

IRRIGON NEWS

By **MRS. J. A. SHOWN**

Mrs. John Volle was taken to a Walla Walla hospital Saturday for an emergency appendicitis operation. She is getting along nicely according to reports.

Ollie Corriel of Umatilla was an Irrigon visitor Monday evening inquiring about the boys in the service. He writes to only 45 he states.

Avril Church of Vale came Monday to visit the George Russells. He returned home Tuesday evening.

H. W. Grim has robbed his bees and is getting the honey ready for market. This is the first crop of honey in two years as last year was not a honey year.

Mr. and Mrs. Adren Allen were Pendleton visitors Saturday.

Avery Shoun is spending the week at the Heppner ranch.

LaVern Duus, student nurse of Pendleton came home Tuesday to visit her parents the Herman Duus family. Mr. and Mrs. Duus took her back Tuesday evening.

Mr. and Mrs. Kenneth Sherwood and Freda Mae Shoun were Irrigon visitors Sunday. They took little Judy back with them. Judy spent a month with her grandparents. Mr. and Mrs. J. A. Shoun.

Mr. and Mrs. Harold Yoho left for southern California Tuesday after spending several weeks with Mrs. Yoho's parents, Mr. and Mrs. F. C. Frederickson.

BOARDMAN NEWS

By **MARGARET THORPE**

Chas. Wicklander stopped in Boardman Tuesday for a few minutes as he was passing through.

Freshman initiation was held at the school house Thursday night. The following freshmen were initiated: Dorothy Van Metre, Glenda Case, Audrey Wilson, Chloe Barlow, Bill Harter, Darrell and Jack Martin, Goonar Skoubo, Terry Yeager, and "Porky" Jones.

Mr. and Mrs. R. Bischke are the parents of a daughter born at Walla Walla Wednesday. She was named Lavona Marie.

Mr. and Mrs. Bernie Koivisto are the parents of a 6 pound daughter born at Hermiston Thursday. She is called Cherri Lee.

Mr. and Mrs. R. K. Miller returned from Portland Friday where they had spent a week attending to business and visiting relatives.

Grange met Saturday night in the hall. Booster night was announced for Sept. 30 to which the public is invited.

George Daniel and Chas. Dillon made a trip to the valley with a load of melons Thursday.

Aldis Emerson left Sunday for Laurelwood where he will attend school.

Florence Myers of Portland was in Boardman Sunday on business.

Francis Harter went to Heppner on business Monday afternoon.

Don Ford visited friends on the project Monday.

Russell Miller took a load of melons to Portland Monday, returning the same day.

Elvin Ely is acting as relief foreman at Irrigon. Mrs. Shannon is staying at the Ely home.

W. A. Baker, George Daniel and Paul Smith attended the auction sale at Hermiston Monday.

Mrs. Olive Attebury received a painful burn on her foot Thursday when a bottle of hot tomato juice she was capping broke.

Mrs. Esther James and son, Mrs. Helen Kennedy and two children and Miss Mary Feagles all visited their parents, Mr. and Mrs. A. B. Chaffee from Thursday until Tuesday.

Mr. and Mrs. Nate Macomber were called to Grandview Tuesday due to the death of Mr. Macomber's mother.

FIRST AID TO FOOD HABITS

In the hands of a clever packer, the carried lunch is an opportunity to improve eating habits where words have failed. Each packed lunch should follow a sound nutrition pattern but without monotony for there are endless ways to bring in changes. Make lunch-packing an interesting project, not just another job to be checked off. Let those

who carry the lunches make suggestions about their contents and when possible help pack them.

There are patterns to suit every taste—the main thing is to have one and form the habit of checking the lunches you prepare against it. If you have had a vacation from lunch packing during the summer and now once again must plan for that important business of sending the children back to school, here is a lunch pattern to jog your memory.

Milk—as is, in hot or chilled drinks or soup, custard or in pudding. Or cheese equivalent.

Sandwiches—make them count for health by choosing nutritious fillings and using whole-wheat or enriched flour breads.

Vegetables—to be eaten raw, in sandwich fillings or in salads.

Fruits or Dessert—if fruit is not included there should be a dessert which is more than merely "something sweet." It should also contribute to good nutrition.

Deserts can be varied. Custard, date bars, fruit, molasses or oatmeal cookies, cupcakes—are all possibilities for the packed lunch. In tune with the present basic foods are these Spiced Prune Cookies. Enriched flour, molasses, eggs, prunes, and butter are all members of the famous Basic Seven family.

SEVERES FINGER

Eric Bergstrom, pioneer Eight Mile farmer, suffered the loss of the third finger on his right hand the first of the week. He was lubricating a pump jack and using his finger to press the grease into the grease well. The member was severed midway of the second joint and had to be trimmed another half of an inch or so, leaving but a stub.

A G-T want ad will do wonders if you have anything to sell, trade or exchange. Results every time.

LEAVES FOR EAST

Mrs. Grace Nickerson left Monday for Chicago to visit her son, Sgt. Francis Nickerson, who is stationed at Boeing Field.

GO TO PORTLAND

Mr. and Mrs. Don Pointer took their son Robert to Portland Saturday to have him fitted for leg braces.

Don't Forget---
PUBLIC LIABILITY and PROPERTY
DAMAGE INSURANCE
 Is Still Important
 . . .
F. W. TURNER COMPANY
 Is the Place To Get It
 Phone 152

LET'S ALL BUY
INVASION
POWER

Dont let it be said that Morrow County failed to do its part . . . Buy an extra \$150 worth of war bonds TODAY and help keep the faith with our boys.

★ ★ ★
Morrow County Grain Growers
INCORPORATED
 lone Lexington Heppner