

Grass Valley Girl Married New Years Day

Miss Dorothy Olds left Saturday for Hillsboro where she will be married to Glen Perry on New Years day. Miss Mildred Alley accompanied her to Portland on her return to Rochester, Wn., after spending the holidays visiting her parents, Mr. and Mrs. Tom Alley.

Mr. and Mrs. Wallace May and Mrs. A. M. Zevely and daughter Jean were visitors in The Dalles Monday.

Rev. and Mrs. C. O. Bullock and baby spent Christmas and the week end visiting his parents, Rev. and Mrs. G. A. Bullock.

Mr. and Mrs. Dick Edwards and family were Sunday dinner guests at the home of Mr. and Mrs. John Engstrom.

Mr. and Mrs. R. J. Baker were business visitors in The Dalles Monday.

Mr. and Mrs. Wallace May drove to Portland Tuesday accompanied by Mrs. L. D. May who will take the train for San Diego, California to spend several months visiting her son, Lt. Colonel Everett May and family.

Mr. and Mrs. Alfred Kock and family went to Sandy to spend Christmas visiting his parents, Mr. and Mrs. Kock.

Mr. and Mrs. C. M. Clevenger left Wednesday for Yakima, Wn., to spend several days visiting relatives.

Mr. and Mrs. Bert Cox had as Christmas day dinner guests Mr. and Mrs. Orville Gibson of Madras, Mrs. Emma Cox of Vancouver and Miss Anna Schwartz.

Christmas day dinner guests of Mr. and Mrs. Tom Garrett included Mr. and Mrs. John Roth, Mr. and Mrs. Kenneth Crews and Earl Olds and his daughter Dorothy.

Mr. and Mrs. Lawrence drove to the Dalles Thursday to spend the holiday visiting at the home of Mr. and Mrs. Philip Kasberger.

Dinner guests of Mrs. Ellen Potter on Christmas day were her niece, Mrs. Chester Branch and her husband, also his parents, Mr. and Mrs. Branch of The Dalles.

Mr. and Mrs. Clinton Hartley and family of Willamina came Friday to visit her brother and family, Mr. and Mrs. Estel Hartley. They left Sunday for their home accompanied by Mrs. Arch Fortner and son, Robert who will visit Mr. and Mrs. John Kline and Mr. and Mrs. Clyde Davis.

Mrs. Glen Karnes spent Christmas week end in Portland visiting friends returning home Saturday accompanied by Mr. and Mrs. William Giselman of Portland who spent the night here leaving Sunday for their home.

Mr. and Mrs. Edgar Alley and children and Mr. and Mrs. Herman Ziegler and family were dinner guests at the home of Mr. and Mrs. Gus Engstrom on Christmas day.

Miss Anna Schwartz was a business visitor at Moro Friday.

Mr. and Mrs. Bud Brinkert of Tillamook arrived Friday to visit his parents, Mr. and Mrs. William Brinkert.

Mr. and Mrs. R. J. Baker arrived here Friday from Gresham to spend several days on business, leaving Tuesday for home.

Mr. and Mrs. Arch Fortner and son Robert left Wednesday for Heppner to spend the Christmas holidays visiting Mr. and Mrs. Fred Lucas and Mr. and Mrs. James Driscoll and Helen Fortner.

Special services will be held at the home of Rev. C. O. Bullock the week beginning Tuesday, Dec. 30.

Mr. and Mrs. James Phifer spent Christmas day visiting Mr. and Mrs. Perry Bartemay at Blaylock.

Mr. and Mrs. O. N. Ruggles at were business visitors in Hood River Monday.

Alton Olds took his parents, Mr. and Mrs. Lewis Olds to The Dalles Sunday, following their visit with Mr. and Mrs. Ted Trimble during Christmas week.

Mr. and Mrs. Bruce Alley were here Sunday and had dinner with his parents, on their way to Portland from Burns where they had spent Christmas visiting her parents, Mr. and Mrs. Gold.

Mr. and Mrs. Don Smith of Bonneville and Frank and Oscar Lemley were dinner guests at the home of Mr. and Mrs. Arzell Lemley on Christmas day.

Willard and Donald Olds were at Shaniko Monday and Tuesday kalsomining the school house during the holidays.

Miss Margaret Trabue left Wednesday for her home in The Dalles to spend the holidays with her parents. Mr. and Mrs. William Beck and daughter accompanied her as far as Biggs where they took the bus for Pasco, Wn., to spend the holidays visiting her parents, Mr. and Mrs. Walker.

Mr. and Mrs. Kendrick Dunlap arrived here Wednesday evening from Arlington to spend Christmas week end visiting his parents, Mr. and Mrs. A. A. Dunlap.

Owen Eakin left Saturday for Tule Lake to spend several days visiting friends. Ralph Balzer accompanied as far as Klamath Falls where he will take a bus for Los Angeles, California to enter National Schools to study Radio and Television.

Mr. and Mrs. Jesse Helyer of Kent spent Christmas day with Mr. and Mrs. Herman Schilling and Robert.

A large crowd attended the Christmas program at the Civic auditorium last Tuesday evening. First on the program was the rhythm band playing the Shoemaker's Dance, The Ace of Diamonds, The Song of the Bells. Pupils of the 7th and 8th grades sang "Magi Draw Near" and "Silent Night" which was followed by the Operetta, "She Didn't Believe." Santa then arrived and gave the children treats.

Mr. and Mrs. Dean Olds had as dinner guests Christmas day Mr. and Mrs. Jacob Wassenmiller, Miss Natalie Wassenmiller of Portland, Mr. and Mrs. August Wassenmiller and Willard and Donald Olds.

Mr. and Mrs. Eben Kee motored to Gresham to visit Mr. and Mrs. Arden Squire and family. They also visited Mr. and Mrs. Loy Corhan in Portland.

Mr. and Mrs. A. A. Dunlap, Mr. and Mrs. Kendrick Dunlap, Mrs. Kenneth Barnett, and Mr. and Mrs. Vern Mobley and family were Christmas day dinner guests of Mr. and Mrs. Paul Wilson in Kent.

Mr. and Mrs. Vernon Eakin went to Portland Wednesday to spend the holiday visiting her parents, Mr. and Mrs. Herschberg.

Mrs. Maud Gove of Bend arrived here Wednesday to spend Christmas week end visiting Mr. and Mrs. Sam Davis.

Mrs. Emma Cox left Friday for her home in Vancouver, Wn., after spending several weeks here visiting relatives.

Estel Hartley arrived Christmas day from Portland to spend the holiday with his family.

Rev. Gerald Dryden, Genevieve and Phillis Oestreich, Phyllis Potter, Robert and Herman Ziegler and Duane Lemley were caroling Christmas eve.

Mr. and Mrs. Fred Cox went to The Dalles Wednesday to return their son Don, home from the hospital to spend Christmas with them. He had been in the hospital over four weeks.

Mrs. Kenneth Barnett came Wednesday evening from Hermiston to spend Christmas with her parents, Mr. and Mrs. A. A. Dunlap. Kenneth came Christmas evening and they returned home Friday.

Mr. and Mrs. Clyde Stradley motored to Portland Wednesday to meet his sister, Mrs. Rolla Smith, who arrived that day by airplane from Ogden, Utah to spend Christmas with them and her parents, Mr. and Mrs. F. L. Stradley at Hood River.

Mr. and Mrs. C. P. Adams, Mr.

and Mrs. Don Clodfelter and family, Mr. and Mrs. Loy Adams and family of Hood River were Christmas dinner guests at the home of Mr. and Mrs. Clair Adams in Moro.

Mr. and Mrs. V. B. Eakin had as their guests Christmas day, Mr. and Mrs. Millard Eakin and family, Mr. and Mrs. Harold Eakin and son, Mr. and Mrs. Alva Eakin and family of Dufur, Mr. and Mrs. Ralph Eakin and family of Moro and Owen and Ellen Eakin.

Ray Jewel accompanied by Miss Mary Esson left Wednesday afternoon for Portland to spend the Christmas holidays visiting relatives.

Mr. and Mrs. W. F. Schilling had as their guests Christmas day Mr. and Mrs. Art Schilling and family, Mr. and Mrs. W. C. Schilling and family of Moro, Mr. and Mrs. Dick Edwards and family of Marshfield and Mr. and Mrs. Roy Schilling and son, Gary.

Mr. and Mrs. George Smith and daughter, Judy, and Mr. and Mrs. Jake Eslinger and family were dinner guests on Christmas day at the home of Mr. and Mrs. Art Bibby.

I. V. Kane went to Fossil after school Wednesday to spend the holidays with his family.

William Ball came home from Oregon State college Saturday to spend the holidays visiting his parents, Mr. and Mrs. Ted Ball.

Mr. and Mrs. Dick Edwards were guests at the home of Mr. and Mrs. Don Clodfelter Friday.

Miss Dorothy Ball accompanied her uncle and aunt, Mr. and Mrs. Truman Strong of Moro, to Eugene last Friday to visit her grandmother, Mrs. Ida Strong. They returned home Monday.

Mr. and Mrs. Glen McLachlan had as guests on Christmas day, Mr. and Mrs. Ben Payne, Mr. and Mrs. Con Rust and family, and Mr. and Mrs. Bert Belshe of The Dalles, Mr. and Mrs. Melvin Fulkerson of Maupin, Mr. and Mrs. Alfred Payne and daughter Leone Moore, and Bessie, Frank, Betty and Doris Payne.

Mrs. A. M. Zevely and daughter Jean are home from Shaniko to spend the holidays visiting her family.

Mr. and Mrs. Dick Edwards and family of Marshfield arrived here last Sunday to spend Christmas week visiting at the home of her parents, Mr. and Mrs. W. F. Schilling.

Mrs. William Harder left a few days ago for Scio to spend a month visiting her daughter, Mrs. Alice Sprague.

Mr. and Mrs. William Ball of Corvallis arrived here Christmas day to spend the week end at the home of Mr. and Mrs. Ted Ball.

Mr. and Mrs. Warren Elliott of Hillsboro arrived here Wednesday evening to spend the holiday week end visiting her parents, Mr. and Mrs. Dean Reynolds.

Mr. and Mrs. B. M. Kelley had as dinner guests Christmas day Mr. and Mrs. Victor Riggs, Woodrow Riggs, Betty Barnett, Robert Holmes and Ralph Bolen.

Mrs. L. D. May entertained at dinner on Christmas day Mr. and Mrs. A. M. Zevely and family, Mr. and Mrs. Andy May and Clifford May of Moro.

Mr. and Mrs. Bruce Alley of Portland came Wednesday to spend Christmas with his parents, Mr. and Mrs. Ed Alley.

Mr. and Mrs. Wallace May spent Christmas day visiting her parents, Mr. and Mrs. Walter.

Mr. and Mrs. Charles Lemley were dinner guests at the home of Mr. and Mrs. A. F. Balzer Christmas day.

CHRONOLOGY

Continued from page one.

May 16—Frank von Borstel has best individual lamb and best pen of three at Lamb Show. Moro wins county grade school track meet. The county Band Festival held in conjunction with the track meet.

May 25—Five election boards named to serve voters on quota on May 31. Grade school graduation held in Wasco. County high schools graduate 24. Circuit court chambers added to court house. Grass Valley wins high school meet.

May 30—Four meetings were held to inform farmers of coming vote on quotas. Wasco ball club continues winning streak by subduing Arlington. Fifteen youngsters get 4-H school scholarships.

June 6—Farmers vote quotas by huge majority of 551 to 4. Cecil Norton killed in accident with tractor. Weed board signing farmers for cultivation.

June 20—Few changes made by school elections. Wheat acreage of 104,988 will yield three million bushels of wheat this year is prognostication. Fire caused by lightning burns 3000 acres of grass land near Kent.

June 27—Twenty nine parcels of tax foreclosed land are sold by sheriff at sale. Fair board plans new horse classification, new steer class and a change in the racing rules for the coming Sherman County Fair. Rev. Hanson retires from pastorate here.

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

Milk heads the list of the seven basic foods featured on the coast-to-coast radio program, "Listen America." This program appears on the Red Network of the National Broadcasting Company every Sunday from 12:30 to 1:00 Pacific Standard Time. It is sponsored by the United States Government as a part of the National Nutrition Program for Defense.

The importance of milk and other foods is brought out convincingly in each section of the program. The broadcast is brought to a dramatic climax each week with a pronouncement of the Three Golden Rules of Nutrition, formulated as a practical application of the new dietary standards assembled recently by nationally known nutritionists.

These Three Golden Rules of Nutrition are:

Golden Rule No. 1 — The seven basic foods for buoyant health are: Milk, meat, seafood, eggs, green vegetables, fruit - and bread with adequate vitamins in it.

Golden Rule No. 2 — Every day, be sure your diet includes: 1 pint of milk; enriched bread or flour, whole wheat bread or cereals; a tomato, an orange, a grapefruit or their juices; a big helping of green leafy vegetables; a portion

of eggs or lean meat or seafood. These foods give you an abundant supply of vitamins, minerals, good proteins and energy.

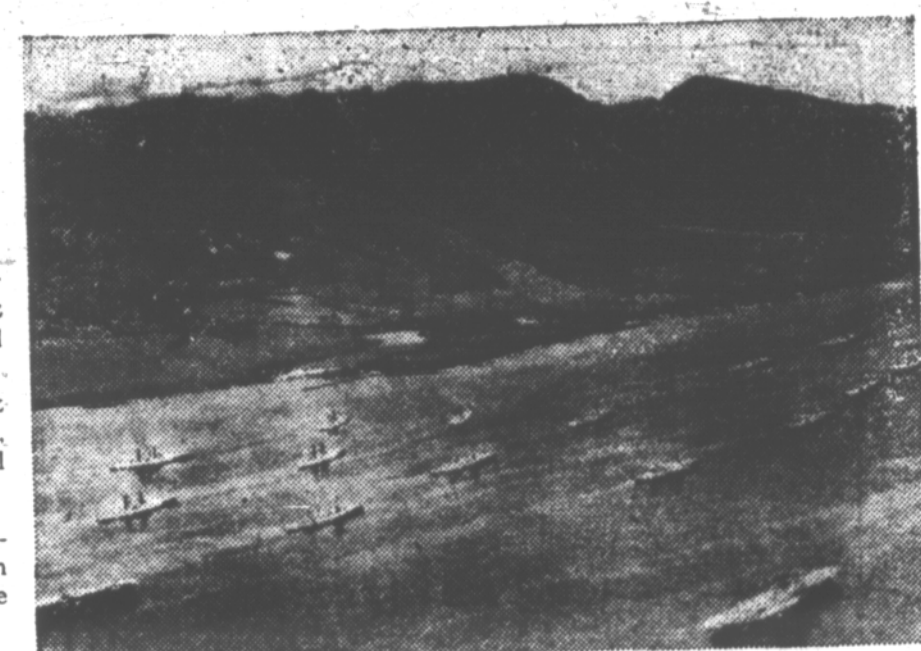
Golden Rule No. 3 — Then - eat anything you like, unless, of course, your doctor has you on a special diet.

If these Golden Rules of Nutrition are followed by all American citizens, a new and stronger race may be developed.

On a recent broadcast, Dr. Robert S. Goodheart of the National Nutrition Council emphasized the special importance right now of nutrition education for the defense worker. A special effort is made to see that our soldiers and sailors receive well balanced meals but the food habits of the industrial employee have been sadly neglected even though it is estimated that there are about twelve industrial employees to each man in military service. Many working men start off to work each day after a hasty breakfast of coffee and doughnuts. Dr. Goodheart reported that over 75 per cent of the defense workers have no milk for breakfast or lunch.

The improvement of the daily meals of defense workers thus offers a real challenge to all who are in a position to influence food

U. S. Fleet Off Coast of Hawaii



A splendid view of units of the United States fleet at anchor in Lahaina roads, Hawaii, near the scene of the unprovoked attack by Japanese bombers at a Sunday's dawn.

habits. Dr. Goodheart believes that lunch is the best starting point for improving meals. He outlined these essentials of a good lunch for a man or woman in an industrial job as follows: At least one serving of milk or food made with milk, one serving of fruit or vegetable, and one serving of substantial, filling food plus bread.

Hm-m!

"What were those unusual greens we had tonight, Cook?" "You remember, ma'am, wou said those geraniums in the garden looked so lovely you could eat them?" "Yes." "Well, you have!"



We Have A Job To Do

Every American has a job to do, and they must do it well, quickly, and without hysteria in order to establish justice on the earth.

Farmers must farm. Soldiers must fight. All must work where they are best fitted.

We have a job to do. We are working at it.

It is to give as much information as possible to our readers about Sherman County.

Sherman County Journal

Resolve:

In 1942 to buy quality merchandise.

Nothing can take the place of quality

in food or clothing and this year

when there will be restrictions on

amounts it is doubly important to be

sure of buying good goods by trading at--

Zeigler's Quality Store Grass Valley