

Hi-Ways to Health

ONE HOT DISH

Meal planning on a cold rainy day is easy, especially when it comes to planning the "hot hot dish." For what better than a bowl of hot soup? A thick, creamy, warming soup, or chowder, may be the main course of any luncheon or dinner when served with a crisp green salad, vegetable and dessert. And a soup may even be made substantial enough to be a meal-in-itself.

The addition of cheese to the soup provides high-quality protein so that it may be served as a substitute for the meat dish. In addition to the protein, milk and cheese also furnish substantial amounts of the daily calcium, phosphorus, vitamin A and riboflavin requirements. A cheese and vegetable flour combination in cream soup is delicious.

and the vegetable further increases the vitamins and mineral content of the soup. Colored, vegetable, spinach or pea soups are excellent soups.

There are endless varieties of soups, and the following are simple and economical to prepare. A portion of each recipe such as the following can serve as the main dish.

- 1/2 lb. lean beef, cut into cubes
- 1 cup whole milk
- 1 cup potato water
- 4 medium potatoes
- 3 onions
- Salt and pepper

Put one lb. of beef, salt pork or ham in a large pot with water to cover. Boil for one hour and remove the fat. Add the potatoes, onions, milk and potato water. Simmer for one hour and season with salt and pepper.

Another variation for soup are potatoes because they give a thick, creamy soup. Bits of potato, onion, carrots or green beans, or a small amount of meat, such as the top of a ham, or corned beef, add special interest. But in any event, soup is a hot and hearty and healthy on a dish of potatoes.

NEW BOOKS ARRIVE AT HEPPNER PUBLIC LIBRARY

The Heppner Public Library has just received for girls aged 8 to 12 the new John Newberry medal award winner, "Strawberry Girl" by Lenaki. The Newberry award is given each year for the most distinguished contribution to American literature for children.

For the boys in the seventh, eighth and ninth grades we have "The Black Tanker" by Pease, an exciting adventure concerning a lumberer on the ill-fated last voyage of the oil tanker Zambora.

And for the juvenile mystery fan we have Orion's "Mystery of the Lost Letter."

For those grown-up mystery fans three new books have been added to the mystery shelf. "V as in Victim" by Treat, "Barren Heritage" by Davis, and "The Double Take" by Huggins.

And last, but not least, the library has "Color Blind" by Halsey, a book to help our patrons, as well as many who don't regularly use the library, will read. This book is a remarkable piece of work and contains more common sense, courage and sheer wisdom to the single line and paragraph than you'll find in most other books on the Negro problem in America. You may not agree with her, but you'll like what she writes, the way she writes it, and what she stands for in our so-called democracy. Do read "Color Blind," says Evelyn Isom, librarian.

English Penfriend Relates of Hobbies, Food Shortage

(Second and final instalment of letter from Eileen Margaret Cooper.)

For a fortnight this summer we camped on the South Downs just on the hills overlooking Little Hampton. Of course we had full force of the channel gales. It was a pretty exciting time, especially one night when we found a river running right through the camp at 3 o'clock in the morning. The PL's had to pick-a-back 30 small guides to the safety of the barn through a foot of mud in the pouring rain. We had to repitch next day and have all our bedding and clothing dried at the farm.

I think that is enough to show you that we really enjoy our outdoor life in any kind of weather.

We try to cycle down to Mickleham every week end to do our bit in helping to gather in the beaten down crops, but so far we've only succeeded in getting ourselves soaked, for it always pours with rain here and yesterday was the only fine day we've had since August bank holiday when we had two days and Easter when we had five days. It's pouring with rain again today, of course.

On Sunday I came back from Wales where I had been staying for a fortnight with the people who looked after me for six months

from July 14, 1944 to January 28, 1945, while the flying bombs were over Britain. It rained the whole time which was rather disappointing but we managed to see all our old friends and to make some new ones. Mr. Morgan, our kind host, took us to visit many interesting places in his car, which he has running again after having laid it up for four years of war as he could get no petrol.

From Wales I brought home with me many different kinds of mosses, small plants, ferns and stones, out of which I have made a miniature garden.

I also brought seaweed, pebbles, and shells from seaside resorts there and have made a salt water aquarium.

In the way of animals I have a cat and her two kittens, three chickens and a duck. Also I keep a bird sanitarium where I keep wild birds who have hurt themselves, until such time as they are able to look after themselves.

Well, I have covered a large range of subjects very briefly but I will have more time later for fuller accounts. Let me know what you are interested in and I'll try to give you information.

If you want to know what British rations are per week that's not hard: It's three ounces of bacon, 2 ounces cheese, 1 ounce lard or

cooking fat, 2 ounces margarine, 2 ounces butter, 8 ounces sugar. Then in a month we're allowed half a pound of tea and a tablet of toilet soap and a half bar of washing soap each. Each week we get 1s-2d each of meat and 2d of corn beef, but you can see that's not much when meat is so dear. All tin stuff and things like macaroni, spaghetti, dried peas, dried fruits, biscuits, etc. are on points. We get 32 points each a month, but see how far it goes when biscuits are 8 a pound, syrup is 8 a pound, tin milk, beans in tomato, peas, etc. are 4 a pound, whilst tin fruit and meats are 22 a pound.

The bread rationing? Well, for our family of six we get about a large loaf (4 pounds) and a small loaf (2 pounds) a day, with a 3-pound bag of flour once a week. Both Dad and Dawn take a pack of sandwiches to work for dinner and tea and they are both big eaters. Janet, Felicity, and I all take sandwiches to eat at break and have a dinner at school. Milk is easier done by the week. Janet, Felicity, Dawn and I all get 3 1-2 pints a week or 1-2 pint each a day. Mum and Dad get 2 pints each a week, which I leave you to work out how much that is each day.

The only things that are not rationed are vegetables and fish but they are in short supply. We grow most of our own vegetables but have to rely on the shops for fruit. I have had about four oranges and two bananas since last Christmas and I am considered one of the lucky ones.

Up to now I have always made my birthday and Christmas gifts but this year I will be very busy so I do not know how I am to manage as there is nothing in the shops.

Have you any interesting birthday dates? Our family have: on Felicity's birthday, April 3, 1945—my uncle was released from a

POW camp in Germany; my birthday, May 8, 1945, was V-E day, which, incidentally, I spent under an operation in hospital, and Mum's birthday, August 15, 1945, was V-J day. Also in 1940 it was the first raid made by German aircraft on Croydon airfield in daylight and we stood and watched the bombs go down. That night was the first of the all-night raids.

Well, I am writing this on school paper in school time so I am afraid I must close. We only came back to school yesterday so we haven't

our prep timetable yet but I will give you the other one. Till next time then, chereie, and much love—Your Penfriend, Eileen Margaret Cooper.

ROBINSON-MATTESON
Delbert George Robinson and Dorothy Mae Matteson were united in marriage October 25 at the Lyle Matteson home by Rev. J. Palmer Sorlien of the Methodist church. Witnesses were Mrs. Lyle Matteson and Mrs. Celia Matteson. The couple will reside at Reed's Mill.

TO THE VOTERS OF MORROW COUNTY & THE 22ND DISTRICT:

I am offering my services to the people of the district at the 44th Legislative Assembly of Oregon. If my services in the past have been satisfactory I hope that I may merit your vote again.

Thanking you, I remain
Sincerely yours,

HENRY E. PETERSON

(Paid Advertisement by Henry Peterson)



Lowell STOCKMAN
for Re-election to
CONGRESS

Second Congressional District

Send the man back to Washington who has already chalked up a fine record of work towards the full development of Eastern Oregon's resources and utilization of the Columbia River's potential value. Keep the man who understands the present need for stabilizing the full purchasing power of the dollar, who believes in adequate care and benefits for veterans. Support the man who advocates progressive planning for the construction of necessary irrigation and flood control projects.

Vote for Lowell Stockman, Republican, a proven representative of Oregon's second district for the past two Congressional terms.

Keep Common Sense Representation



Today...busier than ever!

If you sometimes notice a delay before you hear the familiar "Number, please," or "Operator," it's because our switchboards, even at wartime peak, were never as busy as they are right now! Today we're serving more customers who are making more calls than ever before. Volume at times is so great that the operator cannot answer your call as quickly as she would like.

New equipment to take care of all waiting applicants and furnish better service than ever to all telephone users is being made and installed. But it's a big job...and will take time.

Our operators, meantime, are doing everything they possibly can to furnish you the prompt and courteous service you have been accustomed to. Thank you.

The Pacific Telephone and Telegraph Company

For A Pure Fabric Law

The following article, contributed to The National Cleaners & Dyers Magazine by a man engaged in the cleaning business for nearly one-half of a century, explains some of the fabric troubles which cleaners are confronted. We hope you will take time to read it through:

How much longer are the cleaners of the United States going to stand for the faulty merchandise that is being manufactured and sold to the department stores and then to the consumer?

You know without me telling you that plenty of material is being stretched in the manufacture. Some of these garments are labeled "Dryclean Only," and you know and I know that drycleaning will not remove certain stains. Then the garments have to be spotted, in some cases wetcleaned, and when wetcleaned they shrink. Some garments even shrink in pressing. Then there are thousands and thousands of garments that are top-dyed, some of which fade just hanging in the closet without even being worn. Also, a lot of the garments are not properly serged, and when the customer wears them the seams pull out, or when sent to the drycleaner the seams pull out. It would only take the manufacturer a little while longer to serge them. Another thing that should be corrected is the unserviceable trimming and buttons that are used in dresses.

You no doubt remember when the drycleaners tried to get a pure fabric law through Congress, but we didn't get very far. Now when a customer buys a garment and any of the things mentioned above happens to it, the consumer takes it back to the merchant who sold the article; the merchant says it is the fault of the cleaner, and the cleaner says it is the fault of the manufacturer. The customer doesn't get any satisfaction, the cleaner gets a bad reputation, the merchant made his profit, and the consumer is the "sucker." There should be a law enacted requiring the manufacturers to label all garments. In addition they should be obliged to shrink the material before they make it up. We have been in the tailoring business for forty-eight years, and never had a suit we made shrink.

The shirt manufacturers have cooperated with the laundries, and there is a very little trouble because most of the materials are Sanforized, and the laundry doesn't have a claim in ten thousand. Our experience has been that when a shirt faded, and it was made by a reputable manufacturer, we sent it back to the manufacturer and they sent us a new shirt. We have had four or five cases like that in the last few years. As you know, the manufacturers of women's garments, especially, and also men's, are running wild. The consumer is getting the worst of it, and is getting no protection. The cost that the manufacturer would have in making a garment properly is small, and I am sure that the consumer would be willing to pay the extra cost.

Heppner Cleaners & Dyers

JOHN HANAN, Proprietor

Wise choice, Mr. Farmer! You know which side your bread's buttered on! The smart farmer is voting 313 NO on the Fish Bill... In order to keep Coastal Streams OPEN? Why? Because he knows that HUNDREDS of Oregon farmers depend on fishing those streams to supplement their incomes. DON'T endanger their livelihood! DON'T jeopardize our food supply!

Wise decision, Mrs. Oregon Homemaker! Shopping for the family's food is a problem. Supplies are scarce—prices are high. But you can still thank your lucky stars you live in Oregon, where you can supplement the family's diet with delicious Oregon salmon and steelhead. Tell your friends to vote 313 NO! Make sure your supply of good fresh and canned fish will keep coming in!

Don't Restrict Commercial Fishing
Don't Endanger Oregon's Food Supply

SAVE OREGON SALMON FOR YOUR TABLE
VOTE 313 NO
Do You Want Food for All... or Spoil for A Few?

Paid Ad. OREGON FISHERIES COMMITTEE
Ralph Hamlin, Chairman, 309 W. First St., Tillamook, Ore.

Autumn
a good time
to travel
East

The Seasoned Traveler goes by Train

There is no more beautiful time of year to travel than autumn. Eastern cities—the great business centers of the nation—offer you their up best in weather. Days are pleasantly warm and evenings are cool and brisk. The country, too, invites you with its colorful and ever-changing scenery.

Make your business or pleasure trip now—by Union Pacific. Comfortable trains carry you to your destination relaxed and refreshed.

For complete information, inquire of

WINTER VACATIONISTS!
Remember... Sun Valley
rescopes December 21,

Be specific—say "Union Pacific"

UNION PACIFIC RAILROAD
Keep us in touch. Write, call or see our Travel Agents

Defeat This NEW TAX—
on your CASH Receipts!
Oregon has TWO
Income Taxes NOW!

No One Can Win... Everybody Will Lose!

- WAGE EARNER: Less take-home pay; monthly reports; job threatened.
- HOUSEWIFE: Higher prices added to present High-Cost-of-Living (See Time Magazine, Oct. 14, page 23). Don't let your savings and widow's insurance be taxed.
- ELDERLY PEOPLE: A dollar that buys 50 cents worth of groceries is a snare and a delusion. You can't build contentment through destroying something.
- FARMERS: A 3% cash receipts tax will make you "sell cheap" and "buy dear."
- YOUNG PEOPLE: Goodbye! business and home-building opportunities in Oregon. Goodbye thrill! What job would you take that is now held by a person over 60—a person who would apply for a Townsend pension.

VOTE 315 X NO
"Sympathy without sense is dangerous"
STOP THIS 3% TAX

- THESE GROUPS URGE YOU TO VOTE 315 X NO
- OREGON STATE GRANGE—C. I. O.
 - A. F. L.—PORTLAND CITY CLUB
 - WEST COAST LUMBERMEN'S ASSOCIATION
 - OREGON FARM BUREAU FEDERATION
 - ALL BUT 2 OR 3 SMALL NEWSPAPERS
 - PORTLAND RETAIL TRADE BUREAU
 - HOOD RIVER APPLE GROWERS' ASSOCIATION
 - EUGENE FRUIT GROWERS' ASSOCIATION
 - OREGON BUSINESS & TAX RESEARCH INC.
 - SCORES OF TRADE ASSOCIATIONS, FARMERS' COOPERATIVES, CHAMBERS OF COMMERCE, ETC.

Beware this title
VOTE 315 X NO
To Create Old Age and Disability Pension Fund