

Highways To Health

CRUSTS AND CRUMBS

Stale slices, dry crusts and other leftovers in the breadbox can make scores of delicious dishes yet often go into the garbage pail instead. In recent studies of food wastes in many cities, it has been shown that bread is the most wasted food in American kitchens. This is a cue for you to hunt up all the recipes you can find for bread stuffings, scalloped mixtures, desserts . . . all sorts of delicious dishes using bread or bread crumbs.

Sliced bread that has become too hard for the table can be used to make one of several different toasts. For cinnamon toast, a breakfast favorite, toast slices of bread, butter lightly and sprinkle with a mixture of cinnamon and sugar in the following proportions—1 teaspoon cinnamon and 2 tablespoons sugar, brown or white. Place for a moment under the broiler if you like.

French toast is a grand alternate for Sunday morning pancakes. Mix 2 beaten eggs, 1 cup milk, ¼ teaspoon salt. Dip bread into the mixture. Drain and fry on hot griddle, in skillet, or in sandwich grille. Serve hot with sugar, jam, cinnamon, honey or sirup.

Cheese toast is hearty enough for a main dish. Lay slices of sharp cheese, salted and peppered, between slices of unbuttered bread. Brown the sandwiches on both sides in butter in a heavy frying pan, cooking rather slowly until the cheese melts. Or toast bread, then place in deep dish. Cover with thin slices of cheese, sprinkle with a dash of mustard and a little paprika, and pour a little top milk over the cheese and toast. Place in an oven until cheese melts.

Crusts and other odds and ends of bread can make delicious bread puddings. Here is one variation.

Baked Lemon Pudding

1 cup dry bread crumbs; 2 cups milk; ¼ cup butter; ½ cup sugar; 2 egg yolks; 1 lemon; 2 egg whites; 4 tsp sugar.

Soak bread crumbs in milk for a half hour. Cream butter and sugar; add lightly beaten egg yolks, the juice and rind of a lemon, and the soaked crumbs and milk. Pour into buttered casserole and bake 20 min-

utes in a slow oven (325 deg.). Cover with meringue made by whipping the whites and folding in 4 tsp sugar. Return to oven until brown.

Mrs. America Meets the War

Mrs. America would rather have the snap back in her girdle sooner than washing machines refrigerators and electric irons, according to a War Production board survey. The check-up was made to find out what Mr. and Mrs. America miss most right now to help the Office of Civilian Requirements map out production requirements for 1944. The WPB already has revoked production limitations on corsets, girdles and other foundation garments made from elastic fabric, the elastic thread to be used to be made from synthetic rubber. However, no great increase in the amount of these elastic-type garments available will be noticed immediately, and it is not expected that all-rubber garments will be available for a few months.

NEWS for food budgeteers . . . fresh sweet potatoes have been placed under price control to stop price rises dead in their tracks. Yam prices were "frozen" at the individual seller's highest price for the five-day period from Dec. 17 through Dec. 23, 1943. Thus the ceilings will vary according to the top price of individual merchants, but the upward trend in prices of fresh sweet potatoes has been nipped.

OF SIX SETS of brown stamps five expired Jan. 1, only R remaining good until Jan. 29. As for processed foods, the green stamps D, E, and F in Book Four are good through Jan. 20. The green stamps G, H, and J, valid on Jan. 1, will run through Feb. 20.

HERE'S good news for the ice man. The War Production Board plans to increase production of domestic ice refrigerators by approximately 40,000 units in the first quarter of 1944, bringing the total for this period to 269,809 units. So it looks as if the new housekeepers will be able to find ice boxes during the coming year.

MRS. AMERICA'S suggestion for all homemakers is to include the Home Front pledge in plans for the

year. The pledge is—"I will pay no more than top legal prices. I will accept no rationed goods without giving up ration stamps."

VISITING IN PORTLAND

Mr. and Mrs. Fred Lucas are taking a vacation in Portland. They left Sunday morning and will be gone two weeks. In the meantime the chamber of commerce luncheons are being held at the Elkhorn restaurant.

A number of Morrow county wool growers are attending the state convention in The Dalles this weekend.

F. W. Turner drove to Portland Wednesday taking a car down for repairs under insurance adjustment.

JANUARY CLEARANCE SALE—Hats, Coats, Suits and Dresses Curran's Ready-to-Wear.



When you buy War Bonds your money goes into action at once. Where, we may never know. Maybe, as shown above, to equip a company of American Rangers marching up a railroad somewhere on the Mediterranean. Whether they come back depends upon the equipment we send. Give your dollars action: Buy More War Bonds.

Auxiliary Enjoys Exchange of Gifts

About 25 members of the Morrow County Woolgrowers' auxiliary enjoyed a belated Christmas gift exchange at the January meeting of the organization held Friday at the Lucas Place. New officers for the coming year were announced as follows: President, Mrs. Roy Neill; vice president, Mrs. Pat McIntyre; secretary, Mrs. George Corwin, and treasurer, Mrs. K. A. House. Mrs. McIntyre was appointed delegate to the state woolgrowers' convention to be held Jan 14 and 15 at The Dalles.

Work on an afghan for wounded soldiers is to be done at the February meeting, the date of which will be announced later, and Mrs. Neill has requested that anyone knowing the whereabouts of 165 blocks of wool suiting which has been missing since the November meeting, please notify her.

Most of Your Friends Away?

IF most of your friends are away now—in the service—doing war jobs—don't you feel left behind sometimes? Why not get in the midst of this war? Join the WAC! You can see new places, make new friends, learn interesting things—while you are doing vital work to speed victory.

The Army needs your help urgently. This is your chance! For full details apply at the nearest U. S. Army Recruiting office will give you the address. Or write: The Adjutant General, Room 4415, Munitions Building, Washington, D. C.



Your Personal Representative Is Your



Be Sure It Shows You at Your Best

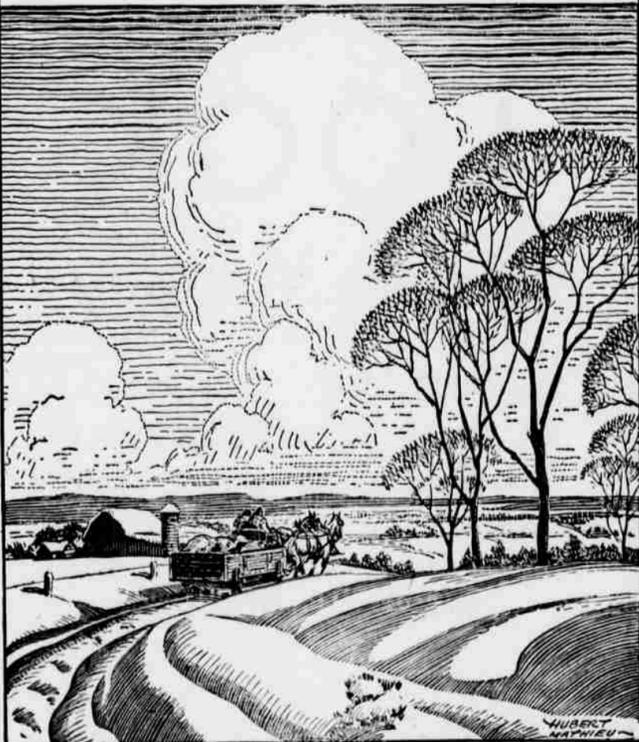
Fine papers for business letters as well as informal and formal notes. Headings and monograms to order.

GAZETTE TIMES PRINTERY

OUR DEMOCRACY—by Mat

"A Snow Year, a Rich Year."
—OLD SAYING.

SNOW IS NATURE'S PROTECTIVE BLANKET. THE THICKER THE COVER, THE HEARTIER THE ROOTS,— THE GREATER THE SUPPLY OF MOISTURE FOR THE SPRING GROWTH,— THE MORE BOUNTIFUL THE HARVEST.



WAR BONDS, LIFE INSURANCE, SAVINGS ACCOUNTS, ARE AMERICA'S "PROTECTIVE BLANKET" TODAY.

THE MORE WE SAVE, THE GREATER OUR ASSURANCE OF FREEDOM, VICTORY AND OF OUR SECURITY.

FARMERS!

Both canvas and leather have been limited very closely for civilian consumption . . . labor is hard to get. To be assured of completion on repairs of drapers and grain aprons for this coming harvest we have been informed this work must be done very soon

A center strap in your draper will increase the life of the draper several years, or small repairs now could avoid a delay. May we have your draper or grain apron at once so we might assure you of completion or obtaining a new one if needed for the coming year.

VVVVV VVVVV

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