

Monument News

By Martha Matteson
A group of three Forestry Radio technicians from Salem were weekend guests on Radio mountain. They were Bill Sanders, Joe Vaught and his brother.
Henry Martin reports two class B fires Sunday from Ritter lookout.
House guests at the Martin home the first of hunting season, were Mr. and Mrs. J. C. Stron and son and daughter of Eugene. Also John Walker, Dale Jordan, Bill Painter, all of Eugene.
William Curtis, district warden from La Grande, was an overnight guest at the guard station on Wednesday, Sept. 28.
Doris Capon and her sister, Mrs.

October Ideas for Meal Planners



by FRANCES FIELDS
Home Economist
Oregon Wheat League
Lewis Building
Portland 4, Oregon

As we sweep away the last of summer's leaves, our lives settle down to more regular patterns. In one of your patterns of activity—meal planning—I hope to become a regular help.



Nutrition vs. Overweight

Did you know that a nutritious diet is not a fattening diet? For example, wheat foods in a well-balanced diet are not fattening. It is simply overeating that causes overweight.

Did you know that to get into a dress one size smaller requires losing from ten to fifteen pounds?

Did you know that the finest cake and pastry flours and mixes are made from "soft wheat" varieties grown in Oregon?



October is DOUGHNUT TIME!

Doughnuts are on display at neighborhood grocery stores and bakeries. Halloween, you know! If you like to make your own—

Here is a basic DOUGHNUT RECIPE

Beat 4 egg yolks or 2 whole eggs until light. Add 1 cup sugar, 2 T. melted butter, 1/2 cup milk. Mix together. 3/4 cups sifted all-purpose flour or 4 cups pastry flour, 4 t. baking powder, 1 t. salt, 1/4 t. nutmeg, 1/4 t. cinnamon. Add dry ingredients to liquid and mix together until well blended. Chill dough. Roll to 1/4 inch thickness. Cut with floured cutter. Fry in heated fat —375°. Slide doughnuts from spatula into hot fat. Fry on each side until golden brown. Remove, drain on absorbent paper.

SPECIAL TRICKS FOR DOUGHNUT TREATS:

Drain warm doughnuts in granulated or powdered sugar, add cinnamon or chopped nuts, too, if you like. Try adding 3 tablespoons grated orange rind and substitute orange juice for the liquid. While warm, dip these in powdered sugar. Add maple flavoring and chopped nuts, serve warm with scoop of vanilla or maple nut ice cream. Lazy? Drop spoonfuls into hot fat and have drop doughnuts.

Did you know that there are 14,000 farmers in Oregon whose principal crop is wheat? And wheat is the largest agricultural crop grown in Oregon.

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DEAN L. IRELAND, Innkeeper

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Hotel DE ANZA
San Jose, Calif.
The place to stay in San Jose for business AND pleasure.

Jack Couture of Fossil, returned to their homes after visiting with Mr. and Mrs. John Slagle and baby son, at McCord Air Base in Washington. Mrs. Slagle will be remembered as Autumn Ann Couture.
Mrs. Elmo Lewis is a patient at the John Day clinic, the past week.

Cienta Mellor and children spent Wednesday in John Day. She is the Monument chairman of the Grant county extension work and home economics.
Mr. and Mrs. Ivan Matteson of Gaston were hunting guests at the Elmer Matteson home the first days of the season.

Miss Billy Jean Wheeler, oldest daughter of Mr. and Mrs. Joe Wheeler of Courtrock, became the bride of Aaron Engles of Mt. Vernon on October 1 at Winnamucca, Nevada. They returned to their home in Mt. Vernon by way of Boise, Idaho.

Mr. and Mrs. Joe Simas and children of Roseburg are hunting and visiting their families, the Simas girls and the Corks.
Dale Matteson spent three days in Portland last week. While waiting for his truck parts he visited at the home of his cousin, Ivan Matteson in Gaston.

Marge and Linda Batty spent the weekend here from La Grande.
Mrs. Ann Kimmel gave a birthday party Saturday afternoon for her son Peter, on his third birthday.

Twenty-one friends of Lewis Corley gathered at the Williams home the other evening to make merry and wish him a happy birthday.

Mr. and Mrs. Bob Kingman are the new owners of a 54 Chevrolet pickup purchased in John Day.
Mr. and Mrs. Fred Page of Oceanlake, spent the week here on business and visiting old friends.

Mrs. Doris Kingman visited at the Betty Ward home in Long Creek on Friday.

Jessie Matteson returned to her home here after working a month for Mrs. Jerry Brockway of Long Creek.

Mrs. Betty Ward spent Sunday visiting at the Kingman and Matteson homes. Jessie Matteson returned to Long Creek with her to visit friends.

Mr. and Mrs. Jim Wedgeworth drove to Portland Friday for medical checkups.

Friends gathered at the grange hall Sunday afternoon for a bridal shower in honor of Mrs. Billy Jean Engles, who was recently married.

Mr. and Mrs. Herbert Showalter of southern California are visiting their daughter and family, the Loren Lipperts.

Lone News

(Continued From Page 1)
at the home of Mrs. Ida Grabbill. Mrs. Druse and Mrs. Grabbill are sisters.

Mr. and Mrs. John Burgoyne and family of Oak Grove visited at the Kenneth Smouse's and Berle Akers last Monday.

Mrs. Fannie Griffith visited her daughter Mrs. Dwight Haugen and family in Portland last week.

P. J. Linn of Troutdale is spending a few days here visiting with relatives and friends.

Mr. and Mrs. John Todd of Roseburg are guests of Mr. and Mrs. Frederick Martin. Mrs. Todd is a sister of Mrs. Martin.

Mrs. Oscar Peterson and her grandson Kerry Peterson left Wednesday for McPhearson, Kansas. While there they will visit Mrs. Peterson's mother Mrs. Anna Engstrom and also her sisters.

Mrs. Esther Eckerman and her daughter Jean of Kewanee, Illinois recently visited with Mr. and

Mrs. Leonard Carlson. They were also dinner guests of Mr. and Mrs. Jess Warfield. Mrs. Eckerman is a cousin of Leonard Carlson and Mrs. Jess Warfield.
Mr. and Mrs. James Barrett from Moffett Field, California, are visiting with Mr. and Mrs. Art Stefani and Mr. and Mrs. Arthur Stefani, Jr.

Mr. and Mrs. Lloyd Turk and family of Canby were weekend guests of Mr. and Mrs. Art Stefani.

Malcolm McKinney spent the weekend with his parents Mr. and Mrs. Earl McKinney. Malcolm has pledged the Sigma Chi fraternity at Whitman college.

Mrs. Allie Ruggles of Grass Valley visited at the home of Mr. and Mrs. Earl McKinney last week.

Dorothy Dobyns, a student at Pacific University at Forest Grove spent the weekend with her parents Mr. and Mrs. Noel Dobyns. Other guests at the Dobyns were Zoann Dossett, a roommate of Dorothy's, and Jim Senefeld of Spokane.

The Maranths cleared \$150 on their food and fancy work sale at Swanson's store on Friday. More fancy work is for sale at Mrs. Noel Dobyns.

Dates to remember:
Oct. 19—Amica Club.
Oct. 21—H.E.C. Club at the grange hall.
Oct. 27—Dist. No. 20 Rebekah

convention at the grange hall at 1:30.
Mrs. Frank Tews of Seattle and Mrs. Anne Smouse of Heppner visited Mrs. Mary Swanson one afternoon last week. Other guests were Mrs. Arvilla Swanson, Mrs. Ann Lindstrom, Mrs. Rena Jenkins, Mrs. Adon Hamlett and children, Mrs. Oscar Lundell and Mrs. Elmo McMillan.

Mr. and Mrs. Bill Rietmann returned Saturday from a trip in Nevada and California. They are moving into their house on Main street.

Mrs. Robert Jepsen and children spent the week end in Pendleton with her parents, Mr. and Mrs. C. L. Luevallen.

Alton Yarnell and Mr. and Mrs. Denwood Bergevin attended the football game in Portland Saturday night.

Fayne Ely, Paul Severside, Ralph and Bob Haskins all of Forest Grove visited with Mr. and Mrs. Franklin Ely on Friday. They were on their way to the mountains to hunt.

"Know Your Library Week" was very successful. Fifty-three attended the tea held on Thursday.

A birthday picnic in honor of Mrs. Les Roundy was recently held at Hatrock Park. Those going from here were John Bryson, John Hughes, Mrs. Ruby Nichols and Lewis Padberg. Mr. and Mrs. Les Roundy and family came

Boardman News

(Too Late for Last Week.)
Mr. and Mrs. Charlie McDanel, Mrs. Zoe Billings and daughter Brenda spent the week end in Hardman.

Mr. and Mrs. Albert Ball and daughters Janet and Janice and Tom Sargent, Delake, visited relatives and friends here last week.

Mrs. Freda Thayer, high school English instructor, visited at her home in Lyons recently. Her uncle and aunt, Mrs. and Mrs. Walter Golden, Lebanon, returned here with her. Golden is a brother of Mrs. Maude Moore, who is seriously ill in the Umatilla hospital.

Mr. and Mrs. Bill Wilson have returned here to live after living in Portland the past three months. Mr. and Mrs. Victor Kotka, Yakima, Wash., were Sunday visitors at the home of their son-in-law and daughter, Mr. and Mrs. Bert Peyrollaz.

Mr. and Mrs. Roy Briggs, Hay Springs, Nebr., visited last week at the home of his brother and sister-in-law, Mr. and Mrs. Earl Briggs. While they were here the two women went to Portland to visit Mrs. Edith Reed and to Delake to visit Mrs. Flora Schroder

down the river by their boat to Hatrock.

and Mrs. Stella Thomas, all sisters of the men.
Mr. and Mrs. Myron Watts and daughter Donna, Mrs. Everett Daniels, and Mrs. Cecil Hamilton went to Portland last Thursday. Donna got the cast removed from her arm while there.

Cecil Hamilton, Delbert Carpenter and Max Russell spent the week end at their homes here from Bellingham, Wash., where they are employed. Carol Hamilton, who is taking nurses training in Portland also spent the weekend at her home.

Mr. and Mrs. Nathan Thorpe and family spent the weekend in Union and Baker visiting Mrs. Thorpe's parents, Mr. and Mrs. Paul Smith and her brother and sister-in-law, Mr. and Mrs. Bob Smith.

The Tillicum club met on Tuesday, Sept. 2, at the home of Mrs. Ronald Black with nine members present. Mrs. Joe Tatone gave a report on her trip to the Oregon Federation of Womens club board meeting in Portland on Sept. 21. Initial plans were made for the annual Halloween party the club gives for school children.

Mr. and Mrs. Frank Darrah, San Diego, Calif., have visited the past ten days at the home of Mrs. Darrah's brother and sister-in-law, Mr. and Mrs. Nate Macomber. Sunday Mrs. Macomber entertained with a family dinner in their honor. Present were Mr. and

Mrs. E. R. Macomber and two children, Grandview, Wash. Mr. and Mrs. Leslie Macomber and two children, Mabton, Wash., Mr. and Mrs. Dale Mackey, Tacoma, Wash., and Mr. and Mrs. Al Macomber, Arlington.

Mr. and Mrs. Charles Higuera and son Steve, San Jose, Calif., are visiting this week at the home of Mrs. Higuera's parents, Mr. and Mrs. Guy Ferguson. Weekend visitors at the Ferguson home were Mr. and Mrs. Bert Hockett and Sandra Ely, Plainsview, S. Dak.

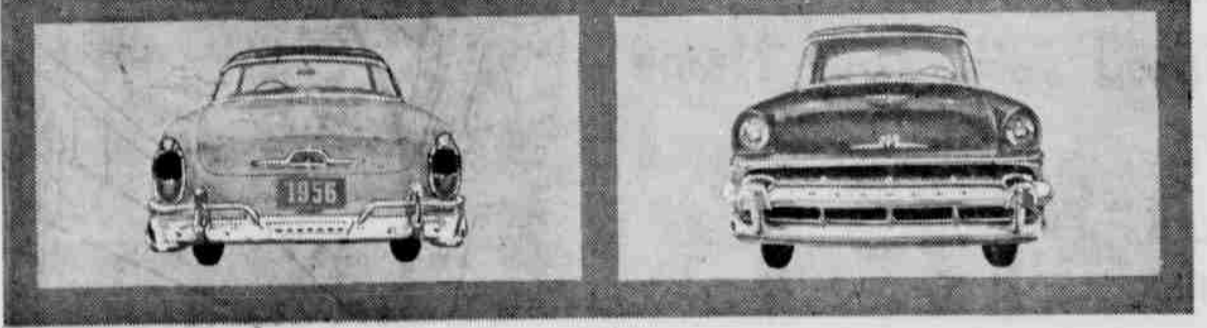
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