

Highways To Health

By ADA R. MAYNE

ON SOUPS

March may have come in like a lamb but there is still a great deal of the lion left in this unpredictable month. March means blustery winds and cold rains—winter's last chance at vindication before gentle spring arrives. March is a grand month for homemakers to serve those hearty steaming chowders and creamy soups which are so satisfying on a cold wet day. Tasty vegetables and meat combinations, smooth cream of vegetable soups, split pea or bean, potato or seafood chowders will form the backbone of many a delicious meal with a minimum of preparation and effort. The old fashioned method of keeping the soup pot simmering on the back of the stove may have saved grandmother time, but it also wasted precious vitamins and flavor. Modern meth-

ods of preparing soups involve a minimum of cooking to preserve both the food nutrients and flavor for eating.

The addition of whole milk to soups adds a substantial increase to the calorie and vitamin value, plus adding flavor and richness. Cream soups and chowders, usually made with a milk base, are eligible for the main dish in a meal, a position the thinner, less satisfying bouillions and consommés cannot hold.

To expand cream soups and chowders into a satisfying lunch, add a Waldorf or pear and cheese salad, hot corn bread or bran muffins, and a tall glass of milk. If you plan to build the evening meal around a steaming bowl of chowder, add a more substantial salad such as a tuna fish or shrimp, a tray of vegetable relishes, hot cheese biscuits

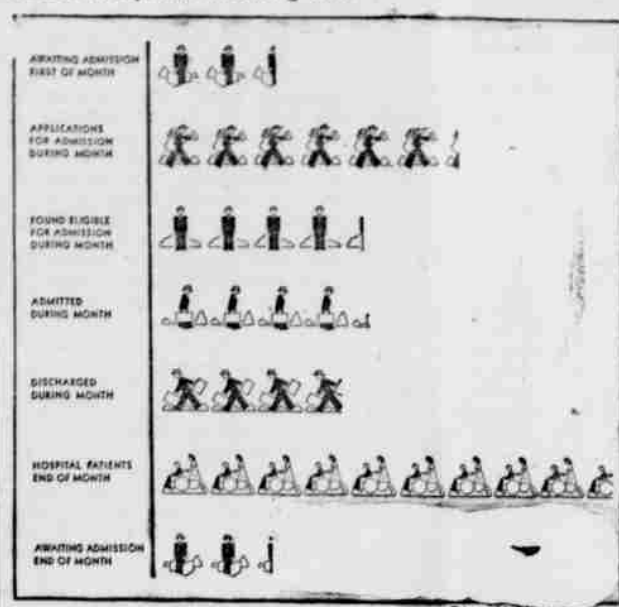
and baked apples for dessert. This type of supper provides a delightful change from the usual meat and potato dinners, yet is substantial enough to satisfy hearty eaters. It fits into the Lenten season, too. If the family has given up meat.

This soup recipe is something different but delicious and easy to prepare.

Dutch Lentil Soup with Meat Balls

1 lb. lentils
1/4 tsp. salt
3 tbsp. grated onion
1 tsp. flour
2 cups milk
1 egg yolk
Pinch of grated nutmeg
1/2 cup bread crumbs
Add well beaten egg yolks, nutmeg and bread crumbs to chopped beef. Mix well and form into small balls. Cook lentils in one quart of water, adding salt and grated onion. When lentils are soft, strain and add the milk which has been thickened with flour. It may be necessary to add more milk if a thinner soup is desired. Add meat balls and cook until meat balls are done. Garnish with chopped parsley. Serves 6.

Pares Hospital Waiting List



Twenty-two thousand veterans—including only 82 with service-connected disabilities—were awaiting hospitalization at the beginning of 1947, statistics recently released by the Veterans Administration reveal. Drawings above show hospital activity during December, including a reduction of those awaiting admission from 24,500 to 22,000. Each figure represents 10,000 veterans.

County Court Proceedings for February, 1947

The minutes of the January term were read and approved. The court ordered dance hall license issued to L.O.O.F. Lodge No. 82 and Lexington Lodge No. 168, L.O.O.F.

The court ordered the following Bangs' disease claims paid: Clay W. Delstra, \$8.00; Patrick A. Mollahan, \$8.00; George L. Daniel, \$12.00, and Chas. A. Marquardt, \$20.11.

The court ordered the publication of sale of the following county property:

Lots 14, 15 and 16 in Block 1 of the original Town of Jones, Morrow County, Oregon, for the minimum price of \$30.00, cash.

WARRANTS DRAWN ON GENERAL FUND

Edna Hughes, Dep. S. I. \$17.30
Frances Mitchell, Deputy Salary 247.79
Adell Foster, Office Clerk 115.79
Olive B. Hughes, Deputy Salary 14.03
Sadie Parrish, Supt. Asst. 57.33
Tilman Hogue, Janitor 110.79
Dr. A. D. McMugdo, Physician's Salary 25.07
Sude W. Miller, Court Reporter 33.53
Margaret Gillis, County Nurse 242.59
C. W. Barlow, Co. Clerk, Court House 2.04
Pac. Power & Light Co., Court House 21.75
Gilliam & Bisbee, Court House 3.03
Morrow Co. Grain Growers, Court House 1.25
Conley Chemical & Supply Co., Court House 6.13
Children's Farm Home, Juvenile Court 5.01
Heppner Gazette Times, Office, Pub. \$35.65; Co. Court \$12.25
P. A. Mollahan, Bangs' Disease Control 8.00
Clay W. Delstra, Bangs' Disease Control 8.00
Lucy E. Rodgers, Supt. 38.14; Supt. Mileage \$44.66
Heppner Market, Jail 1.92
Turn-A-Lum Lumber Co., Jail 7.00
Central Market, Jail 36.24
Case & Nikander, Jail 22.22
R. J. Craber, Jail 8.00
Heppner Market, Jail 17.44
Case Furniture Co., Jail 1.04
Seager's Pharmacy, Jail 1.40
The American Legion, Jail 10.00
Gilliam & Bisbee, Jail \$3.62; Court House \$1.20
Mid-Columbia Typewriter Co., Current Expense 17.50
C. J. D. Bauman, Sheriff 56.45
Pacific Tel. & Tel. Co., Current Expense 54.64
W. O. Dix, Assessor Mileage 11.86
Pac. Stationery & Pr. Co., Assessor 10.70
Lulu Hager, Emergency (Health) 2.50
State Dept. of Ag., District Sealer 4.95
State Ind. Accident Com., Sher. \$3.04; Sher. Salary .031; Dep. Salary \$0.31 3.96
First National Bank of Portland, Salaries 191.50
C. W. Barlow, Emergency 16.95
Turner, Van Armer & Co., Bonds 170.00
Bert Johnson, Judge, Gen. Asst. 126.55
Bert Johnson, Judge, Old Age Asst. \$307.40; Dep. Children \$54.20; Blind Asst. \$10.80 582.40

WARRANTS DRAWN ON GENERAL ROAD FUND

Harold Wilson 169.77
Ray Bailey 130.28
Donald Hams 192.93
Robert Wagner 162.05
Albert Livingston 176.10
H. Shaver 246.24
Lyle Mulkey 87.89
Wayne Swonger 29.96
W. Cunningham 173.37
Bill Harrison 121.66
Jack Slacum 183.67
A. J. Chaffee 181.06
Walter Gilman 191.92
Fred Booker 198.93
Robert Taylor 187.45
Austin Wilson 163.22
William C. Heath 239.04
Chas. Williams 98.78
Frank Nixon 29.85
Edwin L. Bucknum 118.15
Pacific Power & Light Co. 7.16
Case & Nikander 8.80
Oregon State Highway Commission 3.70
H. & L. Tooth Co. 68.00
Feenaghty Machinery Co. 29.74
Ed Grant 5.28



From where I sit... by Joe Marsh

Mystery of the Rocking Chair

Ma Hoskins has a favorite rocking chair that's worn and shabby, with a noisy creak. Pa Hoskins has listened to that squeak for thirty years... and he decided to do something about it. So he bought a new rocker, and hid the other in the barn.

Ma allowed as how grateful she was... but when Pa missed her one afternoon, he heard a familiar sound that led him to the barn. There was Ma rocking happily in her old chair—squeak... squeak. No need to tell you how Pa felt.

Quick as a wink he hid the new rocker and then brought Ma's old chair back to the house. Now when he hears that squeak, he looks at the mellow glass of beer he's drinking and says to himself: "She's just as entitled to her small pleasures as I am."

From where I sit, that's one of the reasons the Hoskinses are the happiest, oldest-married, peace-fulest folks in our town.

Joe Marsh

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ST. PATRICK'S Dance

Saturday Evening MARCH 15

I. O. O. F. Hall

Lexington

Music By

The Solid Seven

From Echo

Admission: Men \$1.00; Ladies 50c
Tax included

Sponsored by the St. Patrick's Altar Society of Heppner

RADIO SALE

Too many brands, Closing out our Stewart-Warner and Hoffman radios below cost

— STEWART-WARNER —

Solid wood cabinets, choice of blond wood, mahogany, or maple—5 tubes. Were \$38.95, now \$29.95

Big 6-tube, mahogany cabinet, chrome grill. Was \$49.95, now \$39.95

Heavy green onyx plastic cabinet big six-tube chassis. Was \$48.95, now \$39.95

— HOFFMAN —

5 tubes, heavy transformer, new streamlined cabinet. Was \$49.95, now \$39.95

AC, DC, battery portable, complete with battery, \$49.95

Come in and see our new Bendix Automatic record player radios with big oversize record storage cabinet only \$189.50

Weekly shipments of the newest RCA records

Gonty's

Heppner Gazette Times, Heppner, Oregon, March 13, 1947-3

Connors Auto Supply	6.70	Heppner Lumber Co.	151.37	Gilliam & Bisbee	36.97
Heppner Hardware & Electric	1.57	First National Bank of Portland	184.56	Nelson Equipment Co.	9.65
Wyatt's	295.85	State Industrial Accident Commission	71.10	Montgomery Ward & Co.	185.02
H. & L. Tooth Co.	88.00	Big Four Lumber Co.	108.08	WARRANTS DRAWN ON MISCELLANEOUS FUND	
Penland Bros. Transfer	1.24			E. M. Steers, Coyote Bty.	3.00

Another Big AUCTION Sale at the HEPPNER SALES YARD

Beginning at 1:00 P. M. Sharp

Thurs., Mar. 20

Consisting of

Cows and Calves, Yearling Steers, Yearling Heifers, 2-year-old Steers, Hogs, including 3 registered Shorthorn range bulls from the Jim Valentine herd.

One experimental steer, raised and fed by one of our local stockmen.

One registered Hereford bull calf, Domino bred.

One Davis sewing machine

Two county graders--1 12-foot, 1 8-foot.

One 500-egg electric brooder

One kitchen sink--20 x 30

Many other items not ready for listing. If you have something to sell, bring it in to this sale. Buyers come long distances to get this Morrow County stuff.

REMEMBER: All stock must be brand inspected; all dairy type stock must be Bangs and TB tested.

TERMS: CASH

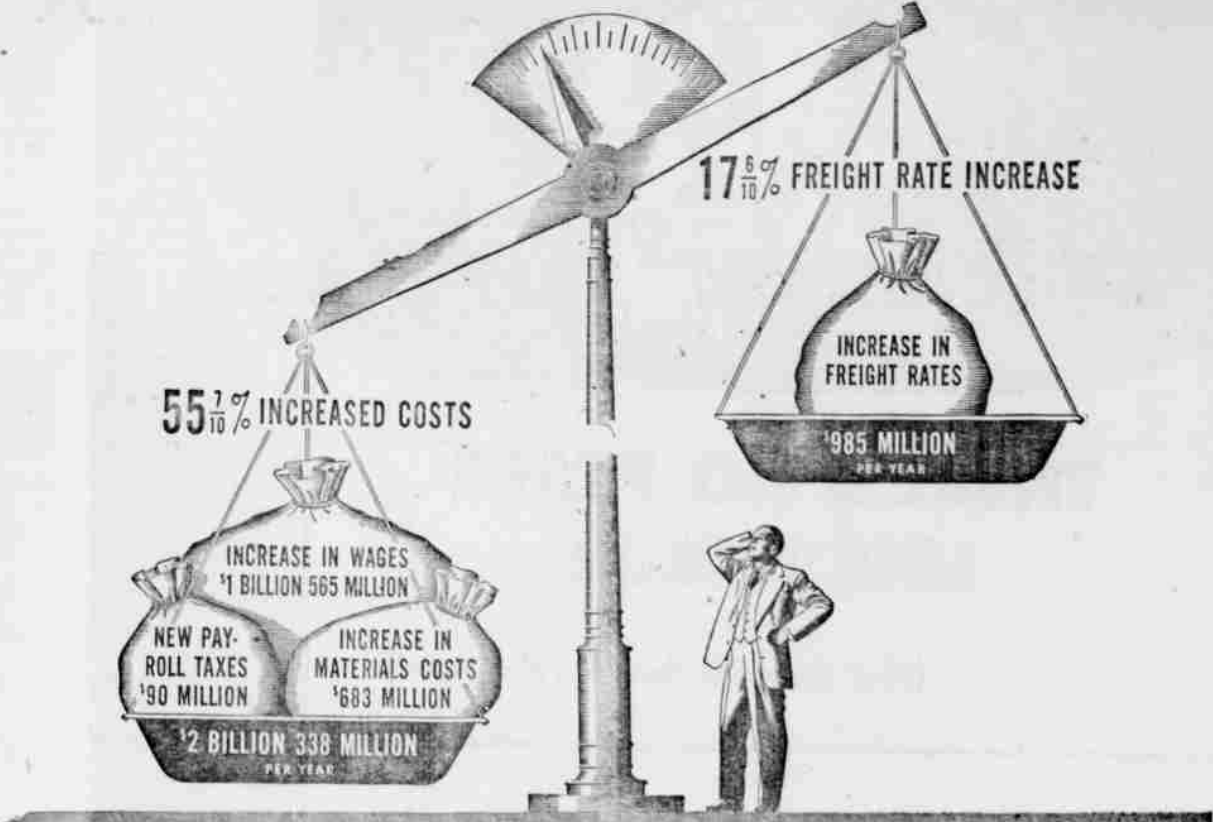
RUNNION & ERWIN, Operators
V. R. RUNNION, Auctioneer
HARRY DINGES, Clerk
Heppner Oregon

MEN WANTED IMMEDIATELY

3 PHOTOGRAPHERS
4 POWER LINEMEN
6 WEATHER OBSERVERS
1 WATCHMAKER

These are only a few of the 40,000 job openings monthly in the new Regular Army. A wide choice of occupations, expert instruction and excellent pay while learning make enlistment in the United States Army a career well worth investigating NOW. Inquire today at

Post Office Bldg.
Pendleton, Oregon



Why freight rates are going up...

Since 1939, railroad employees have had three general pay raises totaling 52 1/2%, and the prices of fuel, materials and supplies have risen 61 1/2%.

But when the war ended in 1945, the railroads were still hauling freight at rates no higher, and in some cases lower, than when the war began.

Without increased revenues, railroads could not meet these costs and also provide improvements in equipment and facilities—improvements that are essential for the low-cost freight and passenger services which are necessary to America's high standard of living.

Under these circumstances—and almost a year after the last major wage increase—the Interstate Commerce Commission recently approved an average increase in freight rates of 17 1/2%.

Of all the price increases in America

today, few have been so little and so late as that in the price of railroad transportation.

How important are healthy railroads to a prosperous country?

Only when the railroads are financially healthy can they provide the new equipment, improved road beds, and better terminal facilities needed for still better service to you.

The defense of the nation depends upon the continuance of the efficient transportation which served the nation so well in the last war.

The railroads are among the largest employers of labor. They buy over

100,000 different products. They pay big taxes—taxes which are spent not only for public schools, public health, and police and fire protection, but even for highways, airways, airports and inland waterways.

Railroads are America's lifeline—keeping goods flowing among the 48 states day and night in all weather.

They can continue to do this only if there is a reasonable balance between income and outgo. Like yourself, the railroads must make ends meet!

We are publishing this and other advertisements to talk with you at first hand about matters which are important to everybody.

WESTERN RAILROADS
105 WEST ADAMS STREET • CHICAGO 3, ILLINOIS