

**Sherman County Journal**

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FRIDAY, FEBRUARY 10, 1933.

**TRY THOUGHT**

It is the style nowadays to criticize all government functions as inefficient, expensive and therefore, wasteful. Undoubtedly this is true of some of the bureaus of government and contrary wise it must not be true of all of them for of all the activities of our different branches of city, county, state and federal government a part of them might be naturally expected to be properly managed and worthy of their cost.

Many more of them could probably be operated with smaller cost and still preform the same service to the people. To classify government functions according to efficiency and public worth requires a great deal of study and thought on the part of the organization or person who presumes to judge. Citizens of a democracy are notoriously loath to study their government. They are more likely to criticize without analysis.

Meetings are being held all over the state at this time to memorialize the legislature about certain acts it should commit or deletions it should make. If these recommendations are made after careful study and thorough information they are representative of a high type of interested citizenship that deserves good government because it is willing to understand the problems of government. If they are made without either study or information they are likely to represent nothing but the personal prejudices of the resolution committees.

This is a serious time for governments just as it is a serious time for private business. Each department and function of government like each department of private business must be able to justify its existence or be removed from the budget. Those functions of government that are worthy of retention—that return value received to the citizens and taxpayers—should be maintained with sufficient funds to make them efficient and effective. Those activities that are not strictly within the province of democratic government, that can be satisfactorily without, should be discontinued.

The above statements seem to this newspaper to be so patently true that they have been written with some hesitancy. Yet, were the rule proposed followed by the legislature they would be searching for the inefficient bureau instead of the one that requires the largest appropriation. They would, for instance, spend less time cutting down on educational budgets that have already been pruned a third and would investigate the appropriations for those activities that are costing more than they used to a few years ago, for instance the governor's office, the state police. Let the test of the legislature be efficiency instead of mere size.

**LET THERE BE SNOW**

What is the matter with this country anyway? A few years ago it was not uncommon for snow to fall gently, heavily, as if burdened with moisture. Now for years we have had snow storms that are a curse instead of a gentle reminder of the goodness of heaven.

Snows that come after a sickening drop in temperature, snows that come with heavy wind, snows that have flakes that cut like sharp knives, are of no good to farming folk. Snows to have the proper effect must come gently as a benediction. They must drop from the leaden sky without hindrance of whirling wind. They must not be accompanied by the eerie music of whistling wind-storm and rattling windows.

What this country needs is a good old fashioned snow—a snow that comes on unfrozen and receptive earth and comes day after day quietly, slowly, softly until the roads are all blocked, the fences are hidden, the hen coop is all but obliterated and the entire countryside assures an appearance of deep and satisfying winter with its promise of wet, fruitful earth in the spring.

Well, probably David Barry can make as much in vaudeville as he made in Washington. He might be exhibited as the freak that Diogenes sought, an honest man.

A dissertation on dry flies, in the daily press, reminds us that perhaps spring is coming after all.

With the conservatives turning radical they might rue the fact that the syndicalism law was not repealed. Hardly a day goes by but we hear some one break it.

Ways and Means committee members apparently exercise a privilege about changing their minds as do the feminine sex.

**Grass Valley**

Judge Krusow returned Sunday from Salem where he looked in on the hard working legislators. He reports a slow session with little or no excitement.

T. M. Rolfe, George H. Wilcox, Roy J. Baker and Herman Schilling were in Moro Monday night to attend a farmers meeting and to help prepare for the meeting next Monday.

Dr. Foley was in Portland this week. Rachel went with him.

Mrs. Henry Tetz visited in Forest Grove this week as a guest of her sister Mrs. Margaret Hutchcroft and family.

A dance was held at the Buckley grange hall last week end and the little used hall again took on an appearance of life.

Clyde Davis, now a salesman for Marshall Wells, sold goods and chatted with old friends here Tuesday.

Lois Russell has gone to Beaverton where she will continue her schooling for this year.

Rev. S. L. Boyce had the misfortune to chop off a piece of his thumb this week while chopping wood. The axe removed the end of his left thumb part way down on the nail.

A. A. Dunlap and Dick Abel attended the Masonic program in The Dalles Monday night.

Wily W. Knighten, county school superintendent, was here Tuesday on business.

A. M. Wright, of Moro, took advantage of Tuesday's sunshine to look after a little business in this neck of the woods.

**GRASS VALLEY SCHOOL NOTES**  
 Genevieve Beardsley, Editor.

The program given by the student body last Friday afternoon was very successful and everyone including the participants seemed to enjoy each number. Juanita Boyce and Ellen Cox gave piana solos; Norma Garret played several popular pieces, Charlotte Beardsley gave a tap dance;

Ruggles and Orville Ruggles played a guitar duet; the assembly sang songs.

A one act play "Help Yourself" read by Bruce Alley, Norma Garret, Glendora Garret, Loren Beardsley and Phil Boyer proved very entertaining.

Another play will be presented next Friday by the student body and outsiders will be invited. This plan of programs will be carried out thru the rest of the school term if it proves successful.

Miss Lois Russell has gone to Beaverton, Oregon, where she will attend school. The girl of the basketball team will miss her a great deal because she was prominent in athletic activity.

The upperclassmen are preparing for a party for the student body Saturday evening. It will carry out the Valentine idea.

Read the ads in the Journal

**Kent News**

J. L. Davis, A. A. Dunlap and Wilbur Haggerty who spent the latter part of the week in Portland on business returned home Saturday.

Mr. and Mrs. W. G. Helyer and Run and Mr. and Mrs. E. M. Helyer and family of Kent and Chester Abel of Shaniko were visitors at the Walter Buyers farm home last Sunday.

Mr. and Mrs. Paul Stout and son Kenneth of Shaniko spent Sunday at the home of the latter's parents, Mr. and Mrs. J. E. Dellinger.

J. H. Wilson and wife and Mrs. Ida Davis spent Sunday visiting at the home of Ott Smith and wife.

Mr. and Mrs. Paul Wilson who have been living on the Gates place the past month moved back to town Saturday and are again operating the Shell Service Station.

L. W. Amick and wife had as visitors last Sunday, Mr. and Mrs. Carl Gregg and family and Walter Wilson.

The Misses Della Helyer and Berna Orr spent the week end at Government Camp.

Among those who attended the

dance at Maupin Saturday evening were Mr. and Mrs. L. H. Ayres, Mrs. R. P. Phelan, Mrs. A. A. Dunlap and daughter Margaret, the Misses Norton, Helyer and Orr, George Wilson, Darrow Kelly, Harley McKay Joe Bibby and Arnold Dellinger.

Mr. and Mrs. J. L. Davis and son Luther, Mr. and Mrs. Louis Sather, G. F. McKay, George Howell, Bernice Howell and Marguerite Mitchell attended the Sherars Grange last Saturday at Grass Valley.

Mr. and Mrs. Fred Cox and Mr. and Mrs. Bert Cox were Grass Valley visitors in Kent last Sunday.

Kent Grange No. 688 will hold its next regular meeting Saturday evening, February 11th.

The Rebekah lodge is giving a vaudeville and dance Saturday evening February 18, at the grange hall to which the public is cordially invited.

L. L. Karl Nelson of Portland was a visitor in Kent Friday.

Jas. Dellinger and family were visitors in The Dalles Saturday.

There were fifty present at Sunday school Sunday with an offering of \$1.82. Two special songs were sung "Stepping in the Light" by the Intermediate girls and "Win Them One by One" by the young peoples class. Next Sunday there will be a patriotic program in honor of Lincoln's birthday.

Miss Murdina Medler spent the week end in The Dalles.

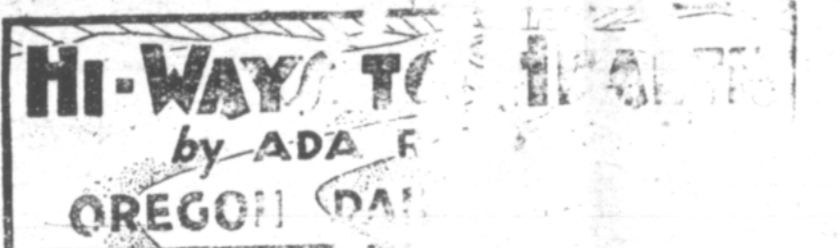
Patronize Journal Advertisers.

**Kent Auxiliary Notes**

The Community Service and Americanism chairman of the George Bell Post No. 49 are sponsoring an essay contest which is to be held in the Intermediate and 7th and 8th grade rooms of Kent school in accordance with suggestions given by Mrs. Virginia Keltzer, Department Americanism Chairman.

The title suggested for the 4th, 5th, and 6th grades is "How we can be Patriotic," and the title for the upper grades is "Why We Should Maintain National Defense."

The latter is especially interesting at this time in view of a quotation from Washington whose Bicentennial was observed last year, "There is nothing, which will so soon produce a speedy and honorable peace, as a state of preparation for war" and also the Defense Conference which met in Washington D. C. January 30 to



**The Low Cost Balanced Diet**

The cereals, whether used as porridge, hominy, bread, or muffins, together with milk form the basis of the low cost balanced diet. Cereals and bread are the cheapest forms of food that keep the body warm and give it power for work. They also contain body building substances, and where whole grain cereals are used, some minerals and vitamins. Milk, also an inexpensive food, because it furnishes more of the food elements required in a balanced diet than any other single food, is the best supplement to the grain foods, making up for the deficiencies in them.

The use of wheat in the low cost balanced diet is to be recommended. Whole grain wheat, also cracked or ground, can be most economically bought at feed mills. It can be prepared at home too, by grinding in a food chopper cleaned, soaked wheat. The whole grain should be washed carefully and soaked overnight before cooking, using two cups of water to each cup of wheat. It can be cooked directly over the heat or in a double boiler. Each cup of dry wheat will make about three cups when cooked.

The following recipes combine wheat with milk and other dairy products, thus assuring a nutritious and palatable dish, which can be used as the basis of low cost balanced meals.

**Whole Wheat Chowder**

Two cups diced carrots  
 One pint boiling water  
 One-half cup diced salt pork  
 Two tablespoons flour  
 Four tablespoons chopped onion  
 One quart milk  
 Two cups cooked whole wheat  
 Pepper to taste  
 One teaspoon each salt and chopped parsley

Cook the carrots in boiling water until tender. Fry the salt pork until crisp, remove it from the fat, and cook the onions in the fat. Stir in flour and cook a few minutes longer. Mix all ingredients in upper part of double boiler, stir until well

blended, and cook about ten minutes.

**Escalloped Wheat and Cheese**

Three cups cooked cracked or whole wheat  
 Four tablespoons butter  
 Four tablespoons flour  
 Two cups milk  
 Three-fourths cup grated cheese  
 One-half teaspoon salt  
 Buttered crumbs (One half teaspoon butter and one half cup crumbs)

Heat milk in double boiler. Melt butter, remove it from heat and stir in flour. Add this mixture gradually to heated milk, then add cheese, stirring until mixture is smooth. Add salt. Place cooked wheat and cheese sauce in alternate layers in a buttered baking dish. Top with crumbs. Bake uncovered in moderate oven one half hour or until top is browned. Cheese may be added separately to each layer instead of to white sauce. (Six servings)

**Whole Wheat Custard Pudding**

Four eggs  
 Four cups hot milk  
 One half cup sugar  
 One fourth teaspoon salt  
 One teaspoon vanilla  
 Two cups cook cracked or whole wheat  
 Three fourth cup diced prunes raisins or other dried fruits  
 Beat eggs slightly, add all other ingredients in order given and mix thoroughly. Bake in moderate oven until a knife inserted in the center shows no liquid. Best results are obtained by placing baking dish in pan of hot water in oven.

**Whole Wheat Muffins**

One cup of sifted flour  
 One half teaspoon salt  
 Two teaspoons baking powder  
 One cup of cooked whole wheat  
 One egg  
 One half cup milk  
 One tablespoon melted butter  
 Sift dry ingredients together, add wheat, mix thoroughly. Beat egg, add milk and stir into dry ingredients with butter. Pour into buttered muffin pans and bake in moderate oven about thirty minutes. Serve hot.

February 1 of this year

Mrs. O. D. Oliphant, chairman of the National Committee of the Auxiliary on National Defense asks the nation to awaken to the facts as follows: "Every since the world war the United States has been disarming steadily. The example has not been followed by the other nations. Peace pacts and treaties have given no real guarantee of peace as under these the nations reserve the right to go to war in self defense and declare they alone shall be the judge of what constitutes self defense. Every nation engaged in the world war declared it was fighting in self defense. We are only demanding that America be kept in a position to defend itself

against possible aggression. These essays are to be finished by February 17 and the winners in each division will receive a cash prize of fifty cents and the honor of reading their essays during the program on Washington's birthday. The second prize will be a cash prize of twenty five cents cash.

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