

News from the Wasco Community

Lost Brown Leather zipper purse. Reward offered. Return to Mrs. E. G. Richards, Sherman Hotel, Wasco.

A joint installation was held here Thursday night in Fraternity Hall by Aurora Lodge No. 54, Pythian Sisters. The following officers were seated: Dean Barnett, chancellor; Joe Hilderbrand, vice-chancellor; Wayland Weld, trustee; John McClure, master of work; Chester Medler, keeper of R and S; Bruce Hillard, master of arms; John Robinson, inner guard; B. W. Coy, outer guard; John McClure, installing officer; Golden Rule temple installed; Olive Robinson, past chief; Sue McKee, ex-chief; Marcella Hilderbrand, senior; Nellie Fields, junior; Mary Brackett, manager; Maude Akers, govt. June Spencer, M of R and E; Frances Coy, M of F; Louise Thomas, musician; Margaret Kaseberg, organist; G. Florence Walsh, was installing officer. A general good-time was had after the installation, pep songs were sung while refreshments were served to ninety and dancing was included on the program.

The firemen are sponsoring a benefit card party of pinch and five hundred in Fraternity hall Saturday night.

The Wasco Civic Singers have elected their officers, choosing Wm. Clepper for president; Mrs. Lloyd Hennagin, secretary; Mrs. Wm. Clepper, pianist; Mrs. Maude Akers, director. A program has been planned for April 6, which will include a play and musical numbers. Tuesday evening they are honoring Mr. and Mrs. Hunt at a farewell dinner at the Hennagin home.

Attending the rally of the Methodist church in The Dalles Monday were: Dr. Lea Richelderfer, Rev. and Mrs. Cookingham, Mrs. Harry

Van Gilder, Mr. and Mrs. G. A. Sargent, Mrs. Elizabeth Fuller and Mrs. Minnie Kinney.

The members of the Dorcas aid society held their regular meeting at the home of Mrs. J. P. Yates Thursday afternoon of last week.

The Wasco library board held a postponed meeting Friday evening and elected officers for 1935. They chose Mrs. S. J. Brock, president; Mrs. E. D. McKee, vice president; Mrs. Wm. Harper, secretary.

Mrs. L. E. Kaseberg is a patient at The Dalles hospital.

A newly organized contract bridge club met for the first time at the home of Mrs. Fred Fortner Tuesday afternoon. Mrs. H. A. White scored high with cards.

The Garden Club meets Saturday, the second, with Mrs. Anna Lee. Leaders on the program are Mrs. Charles Everett, and Mrs. Frank Lamborn. The subject for discussion is trees, shrubs and grasses for parks.

Mrs. B. Estelle Halley was a dinner guest at the home of Mr. and Mrs. H. M. Stephens at Moro.

Mrs. Ed Feldman and Mrs. Hailay were week and visitors in Portland returning the first of the week.

The Thursday bridge club entertained their husbands at the home of Mr. and Mrs. Art Barzee with four tables being in play. Mr. and Mrs. Vernon Van Gilder won guest prize, Mr. and Mrs. Wm. Niabit high club scores.

Mr. and Mrs. Rea Gordy of Seattle are guests at the home of the latter's mother, Mrs. Roy Belshoe.

Mr. and Mrs. Albert Kaseberg won high scores last Saturday evening when the dinner club met at the home of Mr. and Mrs. Floyd

Root. Mrs. Mae Murchie, Mrs. Clarence Burger and daughter Maxine, of The Dalles and Mrs. Jol. Simpson of Portland were visitor in Wasco Saturday.

Mr. and Mrs. Robert McPherson were business visitors in Portland over the week end.

Miss Katherine Johnson, Mary Jeanette Sargent, and William McKinney were home from Williamette University over the week end.

Mr. and Mrs. Dan McLashin of Portland were visitors at the Roy Belshoe home this week.

Roll call and talks given by the Woman's Study Club Friday afternoon featured industries, beginning and development of agriculture; Mrs. Hugh Walker spoke on stock raising, Mrs. V. H. Smith on lumbering, Mrs. Louis Scholl, on fishing; Mrs. J. F. Royce, manufacturing; book review, Mrs. G. H. Root; book review Mrs. E. Richelderfer. Hostesses for the afternoon were Mrs. Harry Van Gilder and Mrs. R. H. McKean.

Pers Boyce had the misfortune to injure his hand Monday afternoon while cutting down a beef.

Mrs. Margaret Tuell is acting as agent for the Sherman County Journal in the Wasco community and subscriptions may be paid to her at the store.

Mrs. W. L. McCulloch, mother of Principal Paul McCulloch is visiting here from her Portland home for a few days.

Ike Miller, who has driven Sherman county plow teams for many, many years and who entered the army from this county, is back again to Wasco for the summer's work.

Hubby: "Of course I'm angry. One of the guests tells me you and MacTavish were in the pantry together."

Wife: "Yes, but honest, precious, we were only kissing—we weren't eating."

Study Of Emotions New

Like the germ that causes the common cold, like the identification of what is the true nature of electricity, exact knowledge of "nervous" disorders has so far eluded the scientific investigator. On the other hand, more is being learned all the time about these maladies, which might be said to range from extremely noticeable eccentricities to violent insanity. The great mass of such troubles is bound up with activity of the emotions. This is the latest field into which physicians are pressing their way. First in history came the treatment of wounds, which were frequent among early men and which could readily be seen. This gave rise to surgery. Next in order was the study of internal conditions, leading to chemistry and developing into medicine. Third, we have the present development of the science of psychology, which is finding more and more of its application in the work of the physician. The quack, too, is busy here, with many unscientific doctrines, such as Homeism, faith healing, some forms of psychoanalysis and many other "thought cults" offered to the public.

Man as constituted today is in many respects a victim of his past. He has a multitude of characteristics developed to meet the demand of life long ago, but in numerous cases useless under modern conditions and some times positively harmful.

Anger and fear, which are the most typically strong emotions, were connected in their origin with the preservation of life through fighting or fleeing. In these emotions—or rather in the inner bodily activities which result in the mind-feelings that we may roughly call such emotions—preparation is made for enormous physical activity. Digestion is stopped, cir-

ulation of the blood is speeded up, and sugar is supplied to the muscles in large quantities to give energy for the added exertion. But in modern life the episode begins and ends without the exertion for which preparation is made. This has various injurious effects.

Thus man might be compared to a model 1900 automobile trying to operate under high speed traffic conditions of 1935, with much dissatisfaction manifesting itself, naturally. He has a mental and emotional equipment scarcely different from that of his ancestors 20,000 years ago. One can take some encouragement, however, because

there are other emotions, such as mirth and joy, which are beneficial, in that they further digestion and other life processes useful today. Laughter and smiling are distinctly known to accompany good health. Some individuals are inclined to the helpful kind of emotions and some to the injurious kind. At present—while waiting more facts from the investigators—the best thing which can be said to the individual whose balance is tipped in the least useful direction is that he should be on his guard and discourage his emotions by applying himself to things which start more beneficial feelings.

Cream butter and sugar, add egg yolks, drained pineapple and nut meats. Roll crackers fine. Arrange alternately the crumbs and pineapple mixture in a loaf pan, leaving crumbs as top and bottom layers. Pour on pineapple juice and pack well. Let stand in ice box 12 hours. Serve with whipped cream and chopped marshmallows. (Serves eight to ten.)

Drawn Butter Sauce
Six tablespoons butter
Three tablespoons flour
One and one-half cups hot water
One-half teaspoon salt
One-eighth teaspoon pepper
One teaspoon lemon juice
Melt half the butter, add flour and pour on water gradually. Boil five minutes, add seasonings and the remaining butter. Serve with fish.

Lola—I'm sure there are many girls who could make you happier than I could.
Elmer—That's just the trouble. They could but they won't.

A Chicago woman has told a divorce court judge that since 1925 she has thrown her husband out of the house sixty-five times, but he always came back.

It looks as if she put too much top-spin on him.

An Englishman was on his first visit to America. While driving along he saw a sign that said: "Go slow! that means you."
"By Jove," said the Englishman, "how did they know I was here?"

RUFUS SCHOOL NOTES

By Georgiana Blackburn
Now that the semester tests are over and the report cards have been given out everyone seems to be in finer spirits. Those who made the honor roll were: Anna Coats, Marie Mathieson, Norma Blackburn, Georgiana Blackburn, Ida Coats and Margaret Burnett.
The girls basketball team journeyed to Dufur, January 25 where they played against the Dufur girls. The line up was: M. Macnab, D. Millard, I. Coats, A. Coats, F. Thompson and B. Norskoski. Quite a few substitutions were made. The score was 13 to 33 in favor of Dufur.
The boys team won its second game from Dufur when they defeated the Dufur boys at Dufur on January 25th. The line up was as follows: S. Eakin, J. Morris, T. Macnab, E. Williams, and L. Guilford. At the end of the third quarter the score was even but in the last quarter, with the help of the girls yelling section, the Rufus boys scored up twenty four points making the score 23 to 47 at the end of the game.
The Rufus town team won an exciting game from The Dalles All-Stars when they played at Rufus January 24.
The Rufus Midgets played a hard game against The Dalles Midgets, January 24. The score was 23 to 33 in favor of The Dalles.
The high school students and the alumni had a very nice time at the alumni party at the school house, January 26. The greater part of the evening was spent in dancing in which almost everyone took part. The alumni put on a very interesting stunt representing popular songs. Marjorie Morris received a prize for guessing correctly most of the songs. Later a luncheon was served. Because of the success of this one the alumni and high school plan to give another party some time in the future.
In the forestry club meeting January 30 Ida Coats was elected president and Thelma Dingle secretary.



Butter is one of the oldest as well as one of the most universal articles of diet. Good cooks have long known that butter improves the flavor of any good food it is used with, and often changes the most ordinary dish into a delicious one. The butter flavor, too, has been the secret of many famous chefs.

And now that food scientists have discovered that butter is rich in vitamin A, the growth promoting factor, the generous use of butter is considered an actual economy. It is interesting to know that no other food fat contains this vitamin which is so important to the health of adults and essential to the normal growth and health of children.

Even those interested in losing weight may use butter, for leading food authorities include it along with milk and other dairy products in special reducing diets.

The following recipes suggest interesting uses of butter:

- Butterscotch Rolls
Roll baking powder biscuit dough in long strips, brush generously with butter, sprinkle with brown sugar and a few nuts. Roll as for

jelly roll. Cut in slices. Brush sides with butter and place close together in baking pan. The bottom of which is covered with a mixture of 4 tablespoons butter to 3-fourths cup of brown sugar. Add a few nuts if desired.

- Crumbs Cake
One-half cup butter
Two cups brown sugar
Two cups flour
One-half cup of chopped nuts
One-half cup of dates or raisins
One egg
One cup sour milk
One-half teaspoon salt
One teaspoon soda
One-half teaspoon vanilla
Mix first three ingredients as for pie crust. Take out one cup for top of cake and to it add the nuts (almonds are especially good). To the rest of the mixture add the other ingredients. Bake in a moderate oven (350 deg.)

- Radio Pudding
One-half cup of butter
One cup sugar
Three egg yolks
One-half cup chopped nuts
14 graham crackers
One-fourth cup pine apple juice
One cup crushed pineapple drained

Presenting a Medal to Roosevelt



John Le Merrill, president of the Pan-American society, placing the society's medal about the neck of President Roosevelt. Spruille Braden, member of the society's council, is directly behind the President. The award was for Mr. Roosevelt's work in promoting friendship among the nations of the Western Hemisphere.

STATE HOUSE GOSSIP

(Continued from page one)
inclined he might put in a 24 hour shift.

There is a little fun with it all. As an eastern Oregon member we have suggested that the coyote be made the official emblem of the house. The Book of Books warns us to be as wise as a serpent, and so, the serpent is made the emblem of wisdom. The state of Oregon has adopted the beaver as its emblem, symbolic of industry. The eastern Oregon coyote is the most sagacious of all animals, cunning, crafty, sly and although civilization has issued the edict of death against him, he has defied all of his

enemies and now appears in every state of the Union. If the beaver is emblematic of industry, the coyote is the symbol of sagacity worthy the emulation of the legislator—too smart to be trapped by a lobbyist. We are for the coyote: long may he howl!

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