

Eschka Lodge No. 121 A. F. & A. M.
Moro, Oregon
Meets the 1st and 3rd
Thursday evenings of
each month. Visiting
members cordially in-
vited 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 Tues-
days of each month.
Visiting members wel-
come.
Florence Johnson, N. G.
Lila 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 3d and
4th Thursday evenings of the month in
the Odd Fellows hall. Sojourn-
ing brothers are cordially invited.
Vern McGowan, N. G.
L. K. Smith, Secy.

The Olde Mill
DANCE
The Dalles
SATURDAY NIGHT
AUG. 27
ECK RORICK'S
BLUE DEVILS
Admission 50c Ladies Free

Town Talk

Chris Taylor arrived in Moro Tues-
day morning on his way back to his
ranch, after having worked during the
harvest season on the Wm. Harber
ranch south of Grass Valley.

A party of friends gathered Sunday
at the Truman Strong farm for a swim
and picnic dinner, but the cold wind
finally turned it into a shivering
party around a good furnace fire.

W. H. Ragsdale and W. S. Powell
left Sunday for Spokane where Mr.
Powell attended the directors meeting
of the North Pacific Grain Growers
and Mr. Ragsdale looked after his
candidate as director of the Federal Farm
Loan Association. They returned Tues-
day afternoon.

Bill Raymond and Fred Derby left
Saturday for a camping trip to Crater
Lake. Bill expects to take some pic-
tures of scenes along the trip.

Mrs. Carl McKean had as a guest
one night this week a cousin, Miss
Percoli of Los Angeles, who stopped
over on her way to Weston to visit her
parents.

Henry Barnum drove to Portland
Sunday evening with a truck load of
hogs for the discriminating tastes of
city pork eaters.

Mr. and Mrs. Earnest Samuels and
children of Hood River, spent Sun-
day in Moro as guests of Mr. and
Mrs. L. H. Nahouse.

Dr. Leightly, head of the Dry
Land Agriculture branch, of the U. S.
Department of Agriculture was at
the local station one day last week.

O. L. Belshe and wife and Darold
Belshe and wife left Wednesday for
Camp Sherman for a few days holi-
day after the worry of harvest.

Henry Barnum has recently re-
ceived a full blood Poland-China
from Iowa. He is a descendent of the
1931 worlds champion at the Kansas
City stock show.

D. E. Stephens and wife left Sun-
day for a little vacation at Camp
Sherman.

T. M. Peters, representative of
the railroad company, was here
until Wednesday looking after tax
matters for his company.

Mrs. Ellen Fleck has returned from
Portland where she has been receiv-
ing medical treatment. She is much
improved and is again with Mrs.
Margaret Peetz.

Mrs. Bessie Thompson is the new
assistant in the postoffice having be-
gun work there the first of this
month.

Mr. and Mrs. Darwin Van Gilder
have returned to Moro again after
being away all summer.

The sale of the Schadewitz land
last Saturday resulted in the place
being bid in by the Oregon-Washing-
ton Land Bank.

Mr. and Mrs. E. H. Moore left for
Camp Sherman last Sunday for a
short vacation.

Eimer Hansen and wife returned
from their vacation Monday evening
in time to be ready for work Tues-
day. They spent the latter part of
their rest time at Camp Sherman.

Julia Sagawa, a nurse, is visiting
with her mother, Mrs. Bertha Sagawa.
Mrs. Gladys Wright has as a guest,
Miss Annabel Acklen, of Corbett.

Mrs. Otis Baker had as overnight
guests Sunday Mr. and Mrs. Scott, of
Los Angeles.

Hel'n Searer went to Portland Sun-
day for a few weeks visit with friends.
Mr. and Mrs. Lewis Hastings are
spending the week at the R. H. Mc-
Kean home in Wasco.

Miss Ann Fortner is spending the
week with Jean Brisbane.

Mrs. Hattie King Andrews arrived
Wednesday evening to spend the
winter at the home of her niece, Mrs.
G. C. Akers.

Mrs. Wily Knighten, assistant
county school superintendent, and
Mr. Lily Coon, of Grass Valley ex-
pect to attend the teacher's institute
in The Dalles on September 6th. The
Sherman county institutes will be
held on the 23rd.

CHURCHES

Community Presbyterian Church
Sunday School 10 a. m.
Morning Worship 11 a. m.
Subject: "Ye Ye them To Eat"
There will be a meeting of the Com-
munity church Financial Board after
the morning service.
Evening Service 7:45 p. m.
Subject: "The Danger of being
Lukewarm"
Everyone most cordially invited.
Allan A. McRea, minister.

Christian Science
Subject: "Man"
Golden Text: Isaiah 64:8 Now, O
Lord, thou art our father; we are clay,
and thou our potter; and we all are
the work of thy hand.
Responsive Reading: Psalms 1:1-6;
2:1-4, 6, 7.

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 Fall Gospel Assembly
Sunday Services
Sunday school 10 a. m.
Morning Fellowship 11 a. m.
Evangelistic 7:45 p. m.

WASCO METHODIST CHURCH
Sunday School at 10:00 to 11:15.
Worship at 11:15 to 12:15, Labor
Sunday message.
The worship hour has been placed
forward 15 minutes in order to co-
operate with the Grass Valley
church. This will also give 15 min-
utes more to the class periods in
Sunday school.
W. R. Warner, minister.

GRASS VALLEY M. E. CHURCH
Worship at 9:45 to 10:30, Labor
Sunday message.
Sunday School at 10:30 to 11:30.
Notice the way the worship and
the Sunday school times have been
changed in order to cooperate with
the Wasco church. Make every
effort possible to be on time at 9:45.
please.
W. R. Warner, minister.

Botulism Poisoning
May Be Averted

Canning requires perfect sanitation
and absolute cleanliness of equip-
ment. In order to prevent food poi-
soning which might be due to canned
products that are insufficiently cook-
ed or that might be produced under
insanitary conditions certain pre-
cautions are necessary. There is no
method by which canners can assure
themselves by careful examination be-
fore canning that a product does not
contain a poison producing organism.
However, if the foods are properly
sterilized the development of the
poison is impossible.
Botulism is a food poisoning caus-
ed by the botulinus bacillus, and is

of such severity and fatality as to
warrant preventive measures being
taken against it. Hot water pro-
cessed non-acid vegetables and fruit,
fish and meats have been the pro-
ducts responsible for botulinus poi-
soning. No food of any description
showing the slightest unnatural odor,
unnatural color, swelling of the con-
tainer, signs of gas or any other
evidence of decomposition whatever,
should be used for food purpose.
However, it is a well known fact that
spoilage may be so slight that it will
not be ordinarily detected and the
food used in salads without cooking.
It is true that the toxin can be de-
stroyed by boiling the canned product
before serving but this precaution
is either not taken or the food is only
partially heated. The food is fre-
quently tasted or served to the family
before any consideration is given to
the danger of food poisoning. In
this way a number of deaths of per-
sons have been caused by botulinus
infected hot water processed canned
vegetables.

From a public health standpoint
it is very important that scientific
principles of safe canning be applied
to the methods of canning non-acid
vegetables and fruit, fish and meats.
These foods must be subjected to
such sterilization time and tempera-
ture that the spores of the oxogenic
botulinus bacillus will be destroyed.
The spores are found in most of the
soils of the northwest and most of
the food products are contaminated
with the spores of this germ. The
heat resistance of the spores of the
bacillus botulinus has been studied
scientifically and it is definitely known
that boiling at 212 degrees Fahren-
heit will not destroy many of these
spores. However, the spores can be
destroyed by thorough cooking in a
pressure cooker at 240 degrees
Fahrenheit for from twenty to forty
minutes according to the size of cans
used.

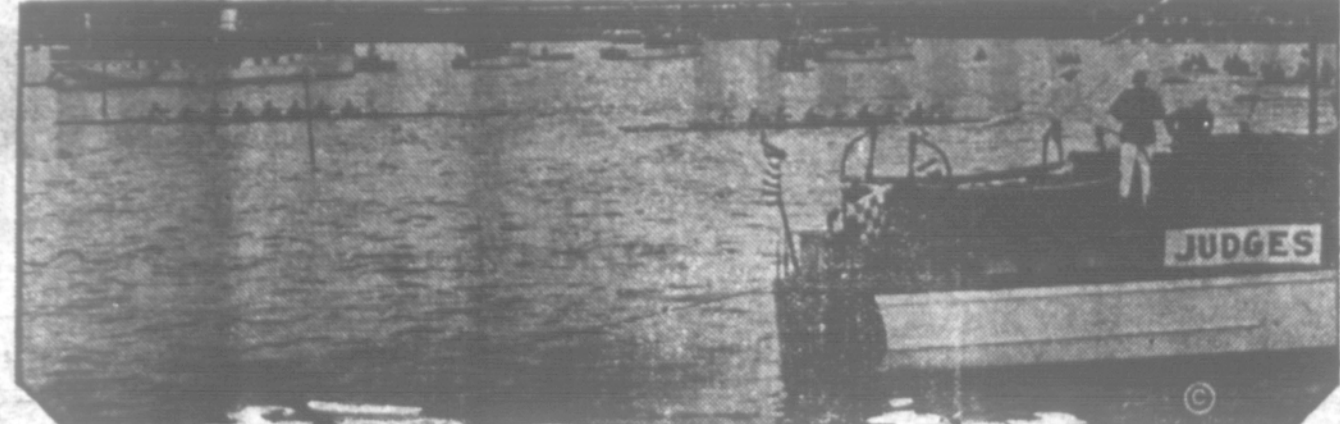
Botulism has been practically elim-
inated from commercially canned pro-
ducts by the scientific application of
of pressure cooking of non-acid
vegetables and fruit, fish and meats
and can also be eliminated from home
canning by adopting proper methods
of canning.

Similar Types
"Here sir, is just what you are
looking for—the newest fountain
pen. It is absolutely impossible for
ink to escape from it any where."
"Huh- I've owned 85 fountain
pens in the last 40 years and every
one of them was like that."—Farm
Journal.

Dr. Butler
Dentist
Will Be In Moro Next Week
at Moro Hotel
Sept, 5th to 10th Inclusive
Please Make your Appointments Early

-more Western motorists use
"STANDARD"
than any other gasoline
THEY LIKE IT
AND SO WILL YOU
STANDARD
For High Octane Efficiency
STANDARD GASOLINE
AT STANDARD STATIONS, INC.
AND RED WHITE & BLUE DEALERS
STANDARD OIL COMPANY OF CALIFORNIA

Harvard Oarsmen Defeating Yale's Crew



The Harvard Junior varsity crew is here shown stroking across the finish line to win from the Yale oarsmen in their event in the Harvard-Yale regatta on the Thames river at New London.

He Should Know
"All America knows that liquor
and gasoline do not go well to-
gether."—Henry Ford.

Patronize Journal Advertisers.

EMERGENCY WORK

Continued from page one.
work up to this date. The
other side of the Cottonwood grade
cannot be built by Gilliam county
for three years according to present
plans and work on this side will be
restricted in putting the road in con-
dition for the wheat hauling that
annually is done over it with an eye
to permanent improvement.
The state has let the contract for
the widening of the Birge-John Day
section of the Columbia River High-
way and, no doubt, some of the com-
munity's unemployed will be used on
this work although a part of the
crew will be recruited from Wasco
and Hood River counties.

Three Meals Daily
Diet For Adults

Good eating habits for an adult
mean a mixed diet of three meals a
day and no eating between meals. It
is hardly necessary to add that food
should be eaten slowly and not boiled.
No two people are exactly alike and
each person should avoid foods which
experience has shown him do not suit
him, or as it is usually expressed, "do
not agree" with him.
Mental or nerve strain upsets
digestion. If a person must carry his
worries with him to his meals he
should eat then only light foods and

not anything that necessitates hard
work on the part of the digestive
apparatus. He should eat this meal
very slowly. The same applies to a
man who comes to the table tired out
and exhausted. It is also advisable
to take about one quart of milk a
day. This may be used as a beverage
or taken in ice cream, cream soup,
creamed vegetables, custards, etc.
Of course, in addition to milk each
individual should drink water freely
each day. A glass of water on rising
and one or two between meals are
advisable to supply the body with
fluids necessary for its upkeep.
There is no objection to the moderate
use of tea or coffee for adults,
except that where they are used
there is less tendency to drink milk.
In regard to the method of cooking
vegetables and meat, it is best to
avoid fried foods as much as possible.
The method of cooking does not
seem to be as important as the fact
that the food should be thoroughly
cooked.
Fried foods give the individual
more fat than is necessary and,
further, some chemical change takes
place in the fat during the process of
frying, which tends to upset the
stomachs of people who have a deli-
cate digestive apparatus.
All of us should eat less of the
staple refined articles of diet: e. g.,
meat, bread, potatoes and sugar in
various combinations, and use more
milk and leafy vegetables. The most
common available leafy vegetables
are lettuce, celery, broccoli, cabbage,
spinach, kale brussels sprouts, water
cress, turnip tops, mustard greens,

beet tops and dandelion leaves.
Once a day a liberal serving of
cooked greens should be eaten, and
at least once a day a raw, green
salad. These foods have the advan-
tage, not only of supplying necessary
vitamines, but they also help to cor-
rect constipation and encourage mas-
tication, and are bulky foods which
tend to assuage the pangs of hunger
and discourage overeating.
Fill up on the salad early in the
meal, and there will be less likelihood
of eating too much of the other
articles on the menu. Incidentally,
such a diet is cheaper than one con-
taining a lot of meat, a not unim-
portant consideration.

Want Ads

FOR SALE OR TRADE—275 ewes
and some lambs. Call 7F12. Grass
Valley, or call me. Donald L. Clod-
felter. 4t

For Exchange:
160 Acres in Coos county with
3,000,000 feet white Cedar, 4,500,000
yellow Fir and 2,000,000 feet Red
Cedar on it.
160 Acres in Curry county, on
Roosevelt Highway, one mile from
ocean. Has 9,000,000 feet of Red-
wood timber on it.
1080 Acres in Sherman county, 15
miles from Grass Valley. Good stock
ranch, lots of water, springs.
20 Acres garden land all in toma-
toes this year at Simi, California. All

irrigated, own water right. \$15,000,
all clear. 35 miles from Los Angeles.
Will exchange all of the above or any
one for stock ranch equipped, or what
have you.

One K. G. Weding outfit. One of
the best built. Cost \$350. All ready
to work. Rich flux. Will teach man
to weld. Will exchange for horses or
cows or what have you.

Also have \$1500 note due in two
years from the 12th of May 1932 se-
cured by first mortgage on 200 acres
of fine land. 6 percent interest. Will
exchange for horses or farm ma-
chinery.

For all the above, communicate
with Thomas Silverthorn, owner, at
Grass Valley, Oregon, care of Karl
Eaton.

FOR SALE: Good Pine Wood. R.
M. Wonderly, Wamic, Ore. [a26 s16

FOR SALE OR TRADE for wheat;
Ground Alfalfa Hay. \$8. in the field,
\$10. on the ranch; \$12.50 delivered.
8-26-9-30 Lester Barnum, Moro.

FOR SALE: Peaches, Water mel-
ons, Cantalopes, and Ground Cherries.
will exchange for wheat. All at
market price. Take Cherry Heights
road past cemetery and first two left
hand turns. Beam's Nob Hill Fruit
Ranch. Phone 6F12. 8t

FOR SALE OR TRADE—Lincoln
bucks, either registered or grade.
Karl Eaton, Grass Valley

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

UPDEGRAFF & PEPPER
Attorneys At Law
Moro Oregon

For your convenience I have ar-
ranged 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

NEWS

How much wheat is being harvested in
the other end of the county?
What happened to Bill Jones who broke
his leg?
What is the method of plowing sum-
mer fallow best adopted to my soil?
How much was spent for schools last
year in my district and in other districts?
Where will the secondary highway road
money be spent this winter?
The answers to these questions and
many more are interesting to every resident of
the county. Information covering matters of
county interest is given each week in the
SHERMAN COUNTY JOURNAL.

Reading it is necessary to a
knowledge of your county and
its people.