises to be a very important gathering and the opportunity obtained by the sheep industry which is now sponsoring National Lamb week from February 22 to 28.

Squirrels Out—
Thousands of squirrels are out up near Walla Walla according to word received from our correspondent there, and have put in their appearance during the past week from their winter's sleep. Many of the squirrels have come out through a foot or more of snow, he adds and can be seen in many places diligently searching for food. There is much difference of opinion in that locality, Mr. Meek says, regarding the benefit to be derived from early poisoning. Many farmers who have done much damage poisoning in past years state that they have never been able to get many squirrels that way. During recent years many have found the use of poison gas a very effective method. He says further, in ridding their premises of squirrels in early spring, however, with the soil underneath so extremely dry at this time, many

and son, Mr. and Mrs. A. E. Golding, Mrs. Hattie Frisvold and son, John Dee, Mr. and Mrs. Harley Ruckman and Mary, Mr. and Mrs. Sam Ruckman, Walter Phillips, W. W. Kirkhoff, Lucy Allen, Mr. and Mrs. Carl Frisvold, Mr. and Mrs. Ray Hayes, Mr. and Mrs. Will Ruckman.

Visit Walla Walla—
Mr. and Mrs. Elliott Austin and two of their sons, Howard and Jack, of Ladd canyon, drove over to Walla Walla early this week and spent the day on a combined business and pleasure trip.

Weekend—
Irene Baxter, of Hot Lake, spent the weekend as the guest of Mae Bean, of La Grande, returning to her store at Hot Lake Sunday evening. Her father, J. J. Lovhaug, a salesman for the Utah Knitting Co., visited her on Monday.

Have Fine Party—
The pupils at the Ladd Canyon school had a fine valentine party at their school last week. Mrs. J. H. Diehl is the teacher.

Is Up Again—
Mrs. John Marchison, of Pleasant Grove, who was so severely ill for a number of weeks, is able to be up again and like those of her generation, is even now as busy as ever piecing a quilt.

(Continued on Page Eight)

HOW CAN MATRON FEED FAMILY OF 4 ON \$7.12 WEEKLY?

With only \$7.12 a housewife can provide four adults with three meals a day for one week if she follows the food guide developed by the bureau of home economics, U. S. department of agriculture.

This is the average cost for a week's market basket, outlined in this article. The sum is derived from figures gathered in twelve cities throughout the country. New York city tops the list with a cost of \$7.83, followed by Charlotte, N. C., with \$7.57. Detroit prices are the lowest with a figure of \$6.99 and Pittsburgh comes next with \$6.75.

The variety of the foods listed in the market basket is not great but they are what is known as protective foods. Dr. Louise Stanley, chief of the bureau, explains this as meaning that there is a good supply of vitamins, protein, calcium, phosphorus and iron, as well as enough calories, to provide for growth and health.

At the request of the woman's division of the president's emergency committee for employment, of which Dr. Lillian Gilbreth is head, the bureau developed this food guide to meet the needs of these families who must live on a very small sum of money as a result of the present situation. It was designed as a minimum food guide and wherever the family pocket book permits, the allowance should be increased. The bureau suggests that the cheapest and best way to augment the weekly allowance is to increase the milk

and tomatoes one pound per person per week. The quantities of milk, vegetables, and lean meat listed are absolutely necessary to maintain health, and Doctor Stanley cautions against reducing these essentials.

The food guide furnishes an excellent foundation upon which a more expensive diet may be built.

Family Food Guide
Every meal—Milk for children, bread for all.
Every day—Cereal in porridge or puddings, potatoes, tomatoes (or oranges) for children, a green or yellow vegetable, a fruit or additional vegetable.
Two to four times a week—Tomatoes for all, dried beans and peas or peanuts, eggs (especially for children, lean meat, fish or poultry, or cheese.
A family of four adults should buy Every Week

Flour, cereal and rice (1½ pounds bread as 1 pound flour), 22 to 27 pounds.
Milk, 4 to 8 quarts.
Potatoes (14 pounds in 1 peck), 1 to 1½ pecks.
Dried beans, peas, lentils, 1 to 3 pounds.
Tomatoes, 3 quarts.
Other vegetables (including some or green or yellow color, and inexpensive fruits), 20 to 25 pounds.
Fats, such as lard, salt pork, bacon, butter, etc., 4 pounds.
Sugar and molasses, 5 to 6 pounds.

Guests at Wild House—
Estel Wright, formerly of La Grande, but now of Salt Lake City, was a caller at the home of Mr. and Mrs. J. W. Wilde, near Hot Lake, Monday. Mr. Wright was looking

Lean meat, fish, cheese, eggs, 5 to 10 pounds.

Market Suggestions
The menu suggested for one day includes liver and bacon. The bureau has made extensive experiments with beef, hog, calf and lamb liver with the following results. Hog liver compares very favorably with beef and calf liver and is usually half as expensive. Its flavor is much improved by scalding for about half a minute before frying in bacon fat. Lamb liver is also cheap but it is usually sold whole and not by the single pound.

The vegetable and fruit allowance of 20 pounds should include some leaf green vegetables and some yellow vegetables, and some oranges, bananas and dried fruit. The choice necessarily must depend on the price. A good division might be 15 pounds of vegetables and five pounds of fruit.

Mild flavored vegetables should be cooked quickly, until tender, in as little water as possible, and all juices used either with the vegetables, or in soup. In this way the valuable minerals, so necessary for health, are not wasted, the bureau advises.

MENU FOR ONE DAY
Breakfast
Cooked Cereal with Raisins and Milk
Fried Corn Meal Mush with Molasses
Coffee

Dinner
Beef or Pork Liver with Bacon
Served with Gravy
Stewed Tomatoes
Butter
Bread
Supper
Rice Pudding
Margarine
Tea

Fried Corn Meal Mush
2 cups yellow corn meal.
3 teaspoons salt.
4 cups cold water.

Mix the corn meal, salt and cold water in the upper part of a double boiler. Cook over the direct flame until boiling and boil for 1 minute, stirring constantly. Place the upper part of the double boiler into the lower part and cook the corn meal mush for one hour. Pour the mush into a wet dish or pan and let stand over night. When set into a firm mold, cut the mush into slices about ½-inch thick, sprinkle with flour, and fry slowly in shallow fat, until golden brown on both sides. Serve hot with molasses.

Fish Chowder
1 pound fish (fresh, salt or canned).
5 medium sized potatoes, peeled and cut in small pieces.
1 onion, sliced.
2 cups carrots, cut in pieces.
½ pound salt pork.
3 cups milk.

Pepper.
3 tablespoons flour.
Cut pork in small pieces and fry with the chopped onion for five minutes. Put pork, onions, carrots and potatoes in kettle and cover with boiling water. Cook until vegetables are tender. Mix three tablespoons of flour with ½ cup of the cold milk and stir in the liquid in the pot to thicken. Add the rest of the milk and the fish which has been removed from the bone and cut in small pieces. Cook until the fish is tender, about 10 minutes. Serve hot. You can omit salt pork, and use a tablespoon of other fat (Babbit, lard, or any meat, may be used instead of the fish, or tomatoes in stead of milk).

Rice Pudding
1 cup rice.
1 teaspoon salt.
Scant ½ cup sugar.
3 cups milk.
3 cups water.
Cook rice over low flame, stirring occasionally to prevent sticking. When rice is soft and all liquid taken up, add sugar, nutmeg or flavoring. Chill and serve. Left-over fruit, added just before serving, makes this pudding a delicious dessert. If pudding is cooked in a double boiler, use 1 cup less of both milk and water.

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Soda Crackers
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Pork & Beans
Van Camp's Medium
3 Cans 20c

Toilet Tissue
1000 Sheet Rolls
3 Rolls 19c

Tomato Soup
Campbells
3 Cans 23c

Beef Roast
Cut from choice
Steer Beef
17c

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2 With each 49 lb. sack of Sperry Drifted Snow Flour a large nickel-plated, enamel-handled steak or oven fork (12½ inches long), together with the Measuring-Basting spoon described above, FREE!

Both utensils approved by Good Housekeeping Institute. Both free while they last.

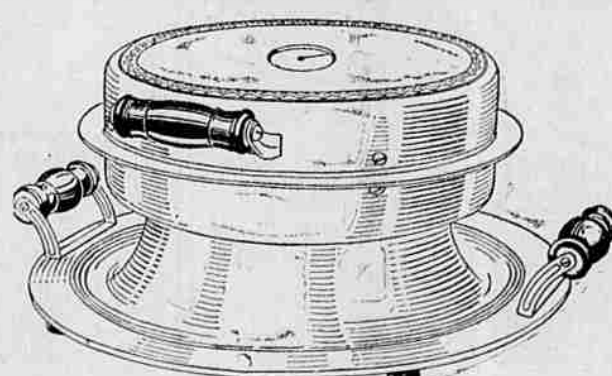
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