

Highways To Health

By Ada R. Mayne

COTTAGE CHEESE COOKERY

When meat supplies are shorter, wise homemakers turn to other protein foods that may alternate with meat for main dishes. Cottage cheese, rich in both protein and calcium, may be used in main dishes and be considered a satisfactory occasional meat alternate.

Cottage cheese can be seasoned with onion, herbs like parsley and sage, chopped pimiento, green pepper and celery, or tomato sauce. For added flavor and food value chopped nuts, peanut butter or eggs can be added. The cheese itself needs no cooking, only heating for hot dishes, although other ingredients with it may need some cooking. Always avoid long cooking or high heat which toughens the curds and may cause separating.

You'll find a delicious hot dish for dinner in these cottage cheese patties.

Cottage Cheese Patties

1 cup cottage cheese; 1 cup bread crumbs; 2 tsp butter or 1/4 cup peanut butter; 1/4 cup chopped nut meats, 1/2 tsp powdered thyme; 1/2 tsp powdered sage; 1 tsp milk; 1-3 tsp soda; 1-3 tsp salt; 1/4 tsp pepper; 2 tsp chopped onion. Dissolve soda in milk and work into cheese to remove any acid flavor. Cook onion in a little fat until tender but not brown. Then mix onion and peanut butter thoroughly with cheese. Mix seasonings and chopped nuts with crumbs. Combine cheese mixture and crumb mixture. Form into flat cakes. Roll in fine crumbs or corn meal. Fry a delicate brown and serve at once. The mixture should be very stiff because the cheese tends to soften in cooking. Serves five.

Cottage cheese on toast makes a

AAA News . . .

There are only 20 days left to purchase Commodity Credit bins. We have been advised these bins will be shipped to other areas where needed if not sold before March 1. Farmers should check their storage space at once and make sure that they do not need some of these bins to store 1945 wheat before they are shipped out.

New pick-ups and light trucks having a gross weight of 9,000 pounds or less will be available for farmers soon in a very limited number. These machines must be in the possession of the dealer before applications can be accepted by the county office.

The farm plan sign up for the participation in the 1945 soil conservation program got under way this week with farmers from the South Heppner and Eightmile districts coming in to the county office to fill out the necessary papers and list the practices they intend to carry out during the coming season.

Farmers in other communities

good hot luncheon dish. Season cheese with salt, pepper and celery salt. Add crisp bits of bacon. Spread mixture on hot buttered toast. Then serve with hot well-seasoned tomato sauce or Spanish sauce.

Have you ever tried cottage cheese omelet? It really makes a delicious one. Here is a recipe to serve two people.

Cottage Cheese Omelet

2 eggs; 2 tsp milk; 2 tsp chopped pimiento or green pepper; 1/2 tsp salt; 2 tsp cottage cheese; 2 tsp butter.

Separate the eggs and beat whites and yolks separately. To the beaten yolks add all the ingredients except butter. Fold yolk mixture into stiffly beaten whites. Heat butter in frying pan. Pour in omelet mixture and cook at low heat. The top of the omelet may be browned in the oven.

are asked to come to the county office on the following dates:

Alpine, Feb. 10; North Heppner, Feb. 13; Morgan, Feb. 15; Lexington, Feb. 17; Ione, Feb. 20.

Since publishing Morrow county's wheat goal of 94 percent of last year, several farmers have asked if they would be required to reduce their wheat acreage. The answer is no. The wheat goal was set at 94 percent because our wheat and fallow acreage is unbalanced and this is our short year. Farmers may seed all their fallow to wheat, if they so desire. The acreage would still be about 94 percent of last year.

SPECIAL SPEAKER BILLED FOR NEXT P.T.A. MEETING

The Heppner P. T. A. will hold its regular meeting at 8 p. m. Wednesday evening, Feb. 14 in the music room of the school building. A Founders Day program is planned and the organization was fortunate in securing Mrs. C. G. Davis, regional vice-president of The Dalles, as speaker for this evening. There will also be a short play given and a cake, baked by Mrs. Anna Bayless, will be auctioned off piece by piece.

Mrs. Steven Thompson, president of the Heppner P. T. A., invites all members to be present as well as others who are interested.

TAKE DEPARTURE

Mr. and Mrs. Earl Gordon left Saturday night for Portland on the first leg of a journey, which will take them to Redding, Calif., where they will visit a sister of Mrs. Gordon's. Beyond that they had announced no plans, other than to be on the lookout for a new location. They have talked about some enterprise that would keep them in the outdoors and expect to devote some time looking for a location favorable to that type of activity.

HERE FROM SPOKANE

Francis Bailey is home on furlough from Fort Wright, near Spo-

kane, where he is receiving treatment and serving as a clerk. His father, N. D. Bailey, met him in Arlington Sunday morning.

CABIN for rent. Wilson Cabins. Phone 1172. Charley Fraters. 46p

LOST—Sunday, between Gurdane and Lexington one swedge for casing, 18" long and 6" in diameter, tapered at both ends, threaded at one end. Useful only to a welldriller. \$5 reward. Return to or notify A. M. Edwards, Lexington. 46p

FOR SALE—Cedar posts 17-21 inches in size, 7 feet long. Guaranteed OK. Delivered to your ranch for 40c per post. 600 to 1000 in a load. Ferris McCoy, Hood River, Ore. Phone 6122. 46-49c

FOR SALE—Metal bedstead with good coil springs; gas washing machine motor. Tel. 652, Heppner. 46-49p

LOST—Between Ralph Beamerley, Ore., truck tire and wheel, place near Heppner and Kimber-size 8:25x20. Liberal reward. C. C. Crouch, Kimberley, Ore. 46-7c

Being short of meat points and needing the rest, we will close each Tuesday.

SUNDAY SPECIAL

Turkey Dinner
\$1.00 per plate

VICTORY CAFE

Ione, Oregon

Roy and Betty Lieuellen
Proprietors

NOTICE!

The truck line formerly owned and operated by Clyde Nutting, Heppner, is under the name of

Heppner, Ione, Portland Truck Line

This truck is to remain in Morrow county to serve this area.

It is now being reconditioned at the Jackson Implement Company at Lexington.

TELEPHONE
152 Heppner, or 60 Pilot Rock



He Plants the Seeds of VICTORY

The farmers from coast to coast are helping us win!

Farmers, for all your needs see us. We can supply you with what you want. Ours is a complete line of farming equipment and supplies. Let us help you meet the maximum goal in production.

Braden Tractor & Equipment Company

N. Schmaltz & Sons

Peters Building, Heppner

Roofing and Siding Contractors and Applicators

For Information Write Box 726, Heppner, or phone 83, Condon, Ore.

Sea Foods are Healthful ---Eat Them Often

We try to keep shell fish on hand in season. You will enjoy a seafood meal often—especially with meat points what they are and may get to be shortly.

You are always welcome at the
Elkhorn Restaurant