

Highways To Health

By ADA R. IMAYN

BUTTER FOR FLAVOR

Nothing can replace the delicious flavor of butter. Good cooks have always known that its unique flavor cannot be imitated. "But I can't afford to feed my family butter," a homemaker may say. You mean, madame, that you cannot afford not to feed to your family butter. And here are reasons why.

Butter is an easily digested food fat (scientific experiments show butter to be 97.8 per cent digestible.) It is rich in Vitamin A, which promotes growth and builds up resistance against infection and disease. Oregon butter averages about 16,500 International Units of Vitamin A per year. This is a pretty fine average and compares favorably with butter statistics from other parts of the nation. Did you know that the butterfat from ten and a half quarts of milk is

needed to make a single pound of butter? Think of it this way: the returns on the purchase of a pound of butter may be figured in terms of economy: Rich returns from money expended; vitamin content—reliable and stable; food fat—satisfying yet easy to digest;—and flavor—rich and delicious!

In using butter, remember that if it is softened and creamed it will spread more easily and go farther. Saves time too. When the supply of butter is not as plentiful as usual, use it where its flavor counts—as a spread, on vegetables, or on pancakes or waffles. If the family is fond of French toast, a pitcher of warm maple syrup and melted butter combined is a delicious topping—and the butter goes farther this way.

When cooking with butter it is wise to avoid high cooking temperatures. Butter has a low

melting and smoking temperature and only requires gentle heat. When used at a seasoning it's best to add the last minute before serving.

Butter should be kept in a tightly-covered container in a cold dark place, protected from strong odors. Like other dairy products, butter has a characteristically mild, sweet flavor that absorbs strong odors and flavors if improperly stored.

Here is a recipe for yeast doughnuts made with butter that will appeal to doughnut fans everywhere.

Yeast Doughnuts

- 2 cups milk
- 1/2 cup sugar
- 1 teaspoon salt
- 1/4 cup butter
- 1 cake yeast
- 1/2 cup warm water
- 2 eggs
- 6 cups flour

Scald milk and pour over sugar, salt and butter. Cool to lukewarm and stir in yeast, which has been dissolved in water. Add beaten eggs and about 4 cups of the flour; beat until smooth. Let rise in a warm place until doubled in bulk; then beat for five minutes and let rise again.

Add rest of flour. Roll out on well-floured board, cut out with doughnut cutter or form in twists and place on lightly floured pan to rise. When doubled in size, fry in deep fat about 350 degrees (hot enough to brown a 1-inch cube of bread in 1 minute) until golden brown on both sides. Drain on absorbent paper and sprinkle with sugar. These are best served warm. Makes 3 dozen doughnuts.

IRRIGON NEWS . . .

By Mrs. J. A. Shoun

(Too late for last week.)

Rev. and Mrs. Wallace Winquist spent Wednesday in Pendleton at a Baptist convention.

Rev. A. B. Turner returned home Saturday after spending the week in Salem at an Assembly of God council of churches.

The Irrigon volley ball team played the Echo team here Tuesday evening. The Irrigon A team won and the B team was defeated.

The lone basketball teams played here Wednesday evening. Both lone teams won.

Mrs. Earl Leach and small daughter, Barbara Ann arrived home from the Pendleton hospital Wednesday.

Sam Umiker went back to Castle Rock Saturday morning. Earl Connell returned to Yakima after spending a few days with his family here.

The band and a capella choir entertained an appreciative crowd at the school auditorium Friday evening. They have been working hard to have a good band. The choir is also good, and the three majorettes pleased with their first appearance.

Ernest Stephens went to Arlington Saturday to visit his mother, Mrs. Mary Stephens, Saturday.

Miss Mary Riley of Kendrick, Idaho, is leaving Monday for her home after visiting her sisters, Minnie Fraser and Mrs. James Henderson and families.

Delos Knight has gone back to the merchant marines. He spent one and a half years in the merchant marines, coming home in June. He wants to go to South America this time. His other bases were Hawaii and San Francisco.

The band ladies did well with pie and coffee after the band program.

The town basketball team played the Umatilla basketball team Friday night. The Umatilla team won 36-29.

The Irrigon volley ball team went to Lone Saturday. A very good game was played with Lone winning in both games.

Clara Ellen Fraser's name is on the honor roll of students at EOCE, the dean of women notified her mother, Mrs. Minnie Fraser. This is her first year at La Grande.

Notice: I am on the road to San Francisco. I am sending this scribbled stuff as we climb the mountains on the way to Klamath Falls. It was pretty in Portland this morning with the sun shining. The weather was nice until we got so high. James and family live at Pleasanton. I am taking a two weeks vacation there.—Mrs. J. A. Shoun.

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RED CROSS THANKS GRANGE

Mrs. Ben Anderson is in receipt of a letter from Elvora Deininger, field director, service in veterans hospitals, American Red Cross, expressing thanks of the Red Cross and patients at the U. S. Veterans hospital, Walla

Walla, for Christmas bags sent to the men at Christmas time by the granges of Morrow county and individuals. Said Miss Deininger:

The Christmas bags which the granges sent to the patients at this hospital were so nice, and

I know they helped very much to make Christmas a little brighter for these men.

The bags were given to the patients on ward 7, the ward which Morrow county sponsors, on the afternoon when a Christmas party was held for them.



GRANGERS SHAPE THE PATTERN of OREGON'S DEVELOPMENT

Oregon is the nation's top seed producer. Up from \$3,000,000 only ten years ago to \$22,000,000 now, this agricultural "Cinderella" boasts a record unequalled by any other wealth-producing industry in the state.

With this new industry, Oregon farmers are bettering standards of American agriculture, especially in the Deep South where Oregon-grown cover crop seeds are performing a miracle in rehabilitating large areas of land worn out by one-crop farming.

Setting the forward pace for Oregon agriculture are 30,000 Grangers who take pride in their part in pioneering the state's seed industry, and in shaping the pattern of Oregon's development. For Grangers know that pumping \$22,000,000 of new money in Oregon's business arteries yearly means better living for everybody.

OREGON STATE GRANGE

1135 S. E. SALMON STREET
PORTLAND 14, OREGON

73 YEARS OF SERVICE TO OREGON FARMERS

Grange achievements that have made Oregon a better state in which to live:

- ✓ R. F. D. Routes
- ✓ Direct Election of Senators
- ✓ Cooperative Marketing
- ✓ Better Roads
- ✓ Improvements in Education
- ✓ Graduated Income Tax
- ✓ Improved Marketing
- ✓ Low-Cost Light and Power

Transferring & Heavy Hauling

Padded Moving Vans
Storage Warehouse
U. P. and N. P.
Penland Bros.
Transfer Co.
39 SW Dorion Avenue
Phone 338
Pendleton, Ore.

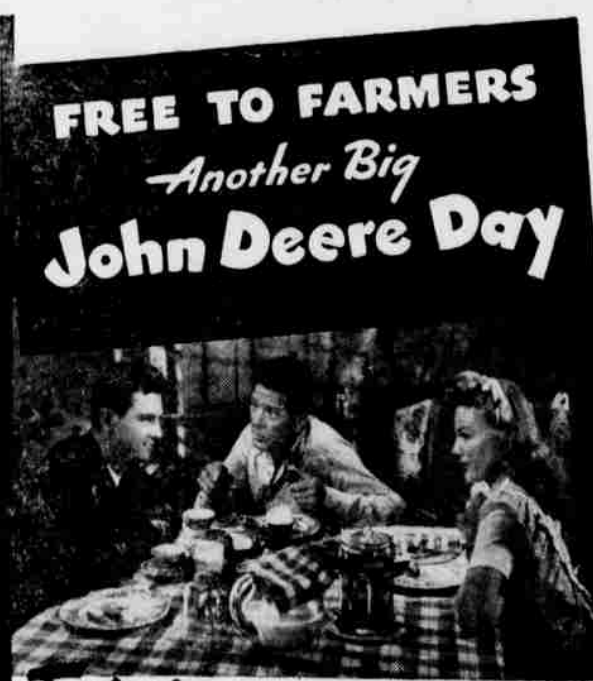
DOG OWNERS! PAY LICENSE THIS MONTH

AFTER MARCH 1 THE PRICE WILL BE DOUBLE

NOW \$1.00 for each MALE or SPAYED FEMALE
\$2.00 for each FEMALE
Mar. 1 \$2.00 for each MALE or SPAYED FEMALE
\$4.00 for each FEMALE

C. J. D. BAUMAN, Sheriff and Tax Collector

John Deere Days Are Here Again and THURSDAY, FEB. 20 will be John Deere Day in HEPPLER



FREE TO FARMERS
Another Big
John Deere Day

Featuring...
"THE WINDJAMMER"
with
BOB BURNS GALE ROBBINS
SCOTT ELLIOTT
and Talking Animals

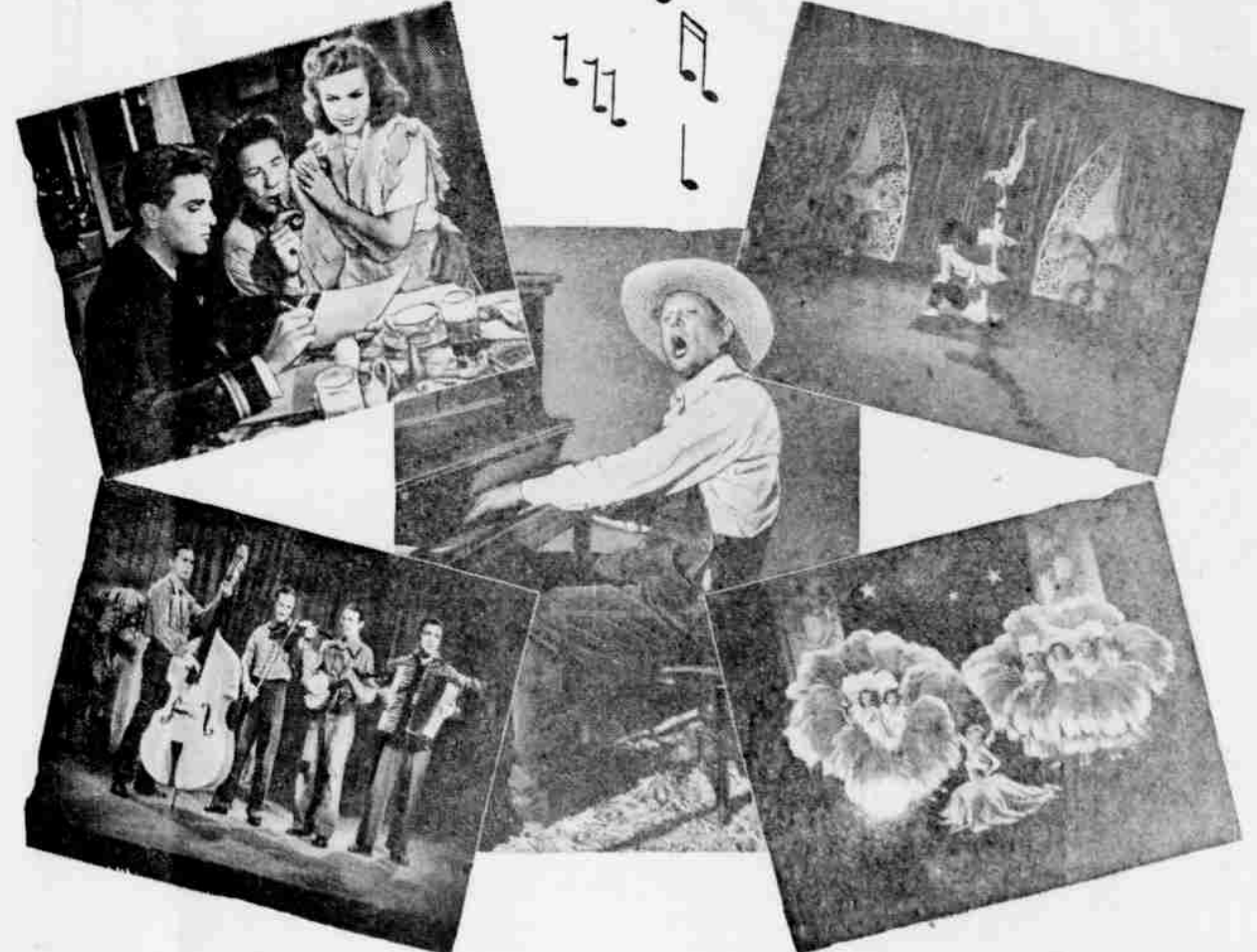
ADMISSION BY TICKET ONLY
AND A PREVIEW OF
WHAT'S NEW IN JOHN DEERE
TRACTORS AND EQUIPMENT,
and other interesting Talking Pictures

If you don't have tickets or need more, ask us for them.

BRADEN TRACTOR & EQUIPMENT COMPANY—Heppler, Ore.

Your CATERPILLAR and JOHN DEERE Dealer

"THE WINDJAMMER" Starring "Bazooka" BOB BURNS



To be shown here on JOHN DEERE DAY...

A Full Day's Program
For the Farm Folk
of Morrow County
And It's All FREE

The Day's Program

8 to 11 A. M.—Registration at Braden Tractor Store.

(At the Star Theater)

10:30—Caterpillar Tractor Co. show: "Building for a Better World."

12:00—Free Lunch at Braden Tractor Store.

2 P. M.—John Deere Shows—(See list at right).

The main attraction is a 55-minute Hollywood feature, "The Windjammer", which stars Bazooka" Bob Burns, the famous radio and screen comedian. The "rib-tickling" story is built around a windy character. Bob Newton by name, who claims to be able to make animals talk. His experiences, and those of his charming daughter, in filming a talking animal pic-

ture in Hollywood will be enjoyed by everyone.

In the supporting cast are such well-known artists as Gale Robbins, Scott Elliott, Kenneth MacDonaid, Ida Moore, Eddie Kane, Dan Duncan, and Sam Flint.

Four Other All-Talking Pictures

In addition to "The Windjammer", four other new,

all-talking pictures will be shown. They include "Headliners in Tractor Value"—the story of the new John Deere Models "A" and "B" Tractors for 1947... "New Power for the Smaller Farm"—an important announcement of a new tractor with a complete line of integral equipment for the small acreage farmer... "Conservation Farming with Regular Equipment"—an educational pic-

ture on how to keep your soil "at home" with the equipment you have on your farm... and "New Pages in John Deere Progress"—a newswreel on newly developed John Deere integral and drawn machines for 1947.

BRADEN cordially invites every farm family in this area to come to this big farmer's day program. He promises a good time to everyone who comes.

FREE LUNCH at NOON