



This representation of what the world will offer the wheat farmer for his wheat shows clearly the relationship between supply and price. Since 1923, when the world supplies of wheat first became burdensome the price has been low for the most part. The pictures at the top of the chart show that when the supply is low, the world will pay a good price for wheat, but when supplies are too big, the world won't pay as much. As the supplies (shown by the black bars) have climbed, the price (represented by the shaded parts) has gone lower. The wheat administration seeks to bring the wheat supply of the United States into line with demand by reducing acreage, and thus to make the price nearer parity, that is, the point at which the return from a bushel of wheat will buy as much as it did in the pre-war period, 1909-1914. The 1933 crop year is far enough advanced to show definitely what prices will be.

HI-WAYS TO HEALTH

by ADA R. MAYNE
OREGON DAIRY COUNCIL

MEAT DISHES

The main dish of the meal is usually the most difficult for any housewife to plan. When in doubt as to what to serve for a family meal, a few slices of crisp, delicately browned bacon on each serving of quickly cooked cabbage, squash, or Swiss chard which have been creamed, makes a tempting combination.

Utilizing left over bits of sour cream in meat is a delectable discovery. A delicious glaze of brown crispiness on fried chicken or chops and roast meats will be achieved if sour cream is added when the meat is almost tender. Ham baked in sour cream mixed with one teaspoon of mustard with each cup of cream used is a most savory dish.

Some other substantial main dishes made with meat are:

- Meat Souffle**
Four tablespoons butter
Four tablespoons flour
One and one-half cups milk
One-half teaspoon salt
One and one-half cups chopped (not ground) cold meat
Three eggs
Dash nutmeg
Black pepper

Prepare a smooth white sauce of the butter, flour, milk, salt and pepper. Remove from fire and add the beaten egg yolks, stirring vigorously to keep the sauce smooth as velvet. Return to fire and cook two minutes longer. Add the finely chopped meat and set aside to cool. When the meat mixture has cooled, fold in carefully the stiffly beaten egg whites. Turn the mass into a buttered baking dish and bake slowly for 40 minutes. Serve as soon as removed from the oven with just a little nutmeg grated over the top.

Dutch Meat Balls
Grind One and a half pounds of

Dr. J. B. Horner Dies At Home

Corvallis—One of Oregon's most widely known historians, authors and educators, Dr. John B. Horner of Oregon State college, died suddenly at his home here Thursday, September 21. His death was caused by a heart attack of which there was no hint the night before.

Dr. Horner was aged 77 years, 42 years of his life having been spent on the staff of Oregon State college most of the time as head of the history department. He was an authority on Oregon history and author of a widely used text on the subject. Much of the historic and prehistoric lore of the state is the result of his research which he continued to the time of his death.

After retiring from active teaching a year ago, Dr. Horner devoted most of his time to reorganizing and moving the Oregon State college museum, built up largely through his efforts. Dr. Horner attended four of the northwest's pioneer educational institutions—Whitman college, Willamette university, Philomath college and the old Blue Mountain university. His wife, to whom he was married 52 years, and two daughters survive.

round steak and one pound of lean pork, and one cup of crisp bread crumbs. Add two eggs, one cup milk. Salt and pepper to taste. Form into balls the size of a walnut and brown in butter. Add two cups of thin sour cream and let simmer for 45 minutes. Add a little more milk or cream as it cooks away. There should be enough left to thicken for gravy. Add one can of mushrooms browned in butter and enough flour and water to thicken. Pour the sauce over the meat and serve.

Baked Lamb Outlets in milk
Two lbs lamb shoulder steaks
One teaspoon salt
One-half teaspoon white pepper
One egg
One cup toasted bread crumbs
Four tsp oil or drippings
One and one-half tablespoons flour
Two cups milk
One tablespoon cold water

Cut meat into one half inch thick service pieces; season with salt and pepper. Beat egg and water together. Dip lamb in egg, roll in crumbs and let stand five minutes, then roll in crumbs again. Place oil or drippings in frying pan and when hot but not smoking, brown meat on sides; then put in a casserole or baking dish. To remaining fat in pan

stir flour; cook 2 minutes, or until bubbly; add milk. Stir until boiling point is reached; pour over meat and bake in slow oven (300 degrees) 45 minutes; then remove cover and bake 20 minutes longer.

RUFUS SCHOOL NOTES

The Sophomores are planning the Freshmen initiation for Friday. Twelve Freshmen are to be initiated and they will appear in "kid" clothing for school Friday. The formal initiation is to be Friday night in the gym. A student party is to follow.

The Girl Scouts plan to have their first meeting Wednesday to make plans for the year. Miss Duval will act as their leader.

The Rufus student body held its first meeting Friday to elect officers and discuss plan for the year. The following officers were elected: Barbara Norwood, President; Donald



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Within the next month or two the allotments of the members of the Sherman county wheat control association will be published in this paper. Everybody will want to see them. Everybody will want to keep them for a permanent reference.

This is only one of the items of useful information about the county that will appear in the Sherman County Journal within the year.

The only way to be completely and adequately informed about the county in which you live is to become a regular subscriber to the Sherman County Journal.

Macnab, Vice-President; Margaret Macnab, Secretary; Inez Thompson, Treasurer; Ida Coats, News Reporter

The first fire drill of the year was held Tuesday. The building was cleared in forty seconds. The organization of fire patrol will facilitate the drill immensely.

Miss Johnson is organizing the work in music, combining the girls of the upper grades and the high school. It is her intention to develop a glee club, after some preliminary work.

Wasco

Ormand Hilderbrand, Tracey Fields and Art Smith are deer hunting near Monument.

The Tillicum bridge club had their business meeting last Thursday at Mrs. Hulls and elected Mrs. Manning president for the year, Mrs. Funk vice president and Mrs. Fern Wilde secretary.

Mr. and Mrs. Wade Hull of Portland spent the week end with Mrs. Hull's parents and took their first home after a visit with his grand parents.

Mrs. Frank Morrow is visiting with relatives in Portland and Salem.

Earl Jones of Portland spent Sunday in Wasco.

Mr. and Mrs. Orville Burreas, Alex McIntyre and Mrs. Hugh Walken will spend several days in Weston visiting relatives. Mr. and Mrs. uBress and Mr. McIntyre will also attend the Pendleton Round-Up.

Word was received Wednesday of the death of Mrs. Luella Lamborn at the Odd Fellow Rebekah Home in Portland.

Mr. and Mrs. Roy Atwood, Dr. and Mrs. Butler and Mrs. Halley were visitors in The Dalles Sunday.

Mrs. F. S. Lamborn and Mr. and Mrs. Bernis Guy shopped in The Dalles last Wednesday.

Merritt Tuel and Gus Peterson were fishing Saturday in the Des-

chutes near Rattle snake grade and report a fair catch.

Mrs. Howard Hines spent several days at Seaside last week visiting relatives.

Mrs. Charles Dean of Portland spent the last two weeks with Mrs. Chas. Johnson.

Mr. and Mrs. Sam Brock spent last week in Hood River and Coos, Wn.

Mrs. Kate Johnson returned from Portland last Sunday where she had spent the summer at the Lynn Michael home.

Mr. and Mrs. E. K. Barnes of Monmouth visited Mr. and Mrs. Walter Wagner last week.

The Elondike Community Club met with Mrs. S. P. Boice last Thursday.

Mrs. A. S. Porter returned Friday from Rickreall where he visited her daughter.

Mrs. Wm. Reed is in Yakima for a short time.

Mr. and Mrs. Eugene McMillan of Portland were guests at the Everett Watkins home last week end.

Mrs. Clara Dear of Portland was a guest at the Atwood home last week end.

Mrs. M. E. Phillips of Portland is a guest at the home of her daughter Mrs. Kenneth Woods.

Mabel Thomas is visiting relatives at Klickitat this week.

The committee of the Wasco Study Club will have a quilt exhibition at the Library Festival. Any one raring to exhibit their quilt please call Mrs. Bruce Grady. A prize will be given for the oldest quilt exhibited. Everyone is asked to help put this over.

Pat O'Meara, E. O. Scott, Lee Dehler, James O'Meara and Judge Hendricks of Fossil are hunting in the Blue mountains this week.

Mrs. Margaret McKee and Rosemary Walker were in The Dalles a short time Friday evening.

Paulen Kaseberg left Friday for Eugene where he will again attend the University of Oregon.

Mrs. Arthur Sargent and Mary Jeanette shopped in The Dalles Friday.

Frank Fulton of Portland is at Wasco looking after his business interests.

Miss Fannie Weaver of Tigard was visiting friends in Wasco Sunday.

Bill Nesbit and Gus Peterson fished at Shearers bridge Sunday.

Mr. and Mrs. L. E. Kaseberg spent the week end in Portland with relatives.

Mr. and Mrs. Harry Sawin are in Spokane for a short time.

Mr. and Mrs. Everett Watkins and Hazel Marie spent last Monday in Hood River.

Mr. and Mrs. Bernis Guy were visitors in The Dalles Sunday.

G. T. Andrews who was confined to his home last week with a severe cold is able to be about again.

Mr. and Mrs. Vivian Rust of Quinton were in Wasco visiting Sunday.

Mrs. Ormand Hilderbrand and Mrs. Paul McCulloch and Doris were shopping in The Dalles Tuesday.

Mrs. Estrella Halley spent several days in Portland on business last week.

Mrs. W. H. Burreas and Rita spent several days at Albany last week visiting relatives.

Mrs. John Sampson of Portland is visiting in Wasco.

A number of friends and neighbors went to the Schwendel home Saturday night to charivari Mr. and Mrs. Merle Miller who were married the first of last week. Cards were the diversion of the evening.

The W. C. T. U. met last Wednesday at the home of Mrs. Walter Warner.

The Tuesday Study Club held their first meeting of the autumn at the home of Mrs. Ida Andrews.

The Wasco Woman's Study Club met Friday at the home of Mrs. Roy Atwood.

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Mr. and Mrs. Vic Smith have moved back to their old home near Wasco.

Mr. and Mrs. H. & White spent last week end at Heston with Mrs. White's mother.

Mr. and Mrs. H. E. Hart shopped in The Dalles Monday.

Miss Frances Lynch of Portland was a guest at the C. N. Johnson home last week.

Harry Clatterbos of The Dalles First National Bank was in Wasco transacting business Monday.

Bert Watkins and son Chester were in The Dalles Tuesday.

Mrs. Gus Walcott of Yuma, Arizona, is visiting at the home of her mother Mrs. Chas. Everett.

The Mary Elizabeth class of the ME church had their first party Wednesday at the home of Olive Robison.

Mrs. L. P. Haven spent last week at Hood River with her parents.

Mr. and Mrs. Bernis Guy spent a few hours in The Dalles Sunday and visited with William Lamborn at the Dalles hospital.

The Altruistic Club of the Pythian Sisters met last Thursday with Mrs. R. H. McKean. The afternoon was spent sewing on a quilt. Mrs. Akers and Mrs. Marion McKee were out of town guests.

James Howell of Portland is visiting at Wasco this week.

Mrs. Clara Hall and son of Camas, Wn. were guests at the Chas. Everett home last Sunday.

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