

Irrigon News Notes

By MRS. J. A. SHOWN

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 ceremony by Chaplain Cousins of the Walla Walla air base, at 2 p. m. Tuesday. The bride wore a white 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 at St. Anthony's hospital. The groom has recently returned after serving 34 months in the Pacific area with the medical corps.

The young couple were taken to Pendleton by E. A. Fanshler 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. Fanshler 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 Thursday.

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

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 had been for treatments.

Hi-Ways to Health

By ADA R. MAYNE

INCLUDING MILK

While an adult needs food to duce heat and energy, to replace maintain his body weight, to pro-worn tissues and to protect him-self against disease, a child must have food not only for all these purposes but also for his rapid growth.

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 and phosphorus. Unless a child has 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.

Milk can be given to the child as a beverage or cooked into other foods. It may be used as the liquid in which cereals are cooked and in preparing soups, cream sauces for vegetables, custards, rennet deserts and simple puddings. Cottage cheese is a good supper dish; it

may be used as the filling for sandwiches or served with a small 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 rich flavorings is one way of adding milk to a child's diet.

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 whipped cream now that it is back on the market again.

GELATIN PUDDING

1 3/4 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 add to them the hot milk-gelatin mixture. Return to double boiler and cook three minutes, stirring constantly. Remove from heat and allow to cool. When cool add vanilla and fold into stiffly beaten egg whites. Pour into sherbet glasses or mold; chill. Serves six.

BUTTERSCOTCH GRAHAM CRACKER PUDDING

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. Add gradually to milk. Cook in double boiler until thick. Add to egg yolks slowly, return to double boiler, cook 3 minutes. Add butter and vanilla, cool. Pour into crust. Chill. Whip cream, add confection-er's sugar. Spread on custard before serving. Serves 6.

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 Wells.

The bride is the daughter of Mrs. Phil Griffin and the groom, who spent two and a half years in a Japanese prison camp, is the son of Mr. Phil Griffin. The bride's father is Ben Cox, upper Hinton creek rancher.

Harold Smith of Naches, Wash., spent the fore part of the week at the home of his brother, Orville Smith and family. Harold was discharged from the Seabees last week.

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