

OREGON STATE NEWS ITEMS OF INTEREST

Brief Resume of Happenings of the Week Collected for Our Readers

Bend—A 10 per cent increase in salaries has been granted employees of the city of Bend by the city commission.

Mt. Angel—The Rev. Marcus Snyder of Mt. Angel has celebrated his golden jubilee as a priest. Father Marcus is a pioneer priest of Oregon, coming to Oregon in 1882.

Roseburg—The city of Roseburg spent \$5678 less than the amount budgeted for 1933, but its warrant indebtedness was increased \$2232, according to the report of the city recorder.

Klamath Falls—Shipment of the Klamath county Netted Gold potato crop of 1933 has been accelerated since the first of the year. Near 1300 cars of the 3000-car crop have gone to market.

Oakridge—By a vote of 102 to 12, the town of Oakridge has voted to incorporate. It will now be in a position to negotiate a federal loan for a water system, which will cost approximately \$20,000.

Medford—The Crater Lake highway has been cleared for 5 1/2 miles east of Union creek. Two-way traffic is now possible where at this time last year the highway was covered with 12 feet of snow.

Marshfield—Bids for dredging 340,000 cubic yards of debris from the Coos Bay channel will be opened February 30. All but 100,000 yards of the debris will be poured on the site of the Coos Bay airport at East-side.

Bend—Miss Catherine Anne Pridmore of Portland has been chosen by the Bend school board to take the place of Miss Marion Foley, city school nurse, who leaves February 15 to take a position at Duluth, Minn.

Astoria—Until the constitutionality of the law passed by the last legislature to authorize issuance of warrants by port districts to meet port obligations is settled by the supreme court, the Port of Astoria will not issue any warrants.

Medford—The city of Medford during 1933 made a saving of \$11,222 in its budget. Of this amount \$7422 was saved in expenditures, and to this was added an unanticipated increase of receipts from beer licenses and other sources.

Salem—According to the report of S. H. Baldock, state highway engineer, the department maintained 4214 miles of state highways in 1933 for less money than was required to maintain 2574 miles in 1925. The per-mile cost was reduced from \$794 to \$399.

Eugene—A suit to remove the Miner building at Eugene from the tax rolls has been filed by the Security Savings & Trust company, trustee for the state. The building was recently given to the state for the benefit of instructional and educational research through the University of Oregon.

CWA Fund is Increased
Salem — CWA educational funds will be increased from \$5000 to \$14,000 a month in Oregon during February and March. O. D. Adams, director of vocational education, has been informed.

Plant to Expend \$50,000
The Dalles—Expenditure of \$50,000 in enlargement of the wood processing plant operated here by the Forest Products company, a subsidiary of the Union Pacific system, is announced by railroad company officials. The improvement will consist of enlargement of the pre-framing yard, installation of a new crane, and other additions.

Carlton Mill to Reopen
Carlton — Full-time operation of the Carlton Manufacturing company sawmill will start again Tuesday after being shut down more than a month. It was announced here today. S. L. Smith has purchased the interest of Carl Kilgus in the plant, it was said. Reopening the sawmill will affect more than 40 men in the mill and about 20 in logging camps.

Silverton Grain "Heads"
Silverton—"Almost threshing season," a farmer near Silverton remarked recently when he noticed some barley headed out in his field. The barley was about 18 inches tall. Among the flowers blooming in Silverton gardens are iris, primroses, coral bells, roses, chrysanthemums, stocks, spirea, early narcissus, marigolds, jasmine, larkspurs and Christmas roses.

Rodents Routed by High Water
Dallas—The extreme high water this winter was put to good account by many Polk county farmers who took advantage of this opportunity to rid their alfalfa fields of gophers. An example of the effectiveness of such a campaign was that on the Bayard Findley farm, where two men killed 149 gophers, three moles and two squirrels in about two hours.

HI-WAYS TO HEALTH by ADA R. MAYNE OREGON DAIRY COUNCIL

For Valentine's Day

Whether it be a party or just a surprise for the family on Valentine's Day, the occasion calls for something special to be served, especially in the way of a dessert. What could be more appropriate than the serving of ice cream in some form? Every one enjoys ice cream and there are many attractive ways to serve it. The possibilities for ice cream sundaes are as many as the variety of sauces that can be made.

What a pleasant coincidence too, that ice cream, as well as being a favorite dessert with everyone, is also a nutritious food. Composed principally of milk constituents, ice cream is really milk in a most delicious form. This means that ice cream is a good source of the muscle building material, protein, and especially of the bone and tooth building minerals, calcium and phosphorus. Because of the high value of the ice cream, it should have a prominent place in well balanced meal planning. Ice cream is an economical food, too, since it contributes so much to the diet and is always available, convenient and easy to serve.

Along with ice cream if served plain, a red chocolate cake will be in keeping for the Valentine surprise. It is made as follows:

Red Chocolate Cake
One-fourth pound chocolate
One cup brown sugar
One half cup milk
One egg yolk, well beaten
One teaspoon baking soda
Three fourths cup butter
One cup sugar
Three eggs
Three cups cake flour
One half teaspoon salt
One and one-half tsp baking powder
One half tsp cinnamon
One cup thick sour milk
One teaspoon vanilla

Melt the chocolate in a double boiler. Add the brown sugar, milk and egg yolk and cook until thick. Cream the butter, add sugar, then eggs and beat well. Sift flour, measure, then add salt, baking powder and cinnamon. Resift. Add to sugar-butter mixture alternately with the sour milk. Stir in vanilla. Add soda to the chocolate mixture and add to the

cake batter. Pour into well buttered layer tins. Bake in a slow moderate oven (325) about an hour. Frost with a boiled icing. May be sprinkled with tiny chocolate hearts.

For a delicious sauce for the ice cream sundaes:

Chop Suey Ice Cream Sauce
One pint maple syrup
One half cup cream
Two third cup butter
One third cup each chopped figs, dates and pecans
Put maple syrup, cream, and butter into a sauce pan and boil to 230 F. Remove from fire, cool and add chopped fruit and nuts. Serve over vanilla ice cream.

Arteries Important To Health

The truth of the saying that a man is as old as his arteries is demonstrated daily in the newspapers by items recording sudden illness or death of some prominent man. The cause is variously stated as a stroke, apoplexy, cerebral hemorrhage, coronary obstruction or some other term but all indicating that an artery gave way, that a blood clot formed and that paralysis or death resulted. This frequently occurs in middle aged men at a time of life when they are of most service. In a vast majority of instances such deaths are needless if persons of middle age will only observe a few simple rules. None of us can hope to avoid a certain amount of hardening of the arteries as we grow older, for they are part

of the aging process. If we are wise we will begin our training early. First, we must be sure that no focus of infection is allowed to exist unrecognized in any part of the body. Little foci of infection must be systematically searched for, discovered and removed. The freedom of our bodies from the insidious nests of dangerous bacteria is a condition worth striving for. The teeth, tonsils, and sinuses are frequent sources of infection. The experienced physician can detect the condition by a routine examination.

In a normal body, however, exercise and sleep are necessary to maintain healthy arteries. Regular exercise taken in the fresh air is essential to health. But it is just as essential that physical exercise should be taken in moderation and with great regularity. Occasional bursts of intensive athletics between periods of muscular inactivity will not serve. Exercise is harmful after forty when it throws too much strain on the heart. Sleep should be sound and refreshing. The bed should not be too soft or the covering too heavy. The night dress should be light and should be worn without undergarments. An abundance of fresh air is essential. Most of all the cares and anxieties of the day should be shed by the mind at night just as thoroughly as the clothing is removed from the body.

After adequate attention to work, rest, recreation and mental tranquility, the most important measure to prevent hardening of the arteries is a suitable diet. The quantity of the food eaten is far more important than the quality though both should be considered. Even an ordinary sensible meal causes a temporary rise of blood pressure which is a normal reaction and not injurious. Large meals, however, may be particularly harmful, as they prolong digestion and cause strain on the circulatory system. If such strain is repeated day after day it is inevitable that sooner or later permanent harm will be done to the heart and blood vessels.

The majority of people eat too much. Each person should make sure that his diet is well balanced, and that the rations contain a proper proportion of proteins (meat, fish or eggs) carbohydrates, cereals, fats, vitamins (fresh fruit, leafy green vegetables, milk) and water. If your weight is much above or below normal you should consult your physician and modify your diet and habits so that your weight will approach your normal.

Members of the Thursday bridge club at their home Thursday night. There were four tables of bridge and Mr. and Mrs. Art Barbee made high scores for the club. Mr. and Mrs. Hilderbrand were presented a gift from the club the occasion being their wedding anniversary.

Mr. and Mrs. John Royce and Mr. and Mrs. F. S. Lamborn were business visitors in The Dalles Thursday.

Dick Rice, manager of the Farmers National Warehouse Corporation was in Wasco last Friday.

Mr. and Mrs. Everett Watkins and Mr. and Mrs. Kaseberg shopped in The Dalles last Wednesday.

Mr. and Mrs. Hugh White entertained the Saturday night dinner club and guests at their home where four tables of bridge was played following the dinner. High scores were made by Mrs. Herbert Root and Albert Kaseberg. Guests included Mr. and Mrs. Albert Kaseberg, Mr. and Mrs. Fred Fortner and Mrs. E. B. Halley.

The American Legion Auxiliary met Wednesday at the home of Mrs. Fred Fortner.

Harry Van Gilder spent the week end in Portland.

Mrs. J. T. Johnson entertained the Webfoot Social Club and guests at her home last Friday.

The Tuesday afternoon study club met at the home of Mrs. Augusta Huckin. A paper on "February Heroes" was given by Mrs. Ed Dutton, and Mrs. Leo Watkins sang and Mrs. Bob Evans gave a reading. The hostess served dainty refreshments at the close of the afternoon.

The members of the P N G club had a dinner at the home of Mr. and Mrs. W. A. Spencer Tuesday night with Mrs. Flora Wright as assistant hostess, and after dinner seven tables of guests played 500. Mrs. Mae Yocum and Tracy Fields held high scores at the close of the evening and Mrs. Sara Garland and Leo Watkins held the low scores.

Quite a number of Eastern Star members of Anna Fulton Chapter motored to The Dalles Tuesday night and attended the chapter meeting at that place.

Mr. and Mrs. Guy Andrews spent several days in Albany last week.

Mr. and Mrs. John Royce and Lloyd and Frank Brown spent last Sunday at Dufur.

Mr. and Mrs. Frank Bowman of Goldendale spent Monday and Tuesday at the Guy home.

Mr. and Mrs. W. H. Burrows were called to Corvallis Wednesday due to the serious illness of Mrs. Burrows' mother.

Mrs. Wayland Weld is visiting her mother at Grass Valley.

iting relatives.

Miss Christine Huckin is home from Walla Walla visiting her mother for several days.

Mr. and Mrs. Hugh Walker were shopping in The Dalles Saturday.

Harland Johnson was a visitor in Portland last week end.

Mr. and Mrs. Hugh White visited at Hermiston the first of the week.

Mrs. Geo. Potter and Mrs. Glen King entertained Tuesday with a luncheon followed by bridge. Mrs. Fred Hennagin made high score and Mrs. Smith of Condon second. Mrs. L. J. Lucas and Mrs. Smith of Condon and Mrs. Guy Weedman of Redmond were out of town guests.

Mrs. A. S. Porter was a dinner guest last Tuesday of Mrs. E. Siscol.

Mrs. C. S. Barbur and son and Mrs. Gordon Brown all of Portland were guests at the Tate home last week.

Mrs. G. A. Blatches of Weston is visiting with her sister Mrs. Van Landingham.

The Klondike Community club met last Thursday at the home of Mrs. A. B. Potter.

Mrs. Dan McDermid was in The Dalles Tuesday shopping.

The Wasco Study Club met Friday at the home of Mrs. Harry Van Gilder.

A committee met Monday at the school house to complete plans for a Father and Son dinner to be given February 14. This is to be a benefit for the local Boy Scouts.

Wiley Benfield and son of Redmond was in Wasco last Tuesday and Wednesday.

A number of the younger set met at the home of Mr. and Mrs. Bob McDonalds last Tuesday night the occasion being Mrs. McDonald's birthday. Cards was the diversion of the evening and high scores were made by Norma Feldman and Otis Royce.

The Ladies Aid of the M. E. church will give a benefit tea at the home of Mrs. W. H. Lee, on February 21. Every one invited to attend.

The Bible class of the Christian church had their class party last Saturday at the home of Mrs. Kate Johnson with Mrs. Pat O'Meara as assistant hostess. A program was given and at the close of the afternoon refreshments were served by Mesdames Manning, Andrews and O'Meara.

Margaret McKee spent last week end in Portland with relatives.

Mr. and Mrs. Bert Wattenberg of Stevenson, Wn., were in Wasco one day last week visiting friends.

The Tillamook bridge club had a pot luck dinner at the home of Mrs. W. H. Lee last Wednesday. After dinner bridge was the diversion and Mr. and

Mrs. Art Smith made high score.

The funeral services for Mrs. Brock was held Sunday afternoon from the Christian church with Rev. Warner officiating. Mrs. Brock died last Thursday in Salem. Interment was in the Wasco cemetery.

Last Sunday the M. E. Sunday school presented Mrs. Jennie Porter with a birthday cake to celebrate her seventy eighth birthday. She also received a gift from the church board. The Mary Elizabeth class of which she was a member, had a short program in her honor.

Mrs. W. H. Burrows spent several days last week in Salem, Portland and Albany with relatives.

I wish to express my sincere thanks to the friends who aided by their kindness during the recent bereavement of my family. Also for the beautiful floral offerings.

John E. McClure.

Notice of Final Settlement

Notice is hereby given that the undersigned has filed her final report and account of her administration of the estate of Alice M. O'Leary, deceased, with the Clerk of the County Court of Sherman County, Oregon, and that by order of the Judge of said Court, Saturday, the 17th day of February, 1934, at the hour of ten o'clock a. m., has been fixed as the time, and the County Courtroom, in the Courthouse, in the City of Moro, Oregon, as the place, for the hearing of said final report and account, and objections thereto, if any there be, and the settlement and closing of said estate.

Dated this 19th day of January, 1934
Edythe G. Hickey, formerly Edythe G. O'Leary, Administratrix of said estate.

Updegraff & Pepper,
Attorneys for Administratrix.

Last Publication February 9, 1934.

IN THE DISTRICT COURT OF THE UNITED STATES FOR THE DISTRICT OF OREGON

In the Matter of John E. McClure, Bankrupt. No. B 18763 In Bankruptcy.

TO THE CREDITORS OF—
JOHN E. MCCLURE

You are hereby notified that on the 22nd day of Jan., 1934, John E. McClure, of Wasco, was duly adjudged a bankrupt, and that the first meeting of his creditors will be held in the office of G. C. Morgan, Referee in Bankruptcy, in Bend Ore., on the 10th day of Feb., 1934, at 10 o'clock in the forenoon, at which time and place the creditors may attend, prove their claims, examine the bankrupt, appoint a trustee and transact such other business as may properly come before said meeting.

Dated at Bend, Oregon, this 24th day of January, 1934.
G. C. Morgan,
Referee in Bankruptcy

Wasco

Mr. and Mrs. Joe Hilderbrand en-

Mrs. Wayland Weld is visiting her mother at Grass Valley.



R. H. McKean

Mrs. B. E. Hailey, Asst. Mgr.

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Oregon

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Patent Flour

Bran \$15.00

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Shorts \$17.00

SALT-half ground \$16.50

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WASCO, OREGON

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28			

Information About the County, Schools,
Roads and Crops.
News About the People You Know

SHERMAN COUNTY JOURNAL