

# Highways To Health

By ADA R. MAYNE

## POTATOES ARE PLENTIFUL

It's no secret that there was a bumper potato crop this year. But with spring peaking around the corner there is still a large share of this all-time high production of potatoes to be eaten.

Every effort is being made to help homemakers get potatoes of the highest quality. Low grade and deteriorating potatoes are being disposed of through manufacturing plants, livestock feeders and the export trade, which means there will be more US No. 1 potatoes on the home market and less of the poorer grades. Homemakers can do their share in helping to eat up this huge potato crop by serving them frequently—serving them scalloped, baked, creamed, in salads or soup, as well as mashed, fried or boiled with the meat course, giving greater variety to meals.

Potatoes are a carbohydrate vegetable which means they are a good source of energy. They contain small amounts of Vitamin C, the B vitamins and iron, but much of their nutritional value is lost when they are peeled and cut up for cooking. They are best cooked in the skin and eaten that way, for most of the nutrients lie just beneath the skin. Relatively speaking, potatoes aren't fattening—it's the gravy and fat that add the pounds.

Potatoes just would not taste as good without the use of butter, milk and cheese. The addition of these delicious dairy products add much to their taste appeal as well as their nutritive value. The addition of rich milk or cream and butter to mashed potatoes makes all the difference in the world in flavor. And a good hearty potato chowder will do wonders for a cold day luncheon. Tiny new potatoes rolled in melted butter and chopped parsley add a gourmet's touch to a spring dinner. And stuffed baked potatoes with cheese—Ummm!

Escalloped potatoes made with rich milk and butter become a meal in themselves when pork or lamb chops, sausages or wieners are baked on top. Today's recipe is a delicious casserole of quick-escalloped potatoes and wieners—a perfect main dish for hurry-up meals and so economical too!

Quick Escalloped Potatoes and Wieners

- 12 wieners
- 4 tsp. butter
- 2 tsp. flour
- 3/4 tsp. salt
- 2 cups milk
- 1 to 2 tsp. prepared mustard
- 5 cups sliced raw potatoes
- 1 cup sliced onions

Melt butter in a saucepan, blend in the flour and salt, and add milk; stir constantly over direct heat until sauce boils and thickens. Stir in mustard. Add sliced potatoes and onions, and bring to boiling point. Turn half the hot mixture into a 2 quart casserole; arrange half the wieners

## OPPORTUNITY TO APPLY FOR IRRIGATED TRACTS IN YAKIMA GIVEN G'S

World war veterans interested in acquiring irrigated farms are advised that a drawing for 28 units on the Yakima project will be made soon. Applications should be in the hands of the reclamation bureau office at Yakima by 2 o'clock p.m., April 1, to obtain preference rating. Information relative to the drawing may be obtained from Mrs. Grace Turner at the Morrow county selective service board office in the First National Bank building, Heppner.

It is important that applicants be fully informed regarding qualifications—years of experience at farming, with special emphasis on irrigation; amount of capital required or its equivalent in farm equipment, and other rules by which applicants are judged.

Since there are only 28 units of 160 acres each it is important to file papers at the earliest possible date.

## FOREST SERVICE TO EMPLOY COLLEGE MEN

Returning to a practice in vogue prior to the war, the U. S. forest service will again employ college students for summer work in the national forests. This information was released from the ranger's office in Heppner early this week.

At least 25 per cent of the summer time employees will be college students, the forest office states.

on top and cover with the rest of creamed potatoes. Top with remaining wieners. Cover casserole and bake in a moderate oven, 350 degrees, for 30 minutes or until potatoes are tender. Serves 6.

## Our Merchant Marine

THIS IS THE STORY OF THE S.S. AMERICA, QUEEN OF OUR MERCHANT MARINE.

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FULLY RECOGNIZED THIS LARGEST, FASTEST, MOST LUXURIOUS OF AMERICAN-BUILT LINERS, RECENTLY ENTERED REGULAR SERVICE TO AND FROM EUROPE.

FITTINGLY, HER MASTER IS COMMODORE HARRY MANNING, HERO OF MANY SEA RESCUES.

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INFORMATION COURTESY OF THE UNITED STATES LINES.

## Two Young Men Killed When Auto Leaves Highway

Two young men, Morris Gilbert Cheney, 23, and Everett David Hambree, 24, both of Pasco were instantly killed at the corner of the water office and W. T. Wheeler lots about 7:20 Sunday morning when the driver (the car was in Cheney's name and was a 1946 Olds) lost control. The car turned over several times, hit a tree, shearing it off so that the broken tree fell on it. Mr. Ghormley of Hermiton was behind the car and E. A. Stephens and others rushed out there. They got the car out and turned it over. Homer Newell of the state police arrived about 9 and Dr. A. D. McMurdo and Sheriff C. J. D. Bauman arrived about 11 o'clock. It being Sunday, action was rather difficult. The father of Mr. Cheney and the parents, a brother and grandmother of Hambree arrived at 3 a. m. with an ambulance that took the bodies to Pasco.

The AAA met in the water office Friday with the Irrigon farmers signing up for new work and signing for allotments for last year. Bill Padberg and Rosetta Healy of Heppner were the personnel.

Mrs. Hazel Steagall and daughter Maxine Helen went to Heppner Monday.

W. B. Dexter and daughter, Mrs. Dan Hill and two small daughters, went to Pendleton to shop, Monday.

Mrs. Joy Smith and son Steven and mother, Mrs. Tom Caldwell, and sister-in-law, Mrs. F. C. Fredrickson, spent Saturday in Walla Walla.

Mr. and Mrs. Vallis Dexter of La Grande spent the week end with his parents, the W. B. Dexters, returning home Sunday.

The home that the Henry Miller family had rented was sold to Marvin Ames and he takes possession March 7th. The Millers are still hoping that they can find a home near Irrigon. The neighbors gave them a farewell party at the school house Friday evening. A good time was enjoyed by a nice crowd with salad, sandwiches and coffee served.

H. H. Schunk, brother-in-law of E. S. Pelton, is moving into the old Collins house. He has purchased part of the Roland Ottstrom place and bringing potatoes to plant it.

Mr. and Mrs. George Graves' father, Mr. Cox, was visiting his daughter last week.

Mrs. Archie Munkers is visiting in Salem.

Mr. and Mrs. Ed Grant entertained many of their friends at an informal party at their home Saturday evening.

Mr. and Mrs. Clifford Yarnell and family drove to Boardman Sunday where they had dinner with Mr. and Mrs. Buster Rands.

Mr. and Mrs. Collins moved into the new house that they just completed last week.

Mr. and Mrs. Don Dolman and Paul Johnson of Walla Walla college were Sunday visitors at the E. S. Pelton home.

The Harry Allens and son David left Friday for their Nebraska home after spending several months in the Irrigon region.

The Baptist Community church members had a potluck dinner Sunday in the church basement after the morning service, with historical slides in the afternoon, taken and shown by Earl Golden, the Irrigon coach. They were of the capital and other

historical scenes of the south. Mr. and Mrs. LeRoy Darling spent the week end in Portland. Evangelist Del Grant will show colored pictures Saturday evening at 7:45 at the Assembly of God church, called "The Missing Christian."

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## GRANGERS SHAPE THE PATTERN of OREGON'S DEVELOPMENT

Fruits, nuts and berries meant \$46,475,000 to Oregon in 1945. They meant a lot more than that to Grangers. The dollars-and-cents estimate by the U.S. Bureau of Agricultural Economics represents hard cash put into circulation by the state's orchardists and berry growers. It also represents another substantial industry to support the long-standing Grange position that the stability of Oregon's economy depends upon sound, diversified agriculture.

The Grange takes pride in counting 30,000 progressive Oregon farmers among its members. They are bound together in the cause of better agriculture. To this end, because it benefits all the people, they are shaping the pattern of Oregon's development.

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## President Truman Issues Message to 4-H Club Members



Harry S. Truman President of the United States

PRESIDENT TRUMAN has issued a message to all 4-H Club members, who are observing National 4-H Club Week, March 1-2. The President said: "We are proud of your 4-H Clubs which are spread across our great Nation. They constitute an outstanding body of youth aiming to attain worthwhile goals in life... 4-H Clubs have become a significant influence in developing the cultural, social and recreational, as well as the practical aspects of modern rural life. As a character-building influence they are unsurpassed."

## School Dismisses For Funeral Of Former Teacher

Mrs. Clarence Hayes The entire community of Lexington was saddened by the death of Mrs. Lillian Turner of Heppner. She was so much a part of Lexington as she taught in our school for seventeen years. She will long live in the minds and hearts of her many pupils, who thought of her not only as a teacher but as a friend and confidante. The school was closed Tuesday afternoon to honor her memory.

Mr. and Mrs. Emory Burnside returned from Spokane Saturday where they had been visiting relatives.

Mrs. Wm. Van Winkle has returned home from The Dalles hospital where she underwent an operation.

Burl Lacey and son Harold of Walla Walla, who were transacting business in Heppner, were over-night guests of Mr. and Mrs. Cecil Jones Wednesday.

The P.T.A. is sponsoring a dance in the Leach hall Saturday, March 8. This will be an old-time dance and Roy Quackebush is bringing a five-piece orchestra to play for it.

Jack Forsythe flew by United Air lines to Detroit Thursday of last week. He is expected home Monday, flying his new plane, a Stinson Voyager.

Mr. and Mrs. Byron Ansted and family, who have been visiting Mr. and Mrs. Wm. Ludwig, returned to their home in Medford Monday.

The Amicitia club met at the home of Mrs. Clarence Hayes Tuesday evening. The evening was spent playing pinochle. Mrs. Ed Grant winning high prize. Mrs. Bernard Doherty and Mrs. Hayes were co-hostesses.

The hangar at the airport is almost completed. The concrete floor was poured Wednesday and all that is left to do is to put in the doors.

Mr. and Mrs. Vernon Munkers drove to Willamina to visit Mrs. Munkers' sister, Fern, Friday and returned home Tuesday.

George Erwin son of Mrs. Carl Breeding, is visiting here on furlough from the navy.

Mrs. Ralph Jackson and Mrs. Cecil Jones were shopping in Pendleton Thursday.

The P.T.A.-sponsored band concert and dinner held Sunday at-

ternoon was a great success. Everyone was very agreeably surprised at how well the band played. The enthusiasm ran so high that more than one hundred dollars was donated during the concert for a tuba which the band needs. A gift portfolio of records was presented to Mr. Metzweil, who conducted the band. A pair of nylon stockings was given to Miss Louise Hunt who accompanied the band on the piano.

Mr. and Mrs. Elmer Hunt and family drove to Portland Sunday evening for a short vacation.

Mrs. J. S. Henderson of La Grande is visiting her son and daughter-in-law Mr. and Mrs. Alonzo Henderson.

The Lexington home extension unit held an all-day meeting Thursday. In the morning they met at the Ladies Aid room where Miss Katherine Monahan, home demonstration agent, spoke on "Understanding Yourself and Others." After a potluck dinner at noon, the group went to the home of Mrs. Vernon Munkers for the afternoon session. Here Miss Monahan spoke on "Kitchens More Livable."

Mrs. Robert Davis and daughter Susan of Seattle were visiting at the home of her aunt and uncle, Mr. and Mrs. C. C. Carmichael, a few days last week.

Mrs. Clifford Yarnell and Mrs. Orville Cutsforth drove to Hermiton Monday to keep dental

appointments. Mr. Cox, was visiting his daughter last week. Mrs. Archie Munkers is visiting in Salem. Mr. and Mrs. Ed Grant entertained many of their friends at an informal party at their home Saturday evening. Mr. and Mrs. Clifford Yarnell and family drove to Boardman Sunday where they had dinner with Mr. and Mrs. Buster Rands.

# The American Red Cross

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