

Many Moro People Sick With Colds

Considerable illness that takes the form of a cross between bronchitis and laryngitis is reported this week. The infirmary at Camp Moro is full and a barracks is used for an annex. Among those reported in bed in the Moro vicinity are Melvin Schadewitz, and sons Ramsey and Orran; L. L. Peetz; Gordon son of Mr. and Mrs. M. E. McKee and Millard, son of Mr. and Mrs. Karl Melzer.

Everett L. Cook, local minister of the Full Gospel Assembly church in Seattle as a candidate for licensure in his denomination. Examinations are being given in connection with the Northwest District council four day session that closes today.

Mrs. W. C. Bryant visited in Moro over the week end with friends returning Sunday afternoon to Hood River where she has been teaching for the past three years.

C. J. Deane, salesman for Blake Moffitt & Towne was a business visitor in town Friday.

Mrs. Dorothy Johnston left for Corvallis last week where she will enter Oregon State college to brush up on home economics, her major subject when she was graduated. Her son, Dale, will remain in Moro Moro until the end of the school year.

Fred Cox was showing off his new car. Tuesday, and agreeing that the cold weather was in Grass Valley as well.

The latest French invasion is the new figure, smooth flowing hips, slender waist and higher bust line. Advice or fittings free on all foundation garments at Greta's (in Hadley's Cinderella Shop.)

Ralph Richards of the SCS staff at Camp Moro is confined to his room with the influenza.

Mr. and Mrs. Roscoe Yarnell, Carl Yarnell, and Mrs. Elmer Erskine, of Portland were in Moro to attend the funeral services for O. A. Ramsey, held Sunday. The Yarnells and Mrs. Erskine are brothers and sister of Mrs. Ramsey.

Hubert Smith and his son Donald were in Moro, Sunday, on their way to Arizona. Residents of Riverside, Wash., they stopped to attend the funeral of O. A. Ramsey.

W. H. Ragsdale, whose offices are in The Dalles was a business visitor at the court house Tuesday.

Robert Poley, son of Dr. and Mrs. C. L. Poley, began work as a bookkeeper and clerk in the United States National bank branch at The Dalles on January 1.

Mr. and Mrs. W. S. Powell returned Friday from a trip into California. They report that the weather was cold and disagreeable while they were away.

H. W. Berry of the International Harvester Co., was in Moro, Saturday, helping McKean and Searcy arrange for a tractor school to be held for farmers and townspeople, Thursday, January 21.

Word from Greta Moore Thompson of The Dalles, states that she is leaving the last of January for San Francisco and Hollywood on a buying trip. She will be accompanied by her cousin Miss Maybel Moore and uncle C. W. Moore, residents of Sherman county many years ago.

George Bourhill, former postmaster now living in Portland, has been confined to his bed since Dec. 29. Latest word is that he is slowly improving.

The Bryant house was not long vacant for soon after Mrs. Dorothy Johnston left. O. E. Dyer of the SCS staff at Camp Moro, moved in.

Mr. Bertha Sagawe is seriously ill in a Portland hospital. She

left home about a month ago to receive treatment, and the latest word gives her condition as very poor.

Donald King, son of Glenn King, underwent an operation for acute appendicitis in The Dalles at 3:00 a. m. Saturday.

Illness of relatives in Independence made it necessary for Mrs. Roy Dugger to go the valley.

Wily Knighten, county school superintendent, following a visit to the Wasco and Rufus schools, reported Thursday that classes were held despite the cold weather last week.

The all-day meeting of the Community church missionary society to be held at Mrs. Dewey Thompson's on Wednesday has been postponed until the weather clears and illness is less prevalent.

The Doernbecher benefit tea sponsored by the Woman's club has been postponed. A regular meeting of the club will be held today (Friday) at the home of Mrs. C. L. Poley.

Anita Kenny is ill and has not been able to return to her school work at the University of Oregon.

Mrs. Roy Dahlin, and daughter leave today or tomorrow for Reedsport where Lt. Dahlin is serving in the CCC camp. Cleone will enter the Reedsport high school next Monday when the spring term begins.

CARD OF THANKS
We wish to extend our grateful thanks to the many friends who have shown such kindly thought in word and deed during our recent bereavement. We appreciate the friendship expressed in the special effort made to prepare for the service and to attend it in such inclement weather. The beautiful floral offerings, especially pleasing music and other tributes paid to our dear husband and father at the time of the services receive our heartfelt appreciation.

Dolba Ramsey
Melvin and Lanora Schadewitz.

Moro School
By Wyman French
School was resumed in Moro Monday morning with most of the enrollment on hand ready for their six weeks and semester tests.

Many of the country children are staying in town until the cold spell breaks. Bon Christenson is staying at the H. N. Stephens home. Vivian Fuller and Nellie Fetter at the L. L. Peetz, Vern Fetter with J. C. McKean, Robert Christenson at Geo Williams, Virginia Murray at A. S. Johnsons home, Frank and Reatha Sayers with Mrs. Margaret Peetz, Dean Pinkerton at the Nahouse home, Vera Jean Henrichs with her grand parents Mr. and Mrs. Ned Thompson and Betty and Ronald Powell with their sister, Mrs. W. T. Balsiger.

Much worrying was done the past week by students at the school house as the finals are being given this week in all the studies. There were numerous exemptions in the tests and the three pupils who were exempted in all their tests were a senior, Helen Strong; and two freshmen, Gene Brisbine and Wyman French. To be exempt you had to get two 1's and one 2. The tests were given Wednesday and Thursday with each test taking two periods or an hour and a half.

Cleone Stoner has moved to Reedsport because her father was transferred there last week as an officer in the CCC camp close by that city. She will be missed as a basketball player, drummer in the band and as a student.

The band has some new pieces that they will prepare for the state band contest to be held in Eugene in the early spring. The band now practices in the lunch room because of an alteration in the real band room. The room is now separate from the rest of the basement and is being lined and sealed so as to make it sound proof.

The girls who earned letters for their participation in volleyball were Helen Strong the captain and a senior, Gertrude Gillmor, one of the teams star players. Louise Barzee another senior, Betty Powell, another good player, Cleone Stoner, the coolest player that was on the squad, another junior, Winifred Belshee. The substitutes for the team were Gene Brisbine, Jocete Peters, Jane French and Beth Mersinger.

Grass Valley Folk Attend Dillinger Funeral

Mr. and Mrs. L. D. Eakin, Mr. and Mrs. Millard Eakin, Mr. and Mrs. V. B. Eakin, Mr. and Mrs. Alva Eakin, Mr. and Mrs. Dean Reynolds were in The Dalles Saturday attending the funeral services of Louis Dillinger.

Fred Cox is driving a new Buick. Wayne Spoor made a business trip to The Dalles Saturday.

Sheriff C. C. Wilson was a caller in town Thursday.

E. E. Gervais was on the sick list for almost a week. He is now able to be out again.

School was resumed Monday after being dismissed last week because of the storm.

Henry Roth made a business trip to Seattle last Monday. He returned later in the week.

Mr. and Mrs. Melvin Fulkerson were callers in The Dalles Monday. Sam Stark returned Sunday from a trip to California where he was visiting his son and wife. Mr. and Mrs. Hadley Stark.

Charles Lemley, and sons Frank and Oscar were Moro callers, Tuesday.

Margaret and Dorothy Holmes left Monday for The Dalles to resume their studies after spending the vacation at home.

Mrs. Wayland Weld of Bonneville came up Monday to stay a week with her parents, Mr. and Mrs. J. S. Newcomb. She is recovering from a recent operation.

Hubert Smith and son, Donald of Riverside, Wash., were in Grass Valley over the week end visiting with relatives and friends.

After visiting for two months here, Mr. and Mrs. Dick Edwards returned to their home in Marshfield.

California has been the subject of conversation for Mr. and Mrs. J. S. Newcomb and daughter since Sunday when they returned from a three weeks' trip to the southland. They were visiting daughters and husbands.

Harry Dutton, former Grass Valley athlete, and later an Oregon newspaper man writes that he is editor of the Alturas, Calif. Plaindealer.

G. V. School

By Vere Pike
School reopened January 11 after a vacation of four days due to inclement weather.

After a rather long period of inactivity, the basketball teams swing into action again with a double header at Moro Friday night. The boys' team will play The Dalles Papooses here Saturday night.

But three weeks more before the debate tournament at Linfield the Grass Valley debaters have settled down to hard and steady grind. The squad has been reduced to six members for this trip. Frances Fairchild and Betty Olds are predicted to defeat both the affirmative and negative sides of the question. The other teams are composed of: Wanda Tiller and Doris Stradley, affirmative, and Thelma Fortner and Ramona Spoor, negative.

Tentative arrangements are being made for two practice debates in The Dalles.

The Student Body has decided to put out an annual. This will be the first time anything of this nature has been done here. Emma Ellen Fortner has been appointed editor. Mr. Schepman will have charge of the printing department. Mr. Rowe will have charge of the editorial department.

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

Do You Inherit Your Weight?

You all know ladies, and men too for that matter, who are always trying something to work off, starve off, steam off or dose off, surplus weight. And rare indeed is the person who does not maintain stoutly that "weight runs in the family." However, doctors call our attention to the fact that it isn't so much a tendency toward weight that runs in a given family but a strong preference for the wrong kind of foods. For instance, mother may have a knack with Charlotte Rousce and Spanish Cream or Ice Box Cake. She loves them but she eyes her salad with less enthusiasm. So mother gains pounds with the years and the weight tradition passes down from generation to generation, though it was the sweet tooth, not the weight that was inherited. The sweet tooth, even, was not really inherited, but created by the foods served year after year.

It is perfectly possible for any overweight woman to control her weight and the weight of her family by an intelligent choice of foods. In addition, it is possible to lose weight on a diet built around the protective foods: milk, fruits, and vegetables, and eggs. And yet we hear talk among the women themselves to the effect that such an idea is absurd. Just in case you are interested, we wish to call attention to an experiment which was conducted at the University of Illinois. Recently forty four young women at the University who were from twelve to one hundred fifteen pounds overweight, decided to do some reducing. The quantity and type of food they ate from day to day was closely observed throughout the experiment. Their meals were built around the protective foods. Here is one sample day.

Breakfast
Sliced orange
Boiled egg, 1
Buttered whole wheat toast, 1 thin slice with 1 tsp butter

Whole milk, 1 glass and coffee
Luncheon
Cheese Souffle, 1 serving (about 3 1/2 oz)
Peas, one half cup
Cabbage slaw, three fourths cup

with Sour-Cream Dressing
Canned pears, 2 halves
Dinner
Pot roast of beef, (3 oz)
Stewed celery, two third cup
Vegetable salad, 1 serving
Vanilla ice cream, one third cup
Coffee

Notice that the menus include ice cream, butter and milk. Practically all the forty four young women lost weight. Their average was from 1 to 2 lbs. per girl each week. Some lost weight more rapidly, but what is much more interesting, none of the young women appeared to suffer from fatigue or hunger through out the experiment.

There was no opportunity for nibbling. The number of calories a woman can tuck away without even realizing in the course of preparing and clearing up a day's eatables is staggering. Just a dol of chocolate pudding, a spoonful of icing, and yet the left-over spinach and one half cup of consume go into the waste without a glance.

And so it is possible to lose weight and yet eat intelligently. And, moreover, it is being done every day.

Heppner.—Soon after he assumed his new role as county judge of Morrow county, Bert Johnson was asked concerning his first official act. Almost spontaneously came the reply, "Well, I guess it was to light my pipe."

CHURCHES

COMMUNITY PRESBYTERIAN Community
10:00 a. m., Bible school.
11:00 a. m., "The Important Question," sermon by Rev. Lawrence H. Mitchellmore.
7:00 p. m., Evening worship and Christian Endeavor meetings in unified service.

LUTHERAN CHURCH
Lutheran church services in the Grass Valley Methodist church next Sunday January 17th at 11:00 a. m. If roads are open and sick-

ness does not prevent us, let us all attend divine service and be strengthened in our faith in Christ the Lord.

Since the merciful God sends missionaries and gospel bearers to us, it is our duty to hear them. This is the time of grace.

Sunday school 10:15 a. m.
H. H. Fleckenstein, Missionary.

The Full Gospel Assembly
Everett L. Cook, Pastor.
10:00 a. m. Sunday school, taught by Mrs. Belle Ginn.
11:00 a. m. Worship and sermon.
7:00 p. m. Evangelistic meeting, a good time of song is enjoyed at each meeting.

7:00 p. m. Thursday our regular mid-week prayer and praise meeting, you are cordially invited to attend each meeting.

LIFE TOMORROW
By Everett L. Cook
"If the tree falls toward the south, or toward the north, in the place where the tree falleth, there it shall be." Ecclesiastes 11:3. It is appointed unto men once to die but after this the judgment.

Some have been known to say that they are going to live as long as they can for say they "We don't know what the next life is." Such remarks reveal ignorance far more than that of the heathen who has never heard the name of Jesus Christ. The apostle Paul tells us in Romans 2:15-16 that the heathen is now.

have sufficient knowledge of God that their conscience is a constant witness to the deeds of their life as to whether they will stand in the day when God shall judge the secrets of men by Jesus Christ. The only means the heathen have of knowing God and His plan is by the visible universe.

When we life our eyes to the landscape and see a tree leaning toward the north we can predict with certainty that when its life is spent it will by the law of gravitation fall toward the north. The future of man is no harder to predict. When a man spends his life in selfish pursuits without attempting to gain a knowledge of God and the heaven He has prepared for all men, it is certain he will not enter that bright and happy place, primarily because he is a stranger to what heaven holds for those who by patient continuance in well doing seek for glory and honor and immortality.

The Bible plainly teaches that a man must be born of the Spirit of God. This is necessary to put us in communicable terms with Him and make possible the development of character appreciative of God's glorious provision for our future. To the person who has not had this new birth and Christian discipline heaven would be appreciated as much as a gorilla could appreciate the culture and refinement of a place in human society. Our future will without doubt be a suitable sequel of what our life in Romans 2:15-16 that the heathen is now.

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Thursday, January 21

Starting at 9:30 a. m.

FREE -- ENTERTAINMENT -- LUNCH -- MOVIES -- FREE

You are invited to come see the New McCormick-Deering TD 35 Diesel Tractor. Also a "Cutaway" Diesel Motor. You can easily see how it operates from this display.

There will be instructive entertainment and talking pictures. Free lunch at noon. Your neighbors will be here. We'll have a pleasant, interesting time. Plan now to come to our

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McCean & Searcy

MORO OREGON

Classified Ads.

For SALE: Registered Short horn bull, Floyd Platt, Moro. Phone 2F12 9-10-11

Mrs. Berta McKinney will do all kinds of dressmaking at the home of Mrs. J. H. Johnson in Wasco.

For Sale: Farms owned by State Land Board. Liberal terms. See Richard M. Weber, agent for Sherman and Wasco counties, 310 Court St., The Dalles, Ore. Phone 358. tfr

Zell's

Funeral Home

Phone 345 The Dalles, Ore.
or
Alley's Confectionery
Phone 222

GEORGE G. UPDEGRAFF

Attorney At Law

Moro and Wasco

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