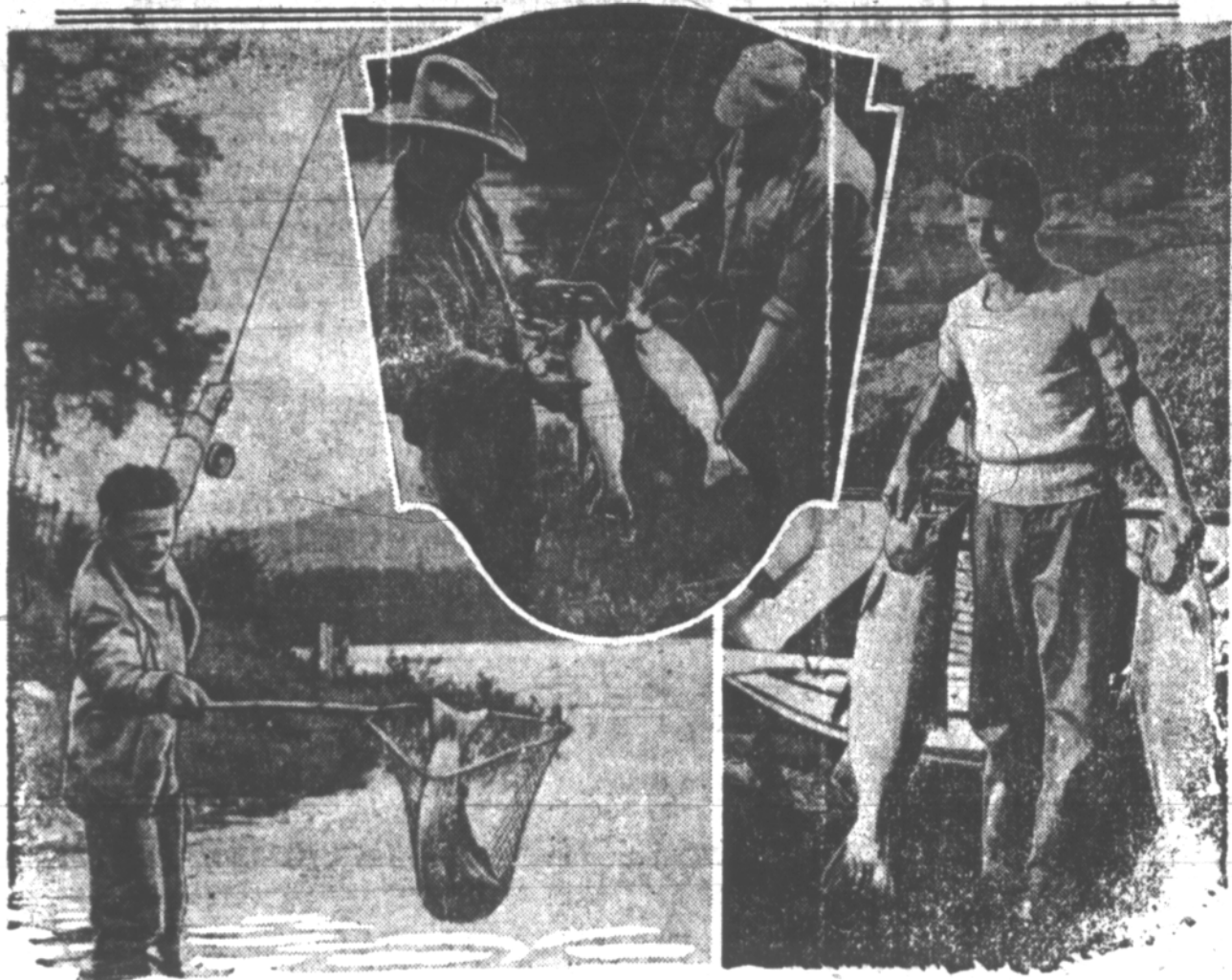


THE BIG ONES DON'T GET AWAY HERE — THEY'RE ALL BIG



CAME fishing in British Columbia is world-famous for two things. Firstly, the fish come big and secondly, a good spot is always to be found within reach of a motor road. Steelhead, Rainbow and Kamloops trout run well up to 15 pounds in this province and the waters where they are found are numerous. Steelhead inhabit practically all coastal streams. Rainbow and Kamloops trout are plentiful in the big interior lakes, particularly in the vicinity of Kamloops in the south-east, along the Cariboo motor road in the central section of the province; in

the Lake Stuart area north of Vanderhoof north and as close to Vancouver as Harrison. The tidal waters of the mainland and Vancouver Island are remarkable for their Spring and Autumn salmon and for the giant Tyees which go up as high as 70 pounds. The pictures show: left, a Kamloops trout coming out of Paul Lake near Kamloops; center, Courtney Ryley Cooper (left) and a friend looking over two perfectly matched Stuart Lake Rainbow Trout and right, a couple of 48-pound spring salmon that fell for a line in Shoal Bay near Victoria.

HI-WAYS TO HEALTH by ADA R. MAYNE OREGON DAIRY COUNCIL

The market stalls are literally with tempting fruits and vegetables, despite the report of the U. S. Department of Agriculture that a large percentage of the American people are not getting enough "vitamins A and C foods." It seems incredible that anyone could resist them with variegated colors and enticing odors, even though there was no appreciation of the important part they play in maintaining health. Along with milk, they are recognized as the most important foods in the diet. They are known as the "protective foods" for they protect the health of the individual. In other words, they are excellent "vitamin A and C foods."

During the summer months when fruits and vegetables are most available and as a result, most reasonably, they should be served generously and often. They are refreshing served raw in salads. In their natural state one is assured that none of their essential elements have been lost in the cooking process. Children always enjoy ground raw carrots combined with raisins or shredded cabbage combined with pineapple.

However, we must not forget that milk, also, is a "protective food" and every bit as important as the fruits and vegetables. Cheese offers an excellent means of getting more milk into the summer diet. Cottage cheese combined with fresh pears or peaches;

shredded American cheese and pineapple are all combinations that are old favorites. For a company luncheon or dinner put a ring around your fresh fruits or vegetables as suggested below: Cheese Ring With Fruit Salad Two packages cream cheese One cup grated American cheese One teaspoon gelatine One cup milk One tablespoon cold water Salt and paprika to taste One cup cream, whipped Watercress Fresh or canned fruits Salad dressing

Moisten gelatine in water. Heat milk and add to gelatine. Add slowly to cheese and seasoning. Fold in whipped cream and pour into greased ring mold. Set in refrigerator overnight. Unmold on a bed of watercress and fill the center with a macedoine of fresh or canned fruits. A happy combination.

Harvest Ball Rufus Grange Hall Sat. Aug. 21

Come, bring your friends A good time assured

tion is peaches, apricots, pineapple, pears and seedless grapes. Another is apples, grapefruit, and oranges. Serve Mayonnaise or French Dressing separately. Mayonnaise Ring With Salmon or Crab Meat Two cups of mayonnaise One cup cream, whipped One third cup lemon juice One tbsp unflavored gelatine Tomato slices Lettuce leaves and celery chopped Hard cooked egg

Lemon-slices Soak gelatine in lemon juice, then dissolve over hot water. Add whipped cream and mayonnaise. Pour into mold and set in refrigerator overnight. Unmold on lettuce leaves and fill center with mixture made of 4 parts salmon and one part chopped celery. The ring provides sufficient salad dressing. Garnish with hard cooked egg. Place a thick slice of tomato and slice of lemon in each lettuce leaf.



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September 24 - 25 - 26

will be numerous and good.

Max Barbour's Bucking String is appearing at Rodeos in Lakeview, Goldendale, Ellensburg, the Pendleton Round-up and then to Moro.

Local Horses will continue the high quality races started last year and none will deny but the Peter Quick colts brought the crowd to their feet.

Concessions and Cancers to fill in the evening hours.

3 Full Days 3

Oregon's Best County Horse Show 4-H Stock Exhibits that Win Prizes at the International

It's Your Fair

Look Under the Hood when you buy Horsepower

Under the "Caterpillar" track-type tractor's hood is a rugged engine built expressly to power a track-type pulling tractor. Under the transmission case is a sturdy, simplified design... emphasizing the worth of this company's 30 years, experience building track-type tractors. Under the polish of the steel track pins and bushings is a deep heat-hardened armor to resist abrasive wear... a tough core to absorb shock. Ingenious seals shield this tractor's vital parts against dust and mud... add years to its useful working life. Look under the "hide" for these and other important details which foretell the extra years of satisfaction this tractor offers you.

O'MEARA SUPPLY CO.

Hornpuff—I'll never ask another woman to marry me. Skemp—Refused again? Hornpuff—No, accepted.

Father of Wasco Farmer Dies At Mt. Angel

William Dahler of Mt. Angel passed away last Friday at the age of 84 years. Lee Dehlar and Joe Dehlar were notified of his sudden death and left to attend the funeral which was held Tuesday.

Mrs. Charles Robinson, known here as Margorie Dingle left for her home at Camas last Thursday after spending a week here with relatives.

Mr. and Mrs. Martin of Oak Grove were guests of Mr. and Mrs. Owen Barnett Sunday.

Miss Florence Argensworthy was in Portland Monday where she visited with friends from Idaho and Arizona.

James O'Meara, with his father and mother made a trip to Portland the first of the week.

Mrs. Floyd Root of Wasco returned from Seattle Friday. She has been a guest of her parents, Mr. and Mrs. Wm. Ruppell.

Erie Davis and three daughters of Bend were listed for several days at the Sherman hotel.

Mrs. Charles Everett's son in law and daughter of Arizona visited in Portland with Mrs. Everett.

House-cleaning in the form of painting and kalsomining in the building of the telephone headquarters has been going on this week.

H. E. Everett is enjoying him-

self visiting with his son Ted at Grass Valley.

Miss Clara Rive of Portland visited Sunday with Mr. and Mrs. Everett McQuillen.

Mrs. Hannah Henrichs and grand daughter, Frances left for their home at Clarkston, Wash. Tuesday. She is a sister of Mrs. Anna Lee.

Marshall Pound of The Dalles is employed during the harvest season on the Arthur Sargent farm. Leland Schwendel is spending the summer at the Miller home near Moro.

A group of berry pickers spent Sunday near Mr. Adams. Ten gallons of huckleberries were gathered. In the party were Mr. and Mrs. Free Crews and son Marion, Malcolm McDermid and Mr. and Mrs. B. H. Hull and family of The Dalles.

Mr. and Mrs. W. D. Watkins were shoppers in The Dalles Monday.

Nedra Bowman of Goldendale arrived Wednesday to help during harvest at the B. W. Guy home.

Mr. and Mrs. B. W. Guy and family and Frank Forbis who has been employed here visited at Goldendale Sunday.

Visitors at the home of Mr. and Mrs. Lloyd Royse Sunday were the latter's cousins, Mr. and Mrs. Sheldrake of Hood River.

Mr. and Mrs. Lumford and W. A. Spencer spent a day last week in Portland returning Thursday.

Mabel Murchie of Vancouver, Wash. is employed at the Afton McIntyre home.

Mrs. Louis Walsh chaperoned her Junior Endeavor class to the Deschutes river Monday afternoon for a bit of recreation.

Hazel Bales of Portland came to Wasco Saturday to visit her sister, Mrs. Jerry Moorehouse for a few weeks.

Mr. and Mrs. Robert Kaseberg accompanied by Mrs. Julius Medler spent Monday in The Dalles.

Augusta Huekin from W. S. C. at Pullman is here having just finished a six weeks summer course.

Mr. and Mrs. Chester Bargenholt spent Sunday visiting in The Dalles at the home of Mr. and Mrs. Cotton Morrow.

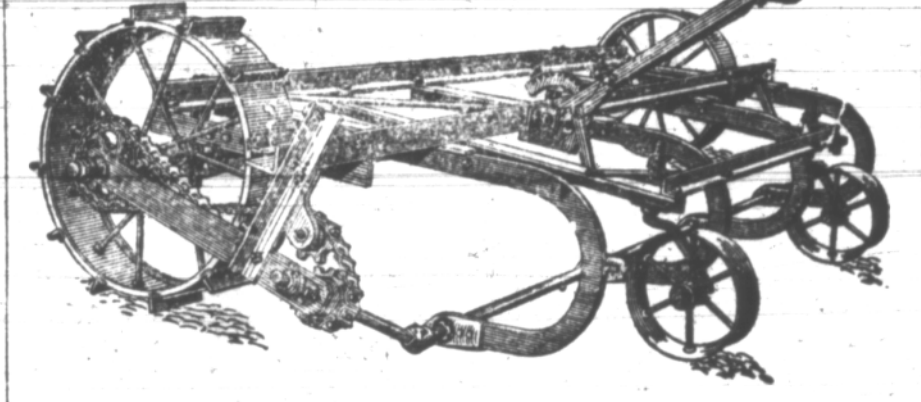
Mrs. Wesley Blakely left Tuesday for a visit at Oregon City, the children remaining at the O. G. Hilderbrand home until she returns.

Ex-senator J. P. Yates, Gus Peterson and R. O. Scott attended the funeral of John Johnson at Dufur Sunday.

Jessie Hull of Portland is spending her vacation here with relatives.

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