

SOCIETY CHIT-CHAT
By JUNE SMITH

This evening will be the first Ladies' Night of this season to be held at the Elks club. Program Chairman Norton Lundell announces that while the men are at lodge, the wives will play bridge and pinochle in the attractive and newly decorated ladies' lounge. Hostesses for the evening will be Mrs. Garnet Barratt and Mrs. Lundell. Dancing to the music of the Men About Town will follow and at the close of the evening a luncheon will be served. Prizes for the card play will be defense stamps.

The Episcopal Auxiliary Missionary guild met this afternoon at the home of Mrs. Floyd Adams, with Mrs. Harold Buhman, who is president of the society, as assistant hostess.

Mrs. Harold Cohn, who underwent a major operation at a Pendleton hospital the first of the year, returned to her home here last Friday, and is now up and around.

Ted Ferguson, after an illness which kept him confined at home for six weeks, returned to school Monday.

Mrs. Jim Hager who has been ill with the flu has recovered.

Mrs. Bud Hanlon and son Wayne have both been ill at their home for the past two weeks, but are reported improved now.

The Past Matrons club will meet Monday afternoon at the home of Mrs. Jesse Turner.

The sewing meeting of the American Legion Auxiliary will be held Tuesday afternoon at the home of Mrs. Harvey Miller.

Mr. and Mrs. Garnet Barratt drove to Portland Friday evening, returning Monday. They attended a PCA stockholders' meeting. On Sunday they drove to Corvallis to see their son Bill.

Others who were in Portland for the week end were Gene Ferguson, who drove down with Jimmy Valentine, and Henry Aiken Jack Hynd was also in Portland on business.

Ruth chapter of the Eastern Star will hold its regular meeting at the Masonic hall Friday evening, with Mrs. Ella Benge, worthy matron, presiding. Initiation will be held.

Mrs. Bill Furlong has been notified that her mother, Mrs. Bill Howaid, is very ill at The Dalles.

Mrs. C. W. McNamer is entertaining two of her bridge clubs next Saturday afternoon at the Lucas Place. Four tables will be in play, and the affair will be a dessert bridge.

Miss Gwenneth Glasgow was hostess at a small party at her home Saturday evening. Six of her friends were present, with the evening spent in card playing, and refreshments served at the close of play.

The Elks club will sponsor a President's Birthday ball at the club on Saturday, January 31, according to Charles Cox, chairman. This dance is being held all over the country to raise funds for the Infantile Paralysis drive. The dance will be informal and tickets will be sold.

Mrs. Stephen Thompson entertained the Wednesday club at her home yesterday with a dessert bridge. Mrs. J. V. Crawford won high score, and Mrs. Leonard Schwarz was second.

A baby girl weighing 9 pounds, 5 ounces was born to Mr. and Mrs. Ted Lucas last Thursday at Pendleton.

Tree Orders Should Be Placed in Month

Orders for trees from the State Forest nursery by those planning to plant farm woodlots and windbreaks this spring should be made within the next month, according to C. D. Conrad, county agent.

Order blanks may be obtained at the agent's office by those who wish to order their own trees or if desired the agent will order the trees.

Trees from the state nursery for windbreak and woodlot planting are furnished at \$2.50 per thousand plus parcel post or express charges.

At Heppner ♦ ♦
CHURCHES

CHURCH OF CHRIST
Martin B. Clark, Pastor
9:45, Bible school.
11, Communion and preaching.
6:30, Christian Endeavor.
7:30, Evening service.
7, Thursday evening, prayer meeting.
7:30, Thursday evening, Bible study.

PENTECOSTAL ASSEMBLY OF GOD
Sterl D. Spiesz, Pastor.
Sunday school, 9:45 a. m.
Worship, 11 a. m.
Evangelistic services, Sunday, 7:45 p. m.
Tuesday, 7:45 p. m., cottage prayer meeting.
Thursday 7:45 p. m., Bible study at church.

FIRST METHODIST CHURCH
BENNIE HOWE, Minister.
Sunday, Jan. 25: Divine worship at 11 a. m. Church school at 9:45 a. m. Mrs. Lucy Rodgers and Miss M. Werner, superintendents. Classes for all ages. Visitors and new students always welcome.
Evening worship at 7:30 p. m.
Wednesday, Jan. 21: Fellowship service every Wednesday evening at 7:30.
Thursday, Jan. 22: Choir rehearsal every Thursday evening at the parsonage.
Thought for today: Christianity, like a watch, needs to be wound regularly if it is to be kept running.

NORMAN NELSON ENLISTS
Norman Nelson left last week for Portland where he enlisted as a mechanic's helper in the naval reserve corps. He entrained with six other enlisted men for Norfolk, Va., Saturday. Norman and his brother Fred have been farming their father's ranch north of Lexington for the last four years. Their parents, Mr. and Mrs. A. H. Nelson of Oak Grove, are moving back to their place during Norman's absence.

CYRUS AIKEN WEDS
The wedding of Letha Ragan Pohl of Modesto, Cal., to Cyrus W. Aiken, son of Mrs. Lillie Aiken of this city, was a recent event at Berkeley, Cal. Mrs. Aiken is a former teacher of music at University of California. The newlyweds visited here for a short time at the home of the bridegroom's mother before leaving last week end for Boise, Idaho, where they will make their home.

OYSTERS and SHELL FISH

Now in Season

Delectable ocean delicacies make appetizing appeal in the cooler season. We serve them to your taste.

For a good meal Anytime, come to

ELKHORN RESTAURANT

Ed Chinn, Prop.

FOOD FOR VICTORY

"Food will win the war" is an apt statement repeated many times. Morrow county's nutrition council stepped into high gear this week with the aim of making this county food conscious. The first meeting of the publicity committee was held at the home of Mrs. Bruce Stewart last Thursday evening and work was started on the following projects:

An exhibit displaying well balanced meals and food necessary for an adequate daily diet will be set up in a local business window at regular intervals to remind housewives of the vital part they play in keeping their families physically fit.

A column on nutrition will be printed in the local paper each week to help homemakers in planning meals rich in protective vitamins at a moderate cost. Any contributions to this column will be welcomed and the council hopes that housewives will send in recipes and suggestions for conserving the protective elements of food by various methods of serving.

Several books on meals, food preparation and nutrition have been placed on a special shelf in the public library and all homemakers are urged to use these books as a guide for home cooking during the emergency, as well as afterward.

Books now on the shelf are "Nutrition and Physical Fitness," Bogert; "Feeding the Family," Rose; "Everyday Foods," Harris and Lacey; "Food and Life," Yearbook of

Agriculture, 1939; "Eggs," Pennington, Platt, Mandeville and Snyder; and a book called "Food Saving and Sharing," prepared under the direction of the U. S. administration during the last war. The last book is put on the shelf to show readers the big strides this country has made in nutrition since the last war. During the last war this book stressed the need of eating little, and eating the cheapest foods. Now the general public is realizing that to get the most out of living, we must begin with a basic function: eating; eating properly.

A general guide for good eating includes the following daily ration: 2 or more glasses of milk daily for adults and 3 to 4 glasses daily for children; vegetables: two or more servings daily besides potato, 1 raw; fruits: two or more servings daily, including citrus fruit or tomato; eggs: 3 to 5 a week, 1 daily preferred; meat, cheese, fish or legumes: one or more servings daily; cereal or bread: most of it whole or enriched; butter: 2 or more tablespoons daily.

Liver should be eaten at least once a week and this delicious recipe will make even confirmed liver-haters bow down:

LIVER LOAF
1 lb. beef liver, 1 medium sized onion chopped, 1/2 lb. pork sausage, 1 cup dry bread crumbs, 1 tsp. Worcestershire sauce, 1 tablespoon lemon juice, 1 tsp. salt, 1-8 tsp. pepper, 1 tsp. celery salt, 2 beaten eggs, 1/2 cup stock, 4 slices bacon.
Cover liver with hot water and simmer five minutes. Drain liquid

BPW TO SPONSOR SHOW

Business and Professional Women's club met Monday evening at the home of Clara Gertson, with "Lobbying for Democracy" as the topic of the evening. Reports were made by Lucy E. Rodgers, Clara Gertson, Frances Weaver and Gwen Glasgow. The resignation of Marie Barlow as secretary and Marjorie Parker as publicity chairman were accepted and their duties undertaken by Virginia Humphrey and Frances Weaver. Sometime in February the show, "Henry Aldrich," will be sponsored by B. P. W. Lela Peterson, Margaret Wright and Rose Hooser will head the committee to plan the program which will accompany the picture, while Leta Humphreys will attend to ticket sales.

CHARLES COX WRITES

Mr. and Mrs. Claude Cox received a card Saturday from their son Charles, believed to have been in Honolulu at the time of the Japanese attack, December 7, the first word received since that time. The card, written after the attack, gave no indication of Charles' location at time of writing. Cleared through a U. S. navy postoffice in the states, it bore the information that he was in good health. Charles is in the materiel division of the air corps.

and reserve for stock. Force liver and onion through food chopper, using medium blade. Add remaining ingredients, except bacon. Form in loaf 5 1/2 x 10 1/2 inch pan. Top with bacon strips. Bake in moderate oven (350 degrees) 45 minutes. Serve 6 to 8.

SAFeway's WINTER FOOD CARNIVAL

Featuring cold weather food values that help relieve living costs.

KITCHEN CRAFT FLOUR 49-lb. sk. \$1.69
Flour, Crown, Fishers. 49 lb. \$1.95
BUCKWHEAT FLOUR AUNT JEMIMA LGE. PKG. 27c
SLEEPY HOLLOW SYRUP 12 15c 26 27c
LOG CABIN SYRUP 26-oz. can 29c
LUMBERJACK SYRUP 5-lb. can 43c
NOB HILL COFFEE Lb. 23c; 2 lbs. 45c
AIRWAY COFFEE Lb. 19c; 3-lb. pkg. 55c
CHERUB MILK 4 TALL CANS 35c
ALPINE MILK - AND OTHERS 3 TALL TINS 25c
OVALTINE-PLAIN OR CHOC. 14-oz. can 61c
WELON'S GRAPE JUICE Qt. Bottle 38c
DR. PHILLIPS OR. & GRAPE, JOE No. 2 10c
HIGHWAY NECTARS PLUM, PEACH, APRICOT 12-oz. can 7c
SNO-COLA 6 Big 12-oz. bottles 23c
JELL WELL, assorted, pkg. 5c
MARSHMALLOWS Fluff-1-est 4 1/2-oz. pkgs. 13c

Su-Purb Gran. Soap. 24 oz. 19c
WHITE KING GRAN. SOAP 23-oz. pkg. 19c
OXYDOL 69-oz. pkg. 55c; 24-oz. pkg. 19c
WALDORF TISSUE Soft-Wave 4 rolls 17c
KELLOGG ALL BRAN 10-oz. pkg. 11c
NABISCO SHREDDED WHEAT 2 pkgs. 21c
STAREGON PEARS No 2 1/2 can 18c
VALLEY GOLD APRICOTS No 2 1/2 can 15c
SAN WAN FANCY PEAS No 2 can 12c
GARDENSIDE TOMATOES 2 No 2 1/2 cans 23c
DEL MONTE CREAM CORN 2 No 2 cans 25c
COUNTRY HOME CORN-CREAM 2 No 2 cans 23c
HIGHWAY SAUER KRAUT No. 2 1/2 can 9c
RED HILL CATSUP 14-oz. bottle 11c
MONETA CHILI SAUCE 12-oz. bottle 15c
CRISCO Pound 22c; 3-lb. can 63c
ROYAL SATIN SHORTENING 3-lb. can 57c
VAN CAMP HOMINY 3 No 2 1/2 cans 25c

AVOCADOS, lb. 15c
Fancy Fuerte Calavos—delicious salad fruit.

FRESH AND CRISP
APPLES, Winesap or Del. lb. 6 1/2c

CARROTS—Topped 5c
lb.

ORANGES—Navels 5c
lb.

GRAPEFRUIT—Arizona 4c
lb.

TAMAS—Texas, kiln dried, lb. 6 1/2c

Heinz 57

- Heinz Ketchup 14-oz. Bottle 18c
- Chili Sauce 12 1/2-oz. bottle 25c
- Baby Foods 3 cans 20c
- Beans Tomato Sauce 2 18-oz. cans 25c
- Baked Beans BOSTON 18-oz. can 13c

Beverly Peanut Butter 1-lb. Jar 19c

IT'S DATED BREAD
You KNOW it's fresh! Julia Lee Wright's BREAD

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HELP FIGHT INFANTILE PARALYSIS

THE PRESIDENT'S Birthday BALL January 30th

Money Back If You're Not Satisfied!

- SKINNED HAMS—Morrell's lb. 35c
- BACON Any size piece lb. 27c
- DRY SALT PORK—lb. 19c
- SIRLOIN STEAK—lb. 35c
- PORK STEAK—lb. 29c

Guaranteed

Pork Roast, lb. 24c
Center Cuts

SAFeway
FRIDAY, JANUARY 23rd thru MONDAY, JANUARY 26th