

### Wasco Minister Welcomed Home By Neighbors

Approximately twenty persons met for a picnic in the Wasco city park Sunday, planned by the Methodist church to welcome Rev. and Mrs. F. L. Cannell home from their vacation at the beach. Mr. and Mrs. R. C. Byers of Moro were present.

Mr. and Mrs. Newt Fordyce of Portland and Mrs. G. N. Crossfield from The Dalles spent Sunday visiting with Mrs. Jessie Amos.

Mrs. G. T. Andrews returned to Wasco last week from The Dalles where she had been staying with her sister-in-law, Mrs. Andrews for the past six weeks.

Mrs. William Hultiz visited in Wasco. She and her parents visited in Hermiston Sunday at the Wai. Maifi home. Mrs. Hultiz returned to her home in Portland, Monday.

Mrs. Ed Dutton and Jean visited in The Dalles Sunday. They were accompanied by Mrs. Deaton.

Mr. and Mrs. Louis Walsh and family were visitors at the Hazel home in The Dalles Sunday.

Mrs. E. W. McQuillen and Mrs. Darrel McQuillen were in Portland Thursday.

Mr. and Mrs. Erel Yeoum and daughter Marian motored to Portland, coming back with a different car.

Joe Brackett was here on business from Portland the middle of last week.

Mr. and Mrs. John Illingsworth spent Saturday visiting with the latter's parents, Mr. and Mrs. Grant Armsworthy. Florence accompanied them home.

Mrs. Leonard Maurus visited in Hermiston with her son-in-law and daughter, Mr. and Mrs. Victor Steadard. Mr. Maurus brought Mrs. Maurus and granddaughter, Patsy, home Sunday.

Marie Barnett Cooper returned home from The Dalles Hospital this week.

Mrs. Owen Barnett and son, Jerry arrived by train from Sacramento, California, where they had been for some time visiting with Mrs. Barnett's sister, Mrs. Jess Cantt.

LaVelle Guy returned home this week from a visit in Portland.

Mr. and Mrs. W. A. Gorro of Spokane are house guests of Mr. and Mrs. F. W. Lamborn while enroute to the beaches.

Mr. and Mrs. George Moon and Mr. and Mrs. Ed Moon and Marguerite motored to Arlington to visit Miss Christine Moon and Mrs. George Moon's uncle and aunt, Mr. and Mrs. Sam Beaks.

Arthur Spencer, James O'Meara and Max Williams motored to Portland Saturday evening to root at the big ball game.

Mrs. Elva Hines and Lee Dehler drove to the home of her parents, Mr. and Mrs. J. H. Allen at Goldendale Sunday.

Mrs. Babe Agee, Marjorie Rich and Gordon Rich came from Portland Sunday and Mrs. Agee returned the same day.

Miss Helen Blau and Miss Catherine Richeldefer left Tuesday with the Mazama club for a two weeks stay in Idaho.

Mr. and Mrs. Wilm Nisbet and Mr. and Mrs. Laurence Funk drove to Wilson park for a picnic Sunday.

Lee and Joe Dehler and Gus Peterson left for a several weeks outing at Prineville.

Mr. and Mrs. Ison left for their home in Hood River after a period

### When Hitler Returned in Triumph to Berlin



Storm troops with arms linked hold back the crowds as Adolf Hitler, leader of the Reich, returns to Berlin in triumph after the successful military operations of his armies in France. One of his first acts on his return was to promote a number of his generals to the rank of marshal. Goering was made a "Reich's Marshal." Hitler stands upright in his official car and returns the salutes of thousands of his greeters.

### 'Phonies' Beware

of working in harvest here. The former worked for John Robinson and the latter for Joe Hilderbrand.

Miss Margaret Moon was a week end visitor from Portland.

Mr. and Mrs. Bruce Grady met with some friends and relatives at Eagle Creek Sunday, where they had a picnic lunch. Coming from Portland were Mr. and Mrs. D. A. Grady and family and Mr. and Mrs. Dale Kinney. From The Dalles, Mr. and Mrs. Frank Whitman.

### Civil Service Exams Annou ced

The United States Civil Service Commission has announced open competitive examinations for the positions listed below. Applications must be on file with the Commission's Washington office not later than the closing dates mentioned in each case.

Senior Stenographer, \$1,620 a year; junior stenographer, \$1,440 a year; senior typist, \$1,440 a year; junior typist, \$1,260 a year; for appointment in Washington, D. C. only. This examination is open to both men and women. Applicants must have reached their eighteenth, but must not have



As a means of aiding citizens to detect counterfeit bills and coin, paper match folders such as the young lady above is holding are being issued by the U. S. secret service in Washington, D. C.

### Re-Employment Held Successful

New jobs secured through the Oregon State Employment service during the first half of 1940 increased 41 per cent over the same period last year, supplementary placements more than doubled, and jobs with private industry gained 23 per cent.

These are highlights of a statistical report prepared for Director L. C. Stoll upon his return this week from a conference with federal officials upon the increasingly active role being taken by the service in the training and mobilization of workers in the national defense program getting under way.

An up-to-the-minute inventory of skilled workers in key defense occupations is being taken by 21 local employment offices in Oregon this week. Both main and secondary registrations will be counted among the nearly 40,000 unemployed included in the active file.

The daughter of the house arrived home one night looking very sad.

"Whatever's the matter?" asked her mother.

"Oh, I thought John loved me," the girl explained, "but now I know he's not going to propose—at least not for some time."

"How do you know," asked her mother.

"Because he sent me a big box of stationery with my initials on it—and there's enough to last for six months."

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Wincharger, For Lights & Power  
DeMoss & Son  
DeMoss Springs and Moro, Ore.

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

Chances are your grandmother never heard of "balanced meals." Grandmother's meals consisted of simple foods produced largely on the family farm and prepared in the family kitchen. They were served in the natural state in which they grew and were eaten in abundance. Did you ever stop to think how easy her job was in comparison to your own? Today foods are refined, processed, and bleached. The foods of grandmother's time have now lost valuable minerals and vitamins due to the many processes of refining before they reach the family table. Grandmother's meals almost balanced themselves but you and I must take a hand in balancing our own.

Fortunately, choosing a balanced diet doesn't require scientific training in nutrition. Those who do have such training have figured out just about what it takes to balance meals in terms of everyday foods. These are the foods which, if taken in sufficient amounts, assure the nutrients required for growth and for health at all ages.

The job of meal planning can be almost as easy as it was in grandmother's day for balancing meals consist merely of eating proper amounts of common foods you already know and like. If you choose wisely in the grocery store and dairy, there is no need, under ordinary circumstances, to add specially prepared supplements to balance your daily meals.

The following is a guide for choosing moderate-cost adequate meals developed by the Bureau of Home Economics, U. S. Department of Agriculture:

MILK: One quart daily for each child (to drink or in cooked food) One pint for each adult (to drink or in cooked food.)

VEGETABLES and FRUITS:— Four and one-half to five servings per person daily.

One serving daily of potatoes or sweetpotatoes.

One serving daily of tomatoes or citrus fruit.

One serving daily of leafy, green or yellow vegetables.

Three to five servings a week of other vegetables.

One serving daily of fruit.

EGGS: Two or three a week for adults; four or five for young children; a few in cooking.

MEAT, FISH or POULTRY:— About five times a week. Or daily if prepared in combination with cereals or vegetables.

A CEREAL DISH: Daily.

BREAD and BUTTER.— At

passed their fifty-third birthday. Closing dates are August 15 to August 19, 1940.

Junior graduate nurse, \$1,620 a year, U. S. Public Health Service, Federal Security Agency, and Veterans Administration. High school study and completion of a specified training course in a recognized school of nursing are required except that applications may be accepted, under certain conditions, from persons now in attendance in their final year of training. Because of the demand for eligible: the minimum height requirement has been reduced to 60 inches. Applicants must not have passed their thirty-fifth birthday. For this examination applications will be rated as "received until further notice."

Mrs. Lola Barnett and Lee were Thursday afternoon visitors of Mrs. Carl Schadewitz. Mrs. Edith Lyons and Sammie Jean and Mrs. Walter Wilson and sons also visited Mrs. Schadewitz.

Mr. and Mrs. J. E. Norton and family went to Goldendale Sunday taking Hazel Wilson to the Paul Schilling home.

Read the ads in the Journal

DESSERT: Once a day, sometimes twice if desired and if it does not displace the protective foods.

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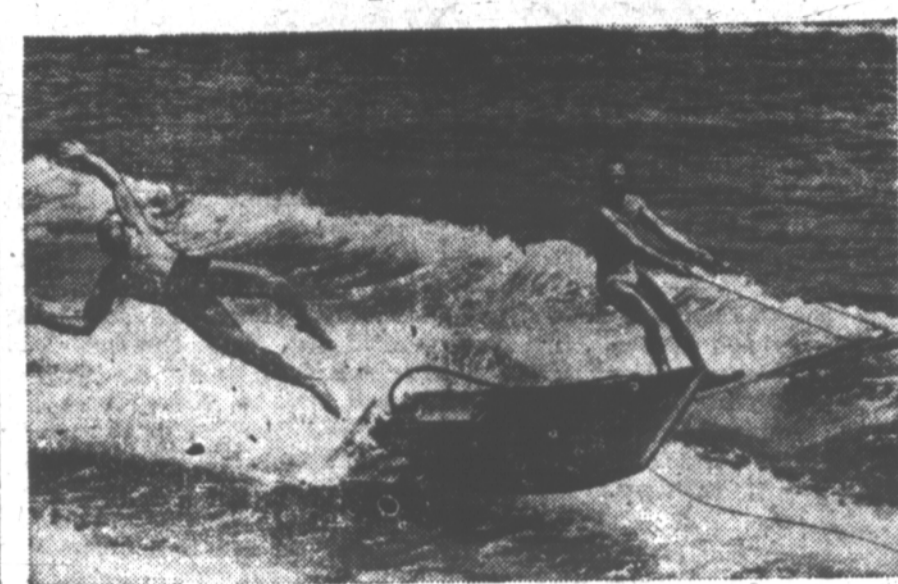
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### Even the Experts Spill Sometimes



Proving that even the most expert of experts will spill once in a while, Ed Stanley takes a header during a practice run for the annual Catalina-Hermosa-Manhattan beach aquaplane race at Hermosa beach, Calif. Still upright and riding high is Bob Brown, who won the race three years ago. The event draws the champion aquaplanists of the Pacific coast each year.

### Rural Areas Most Dangerous

Eighty one percent of the accidents in Oregon during the month of June occurred in rural areas, according to a summary of the month's accident reports prepared by Earl Snell, secretary of state.

There were 35 deaths during the month and 624 persons were injured. Accidents totaled 2,862.

Of the 33 accidents in which deaths occurred, 27 were on rural highways, 18 on heavily traveled roads and nine on lightly traveled highways. There were three fatal accidents in business districts of cities and three in residential areas.

Of the total of 2,862 accidents only 25 per cent occurred outside urban areas, thus one fourth of all the traffic mishaps of the month caused more than three-fourths of the fatalities.

Pedestrian fatalities constituted 28 percent of the traffic deaths of the month, non-collision accidents accounted for 48 percent while crashes between two or more cars accounted for only 17 percent. There was one bicycle death and one motorcycle fatality. Sixty percent of the pedestrians killed in accidents were 65 years of age and 70 percent of those killed were engaged in some unsafe action at the time they were struck.

Intersections were the scene of nearly half the traffic crashes of the month, but only 15 percent of the fatal accidents occurred at intersections. Forty-eight occurred on straight-aways and 30 percent occurred on curves.

Excessive speed led the list of driver actions contributed to fatal accidents during the month with driving off the roadway second and driving on the wrong side of the highway third. Sixteen fatal accident drivers were in the 15-24 age group and 15 in the 25-49 age group, these two groups accounting for three-fourths of the fatal accident drivers of the month.

### The Final Question

The pilot had taken great pains to explain all about his airplane to the pretty young visitor at the airport—its mechanical features, purpose of this and that, what pilots did to meet actual conditions, etc. He looked at the girl and smiled. "Now you understand, don't you?"

"All but one thing," replied the girl.

"And what is that?" he asked.

"What makes the thing stay up?"

### You Remember When ---

"The Queen was in the pantry,  
Eating bread and honey"

Wal' Neighbor them days is gone in Sherman County

Here----The queen is rustling around selling tickets to get votes SO when you come to the fair, September 13-14-15 you'll see a fair queen, four princesses and----

- The largest group of mounted civilians outside of Pendleton.
- The best 4-H club livestock in the state.
- The biggest gathering of fine draft horses outside the state shows.
- The closest horse races to be seen any place.

But why go on ----- The Sherman County Fair is recognized as the best of its kind ----- and we try to make it better every year ---- AND DO

Come -- See what we've done for the 1940 Fair ..... Its Yours

### TODAY'S TIP ON FARM POWER

**FROM:**  
Your "Caterpillar" Dealer

Engines are almost human. If they breathe clean air, they'll live longer. Air taken in by a Caterpillar Diesel Engine is cleaned three times—once in a swirling separator, once in a bath of oil, once in a maze of copper screen.

**O'MEARA Supply & Imp. Co**  
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