

JULY WORK ACCOMPLISHED BY BLUE MOUNTAIN COUNCIL

Check for \$140 provided following items for McCaw: Mrs. Reser's account \$2; birthday phone calls at general party; \$5; for westerns and comics 11; phone calls for incoming patients, \$10; two months cleaning account, \$5; radio for Elks ward \$30; records and parties in locked wards, \$20 gift from Lexington grange; Elks party and records \$10; fresh fruits, melons and ice cream, where needed, \$20.

Four large cushions for lawn chairs were made by Mrs. Ben Anderson and Mrs. John Bergstrom, material from committee, floss furnished by Mrs. Earl Gilliam and packed by Mrs. Madge Bryant; two

new smoking stands, Gilliam and Bisbee; six packages magazines, La Verne Van Marter; \$50 for new record player at McCaw, Miss Leta Humphreys party prizes for Morrow county ward, Lexington grange and Mrs. Ralph Thompson. Gifts for Elks ward selected and wrapped by Miss Leta Humphreys.

Gifts taken to council meeting at McCaw on Aug. 3: books, ping pong paddles and nets, Bob Campbell; 10 decks of cards and magazines, Mrs. Noel Dobyns; two fruit baskets and 40 boxes of raspberries, Mrs. Ralph Thompson; guitar Mrs. Ray Wright, set of drums, Pine City school, saxophone, O. G. Crawford. The musical instruments complete an orchestra with instru-

ments given by people of Morrow county. Miss Humphreys visited both Morrow county wards and left two boxes of candy in each.

Some needs listed at the council meeting are: canvass cots for sun meeting are: canvas cots for sun men and women and scraps of silk for records. Belt tuckles for both and chiffon in plain colors are needed for the work shop.

An error in the statement as published last week gave \$50 for Wac day room instead of \$25.

Each county may be asked to help build a small pool for use of paralyzed patients. This is badly needed as there are many patients in that condition.

Highways to Health

PEACH TIME

It's good news to everyone that peaches are again among the fruits now on the markets. Peaches, long popular for their pleasing flavor, have another virtue for they are a good source of vitamin A—one of the vitamins needed by grown-ups and children alike for good nutrition.

Although most peach fanciers like this fruit served simply, sliced with cream and sugar, there are many other ways of serving them. Neither cooking nor canning changes the food value of the peach enough to make any difference, so if you like your fresh peaches in a pie, a cobbler, or as dumplings, have them to your heart's content. Sunday breakfast, or breakfast any day in the week, should start with peaches and cream, or peaches over your favorite cereal with chilled cream and a little brown sugar.

Nothing equals the flavor of fresh sliced peaches baked into a pudding.

BAKED PEACH PUDDING

2 cups milk, scalded, 2 cups bread crumbs, 2-3 cup sugar, 2 eggs well beaten, ¼ teaspoon nutmeg, ¼ teaspoon salt, 2 cups sliced peaches, 2 tablespoons butter.

Pour hot milk over bread crumbs. Cool. Add sugar, eggs, nutmeg and salt; mix. Fold in peaches. Pour into buttered baking dish, dot with butter.

Bake in moderate oven (350) about 1 hour or until the peaches are tender. Although you may be loyal to the traditional favorite peaches and cream, we give you this recipe to prove that peaches and ice cream are equally delicious.

PEACH ICE CREAM PIE

16 marshmallows, 2 teaspoons hot water, 2 egg whites, ¼ cup sugar, ¼ teaspoon salt, 2 3/4 quart vanilla ice cream, 1 cup sliced peaches.

Line a pie plate with pastry and bake. Cool. Heat marshmallows in the hot water, slowly folding over and over until marshmallows are half melted. Remove from heat and continue folding until mixture is smooth and fluffy. Beat egg whites until they hold a peak, add sugar slowly, beating constantly. Add salt. Blend lightly with marshmallow mixture. Place ice cream in cold pastry shell, cover with sliced peaches, and top with fluffy meringue, swirled attractively. Brown quickly in broiler or hot oven, 450, for ½ minute or until tips of the meringue are golden brown. Remove pie from oven and serve

move pie from oven and serve immediately.

How long since you last made soup for your family? If you have been using prepared soups you probably have decided that no substitute can compare with the home-made varieties which can be made delicious and nutritious at low cost. During warm weather when appetites need to be coaxed occasionally your luncheon or supper can be planned around a cream soup. Your family will relish this hot dish that adds variety as well as necessary food values to the daily diet. The wonderful thing about cream soups is that they make a perfect mainstay for any meal. And one reason for this is that the milk you make cream soup with contains calcium, a food value often lacking in the diet and especially so in that of adults. Balance the cream soup with a green salad, fruit, enriched bread and a dessert if desired.

Garnishings will help your soup appeal and look different. Use tiny and perfect sprigs of fresh greens such as watercress, parsley and chives or croutons, some popped corn or merely sprinkle on a dash of paprika and add a bit of butter. When you season use some originality but season lightly in the beginning. The secret of seasoning is to taste and taste. If required, add more just before serving or after the family has tasted and approved.

BASIC CREAM SOUP

2 tablespoons butter, 1 tbs. minced onion, 1 1/2 tbs flour, 1/8 tsp paprika, 1/4 tsp salt, 1 cup rich milk, 1 cup stock or vegetable water, 1 cup cooked seived or minced vegetables.

Melt butter and saute the onion for 5 minutes. Blend in flour, salt, and paprika. Stir in milk and vegetable water or stock and heat to the boiling point. Season as desired.

If you want soup that will stretch points and at the same time provide some protein, this cheese soup will serve your purpose.

CHEESE SOUP

2 tbs chopped onion, 1 tbs butter, 1 tbs flour, 3/4 cup stock, 2 cups milk, 3/4 cup grated cheese, salt, paprika.

Saute onion in butter for three minutes. Stir in flour and stock. When the sauce is smooth and boiling add milk. Heat the soup when time to serve, but do not let it boil. Add the cheese and stir until melted. Season and serve.

EARL CRISMON HOME

Earl Crismon arrived Thursday to visit his mother, Mrs. Sarah French, whom he had not seen since entering the service in 1941. He also has been busy greeting friends and familiarizing himself with former haunts. With his mother and Frank Adkins he went to Walla Walla Tuesday to visit his buddy Frank Canoy, a patient at McCaw General hospital. The boys went through plenty of tough

times together in the South Pacific.

Mrs. Rhea Luper and son Fred, of Spokane left Wednesday after visiting Mrs. Luper's brother and sister-in-law, Mr. and Mrs. Emille Groshen.

Mrs. Ellen Wheeler arrived Sunday from Spokane for an indefinite visit at the home of her son and family, the Edmond Gontys. The Gontys drove to Pendleton to meet her.

My shop the Peters Building will be open this Saturday, Sept. 1, and during the Heppner Rodeo, to offer you a selection of

CORSAGES

to wear to the Rodeo dances.

Local gladiolus are still available.

GLOXENIAS

HOUSE PLANTS

Rachel Dick, Florist

Phone 2504

"FLOWERS FOR EVERY OCCASSION"

Take to the Air!

This Labor Day Week-end

Lexington Airport Announces Flying Service on Sunday and Monday, September 2 and 3

This will be a fine opportunity for air-minded folks to get acquainted with travel by air. There will be two PT-19 planes on hand to take up passengers.

SPECIAL ANNOUNCEMENT

There will be a meeting at 8 o'clock p. m. Tuesday, Sept. 4, in Leach Hall, Lexington, for the purpose of choosing two directors each from Heppner, Lexington and Lone to serve on the Lexington Airport Commission.

Observe Labor Day vacation the modern way---fly at

LEXINGTON AIRPORT SUNDAY and MONDAY

C. A. P. Service

OPA Release No. 107

Odd Lot Sale of Shoes

Men's and Women's

\$1.50 to \$3.50

No Stamps Required

Runs until September 29

GONTY'S