

Rolfes At Stock Show With Prize Winning Horses

T. M. Rolfe and son, Willard, left Wednesday for Portland with Mr. Rolfe's Percheron horses for the International Livestock show.

Mr. and Mrs. Tom Alley and Miss Betty Olds left Thursday for Portland returning home Friday evening.

Mrs. Edgar Alley entertained members of the junior bridge club and additional guests at her home Wednesday afternoon. Contract was in play at three tables with Mrs. J. S. Newcomb and Mrs. A. F. Balzer holding high scores and Mr. Arch Cantrall holding the low score. Refreshments were served at the close of the afternoon.

The Ladies Social Service Club met at the home of Mrs. Roy Wells with a pot luck dinner served at noon, followed by a business meeting.

Wayne Karnes returned here Friday from Husum, Wn., where he visited his brother Davis and family.

Mr. and Mrs. James Blagg and daughter Marie, Mrs. Roy Wells and daughter Frances, and Doris Newcomb were visitors in The Dalles Tuesday.

Mr. and Mrs. R. J. Baker left Tuesday for their home at Gresham after spending several weeks here on business. Mrs. Ed Alley accompanied them to Portland to attend the livestock show.

Mr. and Mrs. Tom Alley accompanied Mr. and Mrs. W. C. Schilling of Moro, to Portland Tuesday to attend the livestock show.

Mr. and Mrs. R. J. Baker motored to Goldendale Sunday to visit the former's sister, Mrs. Clara Baker, and Mr. and Mrs. Guy Moore and family.

Mr. and Mrs. William Brinkert left Friday for Tillamook to visit their son and daughter in law, Mr. and Mrs. Bud Brinkert, returning to Portland to attend the P. I. before returning home.

Mrs. Estel Hartley and son James left Saturday for Portland to attend the livestock show. Her son Harry is there and Mr. Hartley will join them one day this week.

Mr. and Mrs. Lawrence Denis had as their guests last Sunday, the former's parents, Mr. and Mrs. Ralph Denis, and his sister, Mrs. Leonard Hortsch, all of The Dalles.

Mr. and Mrs. Shelton Fritts and family left Sunday for Portland where they will spend a week at the Pacific International, and will also visit their daughter, Miss Vivian Fritts at Monmouth.

Mr. and Mrs. Glen Karnes have as their house guests the latter's parents, Mr. and Mrs. J. O. Parker, of Colorado Springs, Colo. who arrived Saturday.

Mr. and Mrs. Don Smith and son Larry, and Mrs. Ed Alley were shoppers in The Dalles Friday.

Mr. and Mrs. Lawrence Denis had as dinner guests Friday evening Mr. and Mrs. Kenneth Crews and Mrs. Henry Roth of Olympia, Washington.

Mr. and Mrs. L. A. Everett and her mother, Mrs. Williams of Eugene were visitors at the Ted Everett home Friday. H. E. "Dad" Everett accompanied them to their home to spend the winter with them.

Mr. and Mrs. J. B. Coon motored to Sandy last Friday to visit Mr. and Mrs. Florin Coon. They also visited Mrs. Dixie Hogue in Portland before returning home Tuesday.

Glen Karnes and William Brinkert were business visitors in Goldendale Friday.

Wren Hogue was a business visitor in Moro Tuesday.

Ed Alley, county coronor, was called to Wasco Monday evening because of the death of Ross Hildebrand who was killed in an automobile accident.

Mr. and Mrs. Edgar Alley and children and Mr. and Mrs. Gus Engstrom left Sunday for Portland to visit friends and to take in the sights at the livestock show.

O. N. Ruggles and Mr. and Mrs. Orville Ruggles motored to The Dalles Monday taking Mrs. Ruggles for medical attention, due to a fall at her home that day. She was able to return home that same evening, as no bones were broken.

Mr. and Mrs. A. F. Balzer will leave Saturday on a vacation trip to the eastern states to visit relatives.

Mrs. L. D. May received word Sunday that her son, Lieutenant Col. Everett May, and family, are being transferred from the Presidio at San Francisco to San Diego military school.

Dr. F. R. Starring of Portland was a guest at the home of Mr. and Mrs. Gerald Dryden Sunday. He spoke at the morning service at the Baptist church.

Miss Cassie Holmes and Mrs. Ted von-Borstel were visitors in The Dalles Friday.

Mr. and Mrs. Wallace May motored to Hood River Sunday to spend the day visiting her parents, Mr. and Mrs. Walter.

John Conroy sold three car loads of lambs Saturday and is shipping them to Iowa.

Mrs. A. M. Zevely and daughter and Mr. and Mrs. William Beck motored to The Dalles Monday where Mrs. Zevely and Mr. Beck attended teacher's institute Monday and Tuesday.

Mr. and Mrs. Willard Barnett will leave Friday for Portland to visit Mr. and Mrs. Clifford Macey and attend the International show.

John Rolfe left Saturday for the P. I. in Portland.

Mr. and Mrs. Tom Coyle, Mr. and Mrs. Norris Gilkison and Mrs. Hazel Zurlinden of Portland were Sunday dinner guests at the home of Mr. and Mrs. Harold Eakin.

John Conroy motored to The Dalles Monday to return his sister, Nellie Conroy, home from a hospital where she had been for several weeks for medical attention.

Mrs. Gerald Dryden, Mrs. Arch Cantrall and Mrs. Arzell Lemley were hostesses at a layette shower in honor of Mrs. William Beck, at the Dryden home Friday afternoon. The afternoon was spent informally with refreshments served at the close of the afternoon.

Mrs. Leona Huddleson of Portland who has been a guest of Miss Cassie Holmes for the past week, left Wednesday for Moro. She sold magazines in interest of the American Legion Auxiliary.

Mrs. Ellen Potter and daughter Phyllis left Sunday to visit in The Dalles. Mrs. Potter will attend the teachers institute Monday and Tuesday.

Mrs. Hazel Zurlinden of Portland arrived Wednesday to visit her parents, Mr. and Mrs. Tom Coyle, and her sisters, Mrs. Norris Gilkison and Mrs. Harold Eakin and families. She left for her home on Tuesday.

Ray Jewel, accompanied by Miss Elizabeth Eason motored to Portland Friday evening to visit relatives, returning to The Dalles Monday morning for teachers institute held there Monday and Tuesday of this week.

Mr. and Mrs. Arch Fortner and son Robert left Saturday for Heppner to visit Mrs. Fortner's parents, Mr. and Mrs. Fred Lucas and to also visit their son in law and daughter, Mr. and Mrs. James Driscoll.

Mr. and Mrs. Victor Riggs had as Sunday dinner guests Mr. and Mrs. B. M. Kelley and son Lloyd, Mrs. Wayne Kelley and children, Ralph Bolen, Mr. and Mrs. Howard Cline and family and Woodrow and Hershel Riggs.

Earl Olds returned home Monday from Harbor where he spent the week end visiting his daughter, Dorothy Olds, who is teaching school there.

Mr. and Mrs. Clyde Smith and Mr. and Mrs. R. J. Baker were business visitors in The Dalles Friday.

Mr. and Mrs. George Wilcox and sons, Dean and George, attended the wedding of Mrs. Wilcox's niece, Miss Helen Morrison, at her home near Moro Sunday morning.

OREGON 4-H DAIRY TEAM TO MEMPHIS



TWO Benton county girls, Jane Keeney, 16, and Edith Brown, 17, of Corvallis, are Oregon's entry in the national 4-H dairy food-demonstration contest at the National Dairy Show, Memphis, Tenn., Oct. 11-18. Coached by Geraldine de Lancey, their club leader, who was the 1940 national girls' leadership champion, the team won over all rivals in the annual competition at the recent State Fair, Salem. Their demonstration emphasized that the addition of cheese to common dishes increases the color, flavor and nutritious value of food. As state winners they receive all-expense trips to Memphis through the Kraft Cheese Company, which also provides \$2800 in college scholarships for the eight highest scoring teams in the finals there.

WILCOX WEDDING

(Continued from page one) Friends attending the wedding were J. B. Morrison of Boardman; Mr. and Mrs. Keith Bannister of Eugene; Clarence Morrison and Ann Erickson of Wasco; Miss Nannie King of Portland; Mrs. Frank Wilcox and daughter Carol Lea, of Newberg; Mr. and Mrs. Roy Montague and Mrs. Lewis Olson of Arlington; Mrs. Gladys Morrison and daughter Helen, and Mr. and Mrs. Stanley Coesch of Moro; Mrs. H. X. Christianson of Hood River and Mrs. Roy Forman of Antelope.

COUNTY COURT PROCEEDINGS

Commissioner's Court Docket, September 3, 1941

September 3, 1941 being the time for the regular term of the County Court for Sherman County, in the State of Oregon the Honorable Court did on said date meet in the County Court Room in the Courthouse in Moro at the hour of 10:00 o'clock a. m.

The following being present: Geo. A. Potter, County Judge; J. M. Wilson, County Commissioner; David Reid, County Commissioner; Ross Ornduff, County Clerk

The following proceedings were had at said term:

In the matter of the payment of claims against the General Fund. Claims allowed as presented and ordered paid.

Re: Applications for purchase of tax foreclosed property submitted by E. M. Alley and Alexander M. Zevely: Bids submitted on same property, action deferred temporarily.

Re: Approval and acceptance of all work performed by Mid-State Construction Company: All construction work having been completed and inspected by the Court the Court officially approves and of all work performed by Mid-State Construction Company released from further obligation in connection therewith.

Court adjourned, subject to call of County Judge.

In the matter of the payment of claims against the Road Fund. Claims allowed as presented and ordered paid.

Re: \$30.00 bid of W. A. Ruggles on Tax Foreclosed property. Bid accepted.

Re: Tax foreclosed properties sold at Sheriff's auction: Clerk instructed to deliver deeds upon the surrender of Certificates of Sale held by successful bidders.

Re: Assignment of all balances due Mid-State Construction Company, to U. S. National Bank, The Dalles: Assignment accepted and Clerk instructed to pay \$2524.55, due Mid-State Construction Co. for work performed, to U. S. National Bank when work performed by Mid-State Construction Company is officially approved and accepted.

Re: County Treasurer's Report for the month of August. Report accepted and filed.

Re: Bids for purchase of Tax Foreclosed property submitted by J. E. Alley, Sherman Lodge No. 145, A. F. & A. M. of Grass Valley, M. A. Bull, C. E. Coats, Geo. B. Moon, Harold L. White, M. A. Bull, E. L. Woods, John M. DeMoss and J. S. Burres: Bids accepted and Clerk instructed to have deeds prepared and delivered to bidders upon receipt of payment of sum stated in each respective bid.

Re: Applications for purchase of tax foreclosed property submitted by E. M. Alley and Alexander M. Zevely: Bids submitted on same property, action deferred temporarily.

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

All over the country women are taking their part in the effort to build an invincible America. Quietly they are laying the basis for a strong and alert nation by supplying their families the kind of food that builds strong bodies, steady nerves, and high morale.

As a basis for a low cost plan the new national yardstick for good nutrition should be used. This yardstick, adopted by the National Nutrition Conference for Defense in May, 1941, sets a new high goal for the meal planning of the whole country. In terms of necessary food values, the yardstick recommends the daily allowances of each needed to keep the whole family in good health.

First item in the low cost master plan is milk. This includes milk to drink, milk for cooking, and milk in the form of cheese or other dairy products. Every child gets 8 to 4 cups a day. Every adult 2 to 3 cups. Each expectant mother gets 1 quart, and a nursing mother gets one and a half quarts. It is important to have the quantity of milk listed every day.

Next item - fruits and vegetables. Potatoes and sweet potatoes are called for about twice a day because they are economical sources of many of the food values specified in the nutrition yardstick. Dry beans, peas, and peanuts are called for two to four times a week, for the same reason. They are especially valuable as sources of iron and protein in low cost diets.

Tomatoes, citrus fruit, or other vitamin C rich foods are included 5 times a week at least. Every child under four is allotted 1 serving a day - every nursing mother, 1 to 2 servings daily. Among economical "other vitamin-C rich foods" are raw cabbage and raw salad greens. Leafy, green and yellow vegetables are served in a low cost diet at least 6 times a week. And everyone in the family has 3 to 4 eggs weekly.

The diet plan provides 6 small servings of lean meat, fish, or poultry each week. There should be a cereal dish once a day, sometimes twice; bread in some form at every meal, and dessert once a day, if desired. From 30 to 50 per cent of all the cereals served should be the whole grain kind, because of the iron and other minerals and vitamins they provide.

Just recently the Oregon Nutrition Council for Defense adopted this same yardstick; which is outlined in a leaflet called Eat the Right Food to Help You Keep Fit. This leaflet should be in every home in Oregon and can be obtained from Public Health, Extension and other agencies or from any member of the Oregon Nutrition Council.

| CLAIMANT | ACCOUNT | AMOUNT | LABOR | AMOUNT |
|--|---------|---------|---|-------------------------|
| Clarence and Emma Hensen: Refund covering money paid Sheriff's Sale on purchase of Tax Foreclosed property | | \$50.00 | State Industrial Accident Comm (Market Roads) Protection Road employees | 20.80 |
| First National Bank: Old Age Assistance | | 155.40 | National Hospital Association: (Market Roads) August Hospital dues | 6.00 |
| First National Bank: Aid to Dependent Children | | 22.20 | National Hospital Association: (Market Roads) September Hospital dues | 6.00 |
| First National Bank: Aid to Blind | | 9.40 | S. W. Searcy: (Market Roads) General supplies | 89.00 |
| Otis Baker: Janitor's Salary | | 75.00 | W. G. Armworthy: (Market Roads) Machinery Repair | 4.90 |
| J. C. Freeman, Postmaster: Stamps for Clerk's office | | 10.00 | O'Meara Supply & Imp. Co. (Market Roads) General supplies | 3.10 |
| Sherman County Journal: Printing Notice of Board of Equalization Meeting | | 4.60 | Pacific Power & Light Co.: Lights in Moro Shed | \$1.00 |
| Micro Lumber & Fuel Yard: Courthouse Improvement | | 43.83 | Wasco shed | 2.00 |
| 43.83: Court house Expense \$11.52 | | 55.35 | Poss & Co.: Machinery repair (Market Roads) | 2.50 |
| Wasco - Sherman Public Health Department: Health Officer's expense \$10.00; Health Nurse Expense | | 73.00 | J. K. McKean: Gas & Oil | 35.13 |
| T. Lester Johnson: District Attorney's Expense | | 10.25 | Machinery parts | \$51.05; (Market Roads) |
| T. Lester Johnson: Expense Delinquent Tax Foreclosure | | 8.00 | J. C. Freeman & Co.: General supplies (Market Roads) | 3.00 |
| Margaret W. Peetz: Expense to Assessor's State Meeting | | 38.25 | Union Oil Company July statement (Market Roads) | 20.51 |
| Marie Hoskinson: Office help | | 60.50 | Shell Oil Company: July statement (Market Roads) | 24.44 |
| West Coast Printing & Binding Co.: Courthouse furniture \$34.49; Clerk's office expense | | \$2.40 | Geo. Wilde Garage: Machinery repair (Market Roads) | 81.15 |
| The American School Board Journal: Sup't. office expense | | 3.00 | Mid-Columbia Sand & Gravel: 1 1/2 yards sand (Market Roads) | 2.25 |
| Why W. Knighten: Sup't. office help | | 50.00 | Sherman County Journal: Printing Gravel check sheets (Market Roads) | 3.00 |
| S. W. Searcy: Courthouse expense | | 15.98 | Geo. A. Potter: Judge's expense | 10.60 |
| Bureau of Labor: Boiler Inspection | | 5.00 | Geo B. Moon: Machinery parts (Market Roads) | 1.80 |
| Department of Agriculture: Sealer of Weights and measures | | 3.76 | | |
| A. M. Zevely: Expense of government trapper | | 12.50 | | |
| State Industrial Accident Comm. (Peace Officer's protection) | | 4.80 | | |
| Al Swegel: Court House Improvement, 4 days work | | 32.00 | | |
| Pacific Tel & Tel Co.: Court House telephones | | 32.10 | | |
| Pacific Power & Light Co. (DeMoss Park \$1.00; Court House Mds. \$5.52) | | 6.52 | | |
| D. C. Wax: Office Equipment House: Furniture re: Court house improvement | | 129.53 | | |
| Sherman County Journal: County Printing | | 53.45 | | |
| Kilham Stationery & Printing | | | | |

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A similar situation holds in the beer industry. The vast majority of beer retailers operate clean, decent law-abiding establishments. Now and then an occasional "black sheep" retailer turns up who violates the law or permits anti-social conditions.

The Beer Industry is now actively working to eliminate such retailers. We want to protect your right to drink good beer and our right to make it.

We also want to protect the economic benefits of beer. Right here in Oregon, beer provides employment for 13,238 persons, supports an annual payroll of \$11,541,550 and contributed \$617,020.86 last year in state taxes.

This state, too, has an important stake in Beer's purchases from more than 100 industries supplying the brewing industry with materials, equipment and services.

You, too, can help the cause of moderation by (1) patronizing only the reputable places where beer is sold, and (2) reporting any law violation you may observe to the duly constituted authorities.

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