

Daughter Comes To Visit County Clerk and Wife

Harvey Thompsons Go To Mountains For Recuperation

Mr. and Mrs. E. L. Douglas arrived Wednesday afternoon from Wenatchee for a visit with Mrs. Douglas' parents, Mr. and Mrs. George Vinton. Mr. Douglas returned home leaving his wife and children here.

Dr. C. L. Poley and family were in Portland over the week end for a business and pleasure trip.

Mr. and Mrs. Ralph Brisbine and two children returned Sunday from their vacation trip on which they visited scenic points of southern and western Oregon. All report a fine trip.

Max Belsbe, son of Mr. and Mrs. Wilford Belsbe, returned Saturday from Walla Walla where he has been working for the past two months.

Judge Carl Hendricks and family and Mrs. Hendrick's nephew, Jack O'Neal, have been here since Friday. Their house has received another coat of paint since they arrived.

W. S. Barzee and wife of Portland were at the E. E. Barzee home the first of the week while they were attending a trial in which they were interested.

Mr. and Mrs. N. B. Toll, parents of Mrs. Howard Conlee, are here for a week or more to visit their daughter. With them is young Orville Getchell, a nephew of Mrs. Conlee's. All come from near Eugene.

Mrs. Angus Kuks of Milwaukie, sister of Mrs. N. W. Thompson, arrived Wednesday for a visit.

A. J. Murray went to Portland this week end to bring Virginia home. Virginia has been spending the past two months with her aunt, Mrs. Will Ost.

Charles Cunningham, jr, from Vancouver, Washington, is visiting with his grand mother, Mrs. Ida Hastings, this week.

Mr. and Mrs. Paul Buker stopped here briefly Wednesday morning while on their way home to Suplee from Portland. Betty Jean Vinton, Mr. Buker's niece, accompanied them home for a visit.

Mrs. H. W. Dalby of Portland is here to spend a week or two with her mother, Mrs. R. J. Ginn.

Mrs. Ida Hastings returned from Spokane Wednesday after attending her brother's funeral.

Keith McDonald is now selling gasoline for the Union Oil Co., out of Wasco.

Jack Hosford, son of J. B. Hosford, early day attorney and newspaper man of Moro, is working in the elevator during the harvest season. He attends the University of Missouri during the winters.

J. R. Kaseberg is here this week while his land near DeMoss Springs is being cut by Marion Powell.

Harvey Thompson and wife are on the Metolius since Wednesday while both recover from their recent operations. They returned last week from Portland.

H. N. Crandall has been inspecting the electrical equipment of the warehouses and elevators in this county this week.

Miss Evelyn Jones of Dufur who will teach the fifth and sixth grades here next year visited in Moro Tuesday afternoon.

J. R. McDole, assistant to W. A. Rockie, head of the erosion service, was here Wednesday night to inspect the camp.

Being Overweight Held Dangerous

The records of every life insurance company show that overweight is a liability to health and that the hazard of excessive weight increases with age. Overweight seems to be related to diabetes, heart disease, apoplexy, Bright's disease, and cirrhosis of the liver. Overweight interferes with metabolism and throws a greater strain upon the circulatory system. It has been estimated that for each five pounds of excess weight the blood vessels are increased by three miles. The cause of overweight may be hereditary, dietary, or glandular. Just how the hereditary influence acts on overweight is not entirely clear, but there is much to suggest that it is through the nervous control of metabolism and diet. The dietary type of overweight merely means that the food intake exceeds the energy expenditure of the body. Both dietary and hereditary types of overweight are susceptible to control through dietary means.

The glandular type is due to a diminished activity of certain glands, and the treatment of this type of overweight demands the skill of a competent physician. There are many medical preparations advertised for the reduction of weight, but they are all either worthless or dangerous to health. The loss of weight obtained by the use of several of these dangerous drugs is due to an enormous increase in metabolism, and has resulted in a number of deaths.

The only safe method of controlling weight is by dietary control. The control of the food intake is one safe and effective method of reducing weight. The energy intake must be kept below the energy expenditure of the body. When more energy is taken in as food than the body can use, the excess is converted into body fat. Moderate reduction of weight usually can be accomplished by merely eliminating from the diet foods of high caloric value, such as butter, cream, and other fats and carbohydrates. The quantity of food necessary to satisfy the appetite can be made up by fruits and vegetables.

A reducing diet should contain a sufficient amount of proteins, minerals, and vitamins to meet the normal requirements of the body. Lacking these, fatigue, nervousness, digestive disturbances, and an irresistible craving for food development. If all the needs of the body are supplied, there should not be an uncomfortable feeling even on a very restricted diet.

In cases of extreme overweight, it is essential that the reducing diet should be preceded by a thorough physical examination by a competent physician. The dietary measures in these cases require constant medical attention. Gradual weight loss is usually preferable to rapid reduction, because there is easy adjustment to smaller quantities of food with little or no discomfort. Rapid reducing diets should not be undertaken without the advice of your physician.

dance

in fact
Harvest Ball
 Moro Hall
August 22
 Microphone Music

Detects "Sour" Notes in Music



The "Oscillograph", a new machine something like a "Lie Detector" now being used in musical education. It will not only detect a "sour" note, but will prove the guilt of the person or instrument from which the faulty sound came. Miss Doris Whyman of Chicago is shown playing the violin as the instrument "listens". The device was invented by Prof. Gordon Hanneman of De Paul university.

Grass Valley School Teacher Ill In Portland

Gervais Recovers Enough To Return To Work

Arden Squire was taken to a Portland hospital Monday suffering with gall stones. Art Bibby drove him down.

Delmar Baker is here for harvest and is working for Sam Davis.

Jack Gervais is out again this week after nearly two weeks in bed. His trouble was found to be a broken rib that was displaced. While he is a bit shaky he can still do some work and help Ivan who has been handling lumber for the company.

J. B. Coon and E. M. Alley are using the afternoon shade to dig a ditch back of the brick they occupy in order to conform with the ruling of the state health office.

William Sawtell was taken to The Dalles Tuesday night by Ernest Blaylock. He had been ill for several days and unable to take his usual place as combine driver.

George Wilcox came up from his home in The Dalles Tuesday to remain over the night on his ranch where Glen McLaclan and family are now working.

The ball boys plan another dance Saturday night.

Mrs. Ben Leghorn was in the hospital last week.

Wheat is rolling into the warehouse steadily now that everyone has started to thresh.

Yields are from eight to twelve sacks for winter wheat although

few fields are finished and final number of sacks not determined.

Roy Tiller came up from Moro Tuesday to spend a few hours at home. He recently made hay while on a weeks leave from the SCS camp.

Glen King had a job of emergency horse doctoring Tuesday when a horse he had loaned to L. A. Olds became ill from azoturia at the foot of cemetery hill and fell off the grade. Veterinary aids were unavailing, however, for the horse died.

Mrs. Eben Kee and Mrs. Florin Coon left Wednesday for Portland after receiving a telephone call that Arden Squire was very ill there and that his recovery was doubtful. Mrs. Squire and Mrs. Kee are sisters.

Ralph Michener of Portland was at Kent Saturday for an interview with the Kent school board for the high school assistants place.

Mr. and Mrs. Guy McKelvey of Fossil visited to former's father, Dave McKelvey here Wednesday.

John Wilson hauled the first load of wheat to the Kent warehouse Thursday morning.

J. L. Davis had the Miller Motor Company of The Dalles, to install a new lighting system in his home last Monday.

Mr. and Mrs. George Wilson of Fossil are here for the harvest season, and George will run the combine for his father, J. M. Wilson.

Mr. and Mrs. Carl Gregg and daughter Dolores of Bend were at the John Wilson home Saturday

Mrs. Ott Smith Sails For Europe On Trip

Evelyn Davis Returns From School In Portland

Word has been received here that Mrs. W. O. Smith, a former Kent resident, sailed July 11th on the French line steamship "Champlain" for a seven weeks tour of England, Holland, Belgium, France, Switzerland, Germany and Italy. She will stop at all points of interest in each country. Mrs. Smith has been spending the past few months in Long Island.

Mr. and Mrs. Vern Baker and son Ted and Mr. and Mrs. Virgil Roberts and son Gene were calling at the J. M. and J. C. Wilson homes Sunday.

Miss Evelyn Davis who has been attending business college in Portland the past year came home Sunday to assist her mother, Mrs. J. L. Davis, with the harvest cooking.

A number of farmers started threshing here last week and are getting from six to eleven sacks per acre.

Oscar Adams of Hood River came to Kent Thursday and will have charge of the Wilcox warehouse during the wheat hauling season.

Miss Nellie Wilson went to Moro Thursday and stayed until Sunday with her grand mother Mrs. Ida Davis.

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where Mrs. Gregg will cook, while Mrs. Wilson is in The Dalles receiving medical treatment. Dolores will assist Mrs. J. H. Wilson with the house work for awhile.

Mrs. Richard Holdaway of Hood River is staying with her mother Mrs. W. G. Helyer, who has been in poor health for several weeks.

Mrs. Rose Hogue and daughter Eileen and son Roy of Grass Valley were visiting Mrs. B. A. Hogue a few days last week.

Mrs. T. H. Fraser, who has been visiting in Nebraska with her parents for some time, returned home this week.

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remembrance of me" Luke 22:19 The pastor will speak upon the subject "True Christianity." This is a study from God's Word in which all should be interested. Come and bring your friends. Prayer meeting and Bible study Wednesday, August 5th, at the M. E. parsonage. We are happy for the interest shown in these meetings. Bring your Bible and friend. Time from 8 to 9 p. m.

Christian Science Church Christian Science services are held at 11 o'clock on Sunday mornings and at 8 o'clock on Wednesday evenings.

The subject of the Lesson-sermon for August 2 is LOVE Golden Text: I John 4:8. He that loveth not knoweth not God; for God is love.

Responsive Reading: John 12: 44, 45, 49: 15:1, 4-10 The public is lovingly welcomed to all services.

Lupine Rebecca Lodge No. 116 Moro, Oregon

Meets 2d and 4th Tuesdays of each month Visiting members welcome.

Maggie Barnum, N. G. Lila Bull, Secretary

Eureka Lodge No. 121 A-F & A-M Moro, Oregon

Meets the 1st and 3rd Thursday evenings of each month. Visiting members cordially invited to meet with us.

H. B. Pinkerton, W. M. C. V. Belknap, Secy.

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

Meets 1st and 3rd Tuesdays in the I.O.O.F. hall. Transient and visiting brothers are cordially invited to meet with us.

Lewis McKee, N. G. Joe Truit, Secretary.

Bethlehem Chapter, No. 78, O. E. S. Moro, Oregon

Meets Every Second Fourth Thursdays in each Month. Visiting members invited.

Esther Morris, W. M. Rose Amidon, Secretary.

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 are moving out almost as fast as they come in. Here's a new one, just arrived. In that beautiful new Oriental hardwood. Round Mirror Vanity, Chest and full size Bed **\$64.50**
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 new light shade, 3-piece Bedroom Suite.
3-Piece Early American Maple Bedroom Suite \$44.50
3-Piece Walnut Suite \$39.95
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 New 8-piece set, Table, Buffet and six chairs, tapestry seated **\$64.50**
 5-Piece Walnut Dining Set, for the small dining room, table and four chairs, upholstered seats **\$34.95**
New Decorated Breakfast Sets
 Table and four chairs, hardwood beautifully styled **\$13.95**
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Radio Equipped Night Stand
 Walnut finish cabinet, with 5-tube Radio Receiver and Loud Speaker, complete for primarily a bedroom piece, but would grace any living room. See it! **\$29.50**
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 18 ft Cut, mounted on Timken bearings
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 one HOLT Model 30
 18 foot cut
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 one REO Truck 3 Ton
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 one 1931 FORD Truck Model A
 In Good Shape
McKean & Searcy
 MORO OREGON