

Living "Buddha" Prays for Dead Dalai Lama



Photograph shows Panchen Lama (Living Buddha), the Cultural Commissioner for the Western Border of China, during his forty-nine days of uninterrupted prayer for the departed spirit of Dalai Lama, the Tibetan ruler, who died at Lhasa in December. The Panchen Lama, who was expelled from Tibet by the Dalai Lama in 1924, is in Nanking planning to regain his lost authority.

repeated annually. Accordingly a state that wishes to keep its high standing must literally keep up to the mark.

Asked whose duty it was to notify the health officer of the occurrence of a communicable disease, Dr. Frederick D. Stricker, the state health officer of Oregon, said: "If a physician is in attendance he is expected to report the case. Superintendents of institutions and householders are also held responsible for reporting such diseases, and teachers are asked to notify health officers when suspected cases of communicable diseases come under their observation in the schools."

More and more, the prevention of disease has become a cooperative arrangement. Disease knows no boundaries. In these days of easy travel by land, sea and air diseases spread very quickly. In order that the people under their care may be adequately safeguarded, it is necessary that health officers be notified and promptly, where there is sickness from diseases that spread from individual to individual or in other ways.

When the custom of reporting such diseases was started a quarter of a century ago, there were not more than ten or fifteen diseases in the notifiable list. Now there are over fifty, including influenza, pneumonia, typhoid, tuberculosis, and the so-called children's diseases—measles, diphtheria, scarlet fever and whooping cough. The other less prevalent diseases such as septic sore throat, epidemic jaundice, diarrhea, dysentery, undulant fever and rabbit fever (tularemia) are among the more recent additions to the list.

During 1933 there were 13,905 cases of communicable diseases reported to the Oregon State Board of Health of which 10,715 occurred in the various counties, and the remainder in Portland. In the total there were 3,415 cases of influenza, 1,268 of pneumonia, 2,216 of measles, 1,190 of scarlet fever, 5,78 of whooping cough, 111 of diphtheria and 645 of tuberculosis. The rest were distributed among the less prevalent diseases, including typhoid fever, erysipelas, meningitis, septic sore throat, Rocky Mountain Spotted Fever, epidemic jaundice and others.

The responsibility for reporting communicable diseases does not lie with the physician and the school authorities alone, but is just as much the responsibility of parents and householders to notify the nearest health officers of each actual or suspected case of a catching disease that comes under their observation.

The health department is a department of public safety, much like the fire department. Immediate reporting of a catching dis-

case is asked for in order that activities may be gotten under way that will first safeguard the person that is ill, and second, that will prevent the disease from spreading to the rest of the community. All well trained health officers realize this and are constantly advising people to consult their own physician for examination and immunization.

Read the ads in the Journal

Wasco

The Contract Club met last Wednesday with Mrs. Ed McKee for 1:30 dessert luncheon followed by bridge. Mrs. Frank Morrow made high score for the afternoon.

Bill Nesbit went to The Dalles Thursday on business.

The Wasco public school held their annual eighth grade promotion exercises last Wednesday night. Catherine Fridley was valedictorian and John Proudfoot salutatorian. The diplomas were presented by Mr. McCulloch.

Mr. and Mrs. Proudfoot of Yakima were guests at the Harry Proudfoot home over the week end.

Mrs. Bill Reid is spending several days at Wasco. Mrs. Reid is employed in Yakima.

Mr. and Mrs. Jack Chapman of The Dalles visited last Sunday at the Vintier Watkins home.

Mrs. Dave Reid and family of The Dalles visited last week end with Mrs. Fuller.

Mr. and Mrs. Hicks spent several days in Portland last week.

Mr. and Mrs. Walter Wernmark of The Dalles visited at the Ed McKee home last Sunday.

Miss Rita Burress returned from Turner last week where she has been teaching school for the past year.

Mrs. J. A. Smith, Mrs. Darby, Lorraine and Wayne spent last Sunday at Culver. Wayne will teach school there this year.

Mr. and Mrs. Louis Scholl went to Portland Wednesday for a short stay.

Mrs. Mary Wagner of Portland is visiting at the Geo. Wilde home.

Mrs. Ernest Ferrell of The Dalles visited at the Funk home this last week.

Mr. and Mrs. Francis Brown and Eleanor left for Spokane last Saturday where they will remain for a time.

Mr. and Mrs. Enoch Dumas were guests last week end at the Warner home. Mr. Dumas taught the past year at Vernonia.

Mr. and Mrs. Bruce Grady and Naomi spent Memorial day at Goldendale with Mr. Grady's mother and sister.

L. P. Haven has just completed a basement under his house.

L. J. Lucas and family of Condon were week end visitors in Wasco at the George Potter home.

Pardee Rich and son are visiting in Wasco.

Mr. and Mrs. Fred Blau were guests at the Proudfoot home Saturday.

Mr. and Mrs. Dodd Miller and Mrs. Weld of Springfield, Mrs. Lois Loomis and Mrs. Bartha Hailey of Forest Grove, Mr. and Mrs. Frank Bowman and family, Mr. and Mrs. Cecil Ward, and Maynard Guy of Goldendale and Mr. and Mrs. Chas. Sawyer and son of Redmond were visitors in Wasco over the week end and attended the graduation exercises at the high school on Friday night.

Mr. and Mrs. Pearl Everett and son of Klamath Falls are guests at the H. E. Everett home and other relatives at Wasco.

Mr. and Mrs. Tilber Barnett of Portland visited here last week with friends and relatives.

Dr. and Mrs. Butler spent several days in Portland last week.

Mrs. D. S. Young of Dufur was a guest at the John Royce home last week.

The Geo. Lamborn, F. S. Lamborn, John Royces and Bob Mc-

Phersons had a picnic dinner at the Royces Sunday.

Mrs. John Royce invited in a few friends to visit with Mrs. D. S. Young last Friday afternoon.

Mr. and Mrs. Walter Gerlack of Spokane visited in Wasco several days this week. They are enroute to Ohio.

The Pythian Sisters are having an entertainment at the lodge hall on June 14. Everyone invited to attend this meeting.

Mrs. Eaton is in Spokane for the present.

Mr. and Mrs. Steve McMillan visited at Portland and Tacoma last week.

Mrs. L. P. Haven will go to McMinnville this week to attend the graduation exercises at Linfield, where her sister Esther is a graduate.

Harry Sawin was called to Los Angeles last week due to the illness of his sister.

Mr. and Mrs. Art Barzee went to Portland Tuesday. They will also visit at Turner. John Royce accompanied them as far as Portland.

Mr. and Mrs. Lisa McMillan of Stevenson visited in Wasco the last of the week and attended the graduation exercises Friday night.

Mrs. Ross Hilderbrand entertained last Thursday at bridge. Mrs. Ormand Hilderbrand made high score.

Mr. and Mrs. Hugh Walker, Mr. and Mrs. Albert Kaseberg and Janet and Mr. and Mrs. Hugh White were dinner guests Sunday at the Grady home.

Lamb Culling Urged For Sheep Raisers

Spring is a good time to look over the ewe flock for culling, even if the actual culling is left for fall as is usually the case, says O. M. Nelson, sheep specialist at the Oregon experiment station. The five chief factors to cull for are age and thriftiness, wool production, mutton type, breeding properties and udder troubles.

Barren ewes had best be disposed of as soon as detected, Nelson believes. A good ewe may miss one season, but all ewes missing two seasons had best be sent to the butcher. Under normal conditions the percentage of dry ewes should not exceed 6 per cent.

"Too often the dry ewes are lost sight of soon after lambing, then by fall they are retained in the breeding flock because they are fat and look like they have good mutton form," he says.

"Old ewes that have produced five or six lambs are no longer in their prime and may well be replaced with younger ones. Unthrifty ewes had best be disposed of regardless of age. Those with constitutional defects or affected with parasites are usually unthrifty and unsuitable for production of either lambs or wool.

"Good breeding sheep will shear fleeces which will at least be average for their type. A pair of scales at shearing time is the surest way to detect the light shearing ewes. This method requires some time and effort, but field demonstrations made by the college have shown that the flock average may be raised as much as one and one-half pounds per head in only two or three years time," Nelson continued.

Mutton type is another important basis for culling, especially with sheep of the medium or long wool types. Ewes of the early maturing type will tend to produce lambs that will fatten before dry weather begins. Large, roomy, low-set ewes having a good constitution and a large middle are the ones to keep. Long, narrow ewes which are high off the ground and which have small middles are the kind to get rid of, he concludes.

Farm Record Keeping Necessary To New Deal

One of the valuable by-products of the programs of the Agricultural Adjustment administration has been the impetus given farm record keeping. The two million farmers who have signed contracts with the federal government to limit production or who have applied for government loans are now keenly aware of the value of having accurate accounts of past transactions.

To meet this new demand the AAA has made available free of cost a farm account book for every contract signer, these to be distributed through the various county production control associations. To make sure that these books are not merely handed out and forgotten, G. W. Kuhlman, a member of the farm management staff at O. S. C., has been assigned by the extension service to work with the control associations for the distribution and introduction of these new record books.

"Account books are of vital importance to every farmer not only as an aid in filling out contracts and providing compliance, but also in providing a basis for individual farm analysis and future planning," says Mr. Kuhlman. Recent developments in individual states and also in federal circles point to an agriculture found-

ed on a logical plan rather than on a haphazard procedure. Farm records, through providing the information as to yields of crops, income from individual enterprises and farm organization, should aid materially in the development of these plans.

Mr. Kuhlman points out that the book being distributed by the government are not complete account books, but that they will serve as a beginning by affording a basis for estimating the probable farm income and planning the family finances.

Before these were issued Kuhlman had completed a revision of the Oregon Extension service farm account book which is far more complete and which will be available at cost (25¢) for those who desire to begin with a more inclusive set of records. Complete farm records include yearly inventories of all farm property, records of live stock and crop reduction, farm receipts, farm expenses, summary and analysis.

"An average of five minutes a day will keep such records up-to-date," says Mr. Kuhlman. "The inventories will require several additional hours at the beginning and the end of the year. A simple sum-

mary and analysis can be made in a few hours at the end of the year. Estimates of feed and labor for each enterprise will require part of an hour each month when such data are recorded."

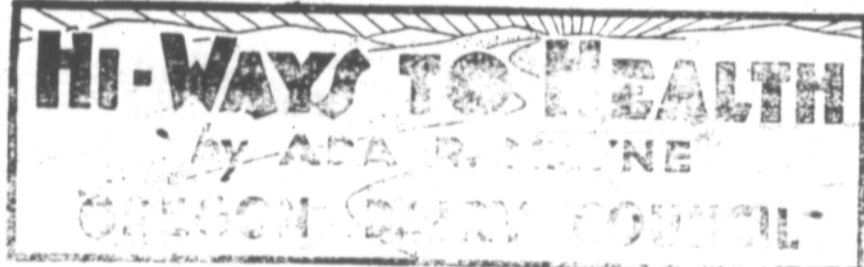
As to when to start an account book, Kuhlman says January 1 is the best time, but that today is better than tomorrow or next January 1, as the important thing is to get started and benefit by the experience from now on until the beginning of the new year.

For three weeks he had borne all the horrors of the annual house cleaning without a murmur. Then his patience gave way.

"And you!" sobbed his wife; "you used to say I was your queen."

"Yes," he responded, with a wild glare in his eye, "but when a man finds that his queen has used his tobacco jar for pale oak varnish and his meerscham pipe for a tack hammer he begins to grasp the advantages of a Republic."

Husband—Be careful or some day I'll leave you.
Wife—How much, darling.



BUTTERMILK AS A FOOD

It is interesting to note that a very large portion of the earth's people drink their milk in sour form. Many centuries ago the Arabs found that by souring their milk as rapidly as possible after milking it could be preserved in an edible form for a much longer time than if efforts were made to keep it sweet, so today we find the Arabs culturing their milk with a starter of sour milk immediately after it is drawn from the animal which produced it.

Most of us recognize buttermilk as a delicious and refreshing beverage but its unusual food value is often overlooked. When cream is churned, the greater part of the butterfat is removed, leaving the buttermilk which contains approximately the same proportion of milk solids not fat as does fresh milk. This same is true of the cultured buttermilk made from skim milk.

This means then that buttermilk contains all the proteins, minerals, which are normally present in milk, all the milk sugar, with exception of a small quantity which has been converted into lactic acid, and all the vitamins with the exception of Vitamin A, contained in the butterfat. These are all the body building elements of milk and are essential in all diets. In addition buttermilk has the advantage of its lactic acid content, recognized as valuable addition to the diet of those suffering from digestive trouble.

Buttermilk is the ideal hot weather food. Practically free from fat, high in essential body building elements, with a cool, refreshing and tart flavor which makes it a desirable drink for hot weather.

Buttermilk is equally valuable in food preparation. It can be used in baking wherever sour milk is called for. Griddle cakes, waffles, gingerbreads made from buttermilk are all more or less well known and now here is something different and delicious too in the way of cream pies. This recipe for buttermilk pie was given to me by a chef, famous for his unusual dishes.

Buttermilk Pie
Two cups buttermilk

Two tablespoons butter
grated rind of 1 lemon
Four eggs
Three-fourths cup sugar
One-half teaspoon salt
One-half teaspoon mace
Two tablespoons cornstarch
Heat the buttermilk, lemon rind and butter in a double boiler. Beat the egg yolks slightly, add sugar, cornstarch and seasoning, which have been mixed together. Add egg mixture slowly to the milk and cook together in boiler for 8 minutes. Beat up whites of eggs using about one-fourth of them to fold lightly in the cooked mixture, just before pouring it into a baked pie shell. Use the rest of the whites for a meringue topping and brown.

Oregon Has Good Health Record

Oregon is one of the twenty-five states that has been placed on an honor roll of those states that have passed certain requirements with regard to the accuracy and completeness with which sickness from communicable disease is reported. These tests are made by the U. S. Public Health Service and those sections covered by the states officially known as the U. S. Reporting Area for sickness, or Morbidity, to use the technical term. Five widely prevalent diseases were used as "yardsticks" to measure the completeness with which sickness from all kinds of communicable disease is reported—typhoid fever, diphtheria, scarlet fever, measles and whooping cough. The test is

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At a recent tractor demonstration held on the hills and in the canyons on the J. C. Ward Ranch near Boyd, Oregon, "Caterpillar" stamina, power, maneuverability, and positive traction again easily proved their superiority, beating all comers in a competitive challenge to Diesel supremacy. Mr. Ward bought a "Caterpillar" "50" as a result.

Caterpillar Quality Proved by Results
The J. C. Ward ranch is a typical testing ground, but to the "Caterpillar" "50" it was just another opportunity to show its superior power, stamina, and ease of handling. Trotting over the rolling hills and through canyons at high speed with heavy drawbar loads, hour after hour, the "Caterpillar" Diesel "50" proved its huge work-handling capacity as well as its economy.
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