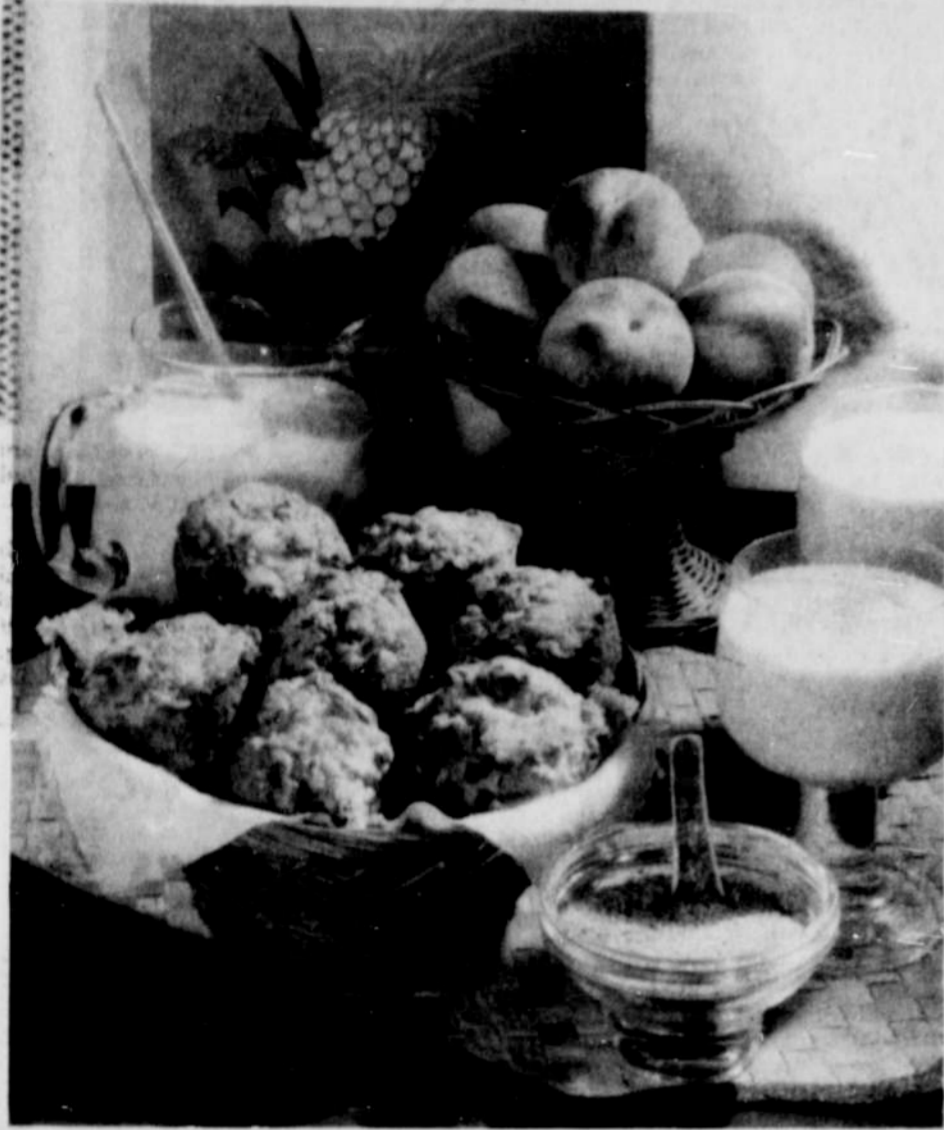


Eat, Drink and Enjoy Wheat Germ



Eat Drink and Enjoy Wheat Germ

Wheat Germ Peach Muffins
....for breakfast-brunch-snacking

Wheat germ and fruit are a dandy duo for quick and wholesome snack ideas. In fact, if you've ever sprinkled toasty wheat germ straight from the jar over fresh berries or sliced peaches, oranges or pineapple you know what a tasty treat it is! The crunchy nutty tasting flakes of wheat germ and the cool juiciness of the fruit make a delicious mouthful. It's no wonder that this great combination of natural foods inspired the creative Kretschmer consumer specialists to come up with some fruitful new recipes.

For years muffins made with wheat germ have been a very popular quick bread. Our newest version is done with fresh peaches or nectarines. The muffins are extra moist and have a light fruity flavor. For speed and convenience, the fruit is added to the batter chopped but unpeeled. After all the skins contain good nutrients too so why waste them! Full of other healthful foods like regular wheat germ, fresh milk, butter and an egg, these muffins make for wholesome snacking indeed. Blender drinks whizzed up with wheat germ and fruit make great sippable snacks. The one shown here is a crushed pineapple, vanilla ice cream, wheat germ and milk, super satisfying pick me up. Whir it with cracked ice for extra chilly refreshment. It goes down so smoothly you'll be tempted to have it for breakfast and lunch as well as at snacktime.

1/4 cup vacuum packed wheat germ (reg.)
1 1/2 cups flour
2 1/2 teaspoons baking powder
1/4 teaspoon salt
1/4 teaspoon cinnamon
1/4 cup sugar
1 egg, beaten
1/2 cup milk
1/4 cup butter, melted
1 cup chopped unpeeled fresh peaches or nectarines.

Combine wheat germ, flour, baking powder, salt, cinnamon and sugar. Add egg, milk, butter and peaches, stirring just enough to blend. Spoon into 12 greased muffin cups. Bake in 425° oven 20 to 25 minutes or until golden. Makes 12 muffins.

Wheat Germ Pineapple Milkshake
....a frothy delight anytime

1 (8 1/2-ounce) can crushed pineapple
2 rounded scoops vanilla ice cream (about 1 1/2 cups)
1/2 cup vacuum packed wheat germ
1/2 cup milk
3 ice cubes, cracked or crushed
*regular or sugar & honey
Combine all ingredients in electric blender. Cover. Whir until fluffy and blended, about 30 seconds. Makes about 3 cups (2 servings).

Events Around Adrian

ADRIAN - The classes of 1940 and 1941 held their class reunion this past weekend with a banquet in Caldwell Saturday evening, at the Castle Restaurant and a family picnic at the Adrian Park on Sunday.

There were six members of the 1940 class present and 24 members of the 1941 class attending. About 75 people attended the picnic in the park Sunday. Members of the 1940 and 1941 classes living in Adrian attending were Oliver Freel, Mervin Peterson and Mrs. G. E. Mackey.

Mr. and Mrs. G. E. Mackey took Mary Merrill to Boise to take the plane to Portland Friday evening. She went to attend her 40th year class reunion.

Mrs. Carl Begeman attended the Happy Dozen Card Club meeting at the home of Mrs. Anna Long Friday afternoon.

Thursday, Mrs. Dale Witt, her sister, Mrs. Rhea Percival of Wichita, Kansas and cousin, Mrs. Rtha Foster of Burr Oak, visited Mr. and Mrs. Carl Begeman in the afternoon.

Carl Begeman went to the Farm Bureau meeting Thursday evening in Ontario with Ernest Seuell of Big Bend.

Valerie Smith and Tony Asumendi of Hermiston visited in the Carl Begeman home Wednesday afternoon.

Mr. and Mrs. Clifford Looney and boys of Ontario were guests at a picnic on the lawn Sunday evening at the Bill Looney home.

Mr. and Mrs. Rex Campbell of Nampa spent Wed. with Mr. and Mrs. Bill Looney.

Mrs. Mable Piercy had Koffee Klutch Wednesday. There were eleven members present.

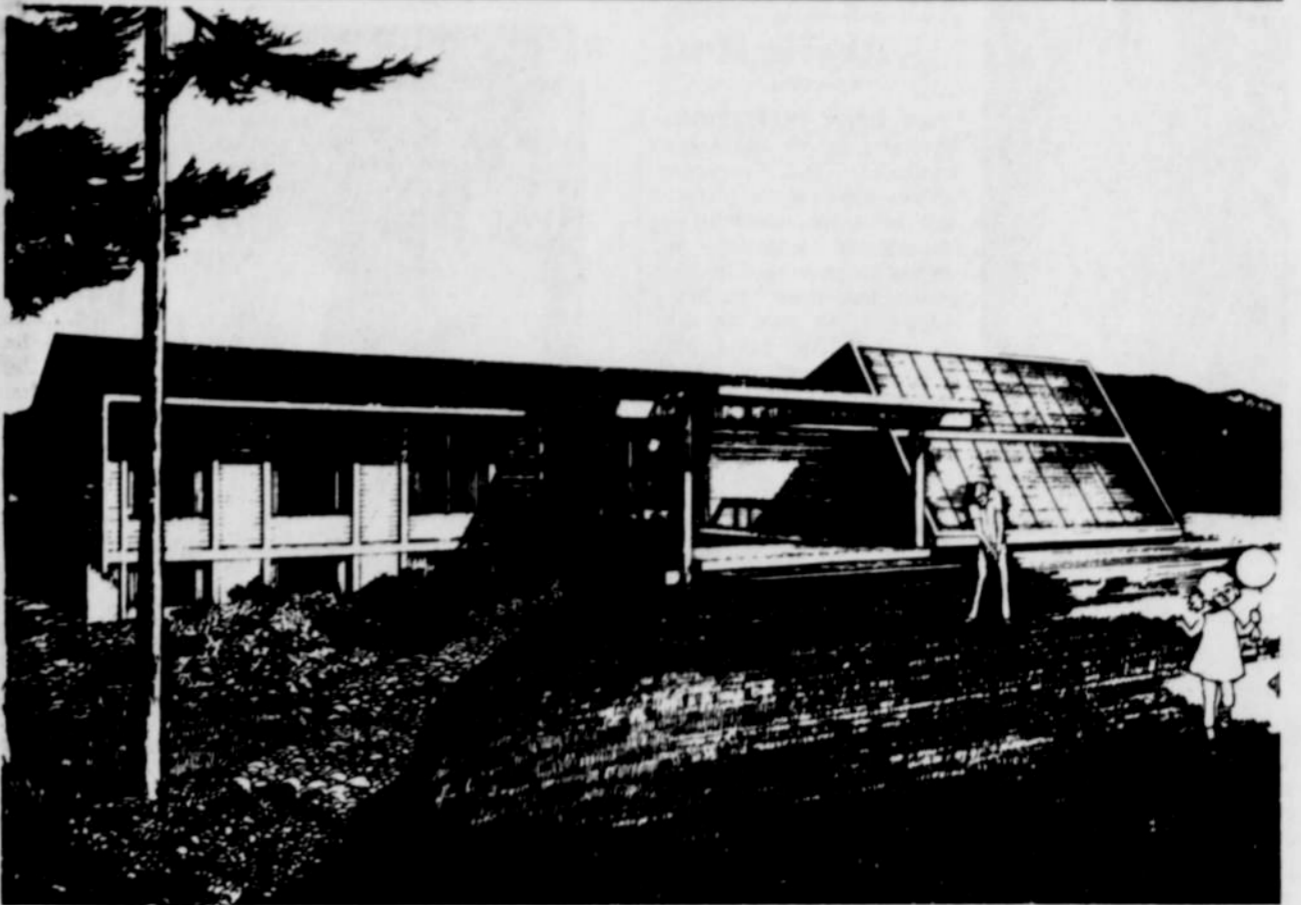
Mr. and Mrs. Oscar Schafer spent Sunday at Ironside visiting Mrs. Merwin Duncan.

Mrs. Sue Ashcraft attended the Reunion picnic of the class of 1940 and 1941 at the Adrian Park, Sunday.

Monday, Mrs. Sue Ashcraft joined Mr. and Mrs. Dick Bennett and family and Winifred Bennett and went fishing at Twin Lake and Fish Lake. They saw Mr. and Mrs. Gene Dockett and family there and Freda Bowen of California, and Mr. and Mrs. Vern Parker.

Mrs. Sue Ashcraft and Winifred Bennett and Lonnie went to Joseph while others were fishing and visited Mrs. Foster, also Mr. and Mrs. Estes at Joseph. Mrs. Estes used to live here years ago.

Mr. and Mrs. Vern Parker, Mr. and Mrs. George Cartwright and Mr. and Mrs. Arthur Cartwright of Nyssa went to Fish Lake Thursday and returned home Sunday. They found someone had broken in their hardware store and took four guns and some power tools that were in the window.



SLANTED SOLAR COLLECTORS for space and water heating in combination with backup electric heat pump and water heater are seen at right in this artist's sketch of Idaho Power Company's new "Solectric" home. Heavier-than-

usual insulation also will be used for greater energy efficiency in home to be completed next fall in a West Boise residential area.

Apple Valley Items

By Frances Smalley

APPLE VALLEY - Raymond Thomas suffered a stroke Tuesday morning and is in a critical condition at the Caldwell hospital. Mrs. Thomas is staying with her daughter Mrs. Grace Johnson at Boise.

Mrs. Ed Sells kept Brandi and Danny Sells over the weekend while their parents Mr. and Mrs. David Sells were at McCall.

Trena and Donald Robinson of Connell, Wash. were Tuesday and Wednesday guests in the Dwight Seward home.

Gary Seward and Eric McCormick spent Thursday and Friday at McCall working on McCormick's cabin at McCall.

Miss Ronda Downs of Nampa and Jennie Seward were Sunday dinner guests of Mr. and Mrs. Dwight Seward.

Mrs. Laura Bale returned recently from a months visit with her son and family, Mr. and Mrs. Del Bale at North Bend, Oregon. She reports a wonderful trip and visit and enjoyed seeing the ocean.

Mr. and Mrs. Boyd Bowers and Laurie of Manti, Utah were guests Thursday-Sunday of Mrs. Laura Bale. During their visit, Mrs. Ruth Martin of Caldwell and Mr. and Mrs. Phil Bale and family visited with them in the Laura Bale home.

Mrs. Laura Bale and Mr. and Mrs. Boyd Bower and Laurie were Saturday evening dinner guests of Mr. and Mrs. Leo Montague. Mr. and Mrs. Bob Bale and son visited with them in the Montague home that evening.

Willie Huff of Otis, Kansas and his brother Albert Huff of Nyssa visited Sunday in

the C. L. Fritts home. Mr. and Mrs. Harry Fisher of Portland visited on Thursday morning with Mary Honey.

Mary Honey was a Sunday dinner guest of Mr. and Mrs. Albert Bowen of Payette. Mr. and Mrs. Jim Ennor and daughters of Pendleton, Oregon were Saturday overnight guests of Mr. and Mrs. Fay Collins.

Mr. and Mrs. Ralph Russell of Boise were Friday guests of Mr. and Mrs. Fay Collins and left daughter Pam for the weekend in the Collins home.

Mr. and Mrs. Fay Collins and Mr. and Mrs. Eldred Bower spent the weekend of July 17 at Cornucopia, Oregon.

Mr. and Mrs. Clarence Fritts are the great-grandparents of a baby son born July 20 to their granddaughter and husband, Mr. and Mrs. Ronald Hight at a Boise hospital. The baby was named Brian James and weighed seven pounds and

eight ounces. Mr. and Mrs. Don Fritts and daughters of Hermiston visited Friday thru Sunday in the C. L. Fritts home. They came down to see their new grandson James Brian Hight.

Mr. and Mrs. Don Fritts visited in the Rex Nichols home on Sunday. Mr. and Mrs. Howard Chester of Sanger, Calif., and Gene Chester of Nyssa were Thursday evening visitors in the Clarence Fritts home.



There are some people who say that if a fly lands on your nose, somebody has something to tell you!

Journal Classifieds
Bring Results!

Nyssa Public Library

Library Hours:

Sunday Closed
Monday 12 - 6 p.m. Thursday 10 a.m. - 6 p.m.
Tuesday 12 - 6 p.m. Friday 12 - 6 p.m.
Wednesday 12 - 6 p.m. Saturday 12 - 6 p.m.

According to Mrs. Norma Urry, the following books are now available at the local library

ADULT NON-FICTION

The American Heritage History of Notable American Houses - Marshall B. Davidson. This is the first comprehensive history of America to be told in terms of its most significant houses—from Cape Cod cottages to the mansions of "The 400" to the inventions of today. #728

Thesaurus of Humor—Mildred Meiers and Jack Knapp. Whatever you want in the way of humor is contained in this treasury of laughter. #817

101 Famous Poems—Roy J. Cook #811.

The American Heritage History of the 20's & 30's - The purpose of this book is to tell the whole story of these two singular decades and not the romanticized version that has become popular. #973.91

Miracles - C. S. Lewis. Seeing is not believing. For this reason, the question whether miracles occur can never be answered simply by experience. This book is intended as a preliminary to historical inquiry. #231.73

The Winter Soldiers - Richard M. Ketchum This is the story of a tiny band of men held together by George Washington in the face of disaster and despair; struggling to survive, desperately needing at least one victory to salvage both cause and country. It portrays the critical situation of the Continental Army which, at low ebb, numbered only 1,200 men. #973.3

A College Album - Oliver Jensen. College Album displays and celebrates the changing look and the lasting flavor of the American college experience through the last century and more. #378.1

Mark Twain and His World - Justin Kaplan. In this book, Mr. Kaplan looks closely at both the man and the nation as they try to reconcile themselves to the change from the Golden to the "Gilded" Age. #928.1

Discovery Trips in Europe - Sunset Books. Discovery Trips in Europe is not a guide book. It is a book filled with ideas, designed to add an extra dimension to your travel plans. #914

Dancing - Betty Lee. In this book, the author adheres to the basic fundamentals of dance steps. This book is primarily intended for the student who desires to learn at home #793.7

Edgar Cayce-The Sleeping Prophet - Jess Stearn. Edgar Cayce is the greatest mystic America has ever known. Cayce had a flair for prophecy. Through the clear channel of his subconscious he peered down the corridors of time into the troubled international scene, describing the future of Russia, China, Japan, England and the United States. #133.3

We Americans - National Geographic. This volume is the product of 20 distinguished authors who have managed to "catch hold of and encompass in words" the life of this vastly varied, marvelously mingled people we call Americans. #973

Anniversaries

July 29 - Mr. and Mrs. Bill Purcell
July 31 - Mr. and Mrs. W. S. Lowrance, Mr. and Mrs. Fidel Soliz
August 1 - Rev. and Mrs. Fred Moxom
August 4 - Mr. and Mrs. Jim Grunke

PROTECTING AMERICA

MOTHER'S AID

If any of America's more than 80 million children are yours, you probably know that being a parent can be a big job, and you'll probably be pleased to know that some people are working to keep it from getting harder.

They are trying to prevent pay-cable TV operators from siphoning away some of TV's best programs—the most



interesting and educational among them—and making you pay for the privilege of letting your children watch them.

According to the American Mothers Committee, "in a pay-cable household, the economic verities come into play and multiple viewing becomes expensive. The result could be unhappily divisive."

In addition, those children whose parents do not have pay-cable TV can be made unhappy when other youngsters boast of the shows they saw or the games they watch on their pay-cable TV sets.

By charging a monthly fee plus additional charges for programs, pay-cable TV operators can afford to outbid free TV for the programs you and your children like to watch, and many say that those who believe pay-cable is good for kids, are only kidding themselves.

ADRIAN Business Directory

Fire Dept.-503-372-2220
St. Police 503-889-6468

Adrian Mercantile
503-372-2727
208-724-6131

Adrian Oil Company
503-372-2877
208-724-6130

Bea's Beauty Bar
503-372-2653

Callahan Repair Service
Wrecker Service
503-372-3213

Freel Brothers Trucking
Commodity & Livestock
503-372-2736

Martin's Market & Adrian Supply
503-372-2722

Mirage Cafe & lounge
Live music Sat. night
503-372-2338

Parker Lmbr. & Hrdwre
503-372-2433
208-724-6174

Stephen Plumbing
Oregon & Idaho licensed
503-372-2783

Van DeWater Leveling
503-372-2562

Webb Service Garage
503-372-2464

FINAL 3 DAYS CLEARANCE

Thursday - Friday - Saturday

FREE DRAWING

1st Prize - Coleman Upright Cooler \$74⁹⁵ Value

2nd Prize - Digital Clock Radio \$54⁹⁵ Value

Come In And Sign Up Now!

No purchase necessary. Need not be present to win.

ALL MERCHANDISE PRICED TO SELL

Garden Hose
33 1/3 % Off

Games & Toys
33 1/3 % Off

All Tools
15% to 30% Off

Christmas Light Sets
50% Off

Paint Roller Covers
50% Off

Rifle & Shotgun Ammunition
33 1/3 % Off

Wood & Aluminum Ladders
25% Off

All Paint All Bicycles
10 speeds, stingrays, lightweights, middle weights
Reduced

Reduced Guns
Winchester 12 Ga. Automatic
Remington 16 Ga. Automatic
Savage 410 Ga., 20 Ga., 12 C l. Single Shot
Used 30-30 Bolt Action Rifle

Firestone Store

417 Main

Nyssa, Oregon