Highways To Health

By Ada R. Mayne

FEEDING THE FAMILY

Homemakers who are giving top will be glad to hear that despite Ed Barlow for the past few days. ply will continue almost as high as week. 1944. Higher incomes. record war- Mr. and Mrs. Neal Bleakney from time crops and increased produc- Sunnyside spent the week-end with pital is out of the hospital and is tion have meant better eating for Mr. and Mrs. L. Morgan. Americans in wartime than in prewar time.

has improved considerably in the past twenty-five years. Increased Sunday afternoon. milk consumption has meant more consumption, more vitamin C. Vicgreen and yellow vegetables, have route to Lostine. upped vitamins A and C. Enrichment of white bread and flour is vin in this year's national diet.

Even though the nutrition situation has improved, the food economists point out that there are wide variations in family diets. To bring below-average diets up to recommended nutritional standards they advise more emphasis on the protective foods-milk, fruitts and vegetables and eggs.

Soup is one of the mealtime fa- ther orders. vorites of the entire family during the cold and dreary days of mid- renowned 41st division enginieers winter. This delectable soup is an is enjoying a 30-day furlough with easy-to-make dish and is just one his parents, Mr. and Mrs. Ed Kunze of the many ways to serve milk to after spending 32 month with his your family.

Cheese Soup With Rice -

1 tablespoon onion, chopped; 2 over the week-end. tablespoons butter; 2 tablespoons flour; 4 cups milk, 1/2 cup cheese, CARD OF THANKS grated; 1 teaspoon salt, 1/4 teaspoon hot cooked rice.

add flour and milk. Cook until floral tributes. slightly thickened. Add cheese, salt and pepper, stirring until the cheese is melted. Pour over egg yolks, stir-

OUR DEMOCRACY

IT'S SIMPLE ARITHMETIC

ring. Serve immediately spoonful of hot rice.

SOARDMAN NEWS Frances Skoubo

Greenfield grange was host to Morrow county Pomona grange Satunday Jan. 6 and a large crowd was in attendance.

Flossie Coats returned from billing to better family nutrition on Brenton Wash. Sunday where she moved from the Bailey house to a their New Year's resolution lists had been visiting with Mr. and Mrs.

food commitments to our armed Mr. and Mrs. Seale, now residing forces and allies, the nutriitive in Ordnance, visited with Mr. and value of the 1945 civilian food sup- Mrs. Stoltnow several days last

Mr. and Mrs. Jack Mulligan and family and Mr. and Mrs. I. Skoubo a revival meeting with Mr. Sto-The quality of our national diet and Frances were dinner guests of vall of Texas in charge. Mr. and Mrs. Charles Anderegg

Crystal Barlow returned 'rom calcium riboflavin, and vitaminA The Dalles hospital Saturday where piano concert. and greatly increased citrus fruit she was treated for undulant feve. Mike Moffit from Lostine. Ore. tory garden harvests, especially of visited with the Linns Sunday en

Otto Falconer was taken to the St. Anthony hospital in Pendletca estimated to have increased the Sunday evening and received an thiamine, iron, niacin and ribofla- operation for appendicitis at 11:30 them from Boardman. Mrs. Uniker Sunday night.

Word was received that Albert Partlow was returned to the Staten field visitor Thursday. for medical treatment.

ten day leave with his parents Mr. 15 to 12. and Mrs. Paul DeMauro. Russell is

to report to Rhode Island for fur- Tuesday.

S Ggt Frank Kunze, one of the division in and around New Guinea.

Mr. and Mrs. Charles Marshall

with Irrigon News Notes By MRS. J. A. SHOUN

Mr. and Mrs. Maynard Hoaglund give possession by Feb. 1. They day. are buying Nora Wilson's small house. Smith has been living on the Robert Smith place.

Mr. and Mrs. Leo Haddox have farm near Walla Walla.

The E. R. Schneiders, Mrs. Tom miston basketball teams there. Caldwell and Mrs. Emma Steward went to Heppner Wednesday.

Mrs. Theresa Connell who spent some weeks in the Pendleton hosstaying with Mrs. Nora Wilson.

The Pentecostal church started

Ella Mae Grim and Kathleen Poulson went to Pendleton Friday night to attend the Jan Smeterlin

Mr. and Mrs. Edward Elliott spent the week-end at La Grande returning Sunday evening.

Mrs. Nellie Netter and three children of Aurora arrived Monday evening. Sam Umiker brought

Mrs. Alice Hoagland was a Stan-

The Irrigon and Stanfield basket Russell De Mauro Ph. M. 2|c who ball teams played on the Irrigon has been stationed at Farragut, na- floor Tuesday evening. Stanfield val training center since he was team won 39 to 27. The grades 11 inducted Nov. 6, 1942 is spending a to 9 and Irrigon second team won

Avery Shoun went to Heppner

Willows Grange

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Announces a

at the

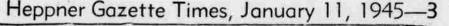
GRANGE HALL

Saturday Evening

JANUARY 13

GOOD MUSIC

ance



Claude Crawford of Lind Wash. ner Tuesday, the first time in many arrived Wednesday to visit the months. He is on furlough from Harvey Warner family.

Mr. and Mrs. Earl Connel and have sold their place west of town Mr. Connell's mother, Mrs. Theresa to Lawrence Smith and expect to Connell went to Pendleton Turs-

> and Burrows visited his mother Mrs. Josephine Graybeal Tuesday. RETUKN HOME The Irrigon first and second basketball teams went to Hermiston Tuesday evening to play the Her-

army duties in the South Pacific and is visiting his parents, Mr. and Mrs. Adam Blahm at Hermiston and his sister, Mrs Lee Sprinkel in Heppner. Raymond spent 31 months in the South Pacific. He Findley Graybeal of Gillander is a member of the 41st division.

Mr. and Mrs. Walter Ready and family returned Thursday of last week from Seaside where Mrs. Ready and children had been with her parents since in November. 31 MONTHS IN SOUTH PACIFIC Their baby daughter, Barbara Joan, Sgt Raymond Blahm was in Hepp was born at Astoria Nov. 18.

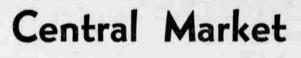
Shop Thoughtfully You will be able to eat well if you spend points wisely.

Five new red poinit were released Dec. 31—T5 through X5. Also those released Dec. 3-Q5 through S5-are still valid.

You can use these stamps to good advantage at our store.

SUGAR STAMP 34 is good for 5 pounds of sugar. Blue points valid at this time are X5 through Z5 and A2 through G2.

Keep in touch with us. We will do our best to give you the right kind of service at all times.





Audree Wilson was in The Dalles We wish to express our most sinpepper, 2 eggs, well beaten; 11/2 cup cere thanks to our many friends for their kindness during our sad Cook onion in butter 5 minutes, bereavement, also for the many

> Mr. and Mrs. Dennis McDevitt Robert Marshall,

> > by Mat

2+2=4Wasteful wastending Does no good, Means less money saved Future plans in doubt. Prudent spending Helps us all, Means more money saved in the second And future plans assured. EDUCATION RETIREMENT HOME

SUPPER SERVED Adm. 50c; tax 10c Total 60c A Good

New Year's Resolution

> To eat at the HEPPNER CAFE just as often as possible throughout 1945

> > Yours for Better Eats HEPPNER

> > > CAFE

For extra energy-normal growth-good digestion, you need bread enriched with Vitamin B1. Vitamin B1 is scarce in most foods and in order to have normal appetites and calm nerves you must have generous amounts of it daily. Your best source is bread . . a food you eat with every meal. It is the inexpensive way of obtaining extra health protection.

Heppner Bakery

GOOD HEPPNER

BREAD

Now Available