

Highways To Health

By ADA R. MAYNE

COTTAGE CHEESE— SPRING STANDBY

Maybe it's because there is only a short time left until Easter—maybe it's because the sun shone warm and soft as May the other day—but whatever the reason homemakers' thoughts are straying toward crisp salads, new baby vegetables, fresh fruits, and lighter meals in general.

Our candidate for the most versatile menu plunger of the season is creamy, nutritious cottage cheese. Now don't jump to conclusions about its being just a salad food. One-half cupful of cottage cheese supplies as much high quality protein as one serving of meat. It contains almost all the food essentials of milk such as calcium and riboflavin, but is especially rich in protein. It is economical for it gives maximum food value for minimum cost.

Cottage cheese makes delicious main dishes, salads, desserts, salad dressings, pies and cookies. That is quite an imposing list, but we have recipes for proof—which is really just the trouble—there are so many delicious cottage cheese recipes we can't possibly get them all into this column. So we selected two which were too good to pass by. One a main dish and the other a dessert.

Noodles Romanoff

2/3 cup noodles
1 cup cottage cheese
1 cup sour cream
1/4 cup onion, finely chopped
1 clove garlic, finely cut
2 tsp. Worcestershire sauce
Dash Tabasco sauce or red pepper
1/2 tsp. salt
1/2 cup American cheese, grated

Cook noodles. Add cottage cheese, cream, onion, garlic, Worcestershire sauce, pepper and salt. Place in buttered baking dish or ramekins. Bake in a moderate oven (350 degrees) for 30 minutes. Remove from oven, sprinkle with cheese, return to oven for 10 minutes.

Cottage Cheese Tort

(Serves 6)
20 graham crackers, rolled fine
1/2 cup sugar (scant)
1/4 cup butter, melted

Remove a portion of the crumbs for top. Combine all ingredients, mix well. Press into baking pan. Bake five minutes in moderate oven.

Filling:

1 pound cottage cheese
1/2 cup sugar
2 tsp. flour
1/2 tsp. vanilla
3 eggs beaten
1/2 cup cream

1/4 cup milk
Salt

Sieve cottage cheese, and sifted dry ingredients, then vanilla, eggs, combined cream, milk and salt. Pour into crust, cover with remaining crumbs. Bake in a hot oven (425 degrees) 15 minutes, reduce heat to a moderate oven (350 degrees) and bake until firm.

Kinzua News of Week

By Elsa M. Leathers

The school bus had a narrow escape last Monday morning going to Fossil after the hard rains for two days and nights. The bus attempted to pass a lumber truck from Spray coming down grade, and the bank gave way, letting the bus go on over the bank. A large stump kept it from rolling over. No one was injured.

Mrs. Floyd Reeser was called to Santa Barbara, Calif., this week, where her sister was seriously injured in a car accident.

Mrs. Ab Coleman is sick at her home here.

Friday night was the date set for the drawing at the local theater for the very lovely floor lamp and a second choice, pressure cooker to be given away. Mrs. Ivan Butler received the lamp and Mrs. Roy Woods held the lucky ticket for the pressure cooker.

Mrs. Lawrence Roba of Canyon City is visiting her parents, Mr. and Mrs. Elmer Sasser, here. She plans to stay two weeks.

Kinzua is proud they went beyond their quota for the Red Cross. One hundred eighty-eight dollars was turned in by the chairman.

Harold Jasmer was called to Portland Friday on business.

Mr. and Mrs. Allen Billings attended the dance and visited friends at Boardman over the week end.

Mrs. George Smith has been confined to her home for some time.

A number of families went to the John Day river Sunday for a picnic.

Mr. and Mrs. Bill Green and Mr. and Mrs. Art Mead went to The Dalles on Saturday.

Everett Hadley was visiting his parents, Mr. and Mrs. C. H. McDaniel this week end from Pasco, Wash.

Katie Jellic and Katie Sudor spent Saturday in Condon.

The Edge kids spent the week end at Dufur.

Mr. and Mrs. Dick Shafer moved to their ranch near Condon. They have been working here for a long time.

Dave Gunter went to The Dalles and brought his wife here. He will work on the section.

Ione News Items of the Week

By Echo Palmateer

Heppner grade school girls were defeated in a volleyball game here Friday afternoon.

The American Legion boys have the remodeling of their hall about completed. They have the ceiling covered with fir-text and the sides with knotty pine. The floor is being sanded and finished. When completed it will be one of the outstanding buildings in the county.

Mr. and Mrs. Francis Ely spent week end visiting relatives in Salem.

Mrs. L. A. McCabe gave a birthday party Sunday afternoon at the home of Earl McCabe in honor of her son Alvin's ninth birthday. There were about 24 children present.

Mrs. Bernice Harris and children of Portland visited at the Harvey Ring home over the week end.

Mrs. Vela Smith of Portland visited relatives here over the week end.

Mr. and Mrs. Arthur Stefani have purchased the Victory cafe from the Lewis Ball's. It will be operated by Mr. and Mrs. James Petrone of Portland. Mrs. Petrone is a niece of Mr. Stefani.

Mrs. Charles O'Connor and daughter, Marjorie Lee, arrived home from Portland Sunday.

Mr. and Mrs. M. L. Miller of Elgin are guests at the Newton Miller home.

A. A. McCabe and sons Lonnie and Jim went fishing for steelhead salmon on the John Day last week and had fair luck.

Mrs. Harvey Smith and Mrs. John Ransier will leave Tuesday morning for The Dalles where they will undergo major operations at the Mid-Columbia hospital.

Word was received Monday morning of the death of P. C. Peterson at his home in Lexington. Mrs. Lewis Ball is a daughter of Mr. Peterson.

Mr. and Mrs. G. C. Gordon are living in a trailer house on the Newton Miller place. Mr. Gordon is working for the railroad.

Herbert Ekstrom was a week-end visitor in Portland.

Mr. and Mrs. John Eubanks entertained the following guests at a dinner party at their home Sunday in honor of Mrs. Arthur Stefani's birthday: Mrs. Vela Eubanks, Mr. and Mrs. Billy Eubanks, Mr. and Mrs. Leonard, Mrs. Bernice Harris and children, all of Portland; Mr. and Mrs. Gordon White, Mr. and Mrs. Clarence Bremer and sons, Mr. and Mrs. Howard Eubanks and daughter Marlene, Mr. and Mrs. Garland Swanson, Mr. and Mrs. Lewis Halvorsen, Miss Eva Swanson, Miss Mary Jean Bristol, Ernest McCabe and Jimmy Barratt.

Word was received of the birth of a daughter, Patricia Sue, to Mr. and Mrs. John Garvey of Providence, R. I. Mrs. Garvey is the former Betty Bergevin and the daughter of Mr. and Mrs. Louis Bergevin.

Mr. and Mrs. Hershall Townsend took their small son Man-eel to The Dalles hospital last week as he was very ill, caused by eating some mouse poison. He remained in the hospital a few days but is all right now.

A "galloping dinner" of the Eastern Star Social club was served by Mrs. Walter Dobyms Thursday of last week.

Elmer Shiffer and Miss Mary Brackett were week-end visitors at the home of Miss Brackett's parents, Mr. and Mrs. Herman Brackett, at Rufus.

Mr. and Mrs. Billy Eubanks and son of Portland spent the week with Mrs. Eubanks' mother, Mrs. Ada Cannon.

HEC of Willows grange will meet at the Hershall Townsend home Friday, March 21, with pot luck dinner at noon.

The PNG of the Rebekahs will meet at the home of Mrs. Echo Palmateer, March 28.

Willows grange held their regular meeting Saturday night. The following program was given: Song by all, "It's a Good Thing to be a Granger"; alpha-

betical roll call; recitation by Julia Bailey; song by all, "Work On, Patron"; talk by Sam Esteb, "How to interest members to come to grange"; skit, "Going Somewhere," by Mrs. Lewis Halvorsen and Mrs. Marion Palmer; presentation of past master pin to Donald Heiker; song by all; story, "On to Oregon," Mrs. Ernest Heiker; poem, "Something to Think About," by Mrs. Echo Palmateer. Refreshments were served by Mrs. Wate Crawford and Mrs. Ernest Heiker.

The Rebekahs held a dinner at the Congregational church parlor Sunday for the benefit of the Ione Memorial Improvement association. Around \$125 was taken in. Expense for food will be taken out. The tables were decorated with yellow candles and daffodils.

The Ladies Aid of the Cooperative church was held at Mrs. Oscar Lundell's last Thursday, March 13. The week before was at the Rietmann ranch with Mrs. Dnie Ray as hostess. This week Mrs. Ella Davidson will entertain them.

The study meeting of the Topic club will be held at the home of Mrs. Roy Lindstrom, March 22. The book, "Deborah," will be reviewed.

The Ione Memorial Improvement association held their regular meeting Wednesday evening, March 12, at the Legion

hall. It is expected that leveling will get under way this week. The land for the project has been secured, the grass seed for the turfed field has been purchased, the material for the tennis court has been received and a sprinkler system has been ordered. It is hoped that the project will materialize rapidly from now on.

A fellowship potluck supper was held at the Congregational church Thursday evening, March 13.

The Maranathas held an all-day meeting March 12 and cleaned up the yards at the Cooperative and Congregational churches. They had a potluck dinner at noon at the H. O. Ely home in town.

The 4-H club girls held their meeting at the Wm. Sechafer home Saturday and gave a luncheon at noon.

Mrs. Ida Coleman received word from her son Wallace of the U. S. army, stating that he was stationed in Japan.

Mrs. Omar Rietmann returned from Portland last week where she visited her mother, Mrs. Inez Freeland. She also saw Mr. and Mrs. Clyde Denney who live near her mother.

Taken from the Ione Independent, March 24, 1922: "A mixture of rain and snow fell here yesterday. It is said snow is quite deep on the hills and many old-timers are predicting more of the same before the weather settles down to normal."

LANDSCAPE PLANNING MEETINGS SCHEDULED

Morrow county has two scheduled landscape planning meetings. The first meeting will be at the Boardman school auditorium on April 2 at 8 p.m. The same meeting will be given in Heppner on Thursday, April 3, at 2 p.m.

This meeting will be conducted by R. Ralph Clark, extension

horticulturist, Oregon State college. This meeting will cover the field of landscape planting with some special emphasis on annuals, perennials and pest control. Mr. Clark will discuss flowers, plants and shrubs suitable for eastern Oregon. Many men and women of Morrow county have requested this meeting on home ground planning.

A MESSAGE FROM THE SECRETARY OF WAR



How you can help YOUR ARMY DO ITS PART FOR PEACE

With the President's proposal for the discontinuance of Selective Service on March 31, America will rely on voluntary enlistments for the maintenance of the Regular Army at authorized strength.

In view of world conditions today, this is a step of the gravest importance to every American citizen. Never before in history has any nation raised and maintained a million-man army by the volunteer system alone. Our ideals, our belief in individual freedom, our safety and our duty to promote world peace—all are bound up in this decision.

This is your Army, and voluntary enlistment is your choice. It must not fail. With your help it will not fail. The Army must continue to provide adequate occupation forces overseas, to supply these forces, and to help in keeping America strong and secure.

Your help and understanding can do much to encourage a steady flow of 3-year voluntary enlistments, necessary to sound training and the efficient performance of the Army's task.

When you discuss this subject with your sons, brothers, husbands or friends who may be considering an Army career, bear in mind the advantages offered by a 3-year enlistment. Among them are the choice of branch of service and of overseas theater where openings exist, and the opportunity for thorough training in valuable skills.

A job in the new Regular Army compares favorably with the average in industry, and has more opportunities for promotion than most.

You can help by giving your respect and support to the man who enlists voluntarily—to do his part in carrying out your country's world-wide obligations to build a peace that will endure.

ROBERT P. PATTERSON
SECRETARY OF WAR

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OTHER PASSENGER TRAIN SCHEDULES

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Ar Portland	5:30 pm	6:30 am	7:30 am

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