

## H. Schilling Ill In Hospital In The Dalles

Mr. and Mrs. J. S. Newcomb and Mrs. Amelia Peterson motored to The Dalles Tuesday to visit Herman Schilling who is very ill in a hospital.

Mr. and Mrs. Ernest Blaylock with The Dalles visitors Monday. Miss Anna Schwartz left Friday for Olympia, Wn., to visit relatives.

Mr. and Mrs. Dell Olds and daughter Betty left Tuesday for Hubbard to spend Thanksgiving with their mother, Mrs. James Walkenshaw.

Rev. and Mrs. Renla Bullock and baby from Rock Springs, Wyoming arrived here Friday and will make their home in the house recently vacated by A. M. Coyner. His parents, Mr. and Mrs. Alfred Bullock of Colton, and their son and wife, Mr. and Mrs. Clifford Bullock of Sioux City, Iowa are spending several days here visiting, and will return to their home Wednesday.

Mr. and Mrs. R. E. Hille of Ritzville, Wn., arrived Wednesday to spend Thanksgiving and the week end visiting the latter's brother-in-law and sister, Mr. and Mrs. C. A. Oestreich.

Mr. and Mrs. Fred Cox left Wednesday for Corvallis to spend the Thanksgiving week end with their son-in-law and daughter, Mr. and Mrs. Al Roberts.

The Baptist Mission society met at the home of Mrs. W. D. Barnett Tuesday afternoon.

Mr. and Mrs. Beck left Sunday for their home in Estacada, after spending a week here visiting their son and daughter in law, Mr. and Mrs. William Beck.

Mr. and Mrs. Millard Eakin and family left Wednesday for Long Beach, California to spend several weeks visiting her parents, Mr. and Mrs. Walter Davison.

Rev. and Mrs. Renla Bullock, Mr. and Mrs. Alfred Bullock and Mrs. Glen Karnes motored to Dufur Monday to attend a fellowship meeting.

Mrs. George Wilcox and Mrs. Ed Alley and Lila Lee Alley were business visitors in The Dalles Tuesday.

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

William Walter of Hood River spent several days here last week with the Wallace Mays.

Ted Tremble and Mrs. Lewis Olds were Monday business visitors in The Dalles.

Mrs. Nellie Ferbrache left Friday for Tygh Valley where she will be employed at the home of Mr. and Mrs. Art Muller.

Mr. and Mrs. C. A. Oestreich were hosts at a dinner party at their home Saturday evening. Those present were: Mr. and Mrs. Ted Ball, Mr. and Mrs. Wallace May, Mr. and Mrs. Don Clodfelter, Mr. and Mrs. Lester Barnum, and Mr. and Mrs. Truman Strong of Moro. The evening was spent playing pinochle with Mr. and Mrs. Truman Strong holding the high score.

The Bookworm club met this week with Mrs. Vernon Eakin on Friday afternoon with eight members present. Mrs. Orville Ruggles reviewed the book "Storm Girl" by Lincoln.

Miss Mildred Alley, who is teaching at Rochester, Wn., arrived here Wednesday to spend Thanksgiving with her parents, Mr. and Mrs. Tom Alley.

Mr. and Mrs. Bert Cox, Mr. and Mrs. Tom Garrett, Mr. and Mrs. John Roth, Mr. and Mrs. Edgar Alley, Roy Hogue, Robert Schilling were visitors in The Dalles Friday.

Mr. and Mrs. Frank Pike motored to Redmond Saturday to visit Mr. and Mrs. John Koepeke and family, returning home Sunday.

Ralph Fullbright of Walla Walla was a business visitor here Saturday.

Mr. and Mrs. Hubert Hutchcroft and family of Portland spent Sunday visiting at the home of Mr. and Mrs. Charles Lemley.

Mrs. Estel Hartley and sons and Mrs. A. von Borstel of Portland attended the wedding of the former's brother, John Rechman and Miss Jean Powell, at the Roy Powell home near Moro Saturday evening.

Roger Broer of The Dalles visited at the home of Mr. and Mrs. Lawrence Denis Wednesday.

Mr. and Mrs. Estel Hartley and sons, Mr. and Mrs. Dick Reckman Sr., and Mr. and Mrs. Andy Reckman of Kelso were Sunday dinner guests at the home of Mr. and Mrs. Ralph Eakin.

Mr. and Mrs. Harold Eakin and son and Mr. and Mrs. John Engstrom were dinner guests at the home of Mr. and Mrs. Tom Coyle Sunday.

A. A. Dunlap, T. M. Rolfe and R. J. Baker motored to Hood River Friday to attend the State Farm Bureau meeting. Mrs. Baker accompanied them to The Dalles, to shop.

Mr. and Mrs. Marion Van Metre and family of Boardman visited at the Arch Fortner and C. M. Clevenger homes Sunday.

The Lawrence Denis' were dinner guests at the home of Mrs. Ellen Potter Saturday evening.

I. D. Pike and wife motored to Hermiston to spend Armistice day with their daughters and families living there.

(Arlis Bailey and Alton Olds motored to Hermiston Friday to spend the day.

Mr. and Mrs. Ted Kelley and daughter, Karen, of Southern Oregon spent the week end here visiting relatives and friends.

Mr. and Mrs. Alfrd Kock took Mrs. A. von Borstel of Portland, to the home of Mr. and Mrs. Andy Patjens Sunday. She has been here visiting relatives.

Mr. and Mrs. W. F. Schilling accompanied Mr. and Mrs. W. C. Schilling to The Dalles Thursday to shop. They also visited Herman Schilling at the hospital.

Mr. and Mrs. Lewis Olds and Mrs. Ted Tremble were business visitors in The Dalles Wednesday.

Glen Karnes, A. M. Zevely, Ed Alley, Vernon Shipley and A. M. Nelson of Portland, left Friday on an elk hunting trip in the Meacham country. They returned home Sunday without any elk.

Mrs. Ellen Potter had as her guests last week end her son, Duane Potter, and Welby Sharpe of The Dalles.

Mr. and Mrs. Art Bibby and Mrs. Ed Alley motored to Goldendale Friday on business.

Mr. and Mrs. C. Andrews of

Medford arrived at the home of Mr. and Mrs. Charles Lemley Friday staying over night leaving Thursday for La Grande to visit relatives. They also were overnight guests at the Lemley home Wednesday.

### Want Ads

LOST: Ewe with twin lambs from farm 6 miles east of Grass Valley. John Bueher. 52-2 p

HELP WANTED - Steady Work, Good Pay: Reliable Person wanted to call on farmers in Sherman County. No experience or capital required. Some making \$100.00 in a week. Write McNess Co., 2423 Magnolia St., Oakland, Calif.

Every man is rich or poor according to the proportion between his desires and his enjoyments. —Johnson

Dallas News: The secret of Hitler's success is that nobody wants to help him and everybody does.

Chicago Daily News: With the pancake season at hand it is disconcerting to learn there is no leather shortage.

## HI-WAYS TO HEALTH

by ADA R. MAYNE

### OREGON DAIRY COUNCIL

Thrifty folks, if they can, arrange to lay a little money aside for old-age financial security. Similarly, over a period of years, much can be done to build for old-age health security. Good health habits, like good thrift habits, should start early. Especially is this true of one of the most important of all health habits - that of eating a good diet.

It has been said that present day nutrition offers an extra ten years to the life of anyone who lives under its guidance. According to Dr. Henry Sherman, one of the country's leading nutritionists, these extra years probably can be added to life at its prime, thus postponing the effects of advancing old age.

Poor diets may make a person old before his time. Inadequate diets year after year naturally take their toll in chronic fatigue, shifting aches and pains, and certain kinds of digestive trouble. They lower natural resistance to

infection and destroy a person's sense of well-being.

There are three main things to keep in mind in selecting a diet for the normal adult. First, the adult needs fewer calories than he did when he was younger. Second, though his calories are reduced, his needs for minerals and vitamins remains much the same. Third, food for older persons may need to be easier to chew and easier to digest.

Adults need fewer calories because they use less energy - they do not work so hard or play so actively. Easiest way to tell, of course, whether too much food energy is being taken is to watch the scales. Eating too much brings on overweight and the disadvantages of overweight increase with age. Excessive body fat is a burden on the heart, may help cause disease, and lessen a person's chances to recover from certain diseases.

Since the amount of minerals

and vitamins must not be reduced, there must continue to be plenty of protective foods in the diet - milk, fruits and vegetables, and eggs, some foods rich in vitamin B and some vitamin D if a person does not get out in the sun much. Scalloped Cauliflower  
One medium head cauliflower  
Two cups milk  
One egg, beaten  
One cup soft bread crumbs

One and a half tap salt  
One eighth tap pepper  
Remove outer stalks from the cauliflower; then break it into bits; cook until tender; drain, and arrange in a casserole. Combine the remaining ingredients and pour over the cauliflower. Bake in a moderate oven of 375 deg. for 40 minutes. Serves 6.  
Patronize Journal Advertisers

Be good to yourself!

TREAT YOURSELF TO

## HERMITAGE

BRAND  
KENTUCKY STRAIGHT  
BOURBON WHISKEY

\$1.25  
1 PT.  
\$2.40  
QUART

For Generations - A Great  
Kentucky Whiskey

National Distillers Prod. Corp., N. Y. • 93 Proof

# LEARN TO BE A SPECIALIST IN AVIATION

## FREE training worth \$1500

AND REMEMBER—  
THE NAVY PAYS YOU WHILE  
YOU LEARN!

RIGHT NOW planes are rolling out of America's factories by the thousands. Aviation is America's fastest-growing industry. The opportunities for trained men, now and in the future, are almost unlimited. That's why the United States Navy's offer of FREE AVIATION MAINTENANCE TRAINING is so exceptional. Because in the Navy you may, if qualified, get the finest aviation training in the world absolutely without cost to you. And on top of it, you earn while you learn!

**Variety of Aviation jobs**

There is a variety of jobs in Navy aviation. Some may become experts in Aviation Metal-smithing... specializing in welding, brazing, electroplating and the other crafts essential to the cutting and fitting of metal parts of planes. Others, as Aviation Machinist's Mates, operate, care for and repair aviation engines. While some become specialists as Aviation Radiomen. Think of the future now. Any branch of this training would fit you for important jobs in the years to come.

But aviation offers only one of the many opportunities for you in America's new two-ocean Navy. There are actually 45 skilled trades and vocations which the Navy may teach you if you are qualified. If you are interested in radio work, engineering, aerial photography, carpentry, pharmacy, welding, the Navy may train you to become an expert in your chosen field.

If you apply yourself, advancement and increases in pay will follow regularly. Before the

end of your first enlistment you may be earning up to \$126 a month—with your board, keep, and a complete outfit of clothing free! If, at the end of your term of service, you wish to get a job in civil aviation or other fields, your Navy training will be a tremendous asset to you.

LOOK WHAT THE U. S. NAVY AND NAVAL RESERVE OFFER YOU

**FREE TRAINING** worth \$1500. 45 trades and vocations to choose from.

**GOOD PAY** with regular increases. You may earn up to \$126 a month.

**EACH YEAR** you are entitled to a generous vacation period with full pay.

**GOOD FOOD** and plenty of it.

**FREE CLOTHING.** A complete outfit of clothing when you first enlist. (Over \$100 worth.)

**FREE MEDICAL CARE,** regular dental attention.

**FINEST SPORTS** and entertainment.

**TRAVEL, ADVENTURE, THRILLS**—You can't beat the Navy for them!

**BECOME AN OFFICER.** Many can work for an appointment to the Naval Academy of the Annapolis of the Air at Pensacola.

**FUTURE SUCCESS.** It's easy for Navy trained men to get good-paying jobs in civil life.

**RETIREMENT PAY** for regular Navy men.

AVIATION METALSMITHS get the finest training in the world in the Navy

Employers the country over are eager to employ Navy-trained men.

**Good fun, good food, good friends**

The Navy is noted for its popular sports program. Every kind of sport from baseball to boxing and swimming is offered the man who enlists. On board ship, the latest moving pictures are shown free. Organized recreation, such as dramatics, singing and musical entertainment, goes to make the life of a Navy man the best fun in the world.

The food served in the Navy would do justice to your own mother's cooking. It's well prepared—and there's plenty of it.

Any man who wears the trim uniform of Uncle Sam's Navy is bound to be looked up to—for you've got to be good to get in the Navy!

### Get this FREE BOOKLET

Mail coupon for your free copy of "Life in the U. S. Navy," 24 illustrated pages. Tells what pay, promotions, and vacations you can expect... how you can retire on a life income. Describes how you can learn any of 45 big-pay trades... how many may become officers. 27 scenes from Navy life showing sports and games you may play, exciting ports you may visit. Tells enlistment requirements and where to apply. If you are between 17 and 31 (no high school required), get this free book now. No obligation. Ask the Navy Editor of this paper for a copy. Or telephone him. Or mail him the coupon. You can paste it on a penny postal card.

**WEAR THIS BADGE OF HONOR!** If after reading the free booklet you decide to apply for a place in the Navy, you will receive this smart lapel-embell. It is a badge of honor you will be proud to wear.

**Tear out and take or send this coupon to the Navy Editor of this newspaper**

Without any obligation on my part whatsoever, please send me free booklet, "Life in the Navy," giving full details about the opportunities for men in the Navy or Naval Reserve.

Name \_\_\_\_\_ Age \_\_\_\_\_

Address \_\_\_\_\_

Town \_\_\_\_\_ State \_\_\_\_\_

★ SERVE YOUR COUNTRY ★ BUILD YOUR FUTURE ★

WE'D LOVE TO STAY LONGER!

It pleases us when departing guests express this wish. For our every move is directed to making them feel just that way! When you come to Portland next time stop at the Hotel Multnomah!

WHERE GOOD TASTE AND GOOD LIVING ARE INSEPARABLE... AT THE

HOTEL MULTNOMAH

PORTLAND, OREGON  
PORTLAND'S SOCIAL CIVIC & BUSINESS CENTER

T. Lester Johnson

LAWYER  
WASCO MORO

Dependable Merchandise

In times when poor quality tends to crowd out the good it is advisable to be able to trade at a store that prides itself on its dependability and the quality of its merchandise.



### Are you considering joining a military service? WHY NOT CHOOSE THE NAVAL RESERVE!

Don't wait. Choose the Naval Reserve now. The Secretary of the Navy has announced: "All men now enlisting in the Naval Reserve will be retained on active Navy duty throughout the period of the national emergency, but they will be released to inactive duty as soon after the emergency as their services can be spared, regardless of the length of time remaining in their enlistment."

Remember—the regular Navy and Naval Reserve offer you the same travel, training, promotions, pay increases. Physical requirements in the Naval Reserve are more liberal. Find out all about the Naval Reserve. Send in the coupon now!