

Highways To Health

By ADA R. MAYNE

NEW WAYS FOR AN OLD FAVORITE

Peanut butter is rapidly coming into its own as a tasty, flavorful addition to the family diet, after serving a long apprenticeship as a sandwich spread, appealing only to children.

Home economists and food experts now realize that the nutritional value of peanut butter has

been hidden between two slices of bread, so to speak. Peanut butter is an excellent source of high quality protein. Because it is a concentrated food, large quantities are not eaten, but it is ideally suited to combine with many commonly-used foods, and adds both flavor and food value. Because peanut butter contains about 40 percent natural, easily-

digested fat, it may be used to replace, partially or wholly, the fat in certain quick breads and cookies. Many recipes using peanut butter include milk, tending to increase utilization of this very essential food.

Peanut butter contains significant amounts of phosphorous and the B-complex vitamins, including thiamin, niacin and riboflavin. Some peanut butter products are now available fortified with a high potency, non-fermentable Brewer's yeast. Other brands have vitamin B-1 added.

Peanut butter is prepared in a variety of different forms now, giving the homemaker her choice. The most popular type is the comparatively new "homogenized" peanut butter, to which hydrogenated peanut oil has been added to prevent the butter from separating and acquiring a rancid flavor. The chunky peanut butter is popular with children, as is the new honey-peanut butter.

But to get on with the eating. Old favorites using peanut butter include candies, cookies, sandwiches and hot breads. New favorites to which peanut butter is adding its creamy, nutty goodness are hors d'oeuvres, soups, pies, cakes, custards, salad dressings and main dishes.

For a delicious salad dressing that is easy on your scarce fat supply, try a blend of equal parts of peanut butter and cream, plus a little lemon juice or vinegar, and seasonings to taste. It's grand on fruit or vegetable salads. Or for dessert mix peanut butter with hot boiled custard and serve alone or as a sauce on fruit.

Our recipe is a delicious hot

Lexington News Of The Week

Mrs. Clarence Hayes
Robin Yarnell celebrated her sixth birthday with a party at her home Saturday afternoon. The young guests spent the afternoon playing games and eating refreshments. Besides Robin and her sister Kay those present were Bunny June Anderson, Donna Smith, Ramona Hicks, Sharon Cutsforth, Doris and Barbara Grant and Donna and Michael Graves.

Mr. and Mrs. Harry Dinges drove to Portland Friday. They returned home Sunday accompanied by their son Dan, who is on spring vacation from the University of Oregon.

Rev. and Mrs. Cecil Warner of The Dalles and Mrs. Glenn Warner from Dufur were visiting here Saturday afternoon.

Bill Marquardt and Majo Marjeske are visiting their parents, Mr. and Mrs. Charles Marquardt, this week. Bill comes from Oregon State college at Corvallis

bread that will appeal to the whole family.

Peanut Butter Bread
2 cups flour
4 tsp. baking powder
1 tsp. salt
1/3 cup sugar
1/2 cup peanut butter
1 1/2 cups milk

Sift flour, baking powder, salt and sugar together. Add peanut butter and mix in as for biscuits. Add milk and beat thoroughly. Put into one large or two small greased oblong loaf pans. Smooth tops before baking and bake in moderate oven at 300 degrees about one hour.

and Majo from E.O.C.E. at La Grande.

Mr. and Mrs. Leonard Munkers and Mr. and Mrs. Roy Martin visited at the Claude White mountain home near Hardman Sunday.

Mr. and Mrs. C. C. Carmichael drove to Portland Friday. Mrs. Louisa Kampe and son Kent of Corvallis were visiting Mr. and Mrs. Clarence Hayes over the week end.

Orville Cutsforth, Ted Smith and Jack Forsythe flew east in Mr. Cutsforth's new airplane last week. Mr. Cutsforth left the others at Moline, Ill. From there Mr. Forsythe and Mr. Smith went to Detroit and flew home a new Stinson Voyager. Mr. Cutsforth flew to Columbia City, Mo., to visit his daughter, Dorothy, who goes to school there. Arriving home Sunday, he reports that he saw nothing green between the Rockies and the Mississippi, but that it was very cold, dry and dusty. He ran into icy weather and snow storms over the Rockies.

Mr. and Mrs. Harry Schriever and family of Molalla were visiting friends here the end of last week.

Kenneth and Marcella Jackson are spending spring vacation with their parents, Mr. and Mrs. Ralph Jackson. They both attend the University of Oregon.

Mrs. Lonnie Henderson, Mrs. Cecil Jones and Mrs. J. S. Henderson visited in Arlington Friday.

The Camp Fire Girls advisory council met Saturday afternoon at the home of Mrs. Cecil Jones to discuss the starting of a rental library here.

Mr. and Mrs. Clarence Urey and Bruce Urey of Eugene were visiting at the Kenneth Peck home over the week end.

Mr. and Mrs. Mark Brown of Hermiston were visiting Mr. and Mrs. Orville Cutsforth Sunday.

Mr. and Mrs. Carl Breeding drove to The Dalles Sunday, taking Mrs. Breeding's son, Seaman L.C. George Irvin, that far on his way to San Francisco where he returns to duty with the navy. George Steagall is building an addition to his house. He is adding a bedroom and bathroom and enlarging the kitchen.

Mrs. Bill Smethurst, Mrs. Norman Nelson, Mrs. Vernon Munkers and Mrs. C. C. Carmichael were attending the upholstery work shop in Heppner this week.

The Barnett's have received a card from Colombia, South America, from their cousin, Mrs. Virginia Miller of Salem. Mrs. Miller is well known here as the

daughter of Mr. and Mrs. N. A. Leach of Portland. Mrs. Miller is on a six weeks airplane trip and before reaching Colombia she visited Mexico City, Guatemala, Costa Rica and Panama. From Colombia she will go to

Venezuela and the islands of Curacao, Haiti and Cuba, then back to Mexico, to New Orleans and then home.

Mr. and Mrs. I. R. Robison of Portland were visiting at the Barnett home Monday.

Let our paint department restore that show room complexion to your old car. Rosewall Motor Company.

Buy in Heppner—Rosewall is never undersold.



From where I sit... by Joe Marsh

Apple Tree Versus Wheat Field

If you ever visit Jeb Crowell's farm, he'll take you right out on that back porch of his and show you his apple tree.

"There," says Jeb, "is nature's noblest creation—fifty years, and herein still the finest cider apples in the county!"

But last fall, when a group of us was there, Lud Denay points across the river to his grain fields and says: "There's an even finer sight! Acres and acres of golden grain you can make dozens of appetizing things with—including wholesome, sparkling beer."

Both of them got so eloquent on the subject, that the rest of us worked up quite a thirst; so Jeb goes to the icebox for beer and cider. And when the refreshments come, Lud chooses cider, and Jeb takes the beer!

From where I sit, that's the answer to most disputes. You can talk all you want, but when it comes to tastes and preferences, there's just no argument.

Joe Marsh

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Heartiest Congratulations

to the personnel of

IONE POST NO. 95

In realizing their ambition for a recreation hall and club house. May all of you live to enjoy it for many years to come

HEPPNER POST NO. 6100
Veterans of Foreign Wars

HEPPNER POST NO. 87
American Legion

It Gives This Firm Great Pleasure to Extend

Heartiest Congratulations

TO THE MEMBERS OF

IONE POST NO. 95 AMERICAN LEGION

On the occasion of re-opening their hall. The ex-GI's have done a grand job of making over the old hall into a modern recreation and club center

TUM-A-LUM LUMBER CO.



Worth Waiting For!

You've probably been hanging on for a long time, patiently waiting for the sparkling new electric appliances you want. We're waiting, too — for critically short powerline and substation equipment. Increased production means your dealer should be getting additional electric washers, ranges and refrigerators in the near future. And when yours does arrive you'll be surprised at the extra-low operating cost — for PP&L rates are only half the national average!

Yes, new electrical appliances ARE worth waiting and saving for.



Pacific Power & Light Company
36 years of public service

PUBLIC SALE HEPPNER SALES YARD

1:00 o'Clock P. M., Sharp

Thursday, April 3 OVER 100 HEAD OF CATTLE

Consisting of Cows, Calves, Heavy Springers, Yearling Steers and Heifers
GOOD REGISTERED BULLS
8-10 head good milk cows--tested and clean

MISCELLANEOUS

Chise's--inch and one-half inch Axes--4-pound single bit
Files--6-inch and 8-inch saw files Crowbars--60-inch
Saws--66-inch Simmonds crosscut Garden Sprayers
Paint brushes--3-inch and 4-inch Berth Lights
Heavy Tarpaulins--water proofed 14' x 15'
Canvas Water Tanks--Portable with all accessories--3000-gal. capacity
Tool Boxes Wood Mallets

The Trail Busters of Hermiston, Ore., will have a beautiful spotted horse on display at this sale—an extra good saddle mare that anyone would be proud to own. The Saager Pharmacy of Heppner will give away candy bars.

If you have something you want to sell, bring it to this sale the day before to get it listed.

All livestock will be fed and cared for. All livestock must have brand inspection, and all dairy cows must be tested.

TERMS: CASH

RUNNION & ERWIN, Yard Operators

V. R. RUNNION,
Auctioneer

HAROLD ERWIN
Yard Manager

HARRY DINGES
Clerk