

Stockpiles of Food for Peace



Here is what the U. S. Department of Agriculture means when it urges farmers to help produce "stockpiles of food for use after the war." The upper picture shows barrels of dried milk, just as good a year from now as today. The lower picture shows a warehouse filled with huge drums of cheese, even better with aging. These farm products, plus condensed milk, dried milk, cured pork, and canned meat and vegetables, constitute the stockpiles of defense food which Secretary Claude R. Wickard, will be needed by hungry Europe and "will exert the maximum influence at the peace conference."

Grass Valley Family Return From Chicago

Mr. and Mrs. A. F. Balzer returned home Thursday evening from a two weeks trip to Chicago where they visited relatives, also took sight seeing trips to Milwaukee, Wis., and Indiana. They also visited relatives in Champaign, Illinois and visited the University of Illinois.

Mr. and Mrs. Fred Cox, accompanied by their daughter, Mrs. Al Roberts, Mrs. W. J. Davis and Mrs. Sam Davis motored to Oregon City where Mr. Roberts met them to take Mrs. Roberts to their home in Corvallis, after spending a week here visiting her parents.

The student body of the high school chose sides at the begging of the volley ball season, to sell tickets, and the losing side to give a party for the winners. The party was held in the gym on Monday evening. The high school faculty, Ray Jewel, Mrs. Ellen Potter and William Beck, were present. The evening was spent playing games with refreshments served at the close of the evening.

Mrs. Tom Alley entertained the junior bridge club and additional guests at her home Wednesday afternoon. Contract was in play at three tables with high scores going to Mrs. Arzell Lemley and Mrs. C. M. Clevenger. Low score for the afternoon was held by Mrs. Ed Alley. Refreshments were served at the close of the afternoon.

Among the Grass Valley visitors in The Dalles Saturday were Mr. and Mrs. Herman Schilling and son, Robert, Mrs. E. M. Helyer and children, William Beck, Mrs. Ed Alley and daughter Lila Lee, Sam Stark, Glen Karnes and son Kenneth, William Brinkert and Mr. and Mrs. J. S. Newcomb and daughter, Doris.

Art Bibby was a visitor in The Dalles Thursday, and was accompanied home by his mother, Mrs. Frances Bibby of Cornelius, who had been visiting her daughter, Elsie Bibby in The Dalles.

Mr. and Mrs. Glen Karnes entertained Friday evening for their sons, Lloyd and Kenneth, with a Halloween party at their home. Games and stunts were the diversion of the evening with refreshments served at a late hour to 13 guests.

Miss Margaret Traube spent the weekend visiting her parents in The Dalles.

James Brown left Saturday for Portland where he has employment at the Portland Gas and Coke company.

Mr. and Mrs. A. F. Balzer motored to Wasco Sunday to visit Mr. and Mrs. Gus Hartmann.

Mr. and Mrs. Max Brown left recently on a motor trip that will take them to Boston, Mass. They plan to be gone about five weeks.

Miss Mary Elizabeth Esson Patronize Journal Advertiser's

HI-WAYS TO HEALTH by ADA R. MAYNE OREGON DAIRY COUNCIL

Every member of the family should start the day with a hearty breakfast eaten in a leisurely manner. This practice will aid digestion and elimination, and help to prevent fatigue before the noon meal. Children especially need a good breakfast for proper growth.

Though the general plan for breakfast may be the same every day, there need be no monotony in this meal. With a variety of fruits, cereals and breads from which to choose, the number of possible combinations is large.

A nourishing breakfast is built around fruits - fresh or cooked; Cooked cereal - preferably whole grain with milk; Bread, toast or muffins - preferably whole grain;

Beverage - preferably milk or cocoa made with milk.

If the budget is limited, the fruit may be eliminated for breakfast. However, grapefruit juice, cooked prunes, and apple sauce are quite inexpensive, and add both to the palatability and the health value of the meal. They also help to stimulate a lazy appetite.

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than refined varieties because they furnish more minerals, especially iron for the blood; and more vitamin B, which promotes good appetite and digestion.

Small children should drink their milk plain. Older children may have either milk or cocoa made with milk and only a little cocoa for flavoring. A hot drink is desirable item in any breakfast and many children relish a cup of warm milk on cold mornings. Some children prefer hot cocoa and when it is made with milk it is a recommended food for a school child.

When the food budget is limited, it seems better to include in the lunch or dinner menu the "3 or 4

eggs a week for each member of the family" that are recommended for good nutrition. However, if teen-age boys or girls or adults prefer them at breakfast, they may be served in addition to the cereal. For small children, the additional egg often proves too filling, so should be served at their hearty meal in the middle of the day.

If you serve cocoa for breakfast try this recipe.

Three tablespoons cocoa
Three and a half tablespoons sugar
One fourth teaspoon salt
Three fourths cup boiling water
Five cups milk, scalded
One fourth teaspoon vanilla

Blend cocoa, sugar, and salt; add water slowly blending until smooth. Cook directly over flame for 5 minutes, stirring occasionally. Add scalding milk, reheat, and beat until frothy. Add vanilla if desired. Serve piping hot. May be served with a dash of whipped cream. Makes 5 servings.

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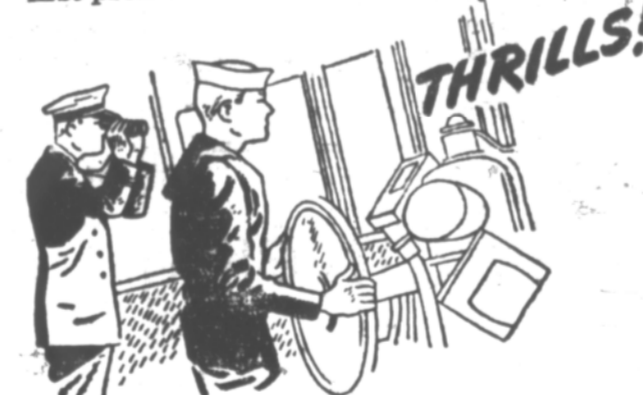
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