

# HIGHWAYS TO HEALTH

By ADAH R. MAYNE

## EGGS AND DAIRY FOODS FOR LENTEN MEALS

The seasonal spotlight turns to Lenten recipes, both old favorites and flavorful new additions. Such good nourishing dairy products as milk and cheese are important ingredients in many Lenten main dishes, because they contribute the valuable protein needed to give your menus substance and appetite appeal.

Eggs, too, often prove to be an important ingredient in planning Lenten meals. Eggs lend themselves to such a variety of ways of preparation that every member of the family can please his taste with the egg dish of his choice.

Homemakers will find egg

dishes easy to prepare and serve for lunch or supper during Lent. Hearty egg, cheese and fish combinations make grand supper dishes—but remember that both eggs and dairy foods react very quickly to heat, so cook them gently to moderate to low heat. You will be rewarded with smooth, delicate flavor and tender texture every time.

A delicious Lenten casserole which will be enjoyed by every member of the family is Creamed Egg bake. It combines hard-cooked eggs with a tangy cheese sauce and is seasoned with sliced olives, onion and celery for zest and flavor. Served with crisp rolls or toast and a fruit salad, it makes a perfect luncheon or supper dish.

### Creamed Egg Bake (Serves 6)

- 4 Tbsp. butter
  - 4 Tbsp. flour
  - 1 tsp. salt
  - 1-8 tsp. salt
  - 1-8 tsp. pepper
  - 2 cups milk
  - 2 Tbsp. minced onion
  - 1 cup grated Cheddar cheese
  - 6 shelled, hard-cooked eggs
  - 1 cup diced celery
  - 1-4 cup chopped olives
  - 1-3 cup buttered bread crumbs.
- Melt butter; add flour and seasoning; and blend. Gradually add milk and cook over low heat until smooth and thickened, stirring constantly. Add minced onion and grated cheese and stir until cheese is melted. Cut hard-cooked eggs in quarters lengthwise. Place half the egg slices, half celery and olive pieces in

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for all occasions in season or special

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## Cub Scout Packs, Parents Join In Potluck Dinner

Cub Scout packs one and two under the leadership of Cyrus Balsler held their annual potluck dinner at the school lunch room last Wednesday with 62 people being served. These consisted of the members and den chiefs and their families. The menu consisted of chicken and noodles, a variety of green vegetable salads, cake, punch and coffee. The serving was done by the following girls, who are members of the eighth grade: Pat McMillan, Jeanette Peck, Nancy Harrah, Phyllis Nolan and Donna Robinson.

There were four cars of young people going to Heppner Monday night to the Youth for Christ rally. Those taking cars were Carl Marquardt, Truman Messenger Sr., Mrs. Bill Marquardt, and Mrs. Homer Hughes.

The young adult class held their potluck dinner at the E. E. McFadden home Friday night with 15 members present. After the dinner a business meeting was held with Bill Marquardt presiding.

Mrs. Ralph Jackson of The Dalles visited at the home of her mother, Mrs. Laura Scott, Saturday.

Mrs. Slafter of Idaho is visiting at the Everett Barlow home.

Mr. and Mrs. Don Grant and four children of Prineville visited the week-end with her parents.

### NOTICE TO CREDITORS IN THE COUNTY COURT OF THE STATE OF OREGON FOR THE COUNTY OF MORROW

In the Matter of the Estate of ALFRED C. HOUGHTON, Deceased.

NOTICE is hereby given that the undersigned has been appointed Executrix of the estate of Alfred C. Houghton, deceased, by the County Court of the State of Oregon for Morrow County, and all persons having claims against the said estate are hereby required to present such claims, duly verified, and with proper vouchers attached, to the undersigned at the office of her attorneys, Walker & Barnes, Reclamation Building, Hermiston, Oregon, within six months from the date of this Notice.

Dated this 1st day of March, 1951.

MARGUERITE C. HOUGHTON Executrix of the Estate of Alfred C. Houghton, deceased.

Walker & Barnes Attorneys for Executrix Reclamation Building Hermiston, Oregon 50-2

bottom of buttered 1 1-2 quart casserole. Top with half the sauce. Repeat sprinkling buttered crumbs on top. Bake in a moderate oven 325 F. for 20 minutes, until browned.

Here is a wonderful luncheon sandwich for the youngsters, yet is equally good for serving at midnight snacks. Better allow two all the way around!

### Bunnies (Serves 6)

- 6 round buns (hamburger buns will do)
- Butter
- 6 eggs
- Salt and pepper
- 1-2 cup buttered bread crumbs
- 1-2 lb. diced processed cheese
- 2-3 cup milk

Remove part of centers of buns to form cups. Brush top and inside of buns with melted butter. Break an egg into each bun; season with salt and pepper; sprinkle with buttered crumbs. Bake in moderate oven, 325 F., for 25 minutes or until eggs are just firm and buns slightly brown. Melt cheese in double boiler and add milk, blending thoroughly. Serve over Bunnies.

MAKE IT WITH MAYFLOWER Cottage Cheese

DEACH Sombbrero Salad - A LENTEN FAVORITE

AT YOUR STORE OR AT YOUR DOOR

## Wright's Observe 55th Anniversary

Mrs. Fred Matlock of The Dalles has written the Gazette Times about the 55th wedding anniversary of her parents, Mr. and Mrs. Sylvanus Wright. The event was celebrated on Christmas eve with members of their family and some old friends participating. Special guests were the Wrights' four great grandchildren, Gene Cole, age four years and sister Catherine, five months; Patrick Ignowski, age four years and his brother Mike, nine months.

Others present for the occasion were their son-in-law and daughter, Mr. and Mrs. Fred Matlock, with their children, making four

Mr. and Mrs. O. G. Breeding. Mr. and Mrs. Ed Grant visited Saturday night at the Archie Munkers home, with the two families having dinner Sunday at the Roy Martin home.

Mr. and Mrs. Bill Hicks of Prineville visited with their many friends over the week-end returning to their home Tuesday.

Mr. and Mrs. Truman Messenger, Jr. and family are visiting at the Truman Messenger Sr. and William Zinter homes in Ione and Lexington, from their home in Meacham.

Miss Shirley Hunt, daughter of Mr. and Mrs. Art Hunt, is going about on crutches as an after effect of being hurt in a car wreck one day last week.

Mr. and Mrs. William Smet-hurst visited the week-end in LaGrande with their daughter Betty who is attending E. O. C. E.

Mrs. Ina Nickols is spending some time in Portland at the home of her son Cletos Nickols, and wife. Mrs. Nickols underwent a major operation in Portland, and Mrs. Ina Nickols is staying with her during her recuperation.

The intermediate group of Campfire Girls met at the home of their guardian on Monday and started work on their 1951 birthday project, to be completed by March 15.

A date to remember is that the grange is giving the regular meeting night March 9 to the Lilian C. Turner foundation for the Smorgasbord to be held Mar. 10. County Council of the P.T.A. held the second Wednesday, March 14, in Lexington.

The Womans Society of Christian Service of the Methodist church will meet at 8 p. m. Wednesday, March 7 at the home of Mrs. Walter Becket, with Mrs. Becket and Mrs. Harley Anderson acting as hostesses.

Billy Schwarz and family spent the week-end here with his parents, Mr. and Mrs. Henry Schwarz. Their home is in The Dalles.

### FRENCH TO BE STORE MANAGER FOR A DAY

Joe French, son of Mrs. Rose Francis, Heppner, is one of 55 University of Oregon students who will take over the complete management of Lipman, Wolfe, and Company in Portland on Friday, March 2. Students in the advanced courses in retail merchandising will fill all the executive positions in the store for one day. French will be the fur buyer.

French is a senior major in business administration.

generations. These included Mr. and Mrs. Lyle Cole (Lulu) and children Gene and Catherine; Mr. and Mrs. Michael Ignowski (Juanita) and children Patrick and Mike and Mrs. Donald Baldwin (Betty) and Miss Carol Matlock. Old friends present were Mr. and Mrs. Bill Foster and children Gladys and David of Mt. Vernon.

## How're We Gonna Know Whether 'Tis Chilly or Warm?

For nearly a third of a century Heppner folk have relied upon a large thermometer at the entrance to the Humphries Drug company to tell them where the temperature stood. It was always comforting to look at this particular thermometer because of its location it generally stood from one to three or four degrees higher than those in less protected spots.

But alas, the thermometer is gone. Someone totally lacking in public spirit went to the trouble to unscrew the thermometer from the stone pillar and carry it away.

The late T. J. Humphreys put the thermometer up when he purchased the property and moved the drug store into it in 1918. His daughter, Miss Leta Humphreys, now owner of the business, was not aware the thermometer was gone, but many passersby had noticed it when, on Monday morning, the air being crisp and all that, their familiar source of information on temperatures was missing.

FOUND—Black and brown ring necked male Collie. Phone 1112. Jim Hager. 50c

### AN APPRECIATION

The Wise family and immediate relatives are deeply grateful to their friends for the many kindnesses extended them during the serious illness of Darlene Wise at the hospital in Spokane. The gifts of money were timely, and no less appreciated were the messages of sympathy and courage. Darlene is still bedfast most of the time but is improving.

### READY FOR FLEET

Alfred Louis Holden, seaman apprentice, USN, of Irrigon, Ore., recently completed training at the Naval Training Center, San Diego, Calif., and is now available for assignment to a Fleet unit or to one of the Navy's schools for specialized training.



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# DANCE Saturday, March 3

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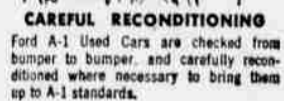
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