

# HI-WAYS TO HEALTH

by ADA R. MAYNE  
OREGON DAIRY COUNCIL

## CONSIDER THE BANANA

The possibility for using bananas in everyday cookery are often overlooked. Most bananas are just peeled and eaten in the simplest way. But bananas may be used in many different forms and served to all members of the family.

Baked, boiled, steamed or cooked as fritters, bananas are very tasty. In salads or in desserts, with cream in custards and ice cream, they add flavor and nourishment.

Like other fresh fruits, bananas should be used when they are ripe. Until they are ripe the pulp is most all starch and indigestible, much as an uncooked potato. They are ripe when brown spots begin to appear on the golden yellow peel.

Plus being high in energy the banana is a source of three vitamins, A, B, and C, and because of this can be considered among the protective foods.

A ripe banana along with a sandwich and a glass of milk is a good school lunch. Some other ways of using bananas are suggested in the following recipes:

### Baked Bananas

Remove skins from bananas, allowing one banana per person. Cut bananas in halves lengthwise and place in a baking dish. Dot with two tablespoons butter sprinkle with one

third cup of sugar and two table-spoons lemon juice. Bake about 20 minutes in a slow oven 275 to 300 degrees F. Five minutes before removing the bananas from the oven, add 8 or 10 sliced whole dates. Serve hot with cream.

### Banana Cream Cake

Two thirds cup butter  
One and one-half cups sugar  
Two eggs  
One cup mashed bananas  
Four tablespoons sour milk  
Two cups flour  
One teaspoon soda

One-half cup chopped walnuts  
Cream butter; add sugar gradually and cream again; add unbeaten eggs one at a time, beating thoroughly after each addition. Then add mashed bananas with sour milk; stir well. Fold in sifted dry ingredients and bake in two layers in hot oven 375 degrees F. 20 to 25 minutes. When cool, put together with sweetened whipped cream.

### Banana Orange Fluff

One and one-half cups milk  
One-half cup quick tapioca  
Salt  
Two eggs  
One-half cup sugar  
Three bananas  
One-half cup orange juice  
Grated rind of one orange  
One cup whipping cream

Scald milk in double boiler, add tapioca and salt. Cook 15 minutes until tapioca is clear, stirring frequently. Beat egg yolks, add sugar, and stir into tapioca mixture. Cook over hot water three minutes, stirring constantly. Cool slightly. Slice bananas into orange juice, add grated rind, and combine with tapioca mixture. Fold in stiffly beaten egg whites. Chill. Garnish with bananas and Orange slices. Serve with whipped cream.

A certain bank made it a practice to pay out new bills whenever it was possible. One day when a woman appeared, the paying teller apologized because he was unable to give her new, clean bills and had to pay her in old and dirty ones. He asked her if she was afraid of microbes on the bills.

"Microbes, no!" exclaimed the woman. "I'm a teacher and you don't think a microbe could live on my salary, do you?"

A prospective purchaser was looking over a piece of property which lay along the bank of the river. He remarked to the real estate agent: "Doesn't this river sometimes overflow this land?"

The agent retorted with some heat: "Well, this river is not one of those sickly streams that is always confined to its bed."

Willie—What is the difference between capital and labor, Dad?  
Dad—Well the money you lend represents capital—and getting it back represents labor.

## HOME LOAN

Continued from page one. bond that is non-taxable is as good as a taxable 6-per cent investment.

The United States Treasury accepts these bonds as security for federal deposits at par, in that respect placing them on equality with any United States bonds.

Holder of mortgages, bankers and investors should be advised that if the Corporation fails due to lack of support and millions of homes are sold under the hammer, the value of their billions in home mortgages also will be destroyed.

Within a short time a large number of these loans will be closed in Oregon, thereby throwing hundreds of thousands of dollars into the county treasuries of the state to take care of unpaid taxes. Schools and all divisions of the state government will be benefited and a positive step toward recovery will have begun.

**RUFUS SCHOOL NOTES**  
The girls had volleyball practice Wednesday night. Friday they will play their first game of the season

at Grass Valley. The following Friday Grass Valley will play at Rufus.

Dr. Foley examined all of the high school girls Friday to determine if they should take part in athletics.

Mr. Knighten made his first visit to Rufus Thursday.

Miss Johnson visited her home in Portland over the week end.

Mr. and Mrs. Simmons and son, and Miss Striker attended the Round-Up Saturday.

Although the two Muller children are moving away today the attendance will remain the same, as two of the Eakin children have entered school after working two weeks in the hop yards.

Earl Williams returned to school Monday after spending a week in the Blue Mountains deer hunting. Earl reports that deer are plentiful but he was to tender hearted to kill one.

Friday night at the school gymnasium the Freshmen were duly initiated by the other half of the high school. Most of them were good sports throughout the evening, taking their medicine without flinching. Later in the evening games were played and refreshments were served.

## Wasco

The library board wishes to announce that they will rent the library room for any club meeting or similar purpose any day other than the regular library days.

Mr. and Mrs. Fred Hennagin were shopping in The Dalles Tuesday.

Mrs. L. P. Haven substituted at school Monday for Miss Brown who failed to get back.

Mrs. L. J. Lucas was over from Condon this week end having their household goods shipped to that place as they will remain in Condon.

Mrs. Roas Andrews from The Dalles visited in Wasco last Thursday and Friday.

The Freshman high school class

selected their officers for the year as follows: James Manning, president; Alberta Alley, vice-president; Glen Van Gilder, secretary-treasurer.

James Maddox is taking a vacation and Ed Grady is working in his place in the Atwood store.

The Mary Elizabeth class of the M. E. church met last Wednesday for their first party of the fall with Miss Robison. A paper was given by Mrs. Arthur Sargent on the "Palms" and Mrs. Evans gave one on "Abraham". Refreshments were served later by Mesdames Sargent, McClure and Warner.

Mr. and Mr. Harry Sawin are in Spokane at the present.

Mrs. R. H. McKean was called to Portland the last of the week by the death of her niece.

Frank Stanley returned from California Friday where he had been visiting for several weeks.

Mrs. Claud Holling and Mrs. Richard Williams of Portland were over night guests at the Everett Watkins home Tuesday, enroute to Freshman Round-Up.

Mrs. Art Smith, Mrs. Tracy Fields and son and Mrs. Lee and Leon Smith spent Friday and Saturday at the Pendleton Round-Up.

Mr. and Mrs. Chester Medler spent last week end at Yakima at the John Mathias home.

Miss Norma Feldman spent last week end in Portland with her sister.

Mr. and Mrs. Ormand Hildebrand had as their guests last week end Mr. and Mrs. Golden Barnett and Mr. and Mrs. Ira Barnett all of Portland.

Mr. and Mrs. Wade Hull were last week end visitors at the home of G. C. Andrews.

Guy Pound of The Dalles was in Wasco Monday.

The Wasco Women's Study Club met at the home of Mrs. Roy Atwood Friday. There were 18 members present. "High points on the news" was given by Mrs. Scholl. At the close of the afternoon refreshments were served and Mrs. Mary Andrews

poured at the tea table assisted by Mrs. Scholl.

Miss Trounce has opened her studio and is now ready to begin giving music lessons.

Miss Lorraine Darby was reported on the sick list the last of the week.

Mr. and Mrs. C. W. Fields and family of Grass Valley and Mr. and Mrs. Otto Hinkle and family of The Dalles were guests at the T. L. Fields home last Sunday.

Mr. and Mrs. Arthur Sargent and Mary Joannette attended the Pendleton Round-Up Saturday.

Leo Watkins returned from Independence last Monday after several days visit.

On September 11th Mr. and Mrs. Leroy Chapman became the parents of a baby daughter. Mrs. Lundy is caring for them.

Mrs. W. A. Medler entertained the Webfoot Social club last Friday. There were two tables of 500. Mrs. Moorehouse made high score for the afternoon.

Mrs. Leo Watkins, Mrs. Orville Yokum, Mrs. Robert Evans and Mr. and Mrs. Vinton Watkins were visitors in The Dalles Thursday.

Free Crews returned from a deer hunt last Monday and brought home a deer.

Mr. and Mrs. Dick Schunke were dinner guests of Mr. and Mrs. Otis Royce last Sunday.

Mrs. J. T. Johnson entertained the Contract Club Wednesday afternoon. Mrs. Sam Brock was a guest of the club.

Mrs. A. B. Potter entertained for Mrs. Eva Doane last Monday afternoon. Mrs. Doane will make her home in Condon.

Mr. and Mrs. Vic Smith were visitors at the Chas. Everett home Sunday.

The Klondike Community Club met

last Thursday with Mrs. W. E. Bruckert.

B. H. Grady transacted business in The Dalles Tuesday.

Mr. and Mrs. Chas. Everett were visitors at Rufus Tuesday.

Miss Winifred Fortner and Miss Brown were visitors in Portland over the week end.

Mr. and Mrs. Louis Scholl spent Sunday and Monday in The Dalles at the home of their daughter and son-in-law Mr. and Mrs. Geo. Knobel.

Mrs. Bill Reid is in Yakima for a while.

Mrs. Hugh Walker spent several days at Weston last week with relatives.

Bus Logan of Bend and Pauline Newcomb of Grass Valley were week end visitors at the Welde home.

Mr. and Mrs. John Rayburn of La Grande were week end visitors in Sherman county.

Mr. and Mrs. Chas. Royce of Yakima visited at the John Royce home over the week end.

Mr. and Mrs. Gardner and J. A. Elder of Forest Grove were visitors at the Royce and E. S. Lamborn home over the week end.

Mrs. Melissa Wuderlich and Mrs. Fred Lamore of Portland attended the Lamborn funeral Monday.

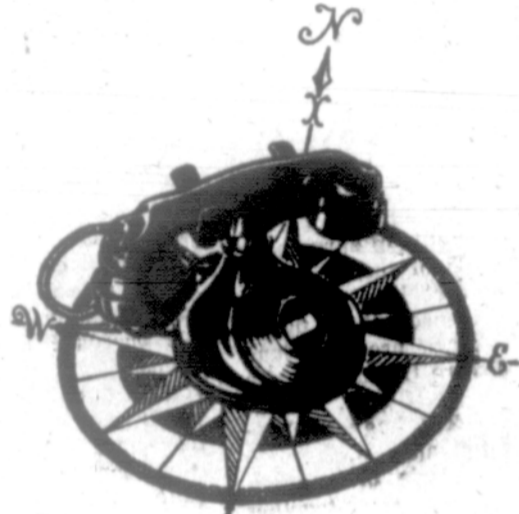
Mr. and Mrs. F. S. Lamborn, Mrs. Bell Brownrigg and Mr. and Mrs. Bernis Guy were visitors in The Dalles Saturday.

Mr. and Mrs. E. L. Wilde, Mrs. Eva Doane and Bernis Guy and wife were visitors at The Dalles and Goldendale Friday and Saturday.

The Junior Bridge Club held their business meeting at the home of Mrs. Lawrence Kaseberg last Thursday.

**NOTICE TO CREDITORS**  
All persons having claims against the estate of Celeste M. Fowler, deceased, are hereby required to present them, duly verified, with proper vouchers, within six months from the date of this notice, to the undersigned, the duly appointed executrix of the last will and testament of Celeste M. Fowler, deceased, at Rufus, Oregon, in care of J. S. Fowler.

Dated and first published this 29th day of September, 1933.  
Zula Currin,  
Geo. G. Updegraff,  
Attorney for Executrix.  
Last published October 20, 1933



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Within the next month or two the allotments of the members of the Sherman county wheat control association will be published in this paper. Everybody will want to see them. Everybody will want to keep them for a permanent reference.

This is only one of the items of useful information about the county that will appear in the Sherman County Journal within the year.

The only way to be completely and adequately informed about the county in which you live is to become a regular subscriber to the Sherman County Journal.



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