

Wasco Folks Quiet In Harvest Season

Mr. and Mrs. Frank Morrow visited the former's brother, Cotton Morrow at Mill Creek Sunday. Hollis Hull of The Dalles visited here Sunday.

M. M. Hicks is doing plumbing work this week at the Dick Johnson home.

Mrs. Elwood McPherson and daughter, Mrs. Holzaphel of The Dalles were callers here Saturday.

Mr. and Mrs. P. L. Kistner visited in Portland over the week end.

Mrs. Vinton Watkins and daughter of Portland visited here last Thursday, her daughter Donna Jeanette returning with her.

W. R. Lincoln is doing the dray work for Leo Watkins while he is in the harvest field.

Mr. and Mrs. Blakney and children spent the week end in Portland.

Glen Karnes was in Portland Saturday and Sunday.

Norma Tweedy returned to The Dalles following a short visit with her parents, Mr. and Mrs. Grant Armsworthy.

Rev. and Mrs. Cannell and daughter, Gertrude, visited in Portland several days last week.

The annual deer hunters club picnic was celebrated at Wilson park Sunday.

Glen Van Gilder is taking samples of wheat at the Sherman Grain Growers.

Mr. and Mrs. Lloyd Hennagin and children visited Sunday at the home of Mrs. Maud Akers.

Mr. and Mrs. Clifton Fridley left Tuesday for Seaside for a vacation. They may visit other beaches.

Mrs. Marie Barnett Cooper made a business trip to The Dalles Monday.

Mrs. J. D. Hendricks and son Clarence and grand daughter, Frances Hendricks arrived from Clarkston, Wash., Friday. They were guests of Mrs. Anna Lee.

Mrs. Wade Hull is visiting her parents Mr. and Mrs. Guy Andrews. Marie Andrews is staying in Portland with her nephew and brother-in-law during Mrs. Hull's absence.

Mrs. Fred Fortner left Saturday for Northdalles to visit her sister, Mrs. Mary Crawford.

Jean Dutton visited in Seattle six weeks with his mother, Mrs. K. I. Stevenson.

Mr. and Mrs. Jack Clough and Mrs. Jodie Morrison of The Dalles spent the week end here with relatives.

Mr. and Mrs. Ed Fildman spent the week end in Portland.

Mrs. Charles Robinson of Camas Wash., is visiting for several weeks at the home of her aunt, Mrs. Cecil Fields.

Mrs. Stella Buzan of The Dalles visited Mrs. Andy Stoleson the first of the week.

Freda Rice returned from Portland after leaving here Saturday to attend the wedding of Eleanor Biggness and Johnnie Walker who at one time taught school at Moro.

Mr. and Mrs. Wayne Akers and son John and daughter Peggy accompanied by Mrs. Akers' mother arrived at the home of Mrs. Maud Akers Tuesday to remain until Friday.

Mr. and Mrs. O. N. Ruggles of Grass Valley were Sunday guests at the Tom Peugh home.

Guests recently at the Dan McDermid home were Mr. and Mrs. Will Maynow of Port Orford, Ontario. The two men have been friends since boyhood.

Mr. and Mrs. Joe Brackett returned to Portland Tuesday after looking after the harvest here.

Many were buying gasoline this week in anticipation of higher prices.

Mrs. Anna Lee and her guests, Mrs. Hendricks and Frances Hendricks accompanied by Mrs. Elizabeth Fuller are now at Seaside for a vacation.

Mary Jeanette Sargent and Charles Neville motored to the valley Sunday to bring members of the camp fire group home.

Guests at the home of Mrs. Mary Knox Saturday were Mr. and Mrs. August Lofstrand, Mr. and Mrs. James Monroe and children of Yakima and Mr. and Mrs. Glen Knox. The former is now employed at the warehouse.

Clarence Becroft of Oak Grove is visiting his friend Jerry Brannett.

Walter Gorro of Spokane is spending this week visiting with Mr. and Mrs. F. S. Lamborn.

CARD OF THANKS
We wish to thank our friends for their kindness during the illness and death of our brother. Also for the beautiful floral offerings.
John and Donald McDermid

Salad Recipes For Summer Weather

Chilled refreshing salads, ice cream, ice cold milk and iced tea are all examples of welcome refreshment on a sweltering day. Americans will have none of the Japanese theory that hot tea is more refreshing than iced tea. And

yet few have ever tried it. Having once taken hot tea in preference to the iced variety, (particularly tempting, too, with a sprig of mint extending its head jauntily above the glass) I must unwillingly admit that the Japanese are right. It may be that the hot tea increases the body heat to make the atmosphere seem cooler. Just as when swimming on a cool day the water feels warmer to the body. However that may be, persons drinking iced tea are content enough, and if they think they're cooler, why should the rest of us be concerned?

Americans may prefer chilled foods on a hot day but all the rules for meal planning call for one hot dish in a cold meal, and there's no question but that one hot dish makes a cold meal more intriguing and more satisfying to the individual.

Sometimes it is merely hot biscuits and coffee served with a chilled salad or a creamed soup. Another pleasant but simple combination might be a toasted cheese sandwich and fruit salad.

Serve whatever you like with the two main dishes given below—but let them be your hot spot in a cold meal.

Chicken Pie with Cheese Biscuits
Two tbsp chicken fat
Three tablespoons flour
Two cups chicken broth
One tsp salt
Meat from 4-lb boiled chicken
One sm. recipe baking powder biscuit dough
One half cup grated American cheese

Mix fat and flour to a smooth paste in saucepan. Place over heat, add broth gradually, stirring constantly, and cook until thickened. Season with salt and add pieces of chicken. Pour into a large baking dish. (Mix biscuit as usual, adding grated cheese to the dry ingredients.) Place dough on a floured board, knead a few seconds, then pat out to one half inch thickness and cut into 2-inch rounds. Place biscuits on top of hot chicken mixture; bake in a very hot oven (450 deg.) for 20 minutes. This makes six servings.

Deviled Crab
One onion
One tablespoon butter
Two tomatoes
Three-fourths green pepper
One pimento
Two cups celery hearts
One pound crab
One quart white sauce
One half cup cocktail sauce
One tbsp Worcestershire sauce
One tbsp prepared mustard
One tbsp horseradish
One can mushrooms
One half pound American cheese

Cut fine the onion, tomatoes, green pepper, pimento and celery hearts and cook in the butter until celery is tender. Combine with white sauce. Pour into casserole or individual baking shells. Cover with buttered bread crumbs and grated cheese and brown in a hot oven.

Two Kinds Of Anemia Explained By Health Board

"Anemia is caused by either loss of blood or by failure of the body to make blood. The disease is divided into two classes primary and secondary, the latter always being due to some underlying condition.

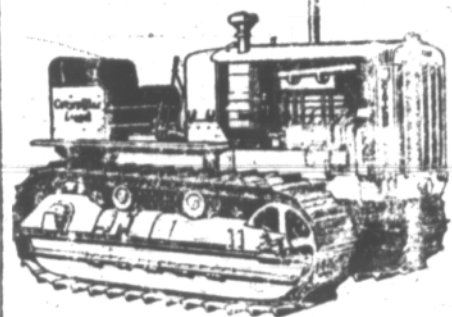
"The symptoms of all forms of anemia are practically the same, depending upon the intensity of the disease. Shortness of breath occurs because anemic blood carries a lessened amount of oxygen than normal and therefore more breaths have to be taken in order to obtain the normal quantity of oxygen. This is strikingly shown by breathlessness when the anemic person goes up stairs or climbs a hill. With this shortness of breath there is a rapid and conscious action of the heart beat, a marked paleness of the skin and lips a tendency to giddiness or faintness.

"Anemia may be secondary or primary. When secondary it is simply an evidence of an underlying cause or disease such as a defective food supply, the eating of too much candy and sweet desserts instead of fruits and green vegetables which contain iron; fever; poisons such as lead, mercury, arsenic; Bright's disease and jaundice. Patients with anemia need to have a physician study them in order to determine the cause and to prescribe the proper line of treatment.

"There are two types of primary anemia - one is easily curable and the other absolutely hopeless. The curable form occurs in young girls usually beginning any time from the fourteenth to the sixteenth year of life. This disease is most common in ill-fed overworked girls of large towns confined all day in close, poorly lighted and badly ventilated rooms. Such cases complain of breathlessness on slight exertion and palpitation, and they faint easily. They do not lose in weight - in fact their weight may increase. Their skin has a striking

yellow green color and for that reason this disease is often called green sickness. There may be puffiness of the face and swelling of the ankles which might suggest Bright's disease. These anemic girls often become lowspirited and irritable. Their appetite is peculiar and they crave all kinds of indigestible articles such as pickles, chalk and even earth. They are sometimes called clay-eaters in the South. The cure is easy and brilliant - Bland's iron pills with regulation of the bowels - for these girls are generally badly constipated.

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"The other form of anemia is cause has been as yet discovered called pernicious anemia because Treatment has seemed to help but it is always fatal. This disease occurs in middle life and no certain food a cure."

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