

Highways To Health

By ADA R. MAYNE

MILK MAKES A PARTY

Steaming, hot milk drinks take on added appeal as cold weather closes in and the holiday season draws near. When the youngsters troop into the house after school, their appetites are sharpened from cold air and exercise, and they clamor for "something to eat, huh, Mum?" With plenty of milk in the ice box, Mum can keep the situation well in hand. The children will love it if you make their milk a "party." Add two tablespoons of honey to each glass of hot milk and top with a dash of nutmeg. If the honey jar is empty substitute molasses, or chocolate syrup, and top with whipped cream. With a plate of peanut butter cookies or crackers, the party's on. And what better way to get an extra glass of milk into those fast growing bodies? To meet the need for adequate calcium children should have 3 to 4 glasses of milk a day and they will welcome extras

in delight if fixed up "party fashion."

If the high school crowd decides to make you home headquarters for its next jive session, keep calm—and keep the makings for Mexican Chocolate on hand. You will be in "solid" with the gang if you serve them this spicy hot chocolate concoction. But be careful—they may come back for more!

MEXICAN CHOCOLATE

- 4 cups milk
- 8 teaspoons cocoa
- 8 teaspoons sugar
- 1/8 teaspoon salt
- 1/2 teaspoon nutmeg
- 1 teaspoon cinnamon
- 1 teaspoon vanilla
- 1/4 cup vanilla wafer crumbs or cake crumbs

Heat milk in double boiler to scalding point. Mix sugar, cocoa, salt and spices. Pour 1/2 cup of the milk slowly over dry ingredients, stirring until smooth. Cook cocoa

mixture directly over low heat 5 minutes, stirring constantly. Add remaining hot milk slowly and heat in a double boiler until well blended. Add vanilla and crumbs, and beat with an egg beater until frothy. Serves 4.

When the family gathers together for the holidays, or an open house is planned for friends, nothing could be more heartwarming and delicious than this Hot Pineapple Eggnog. Serve it with crisp, little cookies, and you can count on folks to be back next year.

HOT PINEAPPLE EGGNOG

- 4 egg yolks
- 4 egg whites
- 1/2 cup sugar
- 1 1/2 pints pineapple juice
- 1/2 pint cream
- 1 tsp orange rind, grated

Combine egg yolks, 2 egg whites and 1/4 cup sugar, and beat thoroughly. Bring pineapple juice to boiling point, add cream and reheat. Pour hot pineapple mixture over beaten egg mixture, stirring constantly. Beat remaining egg whites and add rest of sugar. Fold egg whites into hot mix. Sprinkle with grated orange rind. Serves 10. Double or triple recipe for larger crowd.

Vic Vet says

DON'T LOSE MONEY ON TRAINING PAYMENTS - RETURN EARNING FORMS PROMPTLY!



For correct information contact your nearest VETERANS ADMINISTRATION office.

Cheyenne Student Gets University Post

Walter B. Omsund, son of Mr. and Mrs. Emil Omsund, Cheyenne, has been appointed as special assistant in the office of veterans relations at the University of Wyoming. Leslie Crawford, supervisor, has announced.

Omsund, a student in the university division of commerce, served as a major in the 91st infantry during the war. Before he entered the armed forces he was employed in the Stock Growers bank at Cheyenne.

Mr. Omsund's wife is the former Frances Wilkinson, daughter of Mr. and Mrs. Frank Wilkinson of Heppner.

IRRIGON NEWS . . .

(Crowded out last week)

Mrs. Joe Paul and daughter Sharon Rose arrived home from the Pendleton hospital Saturday. They are at the home of her mother, Mrs. Fred Davis.

Frank Leicht and family of Elensburg are spending the week with his sister, Mrs. Ruth Umiker and painting, papering and laying new linoleum for her.

Arthur Edwards and Bert Thompson of Umattila spent Monday of last week at Moses Lake, Wash.

Mrs. Nona O'Brien went back to Menlo, Wash. Saturday after spending a month with her son Glen and family.

Many Folks Return To Lone For Turkey Day Festivities

Mrs. Anne Smouse returned to San Francisco by plane Monday morning.

Mr. and Mrs. Omar Rietmann left for Portland and valley points Sunday.

Mr. and Mrs. Howard Notlage and daughter Mary Lee of Portland spent Thanksgiving with Mrs. Notlage's parents, Mr. and Mrs. Johan Troedson.

The study meeting of the Topic club will be held at the Congregational church parlors December 13 at 2:15 p.m.

The high school is presenting a play, "Heart Trouble," December 11 at 8 p.m. at the schoolhouse.

Alford, Jr. of Oregon State college and Reginald Shirley of University of Oregon spent Thanksgiving with their parents, Rev. and Mrs. Alford Shirley.

Mr. and Mrs. Ed Buschke of Morgan entertained the following guests Thanksgiving: Mr. and Mrs. Ernest Heliker, Mr. and Mrs. M. E. Cotter and Mrs. Clara Kincaid.

Mr. and Mrs. Ernest Lundell left for Portland Saturday.

Mr. and Mrs. Paul Pettyjohn and son Skippy are visiting in Portland.

Among those attending the Oregon State-Washington football game in Portland Saturday were Mr. and Mrs. Lloyd Morgan, Mr. and Mrs. Clifford Carlson, Harold Snider, Jimmy Barnett and Mr. and Mrs. Robert Hoskins.

Mr. and Mrs. Victor Rietmann entertained the Rietmann families Thanksgiving.

The lone public library has received the following books: "Green Grass of Wyoming," "Clementine," "Miracle of the Bells," "Green Dolphin Street," "Out on a Limb," "The Rooster Crows," "Ollie, the Ostrich" and "Rustlers of Slabrock."

Mr. and Mrs. Sam Esteb spent Thanksgiving in Hood River.

Mrs. Frank Lundell and children of Portland spent Thanksgiving with Mrs. Lundell's parents, Mr. and Mrs. C. W. Swanson.

Delight Biddle returned from the St. Anthony hospital at Pendleton Monday morning and is very much improved.

The social meeting of the Topic club will be held at the Masonic hall December 7 at 8 p.m.

Rev. and Mrs. R. L. Casselman and granddaughter Janice spent Thanksgiving with relatives in Seattle.

Mrs. Anne Smouse returned home last week from San Francisco where she visited Mr. and Mrs. Paul Smouse.

Mrs. Mary Swanson returned home from Portland. She was at the home of her son, Norman Swanson.

College students home during Thanksgiving vacation were Alton Yarnell, University of Washington; Shirlee Smouse and Mildred Carlson, University of Oregon; June Griffith, Alice Nicholson, Eunice Peterson, Donald Peterson and Gene Rietmann, Oregon State.

Elmer Ball and Bill Kennedy had a collision with their cars one day last week near Lexington. Some damage was done to the cars.

Sue Coleman has just recovered from a siege of scarlet fever.

Mr. and Mrs. H. O. Ely are redecorating their house here in town and expect to move in soon.

Mr. and Mrs. Francis Ely spent Thanksgiving with relatives at Salem.

Miss Mary Brackett visited her parents, Mr. and Mrs. Herman Brackett at Rufus over the vacation.

Mrs. Bertha Severin, seventh and

Guidance centers are supervised by VA personnel but the actual appraising as to what vocations best fit the veteran's talents is done by trained college personnel, usually instructors in psychology, sociology or education. Veterans under the G. I. bill need not take the advice given, but disabled veterans under public law 16 are more strongly urged to heed their advisers' findings.

A veteran who comes in for guidance starts out with an interview which may last for an hour or more. In an informal chat the appraiser learns about the veteran's social background, home and family, his employment status, educational background, hobbies and interests, his work experiences and his ambitions.

From clues uncovered in the interview, the appraiser then may have the veteran take certain tests to evaluate properly the man's sharpness of learning, interests, aptitudes, emotional stability and achievement. All factors are considered and the appraiser finally aids the veteran in selecting the field in which it seems more likely he will be successful. The interview and test may extend over a day or longer.

While the VA is willing to give guidance to any veterans who apply for it, officials pointed out that it would be of doubtful value to veterans who have rather well thought-out plans. However, it is especially valuable for any veterans who feel hesitant in setting an occupational goal for themselves without sound counsel.

Advertisement

Guidance Centers Aid Veterans in Choosing Vocation

With more than 25,000 Oregon veterans entered in school or on-the-job training, the Veterans Administration has reminded them of its special guidance and advisement service which is available to all who ask for it.

Six guidance centers are available to ex-members of the armed forces in this state, and are located on campuses in Eugene, Corvallis, LaGrande and Ashland, and at Reed college and the VA regional office in Portland.

Charles M. Cox, VA representative in this area, remarked that 588 requests for advisement were received by these centers in October. Letters are being sent out with all certificates of eligibility issued currently, informing veterans on their rights to educational advisement, and a sharp increase in requests is expected.

From where I sit ... by Joe Marsh



How to Stop Worrying

I guess folks in our town do about as much worrying as in yours—over housing and prices, and crops, and jobs—and the little domestic problems that are always coming up.

Dad Hoskins, who's lived to the happy age of eighty, has a simple formula for stopping worry. About every problem, he asks himself: Is there anything I can do about it? If there is, he never postpones making a decision, or taking necessary action.

If there isn't anything he can do about it, he sets aside a "worry hour" after dinner, and gets his worrying over in one concentrated period. When that's over, he relaxes over a friendly glass of beer with Ma Hoskins—and they talk about pleasant things together, until bedtime.

From where I sit, that's as workable a formula as you could find... right down to the mellow glass of beer that seems to wink away your worries.

Joe Marsh

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A good selection of Gloves, Capeskin, Buckskin and Pigskin, \$3.95 to \$7.56
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YOU GET 30 DAYS Vacation With Pay Each Year—

You Are Guaranteed An Ample Old Age Retirement Income After 20 or 30 Years!

BUT

If you are now getting, or see the hope of getting, a minimum of these four important employment advantages, here's food for thought—then use your own judgment about immediate action.

Men by the thousands all over America are enlisting in the New Regular Army.

BECAUSE

- As a private—mind you just a private—your starting salary is \$75 per month plus "hidden pay," bringing your pay up to the equivalent of about \$260 a year. You also get regular automatic pay increases.
- As a career you have no worry about scarcity of jobs or seasonal layoffs.
- Normally you receive an annual leave of 30 days, with full pay and allowances.
- Your retirement income after 20 years service may be as high as \$185.68 per month for life.

These are just four of the many reasons why an enlistment in the United States Army is making sense to thousands of thinking men today. Why not discover all the new advantages to an army enlistment. Just see the Army Recruiting Officer nearest you—he's located at

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AT HOLIDAY TIME...AS AT ALL TIMES

THE SEASONED TRAVELER GOES BY TRAIN

Yes, holiday time is travel time! It's a time to visit friends and loved ones... a time to bask in the warmth of old associations... a time to renew one's youth... a time to relax at the year end. The Union Pacific, with its connections, will take you in comfort to any part of the country. This year, make it a real holiday!

WINTER VACATIONISTS—Remember Sun Valley reopens December 21st.

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1st National Bank Bldg.
2nd and Alder Streets
Walla Walla, Wash. Phone 30 or Local Agent

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