

Wasco I. O. O. F. Attend Meeting At Grass Valley

The grand master of the Odd Fellows lodge was at Grass Valley Saturday evening to perform second degree work. Those present from Wasco included Grand Marshall W. B. Rice, Leo Watkins, Don Johnson, Charles Sisco, Joe Weatherford and Melvin Brady and Sol Coats from Rufus.

Mr. and Mrs. B. H. Grady, Mr. and Mrs. W. A. Nisbet and Mrs. and Mrs. Art Smith were invited guests at the home of Mr. and Mrs. Funk Thursday evening when the hosts celebrated their birthdays with a dinner and cards.

Mrs. B. W. Guy received high honors when the junior bridge club met at the home of Mrs. Grace Medler Wednesday.

The sewing club will meet with Mrs. Frances Medler Thursday Tuesday afternoon.

Marion Carey spent Monday visiting his brother Rev. Gilbert Carey and family.

A report was released from Sacramento, California that Le Roy Van Sant, a nephew of Mrs. J. F. Royce, who formerly lived in Wasco, was married to Miss Esther Heath.

Mrs. Clyde Ramer of Montana, is visiting her sister, Mrs. Pearl Butler.

Rev. and Mrs. Carey were visitors in Gilliam county Monday at the home of Mr. and Mrs. George Kaseberg.

Mr. and Mrs. Carl W. Nelson came from Salem on their return from Washington D. C. and visited last week with relatives, Mr. and Mrs. Walter Medler.

Mr. and Mrs. Howard Spencer and Mr. and Mrs. Marion Howell motored to Fossil Sunday and spent the day with Mr. and Mrs. Art Barzee.

Mrs. Floyd Root, Mrs. Cyril Kruger and Mrs. T. Lester Johnson drove to Portland Monday.

Harold White, a relief worker this week for the Union Oil Company.

Bill Reid of Portland visited here over the week end.

Mrs. Ida King's sister, Mrs. Nan Truax of Newport, passed away at her home Friday at the age of 81 years. Mrs. King left Sunday for Newport to attend the funeral services.

The school operetta, "Sailor Maids" was very enjoyable and after expenses were paid thirty two dollars remained for the school.

Mr. and Mrs. Jean Joyal of Portland are visiting relatives and friends here.

Wayne Hull of Portland was in town Saturday to see the operetta and his mother, Mrs. Abbie Hull, accompanied him back to visit her daughter, Mrs. Free Crews and family.

The ladies of the Christian church are having a bake sale the afternoon of the 8th, at the library rooms.

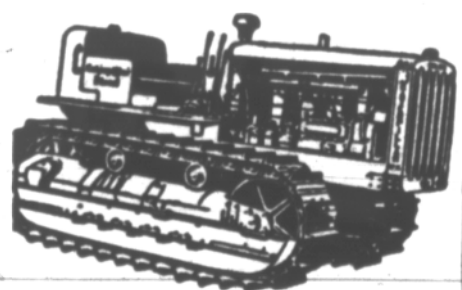
Mr. and Mrs. Laidlaw and Betty of Salem are visiting at the Frank Morrow home.

Mrs. Jessie Amos and sister, Mrs. G. N. Crossfield are guests in The Dalles with their sister, Mrs. E. O. McCoy.

Mr. and Mrs. G. C. Andrews returned from Portland where they spent several weeks visiting their son Chester and Mrs. Andrews.

Mrs. Kimbey of Portland was a week end visitor with her sister, Miss Georgia Bracken.

HOW LONG



WILL MY "CATERPILLAR" DIESEL TRACTOR LAST?

New "Caterpillar" Diesel owners often ask this question. We can't answer it because no one knows yet. The first Diesel Tractor ever sold is still going strong after almost 8 years of hard work caring for W. C. Schuder and Sons' large West Coast farm. Others have worked three and four times 8 years in terms of hours of service on the average farm, yet they're still handling their full loads without lost time.

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

Today most everyone is on speaking terms with the vitamins, even to calling them by name. No longer clouded in mystery, vitamins are now known to be "definite chemical substances, each having its own special function to perform in the body."

But even with much of this mystery cleared away there is evidence to show that many people do not get enough vitamins, and that even "deficiency disease" caused by extreme lack of any one of them, are far too common. But it is with the thousands of so-called borderline cases that nutrition workers are most concerned - that is, people who are suffering bad effects because they are not getting as much of the vitamins as their bodies could use to advantage, although not actually showing symptoms of any deficiency disease. A good supply of vitamins is necessary for the "abounding good health" that we all cherish so much.

The vitamins that you get via the market basket or the garden are considered more dependable than those in prepared form. But there is caution for the home-maker as there are many forces at work to destroy the vitamins en route from the market basket to the table.

If a cook does not take precautions she may unknowingly destroy

some of the very food value she planned for so carefully in her menu. To assure the preservation of vitamins and minerals in the cooking of fruits and vegetables follow the simple, easy-to-observe rule - "Cook quickly, in as short a time as possible, using the smallest amount of liquid that is practical. Make use of the cooking water." This, of course, is no revolutionary idea to the good cook for she knows that it is not necessary to flood vegetables during cooking.

Milk and other dairy products are looked to as excellent sources of most of the vitamins, as well as the minerals. In fact, so important is milk in this respect that it takes the lead in the group of protective foods - milk, vegetables, fruits, eggs - protective because of the abundance of vitamins and minerals found in them.

Identification of the vitamins is important but it is more necessary to know and use vitamin rich foods in abundance and to be cautious in their preparation.

A dish full of vitamins is -

Vegetable Medley
Mix two cups each of peeled and finely shredded carrots and turnips, place them in a double boiler, add 2-3 cup of cream or rich milk (hot), and cook from 15 to 20 minutes. Season with salt and butter.



By EARL SNELL Secretary of State

A device consisting of a red reflector button attached by leather and elastic band to the back of the hand will be introduced on the market soon by a Portland inventor, as a means of aiding motorists and pedestrians to signal their presence or intention to change direction at night. The device is similar in purpose to a reflecting ring also designed by an Oregon inventor.

Youngsters who break traffic laws in La Porte, Indiana, are accorded a unique type of trial. The judge who hears the case is 17 years old and the prosecuting attorney is 14 years old. Actions by this court have the full force of law and the decisions are backed up by city officials. Reports indicate that juvenile offenders learn the safety lesson much more quickly from their equals than from adult courts.

Bicyclists who ride without lights at night, and who ride swiftly into the street from a side road, alley or side walk, are among the chief contributors to collisions between bicycles and automobiles, according to Secretary of State Earl Snell. Bicyclists who make sudden turns without signaling, who cling to moving vehicles or who ride two abreast on the highway also become involved in many mishaps.

Adult pedestrians who have had driving experience are rarely killed in traffic.

This statement was proved by a survey which showed that of more than one thousand adult pedestrians killed in a five year period, only forty eight were licensed drivers.

For this reason pedestrians who are non-drivers should remember the vast difference between their speed and the speed of a vehicle, the vast difference between the distance required for them to stop or change their course and the distance required by a vehicle, and the low visibility of a pedestrian after dark.

True
"What is the test of good manners?"

"Being able to put up politely with bad ones."

No Cause For Alarm

Aunt—Won't you have another mince pie, Tommy?

Tommy—No, thank you.

Aunt—You seem to be suffering from a loss of appetite.

Tommy—That isn't loss of appetite. What I'm suffering from is politeness.

WASCO MARKET

Groceries—Meats—Fresh
Fruits and Vegetables in
Season

Your Patronage Appreciated

It's Back to Nature for Western Reserve Coeds



To demonstrate to young college women some of the processes of nature on a farm and to supply university cafeterias with fruit and vegetables, a program of general farming is being carried on by students of Flora Stone Mather college of Western Reserve university, Cleveland, Ohio. Here the college coeds store farm products which supply the university's five cafeterias. The girls milk cows, care for horses, pitch hay and perform many other farm chores.

'Bar' Is Popular Spot in Hollywood's Monkey Town



No bars or cages obstruct the view of visitors at Hollywood's Monkey island, where 535 monkeys, imported from India, hold open house every day. Beneath the artificial mountains on the "tropical island," the monkeys have their "dormitories," with special heating devices. Around the island is a 15-foot moat, containing clear, circulating water. The Monkey club bar is a popular rendezvous for John Monk.

Cancer Control Is Believed Possible Soon

Cancer control is attracting the attention of the entire nation, and rightly so, because a disease which kills more than 150,000 persons annually in the United States deserves consideration. Both professional and lay groups are interested in this problem.

Through the cooperation of the doctors and their patients, the mortality of cancer can be reduced. Our present knowledge of cancer renders it no longer the dreaded disease it once was. We know that cancer can be cured and is being cured, but to achieve this requires the closest cooperation between patient and doctor.

Through education, our people are becoming aware of the danger which may result from delay in seeking medical advice when they know something is wrong with them, even though it does not seem serious at the time. They have been taught that early cancer is painless and presents no alarming symptoms. Consequently they are seeking medical advice earlier.

The family physician has an important role in the control of cancer. He is the one who will see the patient first, not the cancer "expert." He must therefore be alert for signs of cancer in his patients. Present day medicine places on the family physician not only the responsibility of administering to actual illnesses, but the responsibility of keeping those who come under his care free from disease, through the application of preventive measures.

Old Cars May Be Made Safe To Drive

While motorists are inclined to laugh at the sight of a jittering, dilapidated "antique" on the highway, piloted by a carefree youth, there is nothing humorous in the fact that many mechanically deficient automobiles are being operated over the roads of this state and nation today.

The very fact that an automobile is old does not mean that it is a menace on the highway. Secretary of State Earl Snell points out that many an old car, kept in first-class condition by a careful owner, is still giving safe and efficient service.

Yet there are many persons who seem to be able to buy gasoline for everyday driving and for longer trips, but who make the mistake of spending little or nothing for the maintenance of their cars.

Quiet Music
Willy—Daddy, I wish you could get me a drum.
Daddy—Oh, I'm afraid you'll disturb me very much with it.
Willy—Oh, no, Daddy, I'll only play it when you're asleep.

T. Lester Johnson
LAWYER

WASCO MORO

SHIP BY TRUCK

The Dalles Freight Line, Inc.

makes daily trips from

Portland To Grass Valley

Let us haul your freight in and out of Portland

ing for the upkeep of their aging cars. As a result the brakes, tires, wheel alignment, steering mechanism, springs and even the engine itself slowly become less and less serviceable until an actual breakdown occurs—sometimes at a crucial moment, when an extra margin of mechanical strength or braking power is required.

While an act providing for state wide inspection of motor vehicles passed both houses of the recent legislature, the final responsibility for an automobile's condition rests with the owner rather than with the car. The safety of himself, his passengers and the other users of the highway demand that his automobile satisfy at least the minimum requirements of mechanical condition and equipment.

LAW OBSERVANCE PROGRAM PRAISED

Senator George W. Norris, of Nebraska, and William Allen White, famous Kansas editor, are among the hundreds of public leaders in the United States voicing confidence in the moderation and law-observance activities of the United Brewers Industrial Foundation.

Foundation brewers are working for maintenance of wholesome conditions wherever beer is sold, and are co-operating with the authorities for elimination of objectionable conditions whenever they may be found in places licensed to sell beer.

"It is a source of gratification to learn that the brewers of Nebraska have organized themselves to give aid and assistance to the officers of the law who are trying to punish the violators, and also to refuse to sell beer to any retailers who are guilty of violating the law," said Senator Norris.

Senator Norris expressed belief that the Foundation program, as exemplified in Nebraska, is of national importance because it is setting an example "that will undoubtedly be followed in other states."

Mr. White indicated his belief in the brewers' sincerity, when he published an editorial, headed "Beer Statesmanship," in The Emporia Daily Gazette, declaring:

"It has become obvious ever since the repeal of prohibition that the American brewers were determined not to make the mistake that the brewers made in pre-prohibition days. They pledged themselves to support 'duly constituted authorities for the elimination' of anti-social conditions in the beer business."

"It was obvious that Kansas is the one place in the United States where the United Brewers Industrial Foundation could come and find a fertile field. They sent a representative to Kansas. This agent of the brewers made a genuine and certainly an effective campaign to weed out the bad practices. The Gazette knows definitely two cases where evidence was furnished by the Brewers' Foundation to close up certain joints."

"There is no reason why the beer business should not be conducted as any other commercial business—breakfast food, toothpaste, tanned ham, packaged coffee or shoes."

"Apparently the Brewers' Foundation means business."

Smooth!

Clarke's WHISKEY

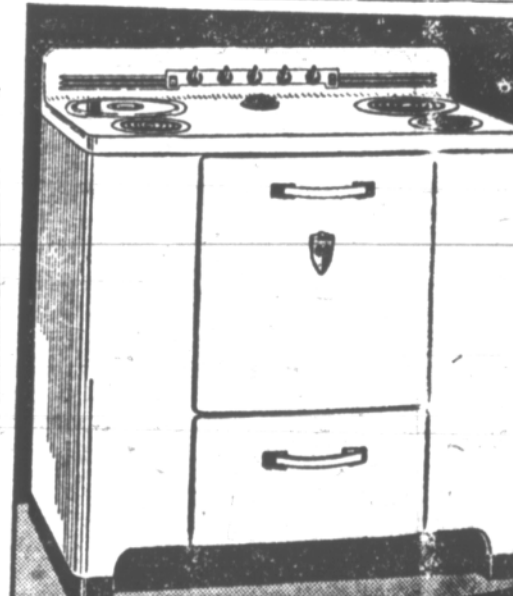
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By \$1.00 pt., \$1.95 qt.
Bottled by Clarke's Whiskey Co., Chicago, Ill. Imported by Clarke's Whiskey Co., Chicago, Ill. Bottled by Clarke's Whiskey Co., Chicago, Ill. Bottled by Clarke's Whiskey Co., Chicago, Ill.

1.00 pt., \$1.95 qt.

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