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

The home of Mr. and Mrs. H. M. Duus was the scene of a beautiful wedding when their daughter La Vern and Staff Sergeant Ralph Westcott of Minneapolis, Minn. were married with a double ring maintain his body weight, to prothe Walla Walla air base, at 2 p. m. self against disease, a child must ing milk to a child's diet. Tuesday. The bride wore a white have food not only for all these dress with a floor-length veil. Virginia Allen was bridesmaid while Staff Sergeant Sam Shore was best man.Miss Berniece Miller played the wedding music. The bride who was given in marriage by her father, was a trained nurse employed and protect against disease. Milk is the most important food in the child's diet. It furnishes proteins for body and muscle building; fat and sugar for energy; and the vitamins which promote growth and protect against disease. Milk is an important source of calcium dress with a floor-length veil. Vir- purposes but also for his rapid area with the medical corps.

The young couple were taken to Pendleton by E. A. Fanshier where they boarded a plane for Portland where they will spend two weeks honeymooning.

Out of town guests for the Duus-Westcott wedding were Mrs. George Sprenger of Portland, Mrs. Agnes Wilcox and Mr. and Mrs. Clyde Denney of Lexington, Mr. and Mrs. E. A. Fanshier and daughter Vivian of Pendleton, Mr. and Mrs. J. O. Duus and daughter Elaine of White Salmon, Was. Berniece of La Grande, Dorothy Prohl of Hermiston, S Sgt. Sam Shore of Ordnance.

Don Kenny and Freda Fredrickson are getting married this week. They procured their marriage license in Walla Walla.

Wm. Gollyhorn took the W. T. Wheelers to Pendleton Thursday. The Wheelers bought the Roy Van Cleve acreage east of town and plan to build in the spring.

The Henry Gaberdings of Hermiston were Irrigon visitors Thurs-

The Lyle Mulkeys went to Pendleton Thursday as did also the Ora

A Christmas program will be given Sunday Dec. 23 at the Community Baptist church. The public is invited.

Irrigon and Echo basketball teams played here Thursday. Irrigon won 37 to 9.

Mrs. Stella Phillips, Mrs. C. W. Acock and Grace O'Brien were Pendleton and Walla Walla visitors Monday.

Mr. and Mrs. Arly Thompson of Lakeview are visiting Mr. and Mrs. Ora Tompson. The men are brothers and the women are sisters.

Mrs. Roy Minnick returned Saturday from Walla Walla where she

By ADA R. MAYNE

INCLUDING MILK

While an adult needs food to duce heat and energy, to replace

at St. Anthony's hospital. The an important source of calcium groom has recently returned after and phosphorus. Unless a child has serving 34 months in the Pacific a cup of milk with each meal he will not have enough of these minerals for building his bones and teeth. A child who gets enough calcium is less apt to be nervous and irritable.

cheese is a good supper dish; it es or mold; chill. Serves six.

may be used as the filling for sand- BUTTERSCOTCH GRAHAM wiches or served with a small CRACKER PUDDING amount of jelly as a dessert. Other cheeses when to be given to a child should be grated and may be sprinkled over eggs, used in sandwiches or in cooking such dishes as macaroni or in sauces for vegetables. Plain ice cream which does not contain fruits, nuts or other ceremony by Chaplain Cousens of worn tissues and to protect him- rich flavorings is one way of add-

A simple gelatin pudding made with eggs and milk is really delicious and is a pudding that every member of the family will enjoy And at the same time is suitable for the young child. For adults you may want to top with sweetened boiler, cook 3 minutes. Add butter Japanese prison camp, is the son whipped cream now that it is back on the market again.

GELATIN PUDDING cups milk, 1 tbsp gelatin, 1 cup cold water, 2 eggs separated, 3-4 cup sugar, 1 tsp vanilla.

Soften gelatin in cold water. Heat milk and sugar in double boiler; pour over softened gelatin, mixing well. Beat egg yolks until light and Milk can be given to the child add to them the hot milk-gelatin as a beverage or cooked into other mixture. Return to double boiler foods. It may be used as the liquid and cook three minutes, stirring in which cereals are cooked and in constantly. Remove from heat and preparing soups, cream sauces for allow to cool. When cool add vavegetables, custards, rennet des-nilla and fold into stiffly beaten serts and simple puddings. Cottage egg whites. Pour into sherbet glass-



1-3 cup peanut butter, 1 cup of graham crackers, crushed.

Blend peanut butter and crackers. Line pan, pressing firmly, chill. 1 cup brown sugar, 1-3 cup of flour, 1-4 tsp salt, 2 cups milk scalded, 2 egg yolks, beaten, 1-4 cup butter, 1-4 tsp vanilla, 1 cup

whipping cream, 1-4 confection-

er's sugar Mix dry ingredients thoroughly. Wells. Add gradually to milk. Cook in The bride is the daughter of Mrs. double boiler until thick. Add to Phil Grhiffin and the groom, who egg yolks slowly, return to double spent two and a half years in a and vanilla, cool. Pour into crust. of Mr. Phil Griffin. The bride's fa-Chill. Whip cream, add confection- ther is Ben Cox, upper Hinton er's sugar. Spread on custard be- creek rancher. fore serving. Serves 6.

week. She is on the extra list and charged from the Seabees last week.

#### KOFF-GRIFFIN NUPTIALS PERFORMED SUNDAY

The Heppner Church of Christ was the scene of a wedding ceremony at 2:30 p. m. Sunday, Dec. 9 when Frances Cox Koff and Norman Griffin were united in marriage. O. Wendell Herbison performed the ceremony in the presence of relatives and friends. Mrs. Robert Walker sang the wedding song accompanied by Mrs. Tom

Harold Smith of Naches, Wash., Mrs. Joe Hughes started working spent the fore part of the week at in the post office the first of the the home of his brother, Orville will help during the holiday rush. Smith and family. Harold was dis-

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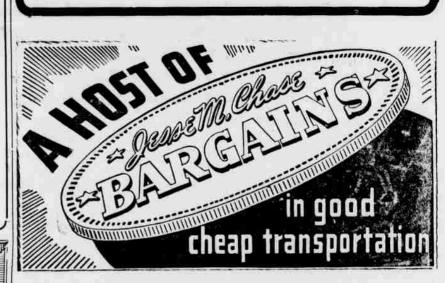


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