

Grass Valley Lodge Buys Bond For Defense

Sherman Lodge No. 143, of Grass Valley, bought a \$100 defense savings bond Wednesday to follow the lead set by the state Masonic order which made a similar purchase some weeks ago.

The following new books are now available at the Grass Valley library: The Keys of the Kingdom, Cronin; (Saratoga Trunk, Ferber; Back Street, Hurst; Night in Bombay, Bromfield; Grudge Mountain, Terhune; The Stary Night, Bower. Weeds are More Fun, Wright.

Mr. and Mrs. T. M. Rolfe drove to Portland Sunday to visit Mrs. Rolfe's uncle, Frank Copenhaver, who is ill in a hospital. They will visit their daughter, Mrs. W. B. Mathews, and children while there.

Mrs. Herman Schilling and daughter, Mrs. Jesse Helyer of Kent, spent Friday in The Dalles visiting Mr. Schilling at the hospital.

Mr. and Mrs. Kenneth Crews entertained friends at a turkey dinner Sunday. Those present were Ross Fields, Doris Newcomb, Robert Schilling, Frances Wells and Lila Lee Alley. The afternoon was spent in playing monopoly and all attending the show in the evening.

Mrs. John Brogan of The Dalles stopped at the Sam Holmes home Saturday on their way to Antelope to spend the week end.

Mrs. Ted von Borstel went to The Dalles Friday bringing her children, George and Rita, home to spend the week end returning them to The Dalles Monday.

Mrs. Roy Wells entertained the Bookworm club at her home Friday afternoon with 10 members present. Mrs. Richard Holdaway reviewed the book "Girl From Frozen Bend," by Norma Bicknell Mansfield. The following officers were elected: Mrs. Tom Alley, president; Mrs. Roy Wells, vice president; Mrs. Vernon Eakin, secretary-treasurer.

Mrs. Herman Schilling went to The Dalles Thursday to visit Mr. Schilling at the hospital. Mrs. Lester Barnum accompanied her, to spend several days there visiting friends.

Mrs. Tom Alley entertained members of the Grass Valley bridge club and additional guests at her home Wednesday with a 1:30 dessert luncheon. Contract was in play at three tables with the high scores being held by Mrs. Ed Alley and Mrs. Roy Schilling. Low score for the afternoon was held by Mrs. George Wilcox.

Kenneth Crews and Robert Schilling were business visitors at Kent Saturday.

Mr. and Mrs. Art Schilling and family spent Thursday visiting at the home of his parents, Mr. and Mrs. W. F. Schilling.

Mrs. Wallace May left Wednesday for Hood River to visit her parents, Mr. and Mrs. Walter, returning home Monday evening.

Members of the Dalles Rebekah lodge and the Kent Rebekah lodge were present Wednesday evening when the Grass Valley lodge put on the initiatory degree work for a new member. The following officers were elected: Alice Oestreich, N. G.; Myrtle Barnum, V. G.; Clara Rolfe, secretary; and Mabel Blaylock, treasurer. Refreshments were served to about 35 members and guests.

Mrs. John Rolfe and son Ronald left Thursday for Hillsboro to visit her brother, Virgil Perry, who is quite ill.

Mr. and Mrs. Bert Cox returned Mr. and Mrs. Charles Auger to their home in Chehalis the latter part of last week. They returned home Saturday accompanied by Mr. Cox's mother, Mrs. Emma Cox of Vancouver, Wn., who will visit at both the Fred and Bert Cox homes.

Miss Myrtle Helyer returned home Wednesday from a visit with Mr. and Mrs. Robert Helyer in St. Helens and her grandparents, Mr. and Mrs. John Adams, near Hood River.

Mr. and Mrs. W. F. Schilling and Mr. and Mrs. Roy Schilling and son Gary, were dinner guests at the home of Mr. and Mrs. W. C. Schilling in Moro last Sunday.

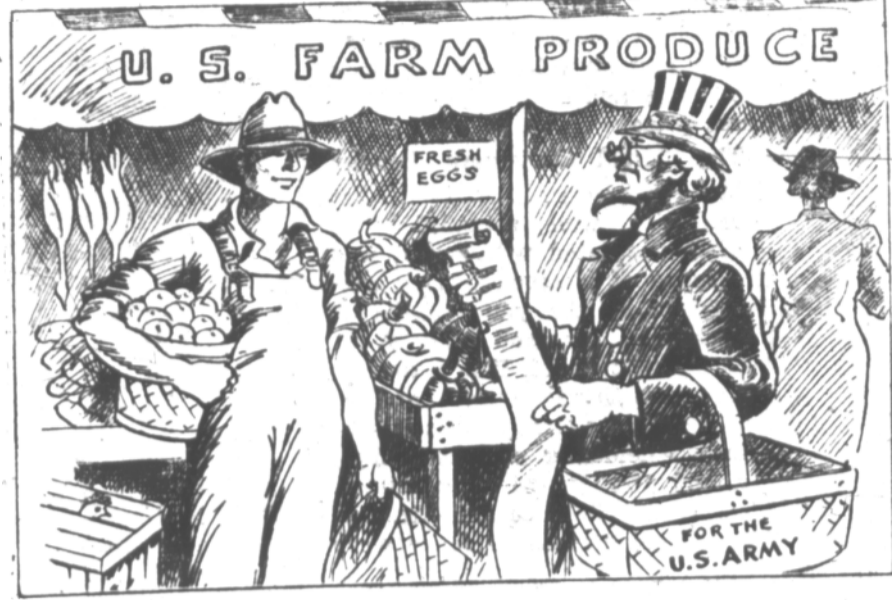
Mrs. Maude Garrett and son, Bobbie, went to The Dalles Friday when Bobbie entered a hospital to have his tonsils removed.

Mrs. Art Bibby and Mrs. Eben Kee and niece, Jackie Squire, left Sunday for Gresham to return Jackie to her parents, Mr. and Mrs. Arden Squire, after spending several weeks visiting the Kee's. Mrs. Bibby will visit her sister, Miss Louise Fraley, in Portland for several days.

Mr. and Mrs. Gus Hartmann of Wasco were Sunday guests at the home of Mr. and Mrs. A. F. Balzer.

Mr. and Mrs. Don Clodfelter

Uncle Sam Farmers' Best Customer; 30 Marketing Centers Established



Uncle Sam, the American farmer's best individual customer, spends \$750,000 a day every day in the year on foodstuffs for his army.

To afford the best possible facilities in handling these immense sales, it is announced that 30 regional marketing centers are being established throughout the country where producers may sell direct or through community or farm co-operatives. In this manner the Quartermaster Corps bought 750 tons of turkey together with all the trimmings for the soldiers' Thanksgiving dinner, and just now Uncle Sam is stocking up for the Christmas holidays' and all the hearty meals that will come in between.

Through the marketing centers it is declared that Uncle Sam and the millions of American farmers will get better acquainted. Uncle Sam will get fresh produce of the highest quality and the farmers will get higher prices. An example of the volume of goods taken by the army is reported in recent requisitions for rations during the

and family and Mr. and Mrs. Loy Adams and family were Saturday evening dinner guests at the home of Mr. and Mrs. Clair Adams.

Tom Coyle and Norris Gilkison were business visitors at Tygh Valley Tuesday.

Mrs. B. M. Kelley and son Lloyd, Mrs. Howard Cline and daughter Roberta, were visitors in The Dalles Saturday.

Mr. and Mrs. C. A. Oestreich drove to Portland Friday to spend several days on a shopping trip.

Mr. and Mrs. Chet Peterson and family of Bend spent Sunday visiting his mother, Mrs. Amelia Peterson.

Members of the junior bridge club motored to Moro Tuesday where Mrs. W. C. Schilling entertained with two tables of contract, with Mrs. Arzell Lemley holding high score and Mrs. Alfred Koek with low score. Mrs. Ed Alley received a guest prize.

Dale Baker left Friday for Ontario after spending a week visiting his parents, Mr. and Mrs. R. J. Baker.

Friends charvaried Mr. and Mrs. John Reckman at their home near Kent Friday evening. The evening was spent informally with refreshments served at a late hour.

Mr. and Mrs. Fred Cox motored to The Dalles Friday to visit their son, Don, at a hospital before going to Corvallis to visit their son in law and daughter, Mr. and Mrs. Al Roberts. They returned home Sunday.

Mr. and Mrs. A. A. Dunlap went to Heppner Friday to attend the Eastern Oregon Wheat League meeting.

Mr. and Mrs. Lawrence Denis motored to The Dalles Saturday evening to spend the week end visiting relatives.

The American Legion and Auxiliary carnival and bazaar will be held Saturday December 13 at the Civic Auditorium.

Mr. and Mrs. Robert LeBleu and Mrs. Dick Holdaway and daughter, Doris, were visitors in

Protein Vital In U. S. Health Defense Effort

An army of nutrition workers, scientists, physicians and others in the public health field are engaged in an all-out health defense effort to conquer malnutrition, now recognized as America's No. 1 health problem.

In this program to make America strong by making Americans stronger, feeding the family is the homemaker's most important task. It is a task made easier by a knowledge of good nutrition and of the factors necessary in an adequate diet.

Value of Protein

Among the diet factors, protein ranks first as a body-builder. About 18 percent of the human body consists of protein. No life exists without it. Protein is necessary for building and repairing body tissues. It furnishes energy and also enters into the structure of certain hormones which have a specific action on vigor and general efficiency.

The word, "protein," was coined in 1838 by Mulder, a Dutch chemist, from the Greek word, "proteios," meaning "in first place." Proteins differ greatly because they are made up of various amino acids known as "building stones." When protein is digested these amino acids are set free and are reconstructed to fit the needs of each body cell.

A plentiful protein supply is imperative for good health. Persons subsisting on low-protein diets show slowness in mental reaction, lowered resistance to disease and other ill effects. Authorities recommend about 50 grams or preferably 70 grams per pound of body weight as the daily protein requirement. Thus a man weighing 155 pounds requires about 100 grams of protein daily—about 3.5 ounces. Children require two to three times as much protein per unit of body weight as adults.

Protein in Reducing Diet

Many to former beliefs that high protein diets cause kidney disease, physicians now use such diets in treating kidney ailments. Dr. Leo K. Campbell, chief medical officer, Chicago, has shown that on diets high in protein, patients lost 3 to 12 pounds.

The secretary of agriculture has authority to maintain prices on these articles until June 30, 1943. He added, "this does not include wheat."

Several times during his talk he mentioned the ever normal granary and said that if industry has such a program there would be less trouble about obtaining materials.

The banquet Friday night had E. R. Fatland of Condon as toast-

Protein Content of Common Foods

FOOD	RELATIVE AMOUNT OF PROTEIN
LIVER	4000
VEAL	4000
LEAN MEAT	4000
POULTRY	4000
FISH	4000
EGGS	4000
MILK	4000
CHEESE	4000
BEANS	4000
PEAS	4000
LENTILS	4000
EGGS	4000
MILK	4000
CHEESE	4000
NUTS	4000
BREAD	4000
GREENS	4000
CEREALS	4000

Because they contain all necessary amino acids, proteins of animal origin—meat, milk, cheese and eggs—rank highest nutritionally and are called "complete" proteins. Half of the daily protein intake should be of animal origin. Glandular meats, such as liver and kidney, contain protein of exceptionally high value.

Sources of Protein

The accompanying chart, carrying the aid of acceptance of the Council on

Foods and Nutrition of the American Medical Association, shows the amounts of protein furnished by different foods, based on average amounts. Three stars opposite a food indicate its protein is of high quality. A sufficient daily protein supply of animal origin is furnished by 1/2 pound of meat, or by 1 serving of milk and 2 of eggs. The additional protein needed in the diet can be obtained from meats, fish, eggs and from cereals, beans and peas.

The Dalles Monday.

The Grass Valley Zebras motored to Arlington Monday night when the Arlington Townies defeated the Zebras by a score of 33 to 31.

The Kent basketball team were defeated by the Grass Valley Tigers on the local floor Friday night by a score of 35 to 16.

CHURCHES

Wasco Church of Christ. F. Claude Stephens, Minister. Evangelistic Meeting still in progress - will close Sunday night. Topics for Sunday a. m. - "The True Test of Discipleship," and p. m. - "The End of the Trail." The Church feels this Evangelistic campaign led by Evangelist B. Ross Evans has been a great help to the cause of righteousness in this community. The speaker has proven himself, a Man of God. Bible school at 10:00 a. m. Divine morning worship at 11:00 a. m.

Christian Science church services are held every Sunday morning in the church building on Main St., at eleven o'clock and every Wednesday evening at eight o'clock. Sunday school convenes at ten o'clock. The reading room in the rear of the church building is open daily, with an attendant after the services. All authorized Christian Science literature may be read, or is for sale.

Moro Community Presbyterian Church. James D. Moberg, pastor. Bible school at 10 a. m. Morning worship at 11 a. m. Sermon "Living Waters." Special music by the choir. Director Mrs. Reba Nye. Christian Endeavor at 7:30 p. m. Prayer meeting Wednesday at 7:00 p. m. Choir practice at 8 p. m.

CARNIVAL

Dec. 13th

Games, Free Program, Eazaar, Fun,
Turkey Raffle, Food Sale, Prizes
American Legion & Auxiliary--Grass Valley

COMPLETE SATISFACTION IN EVERY BOTTLE!

There's a difference... even among good beers. Try BLITZ-WEINHARD and convince yourself that it is always refreshing—completely satisfying. One bottle does not take the edge off your enjoyment!

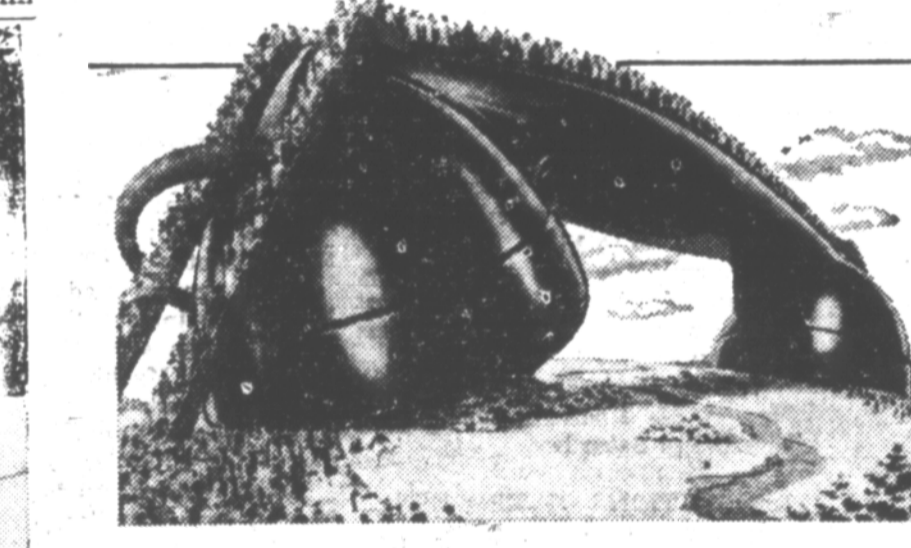
With a Midnight Snack... or
WHENEVER YOU ENJOY BEER YOU WILL LIKE BLITZ-WEINHARD BEST

Blitz-Weinhard
BEER

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.

Zeigler's Quality Store Grass Valley



Christmas Traffic Jams

Your telephone company hardly ever has traffic jams—except on Christmas. To handle the Christmas long distance traffic we would have to double the highways of speech between many places, and leave most of them idle the other 364 days of the year.

We will have everything we've got ready for this year's Christmas rush. Far more people than normal will be working Christmas Eve and Day. But if everyone wants to talk long distance as they did last year there will be traffic jams and delays. If your calling that day isn't particularly urgent it would help a lot if you called early Christmas week or a day or two after the holiday.

Thank you.

THE PACIFIC TELEPHONE AND TELEGRAPH COMPANY

CHRISTMAS TREES

Now on hand for Every Family in our Territory

Compiiments of
Grass Valley Grain Growers

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