

## Grass Valley Boys Return From Eugene

Ray Jewel accompanied by Ross Fields and Hans Bardenhagen went to Eugene Friday where the school boys entered the Junior Olympics.

Mr. and Mrs. Dean Olds and son, Donald, and Mr. and Mrs. C. A. Oestreich were dinner guests at the home of Mr. and Mrs. Alfred Kock Saturday evening.

Mr. and Mrs. Rupe Hoffman of Sandy spent the week-end visiting at the home of Mr. and Mrs. Jacob Wassensmiller.

Mr. and Mrs. Stanley Krusow and children of Moro were Sunday dinner guests at the home of Mr. and Mrs. Fred Krusow.

Kerneth Crews and Denine Naylor of The Dalles spent the week-end visiting at the home of Mr. and Mrs. Glen Karnes.

Mr. and Mrs. B. M. Kelley and son Lloyd were visitors in The Dalles Saturday.

Mrs. Alec McLeod and daughters of Moro spent Sunday visiting Mrs. H. A. Sommer.

Miss Georgia Blaylock returned to The Dalles Tuesday evening after spending several days visiting her parents, Mr. and Mrs. Ernest Blaylock.

Mrs. Wren Hogue, Mrs. C. B. Doyle, Mrs. Glen Karnes, Mrs. William Beck and Mrs. W. F. Schilling attended the Church of Christ conference held at Kent Tuesday.

Mr. and Mrs. Orville Ruggles were Sunday dinner guests at the home of Mr. and Mrs. Willard Barnett.

Glen Karnes sold his race horse, Winoka, to Dotson of Portland. Mrs. Bill Reid was a business caller here Friday.

Art Bibby, John Rolfe, Frank Lemley, Arzell Lemley and Ed Alley attended the ball game at Wasco Sunday.

Mrs. Millard Eakin and Margaret Reckman drove to Moro Saturday to attend a birthday party for Joan Eakin at the Ralph Eakin home. Also present from here were Mrs. Estel Hartley and sons, Harry and James.

Mr. and Mrs. Beck of Estacada spent the week-end visiting their son and wife, Mr. and Mrs. William Beck.

Ned Bottenberg of Redmond was a recent visitor at the home of Mr. and Mrs. W. F. Schilling.

Don Smith, Gus Smith and Ted Everett were business visitors at Goldendale Friday.

Mrs. Arthur Smith of The Dalles spent Wednesday visiting Mrs. Clyde Smith.

Mr. and Mrs. Tom Coyle were business visitors at Moro Saturday.

Gus Schilling of Kent was a recent visitor at the W. F. Schilling home.

Mr. and Mrs. Roy Schilling and son, Gary, were visitors at the home of his parents, Mr. and Mrs. W. F. Schilling, Thursday evening.

Mr. and Mrs. Everett Watkins were here Sunday visiting at the Marion Van Metre home.

The Methodist Sunday school held a picnic in the City Park Sunday.

Mr. and Mrs. Bert Cox were business visitors at Goldendale Monday.

Mr. and Mrs. T. Mc Rolf spent Sunday in The Dalles visiting Mr. and Mrs. Milton Zell.

Mr. and Mrs. Art Bibby and daughter Janice were visitors at the Roy Powell home Sunday evening.

Miss Patricia Cyphers left Friday for Hood River to spend the week-end.

Mrs. Robert Helyer of Kent spent Thursday visiting Miss Myrtle Helyer.

Mrs. Bob LeBleu and Mrs. Dick Holdaway and daughter, Doris, were visitors in The Dalles Wednesday.

Mr. and Mrs. J. E. Brown have as their house guest Mr. Brown's sister, Mrs. C. A. Elliott, of Rockaway, who came Saturday.

Mr. and Mrs. Norris Gilkison were business visitors at Moro Saturday.

Mr. and Mrs. Roy Barnett returned home Friday from Lansing where they took delivery on a new Oldsmobile.

Mrs. Charles Lemley, Mrs. Tom Alley and Mrs. Herman Schilling attended a party at the home of Mrs. Eugene Amidon near Moro on Wednesday afternoon.

Dr. and Mrs. C. L. Barrett arrived here Saturday from Hot Springs, South Dakota to visit their son and daughter in law, Mr. and Mrs. Cleon Barker. They plan on spending the summer here for the doctor's health.

Mrs. Art Bibby entertained members of the Grass Valley and the junior bridge clubs and additional guests at her home Wednesday afternoon. Contract was in play at seven tables with high scores being held by Mrs. Harold Eekin and Mrs. Arzell Lemley while low scores were held by Mrs. Charles Lemley and Mrs. Don Smith. Refreshments were served by the hostess.

Mrs. Elsie Rust of The Dalles arrived Tuesday evening to visit her sister in law, Mrs. Art Bibby, several days.

Mr. and Mrs. Everett Dunlap are the parents of a son born Tuesday April 22, at The Dalles hospital.

Mr. and Mrs. Ed Alley and Lila Lee were business visitors in The Dalles Thursday.

Mr. and Mrs. R. J. Baker left Thursday for their home in Gresham after spending a week here.

Mrs. Vern Mobley and children and Mrs. Paul Wilson and son of Kent visited Miss Anita Dunlap and Mrs. Kendrick Dunlap Thursday.

Mr. and Mrs. Bob LeBleu drove to Portland Saturday, accompanied by Mrs. LeBleu's niece, Mrs. Victor Fuller, who returned to her home there after spending a month here. The LeBleu's returned home Sunday.

Miss Margaret Trabue left Friday after school for The Dalles to spend the week-end with her parents. She was accompanied by Jeanette Huhman who spent the week-end with her sister, Virginia.

Edgar Alley and Warren Morgan left Saturday for Shearer bridge to fish. Mrs. Alley and children, Keith Bayer and Lila Lee Alley joined them Sunday for a picnic dinner.

Albin Balzer and son, Ralph went to The Dalles Saturday evening, when Mrs. Balzer's mother, Mrs. C. R. Bruckert, accompanied them home to spend several days here.

The Bookworm Club met at the home of Mrs. Donald Clodfelter Friday afternoon with nine members and one guest, Mrs. Floye von Borstel, of Kent present. Mrs. Norris Gilkison reviewed the book, "High of Heart" by Emilie Loring. Refreshments were served by the hostess.

Mr. and Mrs. Dell Olds motored to Portland Sunday bringing their daughter Betty home.

Arden Squire and a friend from Gresham arrived Friday evening to visit at the Dell Olds home and go fishing with Mr. Olds and Harold Eakin.

Mr. and Mrs. Ed Tilton were here last week for a brief visit with her sister, Mrs. Mattias Simon. The Tiltons are moving from Montana to the west coast. They left Saturday to visit Mrs. Elizabeth Strange at Redmond.

You can lead a horse to water, but try and find one.

"A sophisticated maiden," says little Ignatz, "is one who knows that a nice limb attracts some sap."

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## Heads NEA



Roy A. Brown, who will preside at the convention of the National Editorial Association at Jacksonville, Fla., April 21-23. More than 2,000 newspaper men are members.

A man isn't completely house broken until he does his muttering in privacy.

Matrimony has been known to change many a chicken into a cat.

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

The first day of May is again set aside as Child Health Day. The national slogan for this year is "Healthy Children - the Strength of the Nation."

Many factors influence the health of children. Good diet, fresh air, sleep and rest, exercise, proper clothing, regularity of schedule in a calm, happy environment are all essentials in keeping children healthy. Regular physical examinations by the doctor and the dentist and the parents' responsibility in following their advice when care is needed are also safeguards of child health.

Food is probably the most important of all factors influencing health and growth. A fine strong body cannot be built from poor or inadequate foods any more than a durable building can be made from inferior materials. The food the

child eats influences his growth, his health and his general fitness for life. His diet should be adequate in quantity and quality as it is in the early years that bones, muscles and teeth are developed. The reward of a good feeding program in these early years is partly in the present but even more in the future, if good habits of eating are thoroughly established and thereafter continued.

Certain foods should be included daily in every normal child's meals. These are the foods that supply the essential protein, minerals and vitamins needed for growth. To be assured that these foods are included in adequate quantities each day, the use of a meal planning guide is recommended. Following is such a guide:

Milk - 3 to 4 or more glasses daily; to drink and combined with other foods.

Vegetables - 2 or more servings daily besides potatoes; 1 raw; green and yellow often.  
Fruits - 2 or more servings daily; 1 citrus fruit or tomato.  
Eggs - 3 to 5 a week; 1 daily preferred.

Meat, Cheese, Fish or Legumes - 1 or more servings daily.  
Whole grains - as cereal or bread, 1 or more servings daily.  
Butter - 2 or more tablespoons daily.

Vitamin D - a rich source daily such as fish liver oils or vitamin D milk.  
Other foods - to satisfy appetite and complete growth and activity needs. These may be additional servings of any of the above foods, other breads and cereals or simple desserts.

If we are to carry out the slogan of the Child Health program, "Healthy Children - the Strength of the Nation" it must be remembered that food is strength and that an adequate food supply is the basis for sound physical development.

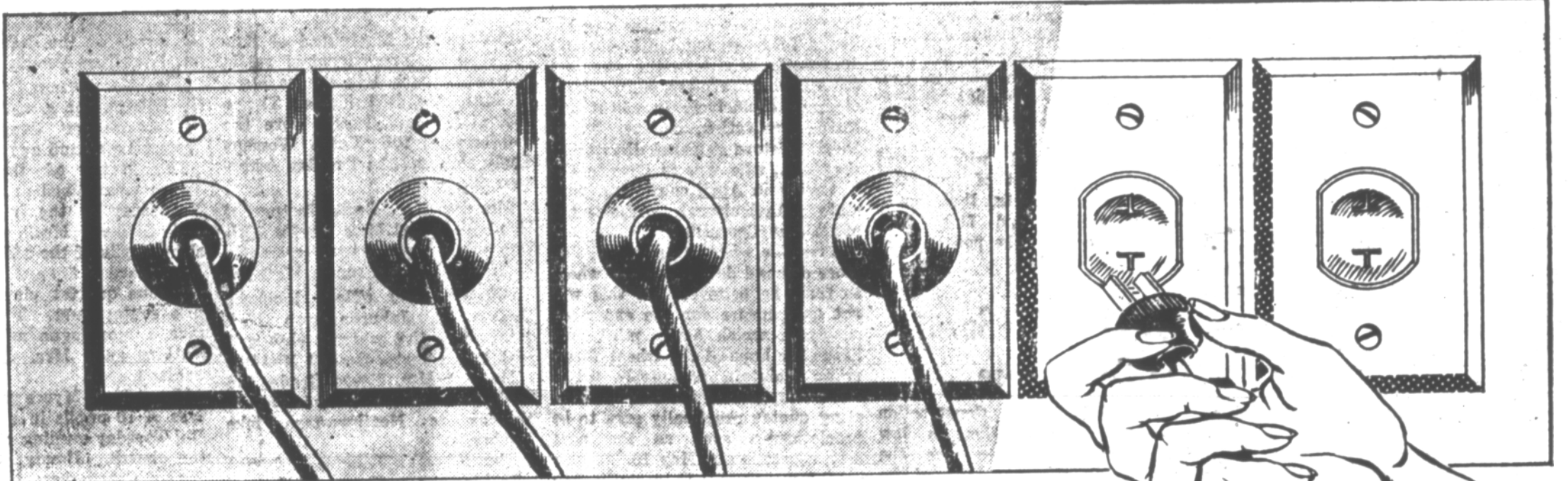
Sez he: "Our past mistakes always bother us, especially at night when we sit around wishing we were young enough to repeat some of them."

An ordinary draft gives you a cold in the head. - Cold in the feet is caused by an over draft.

**When you are in The Dalles Let me wash your car and gas it with Hancock Ethyl at the price of regular gas.**

**J. W. Curtiss 3rd & Liberty**

# Electric Rates Cut Again!



**Electricity is cheaper than ever... enjoy More of it!**

**ON MAY 22 PACIFIC POWER & LIGHT COMPANY WILL AGAIN REDUCE ITS ELECTRIC RATES. This means you now get still more for your money. If you pay the same electric bill as last month, you'll receive several EXTRA kilowatt-hours WITHOUT ANY EXTRA COST!**

### SEE HOW MUCH EXTRA ELECTRICITY YOU GET

If your bill in a Moro home has been:

- \$1.00 a month you'll get 3 KWH a month extra
- \$2.00 a month you'll get 12 KWH a month extra
- \$3.00 a month you'll get 15 KWH a month extra
- \$4.00 a month you'll get 19 KWH a month extra
- \$5.00 a month you'll get 22 KWH a month extra

Figures given are based on average use of standard models by typical families.

### NOW SEE WHAT APPLIANCES YOU CAN OPERATE WITH YOUR EXTRA ELECTRICITY:

- 2 KWH a month operates an electric Mixer
- 2 KWH a month operates an electric Waffle Iron
- 2 KWH a month operates an electric Clock
- 2 KWH a month operates an electric Vacuum Cleaner
- 3 KWH a month operates an electric Washer
- 4 KWH a month operates an electric Toaster
- 8 KWH a month operates an electric Coffee Maker
- 9 KWH a month operates an electric Ironer
- 11 KWH a month operates an electric Radio
- 14 KWH a month operates an electric Water System
- 14 KWH a month operates an electric I.E.S. Lamp
- 16 KWH a month operates an electric Roaster

### OR APPLY YOUR EXTRA ELECTRICITY ON THE OPERATION OF AN ELECTRIC REFRIGERATOR!

What additional electricity you'll need won't cost much, for Pacific Power & Light Company's low rates are now lower still. (The average new electric refrigerator uses 30 kilowatt-hours a month.)

**YOU GET MORE AND MORE FOR YOUR MONEY**

- \$2 in 1935 bought 20 Kilowatt-hours
- in 1937 bought 20 Kilowatt-hours
- in 1939 bought 24 Kilowatt-hours
- \$2 TODAY BUYS 36 Kilowatt-hours

As Pacific Power & Light Company increases the efficiency of its service and the volume of its business, it passes the savings on to customers in the form of more electricity for no more money.

**PUT YOUR Extra ELECTRICITY TO WORK**

ASK any dealer to show you the appliances you can operate with your extra electricity!

**... Live better FOR NO MORE MONEY!**

## PACIFIC POWER & LIGHT COMPANY

**LOOK and SAVE** Complete Stock Quality Goods

Dry Goods, Clothing and Shoes to meet the needs of the community

Dependable, Quality Groceries

**ZEIGLER'S** Quality Store Grass Valley

**DANCE** SATURDAY, MAY 3 Grass Valley IOOF Hall Mobley's Orchestra Adm. 50c