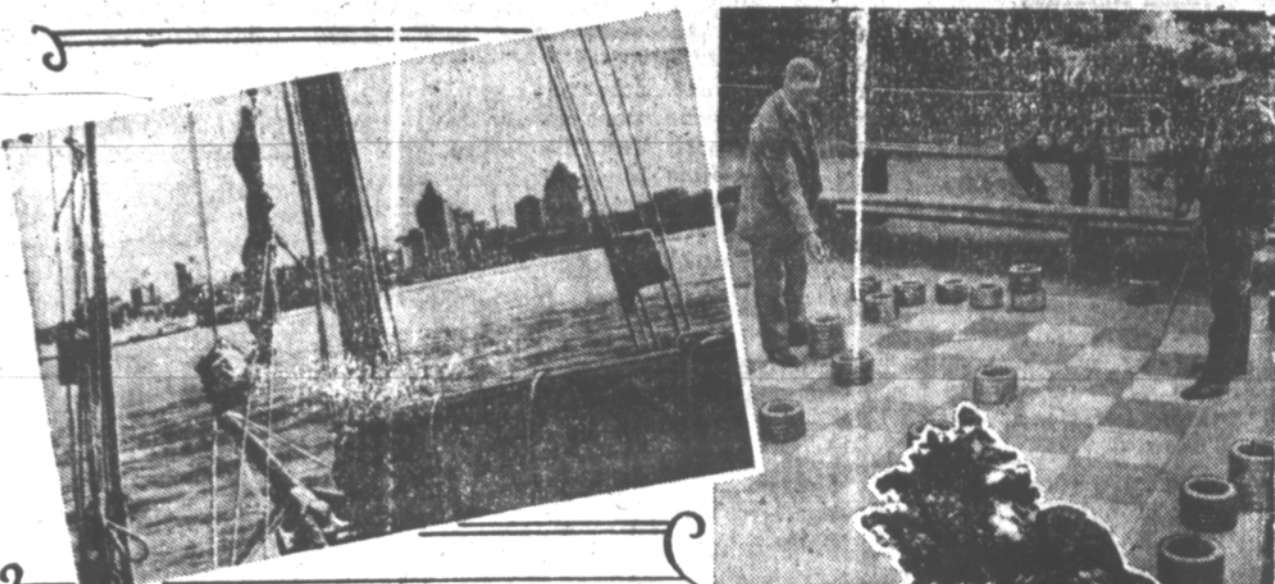


## "YO HO, BLOW A MAN DOWN!"



SAIL has given place to steam and the Diesel, and the old sea chantier are heard no more, but lovers of ships and the sea still find enchantment in the glamorous ports of the Pacific Coast. Among these is Vancouver, British Columbia, whose harbor (upper left) is so spacious that an entire navy might swing at anchor and still leave room for the wing-winged sailing craft. In Stanley Park, skirting a long section of the harbor shore, the two other features illustrated are to be seen. Upper right is one of the famous outdoor checker boards which are so popular with residents and visitors alike and, lower right, Siwash Rock, motive of a beautiful Indian legend and a favorite spot of Pauline Johnston, Canada's noted Indian poetess. The sketch map shows the geographical relation of Vancouver to Seattle, and the route of the motor highway linking the two cities.



## Hi-WAYS TO HEALTH

by ADA R. MAYNE

### OREGON DAIRY COUNCIL

In rural communities there is still the school bell to announce the first day of school and many days thereafter. In cities, however, with numerous schools scattered through out the various districts, there is, of course, no bell but here there are other unmistakable signs of the opening of school. The children, excited and eager at the prospect of renewing old friendships, waken early and raise the entire household. Dressed in fresh clothing with hair painstakingly combed, there is still time for a leisurely breakfast. Let us hope that this leisurely breakfast may become the rule rather than the exception. A satisfactory breakfast is extremely important if the child is to do well in his studies. Breakfast over—and the child is ready for school.

But is he? Have his eyes been examined so that you are sure of his vision? Has the dentist examined his teeth? Do you provide hard foods so as to give the teeth and gums the exercise they need? Have you been consistently build-

ing toward health by providing one quart of milk, and fruits and vegetables daily?

It is important that one third of the daily food needs of the child be provided at each meal. Lunches and dinners are comparatively easy to manage but mothers complain of the child's attitude toward breakfast. And yet breakfast is probably the most important of all. Teachers complain that children coming to school after inadequate breakfast soon become inattentive, listless and are often behavior problems as a result. It is only fair to the child to insist upon his eating a satisfactory breakfast.

During the school year, particularly a hot cereal should be served every morning. If cooked in milk it is more nourishing and its texture is more appealing. Served with some fruit and rich cream it is a meal in itself.

#### Cereal Cooked in Milk

Four cups of milk  
One half teaspoon of salt  
Two cups of rolled oats  
Bring milk to a boil, stirring

occasionally. Add salt and cereal, boil briskly a few minutes, stirring constantly. Cook over hot water one half hour or more. Makes 4 servings (3 1/2 cups)

#### Coddled Eggs

Two eggs  
Three fourths cup milk  
One teaspoon butter  
One fourth teaspoon of salt

Scald the milk and add the slightly beaten eggs. Cook over water until a creamy consistency. Stir while cooking. Add the butter and serve on toast.

**RAILROAD GREATER MENACE**  
Oregon railroad data compiled by the Oregon State Motor association reports that an additional 4,930 persons were injured in highway-grade crossing accidents last year.

#### WORLD HIGHWAYS

Representing an increase of 51 per cent in the past eight years, highways in the world now total 9,900,000 miles, reports the Oregon State Motor association.

### WASCO MARKET

#### RED & WHITE STORE

Groceries—Meats—Fresh  
Fruits and Vegetables in  
Season

Your Patronage Appreciated

### School Time Need Of Children Told By Board

Now is the time for getting the child ready for school. His readiness involves more than suitable clothes, books and pencils. As essential as these things are to the child's idea of readiness, they are of minor importance compared to his physical fitness and mental well being. It is well known that a child's progress in school, his mental and social development and his ready adjustment to school and community life are greatly influenced by the state of his bodily health. If he is suffering from such defects as bad teeth, diseased tonsils, adenoids, poor vision, impaired hearing or from a condition brought about by improper diet and faulty health habits he will be placed at a disadvantage with his companions. The odds will be against him in the race. It is, therefore, of the greatest importance that a child be started to school right, free of all physical handicaps and in a healthful state of mind.

Parents are inclined to wait until a few days previous to the opening of school in September before they make sure that the children are in as good health as possible and ready to enter school. The physician and dentist should be visited several months before school begins.

Preschool children are particularly susceptible to communicable diseases. Immunization procedures for the prevention of smallpox and diphtheria, as well as the other communicable diseases of early childhood, should be required before sending the child to school. It is of major importance that the child be properly nourished. Food habits should be given particular attention. The basis for a sound healthy, well-nourished body should be established before starting to school. The mother should be instructed in regard to the promotion of a good mental and emotional attitude. Minor physical defects should be corrected. Particular attention should be given to correction of defects of eyesight, hearing defective tonsils, adenoids and many other conditions. The care of the teeth of the preschool child should be given particular consideration.

No longer are children expected to grow up without proper supervision. They must be developed, encouraged and protected. Sound health and proper growth of school children do not just happen. Children required to attend school must be protected against neglect, ignorance or indifference on the part of parents. Since education has been made compulsory, provisions should also be made to make preschool examination of children attending public school compulsory.

The national average accident frequency rate among industries was 13.87 disabling injuries per 1,000,000 man-hours worked during 1936, finds the Oregon State Motor association.

### Dates For Wasco Festival Set By Board

October 2 has been decided upon as the date for the annual Wasco Library Festival given by the library board.

The Weid family held its 1937 reunion Sunday at Happy Dell. Fifty members of the family attended. Mrs. E. L. Weid was given a handkerchief shower as it was her birthday anniversary. From Wasco Mr. and Mrs. E. L. Weid, and Mr. and Mrs. B. W. Guy and children and Malcolm Guy attended.

Members and friends of the M. E. church were welcomed to the parsonage Thursday by Rev. F. L. Cannell and a pleasant afternoon was spent.

Mr. and Mrs. Vernon Van Gilder and daughter Emma Jean and Walter Eaton spent several days at Kelso and Newport.

Glen Karnes left for Kansas for his sons Kenneth and Lloyd who will accompany him home after spending the summer with their grandparents.

Mr. and Mrs. Paul McCulloch and children Doris and Jean of The Dalles were guests Sunday at the home of Mr. and Mrs. Fred Fortner and family.

Hazel Bales was a Wasco visitor. Her parents Mr. and Mrs. Elmer Bales were also here while on their way to California.

Mr. and Mrs. Earl McKeel of Oak Grove spent Sunday at the home of Mr. and Mrs. Owen Barnett.

Mr. and Mrs. Glen Brock and family of Goldendale were guests of their uncle, A. M. Hicks Sunday.

Charles Freeman, auditor of the State Industrial Accident commission and his wife are here making their headquarters at the hotel while auditing books.

Ira Fridley and wife spent Sunday at the home of her parents. All children were home to celebrate her mother's birthday.

Mrs. Dick Yocum and children and Mrs. S. J. Brock left for Vernonia where they will visit Claudia and family.

Mrs. Frances Allen and mother Mrs. Minnie Hyland left Thursday for their home at Santa Maria, Cal. Mrs. Hyland had been visiting with relatives and friends since the fourth of August while Mrs. Allen made a trip through Yellowstone park. She is a sister of Mrs. Robert McPherson.

L. E. Dehler and R. O. Scott were week end visitors in Prineville.

Mr. and Mrs. Archie Kirkie and Bill Reid Jr. were in Seattle for a few days.

Rev. and Mrs. Carey and children are having their vacation at Salem and Lost Lake.

A family dinner was held at the home of Mr. and Mrs. Max Williams Wednesday evening. Guests were Josie Underhill, Adeline Hull and Mrs. Andy Shearer.

Vernon Van Gilder and Ross Hilderbrand have new cars.

Mrs. Tom Sink of Hermiston came Saturday with Jack Brownley to stay with her daughter, Mrs. Clyde Hearing.

Norma Jean and Maxine, grand daughters of Mrs. Hearing spent the week end at the Ude home at Hermiston.

Mrs. Gertrude Pepper left for Condon to visit her son in law and daughter, Mr. and Mrs. Phegley.

Mr. and Mrs. Paul Quirk and daughter, Pauline of San Francisco spent Wednesday here.

Mrs. Free Crews is visiting in Portland with her mother Mrs. Abbie Hull.

Mrs. Kenneth Wood of Portland spent the week end visiting here. Kenneth Wilde and James O'Meara are in Portland for a week.

James Howell of Portland was here last week end and is now in a hospital in The Dalles due to an auto accident.

Art Smith and wife had their vacation in Canada going by way of Spokane where they visited with their son Delmar. Mr. and Mrs. Johnson of Salem went with them.

Mrs. Helen Dingle was employed last week at the home of Mr. and Mrs. Cecil Fields.

Mrs. Anna Lee was a dinner guest Sunday at the home of Mrs. Lydia Darby.

Ida Kink is home after an extended visit with her brother Lee Hines in The Dalles.

Mr. and Mrs. Louis Scholl returned from their summer home at Northwestern lake where they have spent a large part of the summer. H. H. Price left for Klamath Falls recently where he will be employed.

Mrs. Mae Gow of Portland visited her sister, Mrs. R. H. McKean.

A large crowd of friends held a charavari at the home of Mr. and Mrs. Max Williams who later accompanied them to Stiles for supper.

House guests at the home of Mr. and Mrs. L. P. Haven are Patricia Needham of Acme, Wash., and Mrs. J. C. Miller of Albany, Cal. Mr. Miller spent a short time here also. Mrs. Miller is a sister of Mrs. Haven. Their brother, H. C. Patey and wife of Boston, Mass., also were visitors leaving for home Monday accompanied by Esther Patey of Bellingham, Wash., who spent the summer here.

Mr. and Mrs. Hal White and son Jimmie are in Portland on their vacation.

E. E. Noles of Springfield, Mo., is visiting at the home of Mr. and Mrs. W. B. Rice.

Marie Beaz of The Dalles is here with her grand parents, Mr. and Mrs. W. A. Spencer.

A handmade linen table cloth has been placed in the library rooms to be given to the lucky winner at the library festival.

Mr. and Mrs. Ted Abischer and son Dan of Bonneville came up Saturday evening to visit the Earl Richelers. Mrs. Abischer and

HUDSON PONTIAC TERRAPLANE

#### PETERSON MOTOR CO

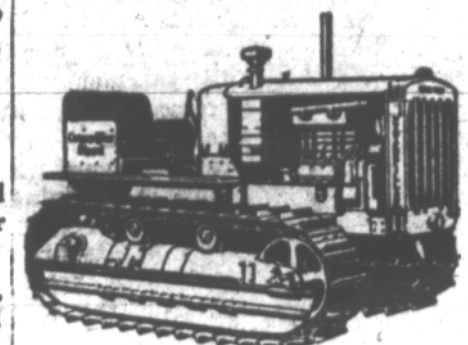
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THE DALLES, OREGON

Unusual Values In Used Cars  
28 To Select From  
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TELEPHONE 120

son will remain the entire week. The domestic science room at the school house has been remodeled into a band room.

### Buy a "Caterpillar"



The experience of more than 30 years of track-type tractor building is behind the "Caterpillar" Tractor. It is built by the world's largest and oldest manufacturers of the track-type tractors. Its design, construction and performance have been proved on farms the world over.

It is the most popular tractor on the market.

Learn all the facts about this all-weather tractor that's cutting costs for your neighbors. Ask us.

The Twenty-Two has \$300.00 worth of Extra-Value Features — over any other track-type tractor in its power class. Challenge us to prove this statement!

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### Twin Sweater Sets 2.95

No outfit is complete without a Twin Set. To be worn separately or together you'll enjoy owning one of these all wool twins.

### Wool Skirts 1.25

Skirts to match the sweaters or to contrast if you prefer. Plaids, stripes and plaids; pleats, buttons and what have you. Sizes 8 to 14

### Wash Dresses 1.00 & 1.95

For those first fall days wash frocks are always desirable. We have a new and complete showing in two price ranges.

### Knee Length Hose 49c

Knee Length Hose by Rollins is a real star value for school wear. Made of pure thread silk in all the good fall colors.

**Edward C. Pease Co. Inc.**  
The Dalles, Oregon

## Big Time at The Dalles!

THURSDAY, FRIDAY, SATURDAY  
September 2 - 3 - 4

## 13th Annual Old Fort Dalles Frolics

Three blocks of carnival attractions, shows, rides concessions, and the most complete exhibit of manufactured products ever presented in the Mid-Columbia district.

**Columbia Basin Industrial Exposition**  
in the former Libby, McNeil and Libby canning plant

**Outstanding Vaudeville Entertainment - Band Concerts - Fall Style Show Friday Night**

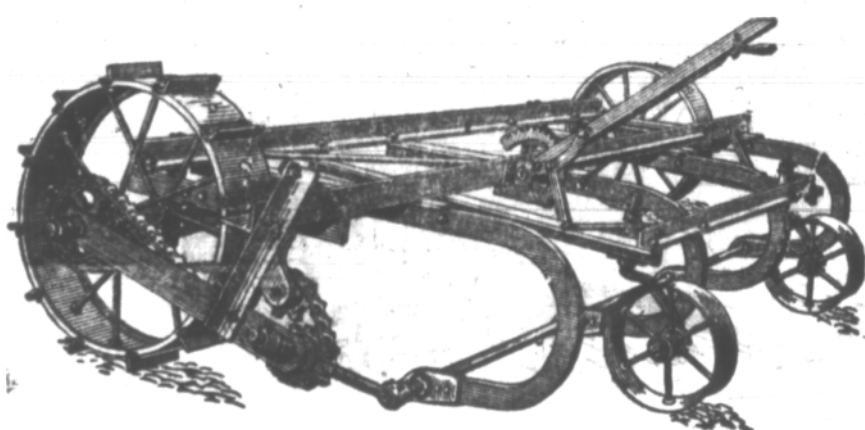
**Frolics Dances Every Night  
Auditorium Ballroom**

All entertainment except dances and carnival attractions, will be presented at the exposition building.

Admission 20c Doors open 7 p. m. Also open Saturday afternoon. **DON'T MISS IT!**

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Calkins Weeders and Improved Treaters



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Full Stock Of Repairs  
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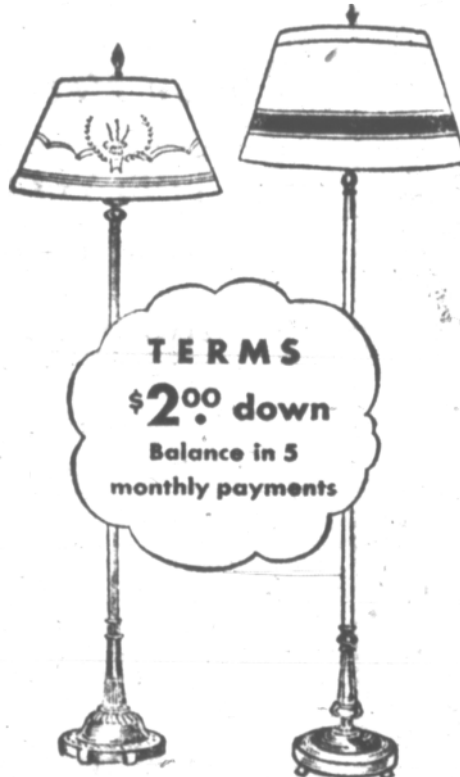
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## Special Sale LATE SEASON MODEL I.E.S. LAMPS Sept. 3 and 4 only



● A limited quantity of other I.E.S. lamps—floor, table, end table, bridge and wall models—are also being offered at exceptionally low prices during this 2-day sale. Don't miss

this money-saving opportunity to "light condition" your home with these genuine I.E.S. lamps. Prices won't be as low again. See these lamps today. Buy on convenient terms.

**PACIFIC POWER & LIGHT COMPANY**  
Always at Your Service

#### Colonial Premier FLOOR STUDY LAMP

—complete with beautiful fully designed parchment shade and 50-100-150-watt bulb.

Regularly \$12.95  
For 2 days only

**\$9.95**

#### Miller Semi-Indirect FLOOR LAMP

with handsome parchment shade and 100-200-300-watt bulb that gives 3 levels of light.

Regular price \$11.95  
During sale special at

**\$8.95**