

Eureka Lodge No. 121 A. F. & A. M.
Moro, Oregon
Meets the 1st and 3rd Thursday evenings of each month. Visiting members cordially invited to meet with us.
Hugh Chrisman, W. M.
C. V. Belknap, Secy.

Bethlehem Chapter No. 78 O. E. S.
Moro, Oregon
Regular communications each 2nd and 4th Thursday evenings of each month.
Mrs. Irene Fraser, Worthy Matron
Nana Barzee, Secretary.

Moro Lodge No. 113 I. O. O. F.
Moro, Oregon
Meets every Monday evening in the I. O. O. F. hall. Transient and visiting brothers are cordially invited to meet with us.
A. Douma, N. G.
Joe Truitt, Secretary.

Lupine Rebecca Lodge No. 116
Moro, Oregon
Meets 2d and 4th Tuesday of each month. Visiting members welcome.
Florence Johnson, N. G.
Ila Bull, Secretary.

Chris Schultz Post No. 71
American Legion
Meets at Legion hall on 2nd and 4th Wednesday evenings of each month.
W. T. Johnston, Commander.
Vernon Platt, Adjutant.

Grass Valley Lodge No. 131
I. O. O. F. meets every 2d and 4th Thursday evenings of the month in the Odd Fellows hall. Sojourning brothers are cordially invited.
Vern McGowan, N. G.
L. K. Smith, Secy.

The Olde Mill DANCE
The Dalles
SATURDAY NIGHT
JULY 23
ECK RORICK'S BLUE DEVILS
Admission 50c Ladies Free

Town Talk

Maurius Douma and wife and Mrs. Douma's brother Alger, and Miss Viola Hansen were at Lost Lake, above Hood River Saturday evening and Sunday.

Mr. and Mrs. Webb Templeton spent last Sunday at the Fleck orchards on the Columbia.

Reports from The Dalles hospital where L. L. Peetz is a patient are that since his last operation he is improving rapidly being able to sit up in bed.

Prof. George Hyslop was here for a few minutes last Friday. He was in eastern Oregon on a pure seed testing trip.

Dorothy McRee, daughter of Rev. and Mrs. A. A. McRae, remained at Yamhill with her uncle Oscar Haynes, for a short visit.

W. F. Jackson returned Sunday from Portland where he attended the state meeting of Democratic county committeemen. Considerable optimism emanates from W. F. since his return.

Mrs. Jake Douma is visiting here with relatives and friends from her home at Wheeler.

Mr. and Mrs. G. L. French and children drove to Fossil last Sunday to attend the annual meeting of the Eastern Oregon Pioneers.

The Misses Bryant left Sunday by stage for Portland to attend the funeral of their uncle C. L. Whealdon who died at Oswego Saturday.

Bill C. left Wednesday, for Portland where he will have his teeth looked over. Miss Hulse is in charge of the operation.

J. A. and wife are here from Portland this week. Mr. Thompson never was just right if he is too far away when harvesting is in progress.

Mrs. Avery Martin was a patient in the hospital for a few days this week and is considerably improved.

Born: To Mr. and Mrs. Paul May at a hospital in The Dalles, an 8 pound son Wednesday.

George Meloy held all the clubs in a pinocle game at the hotel Tuesday night making a score of 1500 on one hand. W. F. Jackson and C. V. Belknap were his opponents.

Neil Cameron of the International Harvester Co., and E. L. Campbell of the Ramley Company were here Wednesday for their respective firms.

Alfred Balsinger has moved over to the elevator for part of the day where he tests wheat. The remainder of the time he is mechanic at the Schalewitz garage.

D. E. Stephens left Sunday for a trip that will take him to the experiment stations at Pendleton, Hermiston, Un-

ion and Burns. He has lately been appointed director of these stations.

Mr. and Mrs. Crasby of Portland were guests at the T. H. Fraser home Wednesday.

Lucile Templeton injured her arm in a door Tuesday afternoon. Upon examination at the hospital it was decided it was not broken.

E. E. Barzee and wife are at Newport for a few weeks to get away from the heat and dust of harvest.

Mrs. C. Akers entertained for Mrs. Lewis Hastings last Tuesday afternoon at her home. Several ladies from Wasco were present.

Cecil Cothran is home from Monmouth where she has been attending summer school.

Myrtle Belshe, son of Robert Belshe, returned from Bend this week.

Jerry Demmick of Portland spent the week end as the guest of Mr. and Mrs. T. H. Fraser.

Mrs. L. L. Peetz is home from The Dalles where she has been since Lou has been in the hospital.

Mrs. Bessie Holman of Portland was visiting with friends at Moro last week.

Mrs. Roscoe Moore and Mrs. Lewis Hastings attended a party at Wasco Tuesday given by Mrs. Lloyd Hennagin for Mrs. Austin Colbert of Portland. Mrs. Colbert is a daughter of Mr. and Mrs. Victor Smith.

Miss Helen McCoy who has been visiting here with her sister Mrs. Tom Fraser, left for her home at Lincoln, Nebraska, last Monday.

Mrs. Walter Rasche of Tacoma is a visitor at the home of her sister Mrs. Truman Strong north of town.

Mrs. Kenneth Stoll of Arlington is a guest at the hotel.

Mr. and Mrs. Walter May made the acquaintance of their new grandson in The Dalles hospital Wednesday evening. Walt declares he hailed him with: "Hello Grandpap."

Mr. and Mrs. Drew Barnum of The Dalles was in Moro and vicinity Monday.

Everett Hasting wife and daughter, Evelyn, came over from Fossil Saturday night and spent Sunday with friends here. Evelyn stayed for a weeks vacation.

Mrs. Elizabeth Schaeffer returned from Post Thursday. She has been gone over a month visiting relatives.

Mrs. H. R. Selleck of Miami, Florida, and Mrs. L. Jones visited at the home of T. H. Fraser last week.

R. C. Byers and family returned Wednesday from White Salmon, Wash., where they have been camping for the past two weeks. William Rudolph sent his regards to all his old friends in Moro by Mr. Byers.

Mrs. Victor Barr, Mamie Traylor, Mrs. Harry Kunsman and daughter, Marjory were over at Wasco Monday.

The comparatively few harvest hands that have come to Sherman county this year have to a great extent been able to get jobs and they seem to realize the farmers' plight more fully than is usually the case.

Exercise Necessary To Healthy Living

Exercise, especially outdoors, is necessary for everyone whose work does not evolve manual effort. Adults should endeavor to spend one hour and children more in the open air daily in active exercise. Part of the adult's exercise may be taken in walking to and from work where this is possible. Such games as tennis, golf, baseball, basketball, swimming and skating are advisable.

Dancing is another way of taking exercise and is helpful where outdoor exercise is not practicable. A few minutes spent doing calisthenics in the morning is also of distinct advantage.

The danger of overdoing is always present when exercising, especially for the adult of forty or over. No one should take any form of exercise within an hour or two after meals. No one should begin too strenuously and no exercise should leave one exhausted; nor should one force himself to the golf course or to the tennis court when he is already physically tired.

Many of the sudden deaths of middle aged men apparently in good health during or immediately following a game of golf show the danger of this. Exercise should be a recreation and a pleasure, not a duty to be performed irrespective of the physical condition of the body at the time.

Sleep and Rest

Adults need 7 to 8 hours sleep, children considerably more. Too little or too much sleep is harmful as are irregular sleeping hours. Beds should be elastic and warm and admit the passage of air around them. A mattress of hair, felt or cotton on a wire spring and pillows also of hair are preferable to feather beds and pillows; the latter are too heating. Cotton or linen sheets and pillow cases and woolen blankets are the best bed clothes.

In very hot weather the blankets may be discarded. Too many or too heavy bed clothes are not advisable. Pillows should be low because high pillows hinder the movements of the diaphragm and make breathing harder.

Keeping Up!

Mrs. Subub, having lost the key to the kitchen clock, went with her husband to get another. Mr. Subub waited across the road while his wife went into the jeweler's. Presently she came out.

"Got it?" asked Mr. Subub.

"No," said his wife.

"Why not?"

"Well, Mrs. Swagger was in there buying pearls, so I couldn't ask for a key for the kitchen clock."

"What did you do then?"

"Oh, I just inquired how long it would take to clean a diamond tiara."—Boston Globe.

"The Gnu in Danger of Extinction," says a headline. Shall this popular little crossword animal disappear? Gno, gnever!—Los Angeles

CHURCHES

Community Presbyterian Church

Sunday School 10 a. m.
Morning Worship 11 a. m.
Subject "Things that Can Not be Shaken."

Evening Service 7:45 p. m.
Subject "The Brand of Jesus."

Mid-week Bible Study and Prayer Circle meets Wednesday evening at 7:40 p. m. each week in the primary room in the basement of the church. All are most welcome at all these services.

Allan A. McRea, minister.

Christian Science

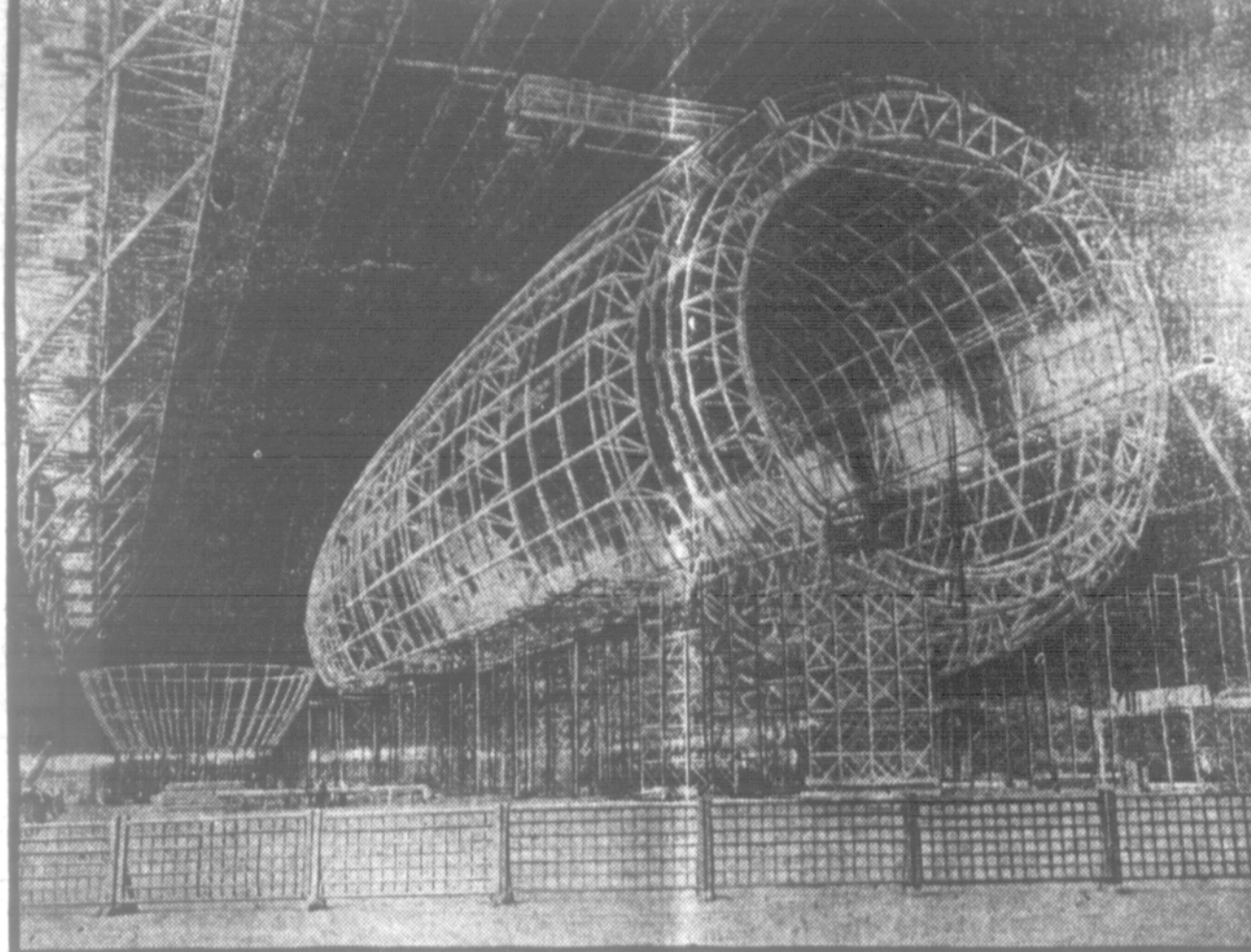
Subject: "Love."
Golden Text: 1 John 4: 16. We have known and believed the love that God hath to us. God is love; and he that dwelleth in love dwelleth in God, and God in him.
Responsive Reading: Romans 12: 9, 12, 13, 17-20; 13: 8-10.
Church services every morning at 11 o'clock and Wednesday evening at 8 o'clock.

All are cordially invited to attend the church services and to make use of the reading room in the rear of the church building, which is open daily where all authorized Christian Science literature may be read, borrowed or purchased.

The Full Gospel Assembly

Sunday Services
Sunday school 10 a. m.
Morning Fellowship 11 a. m.
Evangelistic 7:45 p. m.
Tuesday, Praise and Prayer, 7:45 p. m.
Friday, Bible Study, 7:45.
A welcome is extended to you. Come and find a church home with us.
L. M. Tracy,
Evangelist-Pastor.

Another Queen of the Air Nearing Completion



With appropriate ceremonies the bow or nose of the U. S. S. Macon was raised into position at the Goodyear-Zeppelin docks at Akron on July 4. This completed the total length of 785 feet of the great ship, and the covering of the frame is now progressing rapidly. For the ceremonies on July 4 a special train brought a large delegation of distinguished citizens from Macon, Ga., for which city the ship is named. The Macon is to be completed about January 1. The above picture shows the ship before the nose was placed in position.

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commercialize it. It keeps alive from year to year the old traditions of the range and Pendleton takes pride in the fact that for twenty three years it has kept the old west alive with its Round-Up.

Because of the importance of the Round-Up to the community Pendleton has always been adequately able to house the thousands of visitors who through its streets during the show.

Want Ads

FOR SALE: One 2-year old Shropshire buck in good condition and reasonably priced. Phone 27F. Lloyd Henrichs, Moro, Oregon.

I have some Farms in Willamette Valley that can be exchanged for Sherman or Wasco County Farms. L. R. French, Grass Valley, Oregon

CALL FOR BIDS

Sealed bids for driver of school bus for District No. 22, Boardman, will be received by the clerk until August 1st. District reserves the right to reject any or all bids.

Tom Fraser, Clerk.

1st. District reserves the right to reject any or all bids.

Tom Fraser, Clerk.

For your convenience I have arranged for you to leave your shoe work at Walter A. May & Son. Pick up and delivery twice a week at no cost to you.

JOSEPH A. MEE
The Wasco Shoe Man

UPDEGRAFF & PEPPER
Attorneys At Law
Moro Oregon

When Your Shoes need Repair, send them to **WERNMARK'S**
GOOD SHOE REPAIRING
204 Second St THE DALLES

Dr. Butler
Dentist

Will be in Moro at Hotel from Monday, Aug. 1st to Saturday, Aug. 6th

Please Make Appointments Early

AMERICAN LEGION DANCE

Saturday, June 30

Music By PAT'S ACES

Open Air Pavilion

WASCO Admission including Tax 75c

WALTER A. MAY & SON
MORO, OREGON

INDEPENDENT CASH GROCERY

A Few of our Specials For FRIDAY, SATURDAY and MONDAY

H-D Jell Powder.....per pkg 5c....4 pkgs 19c
Economy Jars.....Pints 2c....Quarts 1.16
Amaizo Oil, in bulk.....half gal. 37c....Gal. 72c
Milk, tall cans, any brand.....4 cans 19c
SUGAR, pure cane.....10-lbs 44c....100-lb. sack 4.27
Bliss Vacuum pack Coffee.....1-lb tin 25c
Crystal White Soap.....5 bars 14c
VanCamps Tomato Soup.....3 cans 19c

See Our Handbills for Complete List

WOOD GOOD BODY FIR

Delivered at Your Door To Sell Or Trade For Grain, Livestock, Poultry

C. E. CORN - White Salmon, Wn.

A valuable knowledge of the reliability and integrity of business is the reward of the steady reader of advertisements.