

Former Wasco Girl Married At Corvallis

Miss Mignon Wall, eldest daughter of Mr. and Mrs. Homer Wall, was united in marriage to George Philip Newton of Corvallis Sunday, July 21. They will make their home in Corvallis.

Mrs. Gail Holzapel of Th. Dalles visited here recently at the Bill Andrews home where her mother, Mrs. Elwood McPherson, has been helping during harvest. Andrews was one of the first farmers in this district to finish cutting.

Fetsy and Billy Edwards were dinner guests Monday at the home of Mr. and Mrs. J. E. McClure.

Miss Mildred Butler of Colfax, Wn., was in Wasco to visit her mother over the week end.

Mrs. Leonard Lutje is employed at the Wm. Clothier home.

Mrs. Alvin West and two children left for her home at Rock Creek after visiting for some time with her mother, Mrs. Lee Hines. Mr. West came for her Sunday.

Mr. and Mrs. Grant Armsworthy and Charles Sisco visited in Th. Dalles Tuesday.

Mr. and Mrs. Bruce Grady returned to Walla Walla Sunday for a visit with their son and wife, Mr. and Mrs. Ed Grady. Their son, Nyal and wife, of Spokane, joined the party at Walla Walla.

Mr. and Mrs. Ed McKee, Mr. and Mrs. Bruce Grady and Mr. and Mrs. Charles Everett were dinner guests Friday evening at the Frank Lamborn home.

Mrs. James Dunn and two children are visiting her parents, Mr. and Mrs. Harley Dutton, coming from her home in Fossil.

Bob Collins came Saturday for a visit at the Frank Knox home returning to Pasco Sunday leaving his sister, Dorothy, as a guest of the Knox girls.

Bill Lockhart of Goldendale spent several days of the past week at the Knox home.

Mr. and Mrs. Overholt were overnight guests Tuesday at the home of her mother, Mrs. Louise Thomas.

Mr. and Mrs. Jack Henderson of Portland visited friends here Sunday.

Mr. and Mrs. Hal Shelton of Hood River were here Sunday.

Mr. and Mrs. Pat O'Meara visited in Portland Sunday.

Louise Dethelias of Kelso and Miss Vivian Trounce of Moro visited this week end at the G. A. Saigent home.

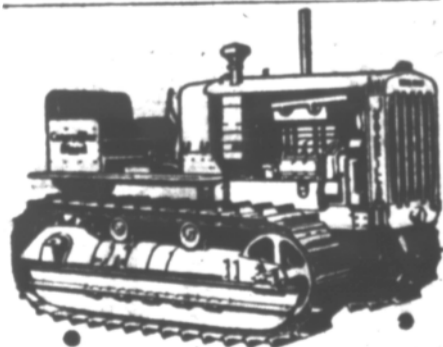
Mrs. Jean Hull of Portland is visiting her mother, Mrs. Lawrence Funk.

Mrs. Augusta Huckin, Mrs. Carrie Morrow and Mrs. Andrew Shearer visited friends in Th. Dalles Sunday.

Mr. and Mrs. Martin Hansen of Fresno, Cal., and Harold Anderson of Portland, grandson of Mrs. Roy Belshee, are visitors at the Belshee home.

Mr. and Mrs. C. W. Johnson of Willamina came to Wasco Friday and are visiting relatives.

John Matthias of Sunnyside, Wn., came to Wasco Sunday accompanied by his daughter, Dorothy. She is employed at the home of Mrs. Grace Medler.



"My D2 does 50% more work at 1/4 the fuel cost"

says: Norman L. Ernst St. Paul, Oregon

"My 'Caterpillar' D2 is doing 50 percent more work in a 10-hour day at 1/4 the fuel cost of my former gasoline tractor."

"In addition to fuel savings, this means that I can finish my regular work quicker than before and have plenty of time left to earn money doing custom farming."

Many a "Caterpillar" owner says:

"These extra income hours plus economy, help considerably in paying for my tractor."

O'MEARA Supply & Imp. Co.
John Deere Caterpillar

Mrs. Frank Stanley spent the week end visiting Mrs. Eliza Dingle at Camp Sherman.

Mr. and Mrs. Alvin Miles have moved into the apartment on the Charles Everett place.

Billy Williams is visiting in Th. Dalles this week.

Keep Cheerful And Keep Cool

To be comfortable during hot weather, live sensibly, form regular habits of living, get plenty of rest, and above all try to acquire a cheerful and philosophical outlook on life. Such is the advice offered in a leaflet on "Comfort During Hot Weather" which was issued recently by the United States Public Health Service.

Hot weather comfort and efficiency can be increased by following a few simple procedures regarding food, drink, clothing, exercise, sleep, and exposure to sun.

The recommendations of the Public Health Service are as follows:

(1) Food. The influence of a warm climate on the amount of food required by an individual is commonly exaggerated. The temperature of the body is adjusted not so much by increasing or diminishing the amount of heat we produce, as by regulating the amount of heat lost. It is therefore desirable during hot weather to increase the intake of fluids which will promote sweating, a mechanism by which the skin is cooled. Fresh fruits and vegetables are excellent sources of fluid and in addition contain food elements much needed by the body during hot weather. As a general consideration fried foods and rich pastries should be curtailed as food of these types tends to increase heat production.

(2) Drink. Attention has already been called to the necessity of drinking adequate amounts of water (6-8 glasses a day) to induce sweating. Fruit juices are excellent hot weather drinks, being palatable and effective in quenching thirst.

(7) Exposure to sun. It is best to begin with brief exposure each day until the skin becomes lightly tanned, after which the body may be exposed to the rays of the sun for longer periods. Persons with sensitive skins should be especially careful as over exposure to direct sun rays may cause severe burns.

According to the Public Health Service, the observance of these recommended procedures will do much to lessen the discomfort ordinarily experienced during the hot season.

"I get wonderful recipes over the radio," gushed the bride who was entertaining her family for the first time. "I got one for Egyptian stew and one for a never fail spot remover this morning."

"Which is this?" asked little Willie, tasting the stew which he had just been served.

FOLIES EVE



Here's petite Marie of Clifford C. Fischer's New Folies Bergere appearing behind a giant "elephant car" leaf from a palm plant grown on Treasure Island. She makes a charming "modern Eve" at the Golden Gate International Exposition, don't you think?



Wincharger, For Lights & Power 6.62' Deluxe Ref. \$129.50; 9' slightly higher; Its a Copeland, Since 1918: 110 or 32v, Delivered Eye It and Buy It.

DeMoss & Son DeMoss Springs and Moro, Ore.

And They Lived Happily Ever After

This is the way the editor of a Western country newspaper wrote up a wedding ceremony in his native town: "Would that our pen had been plucked from some bird of paradise and dipped in the eye of a rainbow, that we might fittingly describe the marriage scene enacted at the residence of Mr. and Mrs. A. C. Davis. Just as the day god, clothed in majesty sublime, had started on his downward course toward the western sea, shedding his galaxy of quivering, golden beams o'er the rejoicing earth—it was then that the cords of confidence, hope and love, banding the hearts of Eli Frederick Guernsey and Beatrice Davis were indelible traced upon the scroll of life, and the sacred seal of matrimony placed thereon."—Oregon Writers' Project, WPA.

Best way to fight a woman is with your hat—grab it and run.

An enslaved press is doubly fatal; it not only takes away the true light, for in that case we might stand still, but it sets up a false one that decoys us to our own destruction.—Colton.

Us: "Sorry I was late, Mister Rogers, I'll be here bright and early tomorrow morning." Boss: "Don't promise the impossible—just be here early."

Archeologists digging in the ruins of Assyria have unearthed a lot of broken pottery, which goes to prove that marriage is, after all, a very ancient institution.

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

No scientist can make bones by shaking up a mixture of calcium and phosphorus in a test tube. But in the body, through some complicated processes, these two minerals are combined to make up a large proportion of the rigid structure of the bones and teeth.

Of course, other substances are needed for the building of bones. One of the most important is vitamin D. Although this vitamin does not actually go into the structure of the bones, it must be present to help the body in absorbing the calcium and phosphorus.

As children grow they build bones at a rapid rate. This means that a supply of calcium and phosphorus and vitamin D is particularly important for them. Even before a child is born, his bones and teeth are forming. Then dur-

ing infancy and early childhood these soft structures are becoming firm, hard bones, growing thicker and longer and demanding more building material.

When the child does not get enough calcium, phosphorus, and vitamin D a disease known as rickets is likely to develop. Rickets may show up in the unlucky child in bow legs, a flat chest, and other misformed bones for the rest of his life.

The wise mother checks to make sure that her child is getting enough of the materials needed for building sound bones. Daily sun baths and out-of-door play will supply some vitamin D. But foods rich in vitamin D, especially the fish liver oils or Vitamin D enriched milk, are a more de-

pendable source of all the year around. The best way to give a child his daily supply of calcium is in the form of a quart of milk a day. In addition, this milk furnishes a generous amount of phosphorus, the other bone building material.

Even after a person is fully grown he needs a supply of bone building materials. Although the bones are no longer growing larg-

er, they must be maintained and kept in good condition. A pint of milk a day will supply the adult's need for calcium.

This milk can be used as a beverage, or it can be used in cooked foods. Cheese is also an important source of calcium. But it is well to remember that unless a person takes milk in some form it is almost impossible to get a liberal supply of this mineral.



SHAW'S COFFEE 1 lb. glass jar 27c
Sunshine Crackers 2 lbs. 25c
DASH Giant Size 48c

Economy Catsup Full 14 oz. Bottle 10c

Tasty Salad Dressing Pint 10c
TANG Salad Dressing Quart 29c
Good Tomatoes Full Apple Box 79c
Gravenstein Apples Box 79c
125 ft. roll Wax Paper 14c
Harvest canned foods special continues to August 1. Buy winter supplies now and SAVE.

Clothes WASCO MARKET GROCERIES, MEATS, COLD STORAGE

Before You Leave For Your Vacation!

WHY not take an inventory of your business stationery?

Check on your supply of letterheads, envelopes and billheads then see us for an economical, quality printing job.

Have some new stationery to write on when you come home from your vacation.

Sherman County Journal

P. S. Give us your vacation address and read the home paper while gone.

