

Captain Holliday And Family Leave Moro

Captain Holliday was here Wednesday to get his wife and daughter and take them to a new residence near Cascade Locks where he is in charge of another group of southern boys. Lt. McKnight is now commanding officer of the local group.

Wily Knighten and family left Friday for Portland to be gone for several days. They spent Christmas with Mrs. Knighten's mother and the first of the week attended the teacher's meeting.

Mrs. J. C. Wright of Klamath Falls and Miss Charlotte Wright of Maxwell, California were here Christmas to visit LeRoy Wright and family.

Mr. and Mrs. Harlow Parkins were here Christmas which they spent with Mrs. Parkins' parents, Mr. and Mrs. W. S. Powell. He returned Sunday to Athena leaving his wife here for a week.

Miss Lois Kenny is here for the holiday week from LaGrande where she is a student at the normal school.

George Updegraff spent Christmas in Portland with his mother and brother who came up from San Diego to be with the family.

Tom Kirk and wife, Donald Kirk and Margaret Kirk and Mr. and Mrs. W. F. Kirk of Rufus were guests at the C. C. Wilson home here Christmas day.

Miss Leora Peetz left Monday night for Chicago from where she will go on to Detroit to meet her fiancé, Karl Landstrom. They will be married there December 31 and in a new car go to Washington D. C. where he is stationed as an agricultural economist in the department of agriculture.

Mrs. Dorothy Peetz and children, Louis and Janet, were here for the holidays visiting with Mr. and Mrs. L. L. Peetz and Leora.

Rev. and Mrs. Hugh T. Mitchellmore of Myrtle Point were Christmas week guests at the Manse. Mr. Mitchellmore was guest speaker Sunday morning at the Community church when he preached for his son, Rev. L. H. Mitchellmore. The parents arrived in Moro last Friday leaving for their home Wednesday.

Miss Janet Stephens and Bob DeGraff of Portland were here for Christmas at the Stephens home.

Mrs. Merrill Oveson and new daughter are expected home within a few days from Grass Valley.

Several people from this community attended the funeral in Portland of Ralph McCulloch, young attorney, who was electrocuted in a flooded basement early this week. Mrs. McCulloch spent a summer here as a guest of Miss Mary Jeanette Sargent, her Willamette University room mate.

Mail from the west was delayed Thursday morning because of slides on the railroad track between Portland and The Dalles.

A. Rose expects to retire from the railroad service next spring after over thirty years in that work. He has been in Moro for 27 years as station agent.

Mrs. Carrol Sayre is ill this week with a severe cold.

Mr. and Mrs. Ross Hart left Monday for Beaverton to be with Mr. Hart's parents for a few days. They were accompanied as far as

Portland by Mrs. O. G. Sayre and Mary, who expect to visit with Mrs. Sayre's sisters during that time.

W. J. Martin had as a guest this week, their daughter Mrs. Lillie Morgan from Medical Lake, Wn. who has been with them during the holiday season.

Art Barnum delivered the last of his purebred Hereford heifers to Andy Patjens of Shaniko last week and for the first time in nearly thirty five years is out of the Hereford business.

Karl Peterson came up from Klamath Falls Friday to spend Christmas day here and to bring his wife and daughter home from the hospital. He is very well pleased with the Klamath Falls school system in which he is teaching.

Howard Roos and family are here to spend the holidays with parents, Mr. and Mrs. Wm. Roos.

Discussion of the newly proposed road between Kent and Bourbon has not resulted in a settlement of the right of way problems so far. As proposed now the road would not come to Bourbon but would connect with a road running west from the Sommer place south of the Guthrie place to the railroad.

Edwin Eaton came up from Hood River Sunday night to spend a week with his aunt and uncle, Mr. and Mrs. Marion McKee.

Mr. and Mrs. Ethan Woods were here from Prineville to spend the Christmas holidays with Mr. Woods mother, Mrs. Hazel Woods.

Bob Poley is here from The Dalles to spend a few days visiting with his parents.

Sleepy Drivers; Unsafe Drivers

The driver who "falls asleep at the wheel" or who drives while his reactions are dulled by fatigue, may cause far more damage on the highway than the average person realizes, Secretary of State Earl Snell declared this week.

Snell said he wished to warn against fatigue because accidents of the "driver-asleep" type are nearly twice as apt to be fatal as ordinary accidents.

"These mishaps are deadly because there is no slacking of speed, no attempt to swerve or avoid direct collisions, and the driver is not 'set' for the jar," Snell pointed out. "Last year there were 101 'driver-asleep' accidents reported in Oregon; four of these were fatal, and 2272 caused personal injury. A recent study by the National Safety council shows that from two to six times as many 'driver-asleep' accidents occur as are actually reported."

"Fatigue may also be deadly even though it does not produce sleep. Not only does fatigue make it hard for a driver to keep his attention on the road, but it slows him down in case of an emergency. "Drivers of passenger cars are most apt to fall asleep at the wheel at 2 a. m., while for truck drivers 4 to 5 a. m. is the worst hour. This time difference indicates that the ordinary driver may fall asleep while returning from a late engagement or social affair, while the truck driver gets drowsiest at the end of his regular night's run, a few hours later."

During October and November, Oregon fatalities dropped 39 below the same two months last year, while deaths this month so far are running about even with last December's rate, which was much lower than for last October and November.

Model Miss



With a deft brush, Jessie Chin of the N. Y. A. adds a touch to this model of the 1939 Golden Gate International Exposition on Treasure Island in San Francisco Bay.

January 15 Is Closing Date For Conservation Work Sheets

A closing date for filing work sheets under the 1938 Agricultural Conservation program in Oregon and specifications for practices under the range improvement program were decided upon by the State AAA committee at its recent meeting at Oregon State college, reports N. E. Dodd, Haines, chairman.

January 15 will be the deadline set for receiving additional work sheets, the committee decided. County committees having been receiving these work sheets for the past month from those who have not participated in either of the previous programs. All who have turned in these work sheets previously are automatically included for next year.

Specifications for the range building ing practices have been sent to Washington for final approval before being forwarded to the counties. It is understood they follow in a general way the previous practices, with such changes as are necessary to conform to some new regulations.

The extent to which Oregon livestock men have benefited under the range program is indicated by statistical summaries in the state office showing work done under the first brief 1936 program and the recent 1937 program, summaries of which are still incomplete.

R. G. Johnson, range specialist of the state college staff, credits the range program of the AAA with bringing the greatest single advancement in range rehabilitation work. In the 1936 program there were 1197 cooperators owning more than three and a half million acres of range land. This year estimates are for close to 1900 cooperators owning six and a half million acres.

"Cooperators are not paid the total cost of beneficial improvements," Johnson points out, "but are sufficient to encourage owners to contribute the balance." Figures from the U. S. Forest service show that it costs about \$130 to clean out and box a spring, with troughs and pipe. The AAA paid \$50 per spring last year and a total of 1641 were developed.

"The value of these and other improvements from a national long time stand point is the reason for government aid in such conservation efforts."

Classified Ads.

WANTED: Used hog wire fence. John DeMoss.

LOST: Red Heifer, 9 months old. Crop and split in right ear. Donald Martin. 11F2. Grass Valley 7-8-9 pd

PHYSICIAN & SURGEON

Dr. Payne announces the removal of his offices to 203-204 U. S. National Bank Bldg., The Dalles, where he will be alone for the practice of eye, ear, nose and throat and the fitting of glasses. Tel. 843, Hours: 9-12, 2-5, evenings by appointment.

FOR SALE: Electro Fence—Saves wire cuts, protects and saves feed around the stacks. Only \$14.65 including Battery. John DeMoss. 6 t f

WANTED: 12 section spring tooth, with or without hitch. John DeMoss.

FOR SALE: \$100 King trumpet. Will sell reasonable. Douglas Tuel, 425 Medical-Dental Bldg., Portland. 6-7-8 ch

Visitors Come To Kent From Afar

Mr. and Mrs. James Johnson of Grass Valley, California spent the week end here visiting the former's sister, Mrs. George Wilson and family.

Mr. and Mrs. Carl Gregg motored to Kent Wednesday from Warm Springs to spend Christmas with their daughters, Frances and Delores. Mr. Gregg's health is slightly improved.

Eleanor Faye Swett of Boyd is spending the holiday vacation here with her grandmother Mrs. B. A. Hogue.

Mr. and Mrs. Roy Justesen arrived at Kent last Friday to spend the holiday season visiting Mr. Justesen's parents, Mr. and Mrs. Fred Justesen.

Evelyn Davis, who has been staying in The Dalles for several weeks at the home of her aunt, Lillian Schassen, returned to her home here Saturday evening.

Mr. and Mrs. Carl Schadewitz and son John and Gray Wilson were all day guests at the W. B. Wilson home Saturday.

Mrs. Ida Davis and daughter Pauline of Moro spent the week end at the home of the former's daughter, Mrs. J. C. Wilson.

Mr. and Mrs. J. L. Matthes left last Monday for North Bend where they will spend several days with their daughter Velma, who is a teacher there.

Dinner guests at the Alfred Lyons home Saturday were: Mr. and Mrs. Jay McKay and son Frankie, Mr. and Mrs. Carl Gregg and daughters Frances and Delores and Mr. and Mrs. Earl Gregg and daughters Edith and sons Kenneth, June and Bob.

Mr. and Mrs. J. L. Davis and son Warren and Mr. and Mrs. L. E. Clark spent Christmas at the home of Mr. and Mrs. W. L. Eck in The Dalles.

Mr. and Mrs. Theo. Justesen and children and Lester and Helen Wilson spent Sunday evening at the George Wilson home.

Mr. and Mrs. J. M. Wilson and sons Dick and Jerry Jr., left last Friday for Oakesdale, Washington to spend the holidays with their son Paul and family. They will also visit the L. E. Wilson family at Waverly, Washington.

Boogy—Isn't it strange! My best ideas come to me while I am washing my hands.

Woogy—Say, old man, why don't you take a bath?

Try Journal advertising. It pays.

Cereal Grains High In Energy Value

Cereal grains and products made from them are high in energy value and certain vitamins and minerals, unless much of their food value is "manufactured" out of them, says Lucy A. Case, extension specialist in nutrition at Oregon State college.

The germ of cereals, highly valuable for its vitamin content, is often removed by the manufacturers because it contains oil and is subject to rancidity.

Manufacturers of wheat products are allowed to remove the germ and still label their products "whole wheat," Miss Case says. Because real whole grain cereals from which the germ has not been removed do deteriorate rapidly, however, it is best to buy these only in small quantities, she says.

"In making many cereals, part or all of the bran coat is removed, thus lowering the mineral and roughage content," says Miss Case. "Cereals from which most of the coat and germ have been removed are called 'refined cereals.' Cereals from which only a part of the coat and germ have been removed are commonly called 'whole grain' cereals. As with other manufactured goods, it is difficult to ascer-

tain the real facts concerning the food content of any particular manufactured cereal product."

Such cereals as rolled oats, corn, meal and cracked wheat can be purchased in large quantities in cloth sacks at a considerable saving, if dry storage, free from dust, can be provided for them. It is necessary, however, for the buyer to be on guard against off-flavors in foods-in-cloth bags.

Ready to serve cereals save the homemaker's time, but cereals cooked at home are cheaper, often costing only one tenth as much, Miss Case says. If well cooked for an adequate time, cooked cereal is as wholesome and usually as delicious as the ready to serve kinds and has the advantage of being a warm food.

Flubb—What caused the big collision today?

Dubbs—Two motorists after the same jaywalker.

GEORGE C. UPDEGRAFF

Attorney At Law

Moro and Wasco

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1936 Chevrolet Standard coupe. A keen little car finished in a light green duco. A sweet running motor, 90 per cent rubber and clean upholstery. A classy little car and OK'd for 495

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

The thought of a hot bread, that something from mixing amounts to flour, eggs, milk and butter with bits of other ingredients such as orange peel, raisins, brown sugar and nuts, is very suggestive of these cooler days.

That hot bread may upset very delicate systems should not discourage their entire preparation. It is true that when hot bread and milk are served children, that they may gulp a bit of both and not chew the hot bread thoroughly. The chewing of food is to mix some of the saliva, a digestive juice in the mouth, with the food particles, so that they may digest more easily. In the occasional service of hot bread to children, it is wise then, to serve milk only after the hot bread has been completely eaten.

The actual success of a quick or hot bread remain a home art. It is delicious, tender, and light when choice ingredients are used and when mixed, baked and served with in a very short space of time.

Perhaps muffins of all hot breads most often show failures. The use of eggs, butter and milk, along with very careful measurements, helps their "bounty." Smooth beating is the forerunner of innumerable tunnels, a pyramid top, a smooth surface, and a weather-worn look while just barely mixing minutes.

dry and moist ingredients will give a well rounded bumpy and ravishing muffin.

Plain muffins are good, but with the addition of nuts, raisins, jelly, grated cheese, or made from combinations of flours, they become a holiday specialty. Many housewives regard a favorite variation as a guest meal hobby. Ham muffins are a suggestion for a lazy Sunday "bunch" in a fall menu.

Baked apples with lemon
Broiled Tomato Slices
Scrambled Eggs
Ham Muffins Marmalade
Hot Chocolate Coffee
Ham Muffins
One fourth cup butter
One tablespoon sugar
Two well beaten eggs
One cup milk
One cup flour

Three fourths cup graham flour
One fourth teaspoon salt
Three teaspoons baking powder
Three fourths cup chopped ham

Combine milk, beaten eggs and melted butter; sift flour, once, combine with sugar, salt, baking powder and sift again. Next combine liquid and dry ingredients just enough to moisten all. Pour into buttered muffin tin and bake in a moderate oven (400 F) for about 25 minutes.

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