

Ione News Items of the Week

By Echo Palmateer
The junior church endeavor had a party Sunday afternoon from 4:45 to 7:30 at the Congregational church with 13 present. Games were played and refreshments of jello, cookies and orange punch were served. Rev. and Mrs. A. Shirley and Mrs. E. M. Baker were advisors.

by Mrs. Victor Rietmann, high, and Mrs. Echo Palmateer, low. Salad and coffee were served by the hostesses, Mrs. Cecil Thorne and Mrs. Roy Lindstrom.

Arthur and Dorothy Bergstrom of Portland were week-end visitors at the home of their parents, Mr. and Mrs. Carl Bergstrom.

The social meeting of the Topic club met at the Masonic hall Saturday afternoon, March 29. The afternoon was spent in playing bridge. Prizes were won

Bert Mason who recently returned from a trip to California reports that he visited the following people there and they all asked to be remembered to their former neighbors and friends in Ione: Mr. and Mrs. J. A. Waters, Mr. and Mrs. J. D. Waters, Mr. and Mrs. T. B. Buffington, Mr. and Mrs. F. E. Everett, Mr. and Mrs. W. L. Twitchell, Mr. and Mrs. J. D. Cronan, Mr. and Mrs. A. M. Moore, all of Los Angeles; Mr. and Mrs. C. F. Feldman of Sunnyvale; Mr. and Mrs. Cecil Sargent, San Jose; Chit Wilson, Huntington Beach, and Earl Wilson, Las Vegas, Nev. Owing to illness of Mrs. Waters the Ione picnic was not called but the matter of promoting the picnic will be given over to Tom Davidson and Joe Cronan and called for a later date. The Masons visited Yuma, Phoenix, Prescott, Grand Canyon, Williams and Flagstaff, Ariz., Boulder Dam and Las Vegas, Nev., and way points. Mrs. Mason will remain in California for a while longer.

Mr. Mason states that their son, Bert Jr., has graduated from the New York State College of Forestry but will take his major course now and finish next fall. His grades were one C, one B and five A's.

Mrs. Eva Sloan of Astoria is visiting relatives here. She is a niece of Mrs. Mary Swanson, Mrs. O. E. Lindstrom, Oscar, Alcott and Ernest Lundell.

The P.N.G. club of the Rebekahs met at the home of Mrs. Echo Palmateer Friday afternoon, March 28, with 12 members and four guests present. The club ordered an Easter lily to be sent to the veterans hospital at Walla Walla. Three lilies were ordered by different members to be sent there. Refreshments of cookies, ice cream and coffee were served.

The Ladies Aid of the Cooperative church met Thursday afternoon, March 27, at the home of Mrs. Della Corson.

Important dates to remember: The Maranatha society will meet at the home of Mrs. Gordon White, April 9. The Ione Merforial Improvement association will meet April 9 at 8 p.m. at the Legion hall. The America club is holding an apron and food sale at Bristow's store on April 5 in the afternoon, proceeds to go to the IMIA. The home extension unit will meet Friday, April 4, at 1:30 p.m., at the Congregational church with a potluck dinner at noon. Mrs. Erma Little of Corvallis will discuss the project, "Developing Charm and Personality."

Sunrise services will be held on the hill south of Ione. Those wishing to attend will meet at the Cooperative church at 5:30 a.m. Breakfast will be served at

Highways To Health

By ADA R. MAYNE

FISH FACTS

Fish has played an important

part in Lenten meals, but many homemakers are inclined to drop it from their shopping lists after Easter and serve it only occasionally. This may be accounted for partly through personal taste, yet there are some people who do not find fish as satisfying as meat, and therefore ask 'can it be as nourishing?' The answer is 'yes.'

In comparing meat and fish there is little difference in either the quality or quantity of protein involved. Both furnish complete high quality protein. As a source of iron, fish is not as good as meat, but shellfish, such as oysters and clams are very rich in iron—richer even than meat. Meat contains more thiamin but fish is richer in riboflavin. Fish is also an excellent source of iodine, an important mineral to us in the Northwest, and one which meat lacks. Calories are usually higher in meat due to a higher fat content.

The milder flavor of fish is a perfect foil for sharp piquant sauces such as horseradish, mustard, tartar, creole and lemon. A creamy white sauce made with milk is a perfect base for an egg, horseradish, cucumber, parsley or lemon sauce to serve with bland fish such as salmon, sole, halibut or cod. Here is an especially nice one we would like to pass on to you.

the nominating committee: Mrs. Victor Rietmann, Mrs. Cleo Drake and Mrs. Echo Palmateer. The following program was given by 4-H club members: Song, America, by all; flag salute and 4-H club salute led by Ruby Ann Rietmann and Helmut Hermann; demonstration, making a sponge cake by Lola Ann McCabe, Ruby Ann Rietmann and Corletta Olden; talk on the beef club by Louis Carlson; talk on health club by Ingrid Hermann; demonstration of artificial respiration by seventh and eighth grades; musical number, Ronald and Duane Baker; skit, fifth and sixth grade "Happy Health Land"; demonstration of table setting, Joan Coleman and Delores Drake; songs, 4-H club girls; Nelson Anderson, county agent, gave a talk on 4-H club work; 4-H club candlelight ceremony; songs, "Follow the Gleam" and "Taps"; song, "God Bless America" by all. Lunch of pie and coffee was served by Mrs. Carl Bergstrom, Mrs. William Bergstrom, Mrs. Oscar Peterson and Mrs. Henry Peterson.

Out-of-town guests at the John Bryson home Sunday were Mr. and Mrs. John Padberg, Heppner; Mr. and Mrs. Huston Bryson, Hermiston, and Mr. and Mrs. Leslie Boudry and family of La Grande.

Mr. and Mrs. Clifford Carlson are the parents of a daughter, Leslie Ann, born March 31 at Pendleton. Mr. and Mrs. Leonard Carlson are the grandparents.

Arthur Stefani is remodeling the old Morrow County Grain Growers building and making it into apartments.

Mr. and Mrs. Oscar Lundell entertained in honor of the teachers of the Ione schools at a buffet dinner Monday night. The following were present: Mr. and Mrs. B. C. Forsythe, Elmer Shifler, Mr. and Mrs. Francis Ely, Mr. and Mrs. Melvin Nelson, Miss Mary Brackett, Mrs. Bertha Severin, Mr. and Mrs. Franklin Ely, Mr. and Mrs. Alcott Lundell and Miss Nellie Shaffer. The evening was spent with games and music.

Mrs. Jack Bailey gave a birthday party Sunday in honor of her daughter Julia's seventh birthday.

The following students returned to college for the spring term: Alton Yarnell to University of Washington; Miss Alice Nicholson, daughter of Mr. and Mrs. Fred Nicholson, June Griffith, daughter of Mrs. Fannie Griffith, Donald and Eunice Peterson, son and daughter of Mr. and Mrs. Oscar Peterson, Gene Rietmann, son of Mr. and Mrs. Omar Rietmann, and Alfred Shirley Jr., son of Mr. and Mrs. Alfred Shirley, to Oregon State college; Shirley Smouse, daughter of Mrs. Anne Smouse, and Mildred Carlson, daughter of Mr. and Mrs. Leonard Carlson, and Reginald Shirley, son of Rev. and Mrs. Alfred Shirley, to University of Oregon.

Mrs. Ernest Heliker, Mrs. Harvey Smith and Mrs. John Ransier returned from the hospital last week.

Mrs. Bert Mason returned from California Monday.

Mrs. Clea Jones of Baker was an Ione visitor this week.

move from flame and beat with whirling type beater. Add slightly beaten egg. Beat to mix. Add lemon juice and grated peel. Serve hot. Serves 6 to 8.

A hot sauce also gives flavor and zest to a serving of cold crab or shrimp. Caliente sauce is just such a grand sauce.

Caliente Sauce

1/2 cup butter, melted
1/4 cup lemon juice
Sugar to taste
1/4 cup catsup

1 teaspoon Worcestershire sauce
Mix and heat thoroughly. Serve sauce in individual bowls or over shellfish.

Sour cream cucumber sauce was just made to serve with salmon—hot or cold!

Sour Cream Cucumber Sauce

1/2 cup sour cream, whipped
2 small cucumbers
1/2 teaspoon salt
2 tablespoons vinegar
Few drops tabasco sauce



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International Harvester announces \$20,000,000 price reductions

We believe there is nothing more important to this country than to lower the prices of the goods that people buy.

The American people have insisted that the government withdraw from its attempts to control prices in peacetime. That places the responsibility where it belongs—in the hands of business and industry. Not all business can reduce prices now. Not all can reduce by the same amount.

Our company has felt a duty to act as promptly as possible. In our case, the business outlook now makes it possible to move toward the goal of lower prices. The only way out of the vicious circle of higher and higher prices is to break through.

We have taken this step not because of present competitive conditions nor because of a drop in demand from customers. We have taken it because of our belief that ANY PRICE IS TOO HIGH IF IT CAN BE REDUCED.

These reductions, which will save the users of our products approximately \$20,000,000 a year, will become effective before April 1, and will apply to a selected list of tractor, farm machine, motor truck, and industrial power products. Since we lose money on a few of our products, and barely break even on some others, these reductions will not apply to our entire line. Reductions will be made individually on products. Some will be cut more than others. Exact details will be announced as soon as possible.

Our ability to maintain this lower level of prices will depend in part on what happens to the prices and flow of materials that we buy from others. Because we believe price reduction is vital, we are willing to assume the risks that are involved.

These benefits to customers will depend, too, on uninterrupted production at reasonable wage levels. This is not a program that can be carried out if it is hampered by strikes or work stoppages.

Our employees have had substantial increases in pay, and wage questions are currently being discussed with many of the unions with which we deal. Stockholders have recently had an increase in dividend rate. Having considered the interests of these two groups, we are now making these price reductions for the benefit of the third group—our customers.

Business, to our way of thinking, has a social as well as an economic responsibility. This company has long followed the policy of operating in the interests of three groups—its customers, its employees and its stockholders. The duty of the management is to see that equal justice is done as between the three groups.

This price reduction program is another demonstration of our policy in action.

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Baseball

Opening Game of Wheat-Timber League

SUN. Apr. 6

RODEO GROUNDS, 2:30

Admission: 60c Adults; 30c Students
Children 12 years admitted free

This League Sponsored by American Legion