

LEXINGTON NEWS

Twin Daughters Born to Mr. and Mrs. Dallas Ward

By EDITH EDWARDS

Word has been received here of the birth of twin daughters to Mr. and Mrs. Dallas Ward. Mr. Ward, a former Lexington resident, is in the service and Mrs. Ward is in Minneapolis.

Albert Edwards left Tuesday for Palo Alto, Calif., to visit his sister, Jerrine.

Mr. and Mrs. Vernon Warner and daughter of Portland were visitors at the Earl Warner home this week.

S. G. McMillan, Eula Barnhouse and Jean left Friday for Portland for a short vacation.

Mr. and Mrs. A. M. Edwards were in Freewater and Walla Walla Sunday.

Mr. and Mrs. Sterling of Meacham were week-end guests at the Truman Messenger home. Their daughter, who has been visiting Rena Messenger for the past week, returned home with them.

Mr. and Mrs. William Smethurst and Mr. and Mrs. Orville Cutsforth are spending a vacation in Portland.

Arnold Pieper is staying in Milton while undergoing treatment on his finger.

Mrs. Maude Pointer and Mr. and Mrs. Fred Pointer of Corvallis were visitors at the Don Pointer home this week.

Mrs. Herman Wallace and infant son, John Frederick, have returned home from Heppner.

Mrs. Atterberry of Portland arrived Monday evening with her children, who will stay at the George Allyn home. Mrs. Atterberry returned to Portland Tuesday.

Mrs. C. C. Carmichael is visiting her husband who is in the army in California.

Mr. and Mrs. Ralph Ledbetter and Estelle left Wednesday morning for Portland, where Mrs. Ledbetter will receive medical treatment.

Mr. and Mrs. Harry Duvall are enjoying a short vacation in Portland.

Hardman News . . .

By ELSA LEATHERS

Sgt. Creston O. Robinson of Pendleton Airbase is visiting his parents Mr. and Mrs. Roy Robinson. He has been in Orlando, Fla. the last several weeks. He will return to his base on Sept. 10.

The Don Zornes spent the last week at Spokane, attending to business. They moved back to Hermon where he will work.

John Stevens is moving his sheep

home from Hamilton where they have been on summer range.

Mrs. Carl McDaniel and daughter are visiting Mrs. Owen Leathers this week.

Mr. and Mrs. Fred Reed made a business trip to Portland this week.

Mr. and Mrs. Darrel Farrens returned to their camp on Wilson prairie after harvesting their hay crop.

Mr. and Mrs. L. H. Robinson were at Union several days this week.

Guy Chapin was secured as janitor for the grade school building here for the term. School will begin Sept. 13th.

Mrs. Allen Billings and daughter Marlene are spending several days with her mother Mrs. C. H. McDaniel.

Mrs. Harrold Stevens went to Boardman Tuesday to get fruit and vegetables.

Kinard McDaniel moved his family here from Lonerock this week.

Mrs. Neal Knighten and children moved to Wallowa where they will live. Mrs. Knighten will teach the 2nd grade there.

Mr. and Mrs. Carrol V. Robe were in Hardman on Monday on their way to Palo Alto, Calif. where Mr. Robe is employed to teach English in a boys' school. The Robes were high school teachers here last year.

HERE FROM MEDFORD

Mrs. O. H. Bengsten and children arrived in Heppner Friday for a short visit with her parents, Mr. and Mrs. R. L. Benge. They had accompanied Mr. Bengsten east on a business trip and all visited his people in St. Louis, Mo. Mr. Bengsten did not come to Heppner with his family, going on to their home in Medford.

GUESTS OF HOUSES

Mr. and Mrs. Jesse Brown and daughter Sally of White Bluffs, Wash. were guests a few hours at the K. A. House home Sunday. He is the Pacific Power and Light company manager at White Bluffs, which is in the center of a huge government project and he stated that he and his family wanted to get away from trailer houses for a few hours.

ATTEND ANDERSON FUNERAL

Mrs. Lottie Kilkenny and daughters, Colleen Kilkenny and Mrs. Ilene Laughlin, and Bobby Laughlin, drove to Condon Sunday to attend the funeral of "Chuck" Anderson, whose death was the result of a car wreck on August 22. Chester Schott, in the car with Anderson, is expected to recover, it is stated.

HERE ON BUSINESS

Mark Merrill, former cafe operator here for a number of years and now a resident of Portland, is spending a few days in town looking after business interests.

GUEST OF MRS. CASON

Mrs. Louis Cason has as her guest this week Mrs. Dorothy Wilson of Portland.

Hi-ways to HEALTH

By ADA R. MAYNE
FOR LUNCH BOX TOTERS

In many households these days, more meals are needed and extra lunches are being packed, due to changed work schedules. This is where the home maker has an important part in the defense program.

Of all the meals in the day, lunch is the homemaker's biggest problem. And right now it offers more worries than usual for lunchtime can be practically any time. Night shifts are responsible for drastic meal-hour shifts in many households. Lunches, eaten at home with part of the family absent, or packed to be eaten on the job, are easily slighted in kind and amount of food. If lunch is slighted, the total day's meals usually fail to meet the measurements of the daily meal guide.

Because sandwiches are easily packed, they form the basis of the carried lunch. Sandwiches can do an amazing lot toward getting some of those Basic Seven Foods into the diet. Bread adds at least two: enriched or whole grain flour and some milk. Special breads with egg or raisins, dates or prunes add at least two more. Such a filling as chopped carrots and cottage cheese add two more. Obviously a sandwich or two doesn't add all of these

individual needs. But it does add them, and good nutrition is the result of adding a little here and a little there until the sum total makes enough for all of the Basic Seven Foods.

Lunches do not have to be made of just sandwiches. Put in raw vegetables like carrot or turnip strips or celery and a hot or cold drink in a thermos bottle. Milk is the best choice for the thermos—it's equally at home on a construction job or in an office. Include cooked fruits or vegetables, as is, or in salad combinations and pack them in tightly covered containers.

The victory garden's vegetables or flavorful jam can be blended with cottage cheese and salad dressing to make point-saving, budget-strengthening fillings for sandwiches. Here are some suggestions:

1 cup cottage cheese, 1/2 cup chopped tomato, 1/4 cup chopped cu-

cumber, 1/4 cup diced green pepper, 1 tablespoon chopped onion, 1 teaspoon salt, shredded lettuce.

1 1/2 cups cottage cheese, 1/2 cup chopped unpeeled cucumber, 1/2 tsp. salt, shredded lettuce
1 cup cottage cheese, 1/2 cup raspberry jam, shredded lettuce.

MARLENE GIVES KIDS BLESSING, DAD SAYS

Newspaper stories to the contrary! Marlene Dietrich did not oppose the marriage of her daughter to Dean Goodman. This information came to Frank Turner in a letter from Dean Goodman Sr., who stated that as far as he could learn it was just a case of love and that the bride's mother gave the young couple her consent and blessing.

FAMILY RETURNS HOME

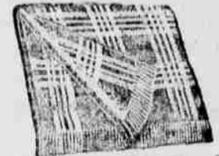
J. G. Thomson, Jr., drove to Pendleton Sunday returning with Mrs. Thomson and daughter Bernice.

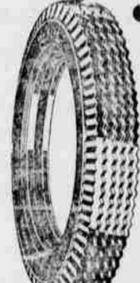
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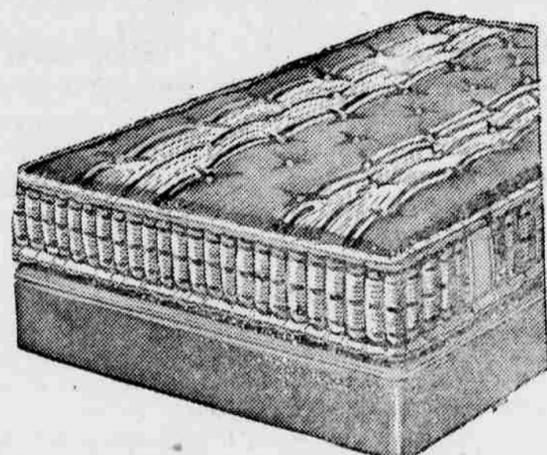
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