

Wasco Methodist Church To Have Pipe Organ

The plans of the Methodists to purchase a pipe organ have been formulated for some time. This week they were realized when word was received from the Methodist church in The Dalles, where Rev. Bruce is pastor, that they were giving their organ to the Wasco church. Miss Gertrude Cannell, daughter of Rev. Cannell, is now majoring in music at Willamette.

Mrs. Maud Akers assisted by Mrs. Roy Belshee were hostesses Thursday afternoon to members of the Jolly dozen card club of Moro. Cards were played at four tables and dessert luncheon was served. Mrs. Lila Bull received club prize and Mrs. Charles Everett guest prize.

Mr. and Mrs. Howard Connelly of Hood River were guests Sunday at the M. Schwendel home. Mr. and Mrs. Wesley Wilde were also Sunday guests of the Schwendels.

Mr. and Mrs. Ross Hilderbrand and son Billy were visitors in Portland Sunday.

The Past Noble Grand's club met at the library room Tuesday with Mrs. Chester Medler and Mrs. Wesley Wilde as hostesses. Election of officers was held with the following results: Mrs. Jessie Amos, president; Mrs. Wesley Wilde, vice president; Mrs. T. L. Fields, secretary. Cards were played during the afternoon with Mrs. Richard Yocum winning club prize.

Mrs. Jessie Amos entertained Saturday afternoon for the pleasure of her sister, Mrs. George Crossfield of Portland with a dessert luncheon followed by contract at two tables. Mrs. Frank Lamborn received high score.

Mrs. Wm. Reid left Tuesday after spending a week here with her family.

Mr. and Mrs. Harley Dutton of Fossil attended the funeral of Carl McKean in Moro Friday and visited here in the evening before their return home.

The Wasco high school senior play has been postponed until May 7 because Gertrude Hansen, a member of the cast, fractured her arm in a car accident near Lyle, Washington while on the senior picnic.

The senior class of the local high school drove to Trout Lake Friday, for a picnic and returned to The Dalles to attend the evening show before ending the day.

Dr. and Mrs. Darwin E. Bennett and Mrs. Bennett's parents, Mr. and Mrs. Fitzsimmons of Fitchburg, Mass., were here last week visiting with Mr. Bennett's uncle, A. C. Kaseberg and aunt, Mrs. G. H. Root. He one time attended Wasco school.

Mrs. Maud Akers will accompany Mrs. Ida Carlyle on her eastern motor trip to Kansas City, Mo., leaving Friday. Mrs. Merrifield of The Dalles was unable to go. Mrs. Akers was married in Monett, Mo., and will visit her relatives and friends there and will stop in Los Angeles on her return trip to see her daughter. She will

Golden Gayway Planned in '39



Gayway is the name chosen for the amusement zone of the 1939 Golden Gate International Exposition, to be held on Treasure Island in San Francisco Bay. The girl is Zoe Dell Lantis, Exposition beauty and the most photographed girl in the world.

also be a delegate from the Wasco club to the convention. home of Mrs. Anna Lee.

Mr. and Mrs. Stewart Johnson of Salem visited Sunday at the Mrs. Augusta Huckin was in Yakima Sunday visiting.

Mr. and Mrs. Charles McCallister of Yakima were business callers Saturday at the ranch home of Mr. and Mrs. Clyde Fridley.

Louis Scholl is enjoying his spring diversion of fishing again and is at Northwestern lake in Washington.

Persons motoring to the Clarno oil well Sunday included Olive and John Robinson, James Maddox, Ralph Williams and Jerry Barnett.

Mr. and Mrs. Ormand Hilderbrand, Miss Evelyn Scott and Bill Leslie attended the trap shoot in Bend Sunday.

Guests at the home of Mr. and Mrs. T. Lester Johnson were her cousin, Mrs. Wesley Jones of Yakima and her mother, Mrs. A. G. Groscup of Portland. The latter left for her home with Mr. and Mrs. Johnson when they went to that city for the week end.

Mr. and Mrs. Stewart Johnson of Salem visited Sunday at the home of Mrs. Anna Lee.

Frank Fewel of Natches, Wn., spent the week end visiting his mother, Mrs. Helen Dingle and his brother Bruce.

Freda Mae Rice was a week end visitor in Portland where she visited her brother and friends.

Four invitations were issued by the Rufus Junior class for their dance held Saturday evening. The ball room resembled the deck of a ship. Many from Wasco attended.

Mrs. T. Lester Johnson was hostess to members of the Thursday bridge club. Mrs. Johnson's mother, Mrs. Groscup, was winner of high score.

A number of desirable changes have been made in Mrs. B. E. Hailley's home here. An enclosed porch has been added and a new garage built.

Fred Cole of Heppner was visiting here this week end.

Mr. and Mrs. Arthur Sargent spent the week end at Salem visiting their daughter, Mary Jeanette. Mrs. Minnie McKinney and Mrs. Vivian Trounce accompanied them. The party stopped in Oregon City to see Mr. and Mrs. Leslie Blakely.

Mrs. Fred Fortner spent the week visiting her sister, Mrs. Mary Crawford at Northdalles.

The afternoon tea given by the ladies of the Methodist church Wednesday, was well attended with 65 present including a number from Moro. Mrs. O. A. Ramsey, Mrs. E. E. Barzoe Louise Barzoe, Mrs. Martha Cope and Mrs. John Foss. Program numbers were given by the following: The young people's chorus; Katherine Fridley, musical numbers; duet by Dorothy and Donna Knox; a comic reading by little Miss Patricia Needham; duet by Mrs. Homer Dixon and Mrs. Wm. Mills. The ladies choral club gave several numbers and games were played at the end of the program.

Charles Sprague of Salem, candidate for governor, was here calling on friends Tuesday.

Mr. and Mrs. J. P. Brooks from Oak Grove were over night guests Tuesday at the home of Mr. and Mrs. Owen Barnett.

INSTITUTE LEADER



HAROLD WENDEL, PORTLAND President of the Oregon Retail Distributors' Institute who will preside over the organizations annual meeting at the University of Oregon campus, May 2nd and 3rd.

Barber Shops Still Lead

The last Business Census reports 121,153 barber shops compared with 61,355 beauty shops. In addition, there are 4,202 combination barber and beauty shops in operation.

Appropriate Name

Orange County, California, is well named for it leads all United States counties in the production of oranges, according to Census Bureau reports.

Read the ads in the Journal

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

May first, May Day, is celebrated, according to Governor Charles H. Martin's proclamation jointly, as the principal spring festival day and Child Health Day. In furtherance of this nationally celebrated day, Child Health Day, the slogan "Speed Children on the road to Health," has been adopted for 1938.

How better can children enjoy the privileges of a rightful heritage that will speed them on the road to Health, than through the simple cooperation of the parents? Parents at this time may well question their efforts in this behalf.

Food is probably the most important of all the factors which influence health and growth. Rest and sleep, exercise, fresh air, sunshine and other conditions are all necessary to help the body make the best use of food. But always it is food itself which furnishes the materials for actual body building and energy.

A recent survey of health habits indicated that the malnourishment among children was due in part to high percentage use of tea and coffee, insufficient food, too rapid eating, too little milk, too few vegetables, unwise piecing, and inadequate breakfasts. All related in some aspects to the food that is eaten. How then, can these faulty habits be eliminated, to speed children on the road to health?

Obviously recognition must be given to the effect of commercial manufacture on foods, to the high demand for variety in food tastes, and to the cry for satisfaction of a highly over-rated sweet tooth. Then an understanding of an adequate diet must exist.

In attention to the adequate diet, it is interesting to observe that while scientists daily explode theories on the effects of food elements on the body, the adequate

diet continues to be built on protective foods of milk, fruits and vegetables. It is not, however, so much lack of knowledge but lack of application of the adequate diet that disturbs the road to health and happiness. In today's economic crisis it is particularly important to understand that in the returns in nutritious benefit, one cannot afford not to provide protective foods in order to share in the modern watchword, preventive-medicine. Dr. H. C. Sherman, of Columbia University, leading authority in the field of nutrition reports that as much as twenty-five and even thirty-three per cent of the food dollar must, under circumstances of economy, be spent for milk and cheese.

Parents need to daily ask themselves, Are we building for buoyant health in our children by providing an adequate diet built on protective foods, milk, a cup or more at each meal, and liberal amounts of vegetables, fruits and eggs?

Has Many Cattle

Cherry County, Nebraska, is the leading cattle county of the United States.

Try Journal Advertising, it pays.

WASCO MARKET

Groceries—Meats—Fresh Fruits and Vegetables in Season

Your Patronage Appreciated

See us for—

GAS, OIL, and MOHAWK TIBES
Country Delivery of Gas & Oil
Sperry Dairy and Poultry Feeds
Sperry Flour
FEED GRINDING
Safety Deposit Boxes for Lease
All kinds of Insurance

Sherman Cooperative Grain Growers : : : Wasco, Oregon

ATTRACTIVE CO-EDS TO REIGN OVER CAMPUS CELEBRATION



These five smiling co-eds will reign over a three-day program of festivities during junior weekend which will be combined with the annual Mother's day celebration here, May 6 to 8. They were chosen by student vote from a field of 15 prominent co-eds of the junior class. From left are Blanche McClellan, Albany, and Marcia Steinhauser, Hood River, princesses; Queen Virginia Regan, Pendleton; Jacquelline McCord, Portland, and Betty Crawford, Klamath Falls, princesses.

Fresh Air Is Essential To Health

Three thousand cubic feet of air is the amount you and I must get in and out of our lungs each hour. Seven pounds of air per day go into our lungs and five go out again. Two pounds of oxygen go through the lungs into our blood to transform our food into energy and heat for the whole body. On an average, with each breath we change only one tenth of the air in our lungs while the remaining nine tenths lies inactive and de-oxygenated. Deep breathing, however, replaces the stagnant nine-tenths, puts to work idle lung tissue, oxygenates the blood and sends it coursing to do its work. Exercise, the health essential, stimulates deep breathing and in this respect alone is of great value to our bodily well being.

We thrive on breezes, natural and artificial. Breezes blow away the warm used air and bring back fresh air. We need moving, fresh air, and without it we should promptly die. To live we must breathe, work and ventilate our lungs. Great quantities of air are necessary to flush out the carbon dioxide and impure water vapor. The air we breathe should be free from dust, dirt and germs. It is essential to health that the

Four A Minute

In 1936 there were four babies born every minute in the United States.

Wheat Production High
Whitman County, Washington, produces more wheat than any other county in the United States.

T. Lester Johnson

LAWYER
WASCO MORO

air be free from contamination, hot and in winter especially, not too hot and dry, and not motionless. We need live and not dead air.

Healthy bodies need living air not only for breathing, but for ventilating our skin. It is not just our lungs inside us that must be flushed; our whole outside skin, so to speak, breathes out vapor. Even if we don't visibly perspire, we must somehow evaporate two and a half pounds of water each day. Much of the poor work in factories, schools and offices may be traced to the impairment of this important skin function which is itself caused by dead air. With windows closed to keep out the cold, the air stagnates, the skin acts sluggishly, and we breathe and re-breathe the same or part of the same dead air. Of course the work suffers. Among systems for providing fresh air, modern air conditioning is becoming popular for furnishing fresh air at the correct temperature.

The simplest system is the direct system which depends on the

heat of the breathed air to carry it, up and off. It is curious that many farms have hit on a system for their cows which is better than most of the systems in our schools. The monitor roof of the barn solves the problem. The hot breathed air rises to the sloping ceiling and escapes through the windows of the monitor top. In a school, not built for the direct system of ventilating, a good method of heating and ventilating is to thoroughly heat the room at night and open the windows using window boards so as not to cause direct draught. For health we need real ventilation that keeps the bad air moving out and the fresh air coming in.

DEWALT PAYNE, M. D.
Physician and Surgeon
203-204 U. S. Bank Building
Eye, Ear, Nose and Throat including the fitting of glasses.
Office Phone 843 Residence Phone 935
Hours 9-12 2-5 The Dalles, Oregon

General Electric Says: "The 1938 G-E is the finest, thriftiest refrigerator we ever built!"



Buy on Convenient Terms
PACIFIC POWER & LIGHT COMPANY
Always at Your Service

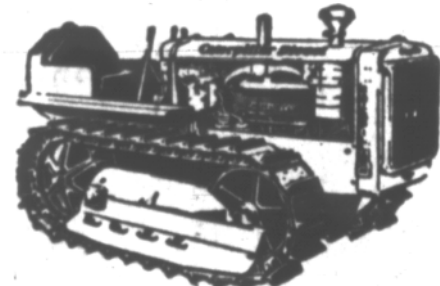
Does John Jones know you have a good buy in groceries or jumpers?

If he doesn't, you are missing a sale and John Jones is overlooking a convenience. The same applies to the hundreds of other possible buyers in the county.

All can economically be told of your wares through the medium of

Sherman County Journal

Dieselize for lower costs



Start Saving Now

Again economic conditions demonstrate that farm profits can be controlled only through a firm control of farm operating costs. Only the man equipped to raise crops at low cost earns profits when produce prices are low. Look around... see what low prices can do to the man with obsolete tools. "Caterpillar" Diesel Tractors lead the way in lowering operating costs. No tractor on earth approaches their economy. The "Caterpillar" D-4 runs on 1 3/4 gallons of cheap fuel per hour... 50 percent less than the most economical gasoline tractor... 25 percent less than its nearest competitor. Start saving with a "Caterpillar" Diesel... now.

O'MEARA Supply & Imp. Co.

John Deere Caterpillar