

Highways To Health

By ADA R. MAYNE

GIVE PRUNES A BREAK

Remember way back when dried fruits were duty foods? Mother stood over us and made us eat our prunes—no matter how much we hated them for being tough and flavorless. Old-fashioned ways of drying and packing turned out fruits that were hardly delectable.

Today, fruit drying methods have improved until a modern prune wouldn't recognize his shriveled old cousin of bygone days. Plump glossy prunes, bright golden apricots and peaches, and giant raisins are invaluable for satisfying the hunger for fruit and longing for

color and attractiveness during long winter months.

Dried fruits are a good source of iron, and prunes, apricots and peaches are rich in vitamin A. Their high food value should earn them a place on every table and their naturally high sugar content makes them a desirable dessert, what with sugar so scarce. And come right down to dollars and cents cost it's worth remembering that one pound of dried fruit represents 3 to 7 pounds of fresh fruit as it comes from the vine. There is no waste from spoilage either. That's real value, isn't it?

For tops in flavor we can't

think of anything more delicious than plump juicy prunes swimming in cream. To prepare dried fruit, wash carefully and soak over night in water to cover. Add a piece of lemon or orange peel, cover and simmer for 15-20 minutes in the water in which they were soaked. Stirring and boiling tend to result in a ragged texture which spoils the appearance of the fruit. Serve warm or cold, with cream and a sprinkling of nutmeg.

Prune whip is a children's favorite, and with creamy custard sauce it will hold its own in any dessert parade. We offer both recipes—both quick and easy to make.

Prune Whip

3/4 cup stewed, pitted prunes
1/2 cup sugar
1/8 tsp salt
1tbsp lemon juice
5 stiff-beaten egg whites

Press prunes through sieve or cut very fine; add sugar and cook until sugar dissolves, stirring constantly. Add salt and lemon juice and fold into egg whites. Pour into lightly greased baking dish and bake in moderate oven 350 degrees, for 30 minutes. Chill and serve with custard sauce. Serves 6.

Custard Sauce

2 cups milk
2 whole eggs or
4 egg yolks
1/8 tsp salt
4tbsp sugar
1/2 tsp vanilla

Scald the milk in top of double boiler. Beat together slightly the eggs, sugar and salt. Add hot milk to egg mixture, mix thoroughly and return to top of double boiler. Cook over hot water, stirring constantly until the mixture coats a spoon. Add vanilla and serve hot or cold over prune whip. Serves 6.

LATE IONE NEWS

The Ione P.T.A. will hold its regular meeting January 22 at the schoolhouse. There will be an interesting program and refreshments.

The Ione council meeting was held Tuesday evening, Jan. 7. The following took oath of office: Mayor, Garland Swanson; recorder, George Ely; treasurer, Echo Palmateer; councilmen, Rod Wentworth, E. R. Lundell and Omar Plotmann. The other

Rookie GI Gets Pointers From Combat Vets at USO



WHEN the "Kid Brother Army" came into playful conflict with two war-wounded veterans during a rough, tough gin rummy game at the USO-YMCA, the Praesidio, San Francisco, Cal., rookie Private John D. Teal (center) of Gardendale, Ala., found out soon enough that his companions had the edge on him not only in military point scores, but in rummy scores as well.

Racking up the points are Sgt. William F. Sterch, 36, of Hoole-

hus Molokai, Hawaii (left), and Private First Class Robert E. Reed, 33, of Las Vegas, New Mexico, both under treatment at the Letterman General Hospital.

Whether veterans or rookies, however, all GI's know the USO as an excellent place to relax from military duties or hospital routine. To serve the "Kid Brother Army," hospitalized veterans and GI's on foreign service, the USO is now campaigning to raise \$19,000,000 for its activities in 1947.

NEW THIS WEEK-



Two Silhouettes, 53c
Dinah Shore
Sooner or Later, 53c
Dinah Shore
Columbia Album—
Music of Jerome Kerns
5.10
Signature Album—
Eddie Haywood, 4.97
SAAGER'S
PHARMACY

Vic Vet says

SHOPPING AROUND PROVES THAT GI INSURANCE IS THE BEST BUY OF ALL - HANG ON TO YOURS!



For correct information contact your nearest VETERANS ADMINISTRATION office.

How to teach a voice to "smile"



Speaking naturally is lesson one in becoming a telephone operator... and literally thousands of girls have learned it during the last year in the biggest operator training program in our history. Girls in training get a thorough grounding at regular pay... a basic course that lasts anywhere from three to six weeks.



On special practice boards like this a trainee is given hundreds of practice calls... everything from the simplest local call to a complex string of them. She learns to meet various situations... learns poise and skill and confidence. Even when she becomes a full-fledged "voice with a smile", she can call on a friendly supervisor for help on unusual calls, when she needs it.

In the weeks to come, girls now in training will take their places at switchboards, and as fast as additional equipment becomes available, thousands more will be trained to handle your calls. For we intend to do everything we can to bring the rapidly growing Pacific Coast an even better telephone service than ever before... just as soon as is humanly possible.

An ever-improving telephone service at the least cost consistent with good wages and working conditions for our employees and a reasonable return to the thousands of people who have invested in the business.

The Pacific Telephone and Telegraph Co.



West Willow Street—Telephone Heppner 5

IRRIGON NEWS . . .

Mr. and Mrs. Mart Abken spent Friday in Kennewick. Mrs. Hazel Steagall took care of the store during their absence.

The telephone men of Pendleton spent Thursday and Friday putting in telephones. They now have twenty new telephones in.

E. A. Stephens went to Arlington Sunday to visit his mother, Mrs. Mary Stephens.

The Wallacees are to begin preaching, playing and singing Tuesday evening at the Baptist Community church. Everyone is invited.

The Lexington basketball teams played the Irrigon teams Friday evening. Both teams won over the Irrigon teams. The grade score was 12-1, and high school, 29-9.

Mrs. Ida Holden and Mr. Chester Miller were married Tuesday evening in Walla Walla. They are living on the farm east of Irrigon.

ball team played the Irrigon A team and was defeated. The Irrigon freshmen were defeated by the St. Joseph's team.

The Umatilla town teams both won over the Irrigon town teams Wednesday evening.

Sgt. 1/c James Goerlin arrived home Monday from Hawaii on emergency leave. His is here with his mother, Mrs. Bill Gray, and will leave Tuesday night for Spokane to be with his sister Katherine who is ill there.

The Ray Cosner house caught fire on the roof Tuesday evening but was extinguished before much damage was done. They did not have to move out although it caused a lot of excitement for awhile.

C. A. Houghton was a Heppner visitor Tuesday.

Francis B. Nickerson of Heppner was in Irrigon Monday, looking after the March of Dimes program.

Carl Thompson has been quite ill with pneumonia. He is improving.

Mrs. Ora Thompson has also been quite ill but is better, as is also Fred Adams. The Adams family all went to Pendleton Sunday.

The Assembly of God church got their oil furnace Saturday and have it installed in the basement.

The Assembly of God church are having a fellowship meeting Wednesday with most of the churches in eastern Oregon to be represented.

The Home Economics group met in the church basement Wednesday. Mrs. Lytle of Corvallis talked on "What Makes Us Act as We Do." Miss Katherine Monahan of Heppner also was present. The next meeting will be February 12 at the C. A. Houghton home.

New construction throughout the nation for December totaled 969,000,000 M. and for the year amounted to \$10,131,000,000, reports the regional office, U. S. department of commerce.

TO CLEAR NOW---

- Two Snow Suits, water repellent
Size 2 and 3. Were 11.75 Now 7.85
 - Little Boys 3-piece Wool Snowsuits
Two size 3, 10.85! Now 7.25
 - Three Girls 3-piece Wool Snowsuits
Sizes 3 & 4, 10.85. Now 7.25
 - Two 2-piece Snowsuits
Size 3 & 4, 8.85. Now 5.90
 - One Coat & Legging Set
Size 6, 17.50 Now 11.50
 - Three Childrens Coats
9-10-12, 12.00. Now 8.00
 - Two Junior Miss Coats
Size 9, at a reduction. 1-3 off
- Closing out few Ladies & Childrens Dresses, 1-3 off

NORAH'S SHOP

MARCH OF DIMES

DANCE

Saturday, Jan. 25

Willows Grange Hall, Ione

THE OFFICIAL 'MARCH OF DIMES' DANCE

Music by ELY'S ORCHESTRA

Supper at Midnight Adm.: \$1 per person, Tax Inc.

This is for a worthy cause. All proceeds go to the Infantile Paralysis Fund



FORD MOTORS by MAIL

We have just completed one of the most modern Ford parts departments in the northwest and can ship or mail orders any model Ford motor from a Model A to a 1947 six cylinder or V-8.

When you need Ford parts mail or phone your order to us. Whether it is a wheel nut or complete cylinder assembly... We are as close as your telephone.

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Heppner, Oregon

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First IN CAR PRODUCTION . . . First IN TRUCK PRODUCTION
First IN COMBINED CAR AND TRUCK PRODUCTION!

AGAIN at the close of 1946—when America's need for new motor cars and trucks is most urgent—the Chevrolet Motor Division of General Motors leads all other manufacturers in automotive production. This means that Chevrolet is first in passenger car production—first in truck production—first in combined passenger car and truck production... despite the fact that all Chevrolet plants were closed completely during the first three months of 1946! Naturally, Chevrolet hopes

to be able to build more and more of these fine products which America is buying so eagerly—the only motor car giving BIG-CAR QUALITY AT LOWEST COST—the only truck giving BIG-TRUCK QUALITY AT LOWEST COST—the complete Chevrolet line which stands out as the lowest-priced line in its field! Meanwhile, it stands to reason you'll get bigger value and quicker delivery by purchasing the product of America's largest builder of cars and trucks—Chevrolet!

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CHEVROLET—LOWEST-PRICED LINE IN ITS FIELD!

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