

SOCIAL HAPPENINGS

Camp Fire Girls Entertain At Mother's Club Meet

The Heppner Mothers' club met Monday at the home of Mrs Wallace Wolff. Twenty-three members and guests were present for a program by Eluta Camp Fire Girls under the leadership of Mrs Vic Kreimeyer and Mrs Glenn Smith. Girls who took part in the program of music and reports included Misses Vicki Barratt, Barbara Blake, Lynn Burkenbine, Vicki Kreimeyer, Karen McCurdy, Judy Smith, Tamara Smith, Diane Warren and Jean and Judy Stockard.

Valentine games were played under the direction of Mrs Nels Anderson with prizes being won by Mrs Leslie W Moore, Mrs Robert Abrams and Mrs Elmer Schmidt.

A business meeting followed with a discussion of the remaining year's program. Mrs Anderson and Mrs Abrams will co-hostess the March meeting which will feature Heppner pioneers in a Centennial program.

The annual tea will be held in May and is to feature an antique display also in Centennial pattern.

Mrs Elmer Schmidt reported briefly on the Great Decisions meetings. The group voted to increase dues the coming year to \$2.00 a person and for the purchase of a scrapbook for the club historian. Mrs Anita Stockard won the door prize.

Following the meeting, members and guest matched torn paper hearts for an exchange of homemade valentines of aprons, corsages, baked goods and household linens.

Guests present were, Mrs Charles Knox, Mrs Loyd Burkenbine, Mrs Leslie Moore, Mrs William Collins, Mrs Fred Prussing, Mrs Ben Stenkamp, Mrs Sam Nagel, Mrs Lyle Jensen and Mrs Glenn Smith.

Refreshments were served at a silver and pink buffet by Mrs Robert Brindle, Mrs Stanley Holm and Mrs Wallace Wolff.

Munkers Entertain At Party Saturday

Mr and Mrs Don Munkers entertained with home movies and a pinochle party Saturday evening, January 31.

Refreshments were served late in the evening to Mr and Mrs Don Ball and family of Ione, Mr and Mrs George Irwin of Lexington, Mr and Mrs William Heath, Mr and Mrs Gerald Rood, Mr and Mrs James Angell, and the host and hostess.

Mrs Ball, Mr Angell and Mrs Rood received prizes.

"Every Age Has Its Problems"

By Phil Blakney

Not so many years ago, old age presented few problems because the average person did not live very long. There were always exceptions, but usually forty was considered aged. Nowadays, past seventy is average life expectancy. The problems now is to make certain that all these extra years medical research and potent new medicines are giving us, can be enjoyably lived. We have many new sustaining geriatric drugs and energy producing vitamins that can make your added years happier ones. Visit your physician for regular health check-ups. When necessary, he will prescribe the medicines that can help you stay younger than your years.

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PHARMACY**
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PRESCRIPTIONS
CHEMISTS

*Quotation by Heinrich Heine
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Coming Events

Friday, Feb 6—Sans Souci Rebekah lodge.

Monday, Feb 9—Chamber of commerce, noon at O'Donnell's. Band Parents, 8 p m. band room.

Tuesday, Feb 10—Bookworms. Degree of Honor.

Wednesday, Feb 11—Willows lodge no 66, IOOF. P.T.A. 8 p m. school.

Thursday, Feb 12—Soroptimists, evening meeting. Elks, regular lodge.

Friday, Feb 13—Ruth chapter no 32, OES. Rhea Creek grange.

Illinois Girl Engaged To Cadet Burchell

Dr and Mrs Robert E Peyton of 420 Fifth Street, Wilmette, Illinois, announce the engagement of their daughter, Mary Helen, to Cadet Larry E Burchell, son of Col and Mrs Edward L Burchell, of 463 Pasadena Avenue, Webster Groves, Missouri. Col Burchell, United States Army, is presently on duty at the Army Transportation Supply and Maintenance Command, St Louis, Missouri.

Miss Peyton attended Southern Methodist University where she was affiliated with the Delta Gamma sorority; and the Katherine Gibbs School in New York City. She is currently employed by the General Electric Company in Johnston City, New York.

Cadet Burchell is a first classman at the United States Military Academy at West Point, New York. He is the grandson of Mrs Patrick Healy, and the late Mr Healy, of Heppner, Oregon; and of Mrs Howard Burchell, of Lexington, Oregon. Mrs Burchell now resides in Salem, Oregon.

Mrs Hall Has High Score At Bridge

The Renegers bridge club met at the home of Mrs Eddie Gundersen last Wednesday evening.

Those present were, Mrs Gene Hall, Mrs Richard Meador, Mrs William Barratt, Mrs C W Labhart, Mrs Clint Agee, Mrs Gordon Pratt, Mrs LaVerne Van Marter, Mrs Alex Thompson, Mrs James J Farley, Mrs Frank Anderson, Mrs Paul Webb and Mrs James Norene.

Mrs Hall received high score, Mrs Meador was second and Mrs Barratt, low.

Soroptimists To Start Discussion Group

Group singing was enjoyed by members of the Soroptimist Club of Heppner at their Thursday luncheon meeting at O'Donnell's. Miss Leta Humphreys accompanied them at the piano.

It was also decided to sponsor a Great Decisions group and to meet on Wednesday evenings for the ten weeks.

In the absence of the president, Mrs Floyd Adams, Mrs John Pfeiffer, the vice president, presided at the meeting.



THE USES OF ALA were demonstrated here last week by Miss Frances Barnick, center, of the Oregon Wheat League. Holding some of the dishes she prepared are Mrs Max Barclay, left, and Mrs Vernon Munkers.

Chats With Your Home Agent

By ESTHER KIRMIS

Two home economics demonstrators hit town last week—Miss Frances Barnick of the Oregon Wheat League, Portland and Mrs Helen Groves of the Bureau of Fisheries, Seattle. Watching them go through their paces was both educational and enlightening.

Miss Barnick came on Tuesday to give the project training lesson for Morrow county extension units on "Oregon Wheat Products". Twenty women, representing the extension units, mothers club, and Morrow county domestic wheat utilization committee watched Frances prepare an Ala Casserole, batter breads, and coffee cakes.

22 Tables In Play At Thursday Party

There were 22 tables in play at the public card party held last Thursday evening at the Masonic temple.

Mrs Ned Sweek held high score in bridge and Mrs Frank Hamlin was second high. In pinochle, Lincoln Nash was high and Mrs Robert Pfeiffer was second. Mrs Walter Beckett received the door prize.

Members of the Officers Club of Ruth chapter no 32, acted as hostesses for the evening.

Sewing Club Meets At Ferguson Home

The Sewing Club met last Wednesday afternoon at the home of Mrs Raymond Ferguson.

Those attending were, Mrs P W Mahoney, Mrs E K Schaffitz, Mrs C E McQuarrie, Mrs John Pfeiffer, Mrs Carl Spaulding, Mrs Claude Graham, Mrs Tom Wilson and Mrs Robert Penland.

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less you handle the fish—the better.

There are over 160 varieties of fish, but they all fall into three categories:

1. Fat fish (salmon, tuna, herring, etc) which bastes itself while cooking.
2. Lean fish (sole, halibut, cod, etc) which must be cooked in a sauce or brushed with oil, because they are less than 5% fat.
3. Shell fish (crabs, muscles, scallops, oysters, etc) which are really lean fish and too must be cooked in a sauce or brushed with oil.

How to know good fish on the market—Look for bright, clear, bulging eyes; gills reddish pink, free from slime and odor; firm elastic flesh—springing back when pressed.

Marketing forms of fish are:

1. Round or whole—fish as it comes from the water. You need to plan 1 pound per person.
2. Drawn fish—fish with insides removed. This also requires 1 pound per person.
2. Pan-dressed—scales, insides, head, tail and fins removed. Ready to cook when purchased. Plan 1/2 pound per person.
4. Steaks—cross sections sliced from large dressed fish. Ready to cook when purchased. Plan 1/3 pound to 1/2 pound per person.
5. Fillets—sides of fish cut length-wise away from the backbone. Ready to cook when purchased. Plan 1/3 pound per person.

U S Citizens average only 10 pounds of fish per year. Compare this with beef consumption which is 180 pounds per year.

Fish are a valuable source of protein iodine, calcium, iron, copper, and phosphorus—and also supply essential vitamins.

Since fish is easily digested, it is particularly good for children and elderly people.

Fish have no odor when they come from the water. It is the deteriorating of the fats and proteins that gives you the fish odor. (So keep it on ice, brother!)

I have a supply of the seven recipes Mrs Groves prepared at her two demonstrations and the bulletin "Tips on Cooking Fish and Shell Fish." If you missed the demonstration or wish a supply for your club or organization, just call at the county agent's office.

An interesting fish fact I learned while fraternizing with Mrs Groves and Mr Formuzis is that "flat" fish, who live on the bottom of the stream, do not swim like ordinary fish. They

swim on their side. Hence the side that is up is dark, for protective coloring, and the side towards the bottom is light. (Sole is a good illustration of this). Another amusing thing—these flat fish are born with two eyes on either side of their head, due to their not using the eye on the bottom side, the eye eventually migrates to the other side of the head giving the fish two eyes on the upper side. I'll bet some fishermen think they've caught a freak the first time they've hooked a flat fish!

Monument News

By MARTHA MATTESON

Jack Grisham who had the misfortune to break his leg in three places on January 25, is home now from Pioneer Memorial hospital in Prineville. He works for the Hudspeth Logging Company.

George Urb, also one of the Hudspeth Logging crew, had a heart attack at his home here a week ago. He was released from Pioneer Memorial hospital in Prineville and is now staying at Mitchell.

Clarence Holmes received word Wednesday that his mother, who was 90 years old, had passed away. The Holmes' left for Southern California on Wednesday.

Sonny Hiese took his wife to Pendleton Friday where she is receiving medical aid. June Hutchison is caring for the little girl, Patty.

Vern McCarty left Saturday for Portland with some stock for the market.

Gus Peterson drove Glenn Williams to Bend Monday for medical aid as Glenn had a piece of steel in his eye.

Cora Stubblefield drove to John Day Monday for dental work.

Mr and Mrs Rho Bleakman accompanied Gus Peterson to John Day Wednesday.

Ruben Patzer went to John Day Monday, taking Wave Jackson over for medical aid.

Mr and Mrs Lilburn Hunt and her mother, Mrs Joe Wheeler, drove to Hermiston Monday on business.

Gerald Slocum went to Pendleton Monday on business.

The Sewing Club met last Tuesday at the home of Doris Capon.

GRAVITY

In considering your insurance problems is the rule at the **TURNER, VAN MARGER & BRYANT INSURANCE AGENCY**, 183 N. Main St. Despite these goofy ads our unwritten

LAW

compels a serious approach to the business of protecting other people's property. We'd like people

TO BE

aware of that unwritten law of ours and to know that it will never be

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ANNUAL SHROVE TUESDAY

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TUESDAY, FEBRUARY 10

Served From 11:30 To 2

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