

# Highways To Health

By Ada R. Mayne

## FEEDING THE FAMILY

Homemakers who are giving top billing to better family nutrition, on their New Year's resolution lists will be glad to hear that despite food commitments to our armed forces and allies, the nutritive value of the 1945 civilian food supply will continue almost as high as 1944. Higher incomes, record war-time crops and increased production have meant better eating for Americans in wartime than in pre-war time.

The quality of our national diet has improved considerably in the past twenty-five years. Increased milk consumption has meant more calcium, riboflavin, and vitamin A and greatly increased citrus fruit consumption, more vitamin C. Victory garden harvests, especially of green and yellow vegetables, have upped vitamins A and C. Enrichment of white bread and flour is estimated to have increased the thiamine, iron, niacin and riboflavin 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, fruits and vegetables and eggs.

Soup is one of the mealtime favorites of the entire family during the cold and dreary days of mid-winter. This delectable soup is an easy-to-make dish and is just one of the many ways to serve milk to your family.

### Cheese Soup With Rice

1 tablespoon onion, chopped; 2 tablespoons butter; 2 tablespoons flour; 4 cups milk, 1/2 cup cheese, grated; 1 teaspoon salt, 1/4 teaspoon pepper, 2 eggs, well beaten; 1 1/2 cup hot cooked rice.

Cook onion in butter 5 minutes, add flour and milk. Cook until slightly thickened. Add cheese, salt and pepper, stirring until the cheese is melted. Pour over egg yolks, stir-

ring. Serve immediately with spoonful of hot rice.

## BOARDMAN NEWS

Frances Skoubo

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

Flossie Coats returned from Brenton Wash. Sunday where she had been visiting with Mr. and Mrs. Ed Barlow for the past few days.

Mr. and Mrs. Seale, now residing in Ordnaance, visited with Mr. and Mrs. Stoltzow several days last week.

Mr. and Mrs. Neal Bleakney from Sunnyside spent the week-end with Mr. and Mrs. L. Morgan.

Mr. and Mrs. Jack Mulligan and family and Mr. and Mrs. I. Skoubo and Frances were dinner guests of Mr. and Mrs. Charles Anderregg Sunday afternoon.

Crystal Barlow returned from The Dalles hospital Saturday where she was treated for undulant fever.

Mike Moffit from Lostine, Ore. visited with the Linns Sunday en route to Lostine.

Otto Falconer was taken to the St. Anthony hospital in Pendleton Sunday evening and received an operation for appendicitis at 11:30 Sunday night.

Word was received that Albert Partlow was returned to the State for medical treatment.

Russell De Mauro Ph. M. 2c who has been stationed at Farragut, naval training center since he was inducted Nov. 6, 1942 is spending a ten day leave with his parents Mr. and Mrs. Paul DeMauro. Russell is to report to Rhode Island for further orders.

S Ggt Frank Kunze, one of the renowned 41st division engineers is enjoying a 30-day furlough with his parents, Mr. and Mrs. Ed Kunze after spending 32 month with his division in and around New Guinea.

Audree Wilson was in The Dalles over the week-end.

### CARD OF THANKS

We wish to express our most sincere thanks to our many friends for their kindness during our sad bereavement, also for the many floral tributes.

Mr. and Mrs. Dennis McDevitt  
Mr. and Mrs. Charles Marshall  
Robert Marshall,

## Irrigon News Notes

By MRS. J. A. SKOUN

Mr. and Mrs. Maynard Hoaglund have sold their place west of town to Lawrence Smith and expect to give possession by Feb. 1. They are buying Nora Wilson's small house. Smith has been living on the Robert Smith place.

Mr. and Mrs. Leo Haddox have moved from the Bailey house to a farm near Walla Walla.

The E. R. Schneiders, Mrs. Tom Caldwell and Mrs. Emma Stewart went to Heppner Wednesday.

Mrs. Theresa Connell who spent some weeks in the Pendleton hospital is out of the hospital and is staying with Mrs. Nora Wilson.

The Pentecostal church started a revival meeting with Mr. Stovall of Texas in charge.

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

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 them from Boardman. Mrs. Umiker and Mrs. Netter are sisters.

Mrs. Alice Hoagland was a Stanfield visitor Thursday.

The Irrigon and Stanfield basketball teams played on the Irrigon floor Tuesday evening. Stanfield team won 39 to 27. The grades 11 to 9 and Irrigon second team won 15 to 12.

Avery Shoun went to Heppner Tuesday.

Claude Crawford of Lind Wash. arrived Wednesday to visit the Harvey Warner family.

Mr. and Mrs. Earl Connel and Mr. Connel's mother, Mrs. Theresa Connell went to Pendleton Tuesday.

Findley Graybeal of Gillander and Burrows visited his mother Mrs. Josephine Graybeal Tuesday.

The Irrigon first and second basketball teams went to Hermiston Tuesday evening to play the Hermiston basketball teams there.

31 MONTHS IN SOUTH PACIFIC  
Sgt Raymond Blahm was in Hepp-

ner Tuesday, the first time in many months. He is on furlough from 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 is a member of the 41st division.

### RETURN HOME

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. Their baby daughter, Barbara Joan, was born at Astoria Nov. 18.

## Shop Thoughtfully

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

Five new red point 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.

## Central Market

Willows Grange  
IONE  
Announces a

# Dance

at the  
GRANGE HALL

Saturday Evening

JANUARY 13

GOOD MUSIC

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



GOOD HEPPNER  
BREAD  
Now Available

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

## OUR DEMOCRACY—by Mat

### IT'S SIMPLE ARITHMETIC

$$2 + 2 = 4$$

Wasteful spending

Does no good,

Means less money saved

Future plans in doubt.

Prudent spending

Helps us all,

Means more money saved

in

And future plans assured.

