

Europa 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
Glen King, W. M.
C. V. Belknap, Secy.

Bethlehem Chapter No. 78 O. E. S.

Moro, Oregon
Regular communi-
cations each 2nd and 4th
Thursday evenings of
each month.
Mrs. Ola Ruggles,
Worthy Matron
Nana Barzee, Secretary.

Moro Lodge No. 113 I. O. O. F.

Moro, Oregon
Meets every Monday
evening in the L. O. O. F.
hall. Transient an-
visiting brothers are
cordially invited to
meet with us
William McKinney, N. G.
Joe Trullit, Secretary.

Lupine Rebecca Lodge No. 11

Moro, Oregon
Meets 2d and 4th Tues-
days of each month.
Visiting members wel-
come.
Havie Brisbin, 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.
Vernon Flatt, Commander.
Giles L. French, Adjutant

Town Talk

Several from here attended the
Masonic conclave at Grass Valley
Tuesday night. Next year the meet-
ing will be held in Moro.

Mrs. Marius Douma and Miss Viola
Hansen drove to Friend this week to
visit the wood cutters.

Mr. and Mrs. Darold Belshe en-
tertained friends with bridge last Sat-
urday night at their home in upper
Hay Canyon.

Marion McKee and wife were in
Portland Monday. Marion attended
the meeting of the state drug board
of which he is a member.

Raymond Henrichs and family were
here from Camp Sherman the first of
the week attending to some legal
business connected with his fathers
estate.

was here for a brief
week. From his home near
Sherwood. He owns land in Sher-
man county and was looking after
business here.

Will Robertson, brother of Mrs.
E. Amidon, with his family arrived
here Tuesday from Denver, Colo.,
to visit here for a few days before going
on to Seattle.

Mrs. Alice Wilkerson, accompanied
by her daughter, Mrs. Rogers and
husband, are here from Yakima,
Washington, visiting at the Barnes
home.

L. L. Peetz is guiding agrader over
the county roads in the south end of
the county this week, beginning the
spring road work.

Tom Douma and family have moved
to the W. J. Martin place east of
town from a ranch near Bourbon
where they have lived for three years.
Vernon Shipley will farm that place.

The mail truck was late twice this
week due to waiting for trains at
Biggs.

Legal work at the court house be-
gan again Tuesday morning when
the governor's holiday was lifted.

Rev. A. A. McRea left Wednesday
for Sumas, Wash., on receiving word
that his mother had passed away at
her home there. Mr. McRea will re-
turn Saturday.

Will the perons having Presbyter-
ian table cloths home to wash try to
have them back by Friday.

Mr. and Mrs. Lloyd Brown, of
Hillsboro, were here last week end
to visit with relatives. Mrs. Soren
Hansen, who has been in Portland
for an operation returned with them
much improved in health.

Mr. and Mrs. Stanley Reavis were
at Sunnyside, Wash., last week to
spend Sunday with friends.

TOPNOTCHERS by KET

Three Cushion Billiard Champion

*Cochran won the 182
backline title from Jake
Schaefer in 1927.
High run of 229
Average run of 59.73*

*Cochran is
only 36.
Started playing
billiards when
only 12 years
of age*

*Cochran won eight
out of nine games
to title of Three
Cushion Billiard
Champion*

**Welker
Cochran**
of
Hollywood
California

L. H. Nahouse and family drove
to Tygh Valley Sunday for a short
visit with Mrs. Nahouse' mother. Mrs.
E. Olds who is living there this winter.

We wish to thank the friends who
assisted us during the illness and af-
ter the death of our mother and to
express our appreciation of those who
offered their helpful consolation in
the time of grief.
The Elliott Family.

W. H. Dalby, of Portland, spent a
few days here this week, a guest at
the Ginn home.

Several residents of Moro were
very much interested in the earth
quake news because they have rela-
tives in some of the cities effected.
Mrs. A. Rose has an aunt living with-
in a block of the stone church destroy-
ed by the quake.

Orville Barnum has been working
here for a week or more putting
brother Henry's tractor in shape for
the seasons work.

E. E. Barnum and wife were in The
Dalles this week transacting busi-
ness.

CHURCHES

Community Presbyterian Church
Sunday School 10 a. m.
Morning Worship 11 a. m.
Evening Service 7:45 p. m.
Subject "The Christian's Certain-
ty."

For Depression, For Earthquake,
For Life: "God is our refuge and
strength, a very present help in trou-
ble. Therefore I will not fear, though
the earth be removed, and though the
mountains be carried into the midst
of the sea." Psalms 46: 1, 2. quoted
by "The Seattle Star."
Allan A. McRea, minister.

Christian Science
Subject: Matter.
Golden Text: Isaiah 26. 13. O
Lord our God, other Gods beside thee
have had dominion over us: but by
thee only will we make mention of
thy name.

The JOURNAL
is always glad to
have people send
in news events. The
more news the bet-
ter paper.

Responsive Reading: Exodus 20.
1-6, 20, 22, 23

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 School 10:00 a. m.
Fellowship Meeting 11:00 a. m.
Every body welcome.

Baptist Church
(Grass Valley)
Church School 10 a. m.
Preaching 11 a. m.
B. Y. P. U. 6:30 p. m.
Preaching 7:30 p. m.
S. L. Boyce, Minister.

WASCO METHODIST CHURCH
Those of the local Epworth League
that to date are planning on attend-
ing the mid year institute at Hood
River are Mary Jeanette Sargent,
Florence Young, William McKinney,
Arthur Van Gilder, Arthur Spencer,
and Mr. and Mrs. Warner. "By tak-
ing lunches put up for two meals it
is planned that the total cost includ-
ing transportation, a ticket to the
banquet, registration, and a chicken
dinner on Sunday will not exceed one
dollar per person."
Wasco Methodist Church
W. R. Warner, minister.

"What attracted you to your
bride?"
asked the minister after the ceremony
"Well, sah," replied the boy faced
groom, "de fust time Ah seed Dinah
I tuk er fancy to her—she was so
good lookin'; Den, when Ah learned
dat she waz doin' steady washin' for
sebben families, right den an' dar

*We wish to thank
the people of Sherman
County and the Moro
community in particu-
lar for their interest
in the opening of our
new food store as dem-
onstrated by the crowd
that called on us last
Saturday.*

*We will endeavor
to continue to merit
your patronage.*

L. R. Conlee
RED & WHITE STORE

FARLEY'S CHIEF AID



Joseph C. O'Mahoney of Cheyenne,
Wyo., formerly of Boston, Mass., who
was named first assistant postmaster
general.

Pikes Peak Railway
There is a cog railway, 8.75 miles
long to the top of Pikes peak.

**Diet Affects Quality
of Human Teeth**

Calcium and phosphorus are two
elements necessary for the growth,
and development of strong healthy
teeth. Unless the body gets these
elements in sufficient quantity from
food, strong, healthy teeth will not
develop. Certain vitamins are also
necessary in order that the calcium
and phosphorus may be used to the

best advantage.
Of all the foods, calcium is found
in largest amount and most accessible
form in milk. This is one of the re-
asons health authorities say that all
growing children should have one
quart of milk a day in some form.
Calcium is found in the green, leafy
vegetables, but no other food than
milk contains a sufficient amount of
this element to supply the calcium
needs of children. Phosphorus is much
more widely distributed among the
foods than is calcium. It is found in
abundance in such inexpensive foods
as whole cereals, beans and peas, as
well as lean beef, egg yolks, nuts and
cheese.

Vitamin A is found principally in
milk and butter-fat yellow root veg-
etables, egg yolk and cod-liver oil.
Vitamin C is found chiefly in oranges,
lemons, grapefruit and tomatoes,
fresh or canned. The teeth are the
first part of the body to be affected
by a shortage of vitamin C. A sup-
ply of vitamin D adequate for the
growing child is probably not to be
had during northern winters without
the administration of cod-liver oil or
its equivalent. In the summer time
sun light on the skin helps to manu-
facture its own vitamin D.

Faulty diet is one of the chief
causes of pyorrhea, a disease of the
gums and other supporting tissues of
the teeth. Pus forms around the
teeth, the gums are tender, swollen
and inflamed, bleed easily and recede
from the teeth. Although there are
several constitutional causes of pyr-
rhea, the condition tends to correct
itself when a diet especially rich in
vitamins is used.

A well balanced diet is absolutely
necessary for strong healthy teeth.
For example: it is known that peo-
ple who live in the Hudson Bay re-
gion and who subsist largely on mo-
lasses and white bread have very
poor teeth, while the inhabitants of
southern Greenland, whose diet is
largely sea food, rich in mineral salts
and vitamin D have excellent teeth.

Bacteria are the immediate cause
of tooth decay but good teeth are re-
sistant to bacterial action. Poor
teeth, on the other hand, can not long
withstand the attack of mouth bac-
teria. This explains why some peo-
ple have to have more corrective work
done by dentists than do others.

The dental profession maintains
several experimental stations for the
determination of scientific facts about
the teeth, their proper developmnt
and how to keep them healthy.

In addition to eating a balanced
diet with plenty of milk and other
rich products, it is essential that
everyone including the very young
children, should go to an ethical
dentist at least twice a year to have
tooth defects corrected and to get his
advice about dental health.

The customary American diet of
meat, potatoes without peel, white
bread sugar and starches and salt
lacks both sufficient vitamin and min-
eral elements. Milk, milk products
and plenty of vegetables and fruit
are essential to a balanced diet and
a balanced diet is essential to dental,
as well as general bodily health.

THE NEWSPAPER MAN

Bit of a priest and bit of a sailor.
Bit of a doctor and bit of a tailor;
Bit of a lawyer, and bit of a detective.
Bit of a judge, for his work is correc-
tive;

THREE WAYS TO HEALTH
by ADA R. MAYNE
OREGON DAIRY COUNCIL

Main Dish Specials for Fridays
For Friday night suppers, and oth-
er days too, a delicious hot fish dish
is a welcome variation to the diet.
Fish is considered one of the low cost
foods, because in most localities fish
of some kind are likely to be cheap
at any time of the year. Fish has
high food value too, which means
more than being a mere item for low
cost meals.

Along with other animal foods, fish
is a protein food. It is rich in min-
erals, and salt water fish and shell
fish furnish iodine, which is impor-
tant in sections where the soil and
water are poor in this item. A num-
ber of varieties of fish, as salmon, cod
and herring, have been found to be
good sources of vitamins A and D.
It is well then to use all of the oil
from canned fish in order to retain
the full vitamin value.

Besides being a nutritious food,
canned fish is labor saving. There are
innumerable ways of serving it, in
sandwiches, salads, and in combina-
tion with other foods. It may be
creamed or escalloped. Salmon loaf,
chowders, patties or croquettes are
all favorites. A delicious sandwich
can be made in this fashion. On well
buttered slices of bread, toasted on
one side only, place a layer of fish,
then a thin slice of tomato. Top this
with quick melting cheese and place
in a moderate oven just long enough
to melt the cheese, and they are
ready for a hungry family.

Other favorite fish recipes are:

Fish Souffle
One cup milk
Two and one-half tablespoons flour
One-half teaspoon salt
One-half cup soft bread crumbs
Pepper
One tablespoon lemon juice
Two cups salmon or halibut cooked
Three eggs
Prepare a white sauce of milk,
flour, salt and pepper. Remove skin

Cheering the living and soothing the
dying,
Risking all things, even dare devil
flying;
True to his paper and true to his
clan—
Just look him over, the newspaper
man.

Sleep! there are times that he'll do
with a little,
Work till his nerves and his temper
are brittle;

Fire cannot daunt him, nor long hours
disturb him,
Gold cannot buy him and threats can-
not curb him;
Highbrow or lowbrow, your own
speech he'll hand you,
He'll go wherever another man can—
That's the way of the newspaper man.

Surgeon, if urgent the need be, you'll
find him,
Ready to help, nor will dizziness
blind him;
He'll give the ether and never once
falter.
Say the last rites like a priest at
the altar;

and bones from fish. Chop meat un-
til fine, and add lemon juice. Add the
beaten egg yolks to the white sauce,
and into this fold the fish and bread
crumbs. Beat egg whites until stiff
and fold carefully into the fish mix-
ture. Turn into buttered baking cups
and set in a pan that contains hot
water that comes within an inch of
the top of the cups. Bake for half
an hour in a moderate oven or until
a knife inserted in the center comes
out clear. Turn out on a hot platter,
garnish with sprigs of parsley and
wedges of lemon. Serve with any de-
sired fish sauce. A well seasoned
tomato sauce is particularly good.

Creamed Peas and Salmon
One can of peas
One pound can salmon
One tablespoon lemon juice
Two tablespoons butter
Three tablespoons flour
One pint milk
One half teaspoon salt
Pepper
Crisp toast

Drain the peas. Flake the salmon,
remove bones and skin. Add the lem-
on juice. Make a sauce with the but-
ter, flour and milk, add salt and pep-
per, and cook until thickened. Stir
in the peas and salmon, adding more
salt if needed, and when hot serve on
crisp pieces of toast.

Scalloped Salmon
Two cups canned salmon
Two tablespoons butter
Two tablespoons flour
One and one-half cups milk
Three-fourths teaspoon salt
One cup buttered bread crumbs
Break salmon into pieces, remove
bones. Prepare sauce of butter, flour
milk and salt. Place layer of sal-
mon in bottom of baking dish, add
some of sauce, then another layer of
salmon, etc. Cover top with buttered
bread crumbs. Bake in a moderate
oven until sauce bubbles up and the
crumbs are brown.

Gentle and kind with the weak and
the weary,
Which is proved now and then when
his keen eye grows teary;
Facing all things in life's curious
plan
That's the way of the newspaper man.
One night a week may he rest from
his labor,
One night at home to be father and
neighbor;
Just a few hours for his own bit of
leisure,
All the rest's gazing at other men's
pleasure,
All the rest's toiling, and yet he re-
joices,
All the world is, and that men do,
—he voices—
Who knows a calling more glorious
than
The day-by-day work of the news-
paper man?
—EDGAR GUEST.

Scenes and Persons in the Current News



1—Typical Chinese troops entrenched to resist the advance of the Japanese in Jehol province. 2—Representative L. W. Douglas of Arizona who was appointed director of the budget in the Roosevelt administration. 3—Mrs. Herbert Hoover christening the aircraft carrier Ranger at the Norfolk navy yard.

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OPHTHOMETRIST-OPTICIAN

Dr. J. A. BUTLER
DENTIST
HOME OFFICE, WASCO
In Moro the First Week
in Each Month

UPDEGRAFF & PEPPER
Attorneys At Law
Moro Oregon

When Your Shoes need
Repair, send them to
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204 Second St. THE DALLES