

Grass Valley Students Give Three Plays

The three one act plays presented by the Grass Valley high school Wednesday evening at the civic auditorium were "Girl Shy" a comedy with an all male cast, taking place in an army barracks, included the following students: Luanne Lemley, Dean Wilcox, John Roether, Clair Balzer, Herman Ziegler and Robert Ziegler. "The Men Play, Cards (As Women Do)" included the following students: Robert Schilling, David Bayer, Hans Bardenhagen and Gordon Lemley. The last play, a drama with an all girl cast "So Wonderful (In White)" included the following girls: Frances Wells, Doris Newcomb, Genevieve Oestreich, Mary Lou Zevely, Dorothy Barnett, Lila Alley, Betty Payne, and Doris Payne. The plays were directed by Mrs. Ellen Potter.

Mr. and Mrs. James Blagg and daughter Marie, and Mrs. Roy Wells were visitors in The Dalles Monday.

Mrs. Dell Olds and Miss Myrtle Helver were visitors in The Dalles Tuesday.

Mr. and Mrs. W. C. Todd, Mrs. Art Schilling and Mrs. F. C. Schilling were business visitors in The Dalles Monday.

Mr. and Mrs. Ben Payne and son Benny were The Dalles visitors Monday.

Mr. and Mrs. W. C. Schilling and family and of Moro were visitors at the home of Mr. and Mrs. W. F. Schilling Sunday.

Miss Frances Wells entertained friends at a dinner party at her home Friday evening of Miss Helen Fortner.

Mr. and Mrs. Dick Holdaway and Miss Myrtle Helver left Friday night for Portland on business returning home Sunday night.

Mr. and Mrs. Max Brown went to The Dalles Saturday on business. Mrs. Arch Fortner and daughter, Helen accompanied them. Helen left Sunday for her home in Heppner and Mrs. Fortner returned here with Mr. and Mrs. Clyde Davis who spent the week end here visiting her parents.

Mr. and Mrs. Lawrence Denis were business visitors in The Dalles Sunday.

Mrs. Herman Schilling and son Robert were visitors in The Dalles Thursday.

Mrs. Charles Lemley was hostess to members of the Grass valley bridge club at her home Wednesday afternoon when contract was in play at two tables with high score held by Mrs. Tom Alley and Mrs. Arzell Lemley. The traveling prize went to Mrs. A. F. Balzer. Refreshments were served at the close of the afternoon.

Clarence Morrison and Anne Erickson of Wasco were dinner guests at the home of Mr. and Mrs. George Wilcox Sunday.

Mrs. Arch Fortner entertained at a slumber party at her home Wednesday night in honor of her daughter Helen, who visited her parents several days last week. Those present were Betty and Dorothy Barnett, Frances Wells, Doris Newcomb and Lila Lee Alley.

Mr. and Mrs. Orville Ruggles were business visitors in Hood River Wednesday.

Mr. and Mrs. Roy Schilling went to The Dalles last Tuesday when Mrs. Schilling entered the hospital for medical treatment. He brought her home Monday of this week.

Mrs. Dean Reynolds received word Tuesday that her mother, Mrs. R. Rasmussen was very ill.

War Bonnet for 'Big Joe' Stalin



The head of the Russian Reds has been named honorary chief of the Red Indians, as outstanding warrior for 1941, although the Indians associated with the Indian Confederation admit that Gen. Douglas MacArthur is a sure candidate for honors in 1942. A fine war bonnet, which will go to Stalin, is being presented to Edward Carter, president of the Russian war relief, by Chief Felling Trees at the Indian Confederation pow wow in New York.

She left for Corning, California that evening to be with her.

Mr. and Mrs. Vern McGowan and children of Pendleton arrived here Thursday to visit her parents, Mr. and Mrs. Charles Lemley, returning to their home Sunday.

Mr. and Mrs. George Wilcox had as dinner guests Wednesday Mr. and Mrs. W. H. Ragsdale of The Dalles.

A son was born March 31 at The Dalles hospital to Mr. and Mrs. Harold Eakin.

Mr. and Mrs. Clyde Smith and Laster Smith were business visitors in The Dalles Friday.

Mr. and Mrs. Arzell Lemley were hosts at a party at their home Saturday evening in honor of the latter's brother in law and sister, Mr. and Mrs. Vern McGowan, of Pendleton. Other guests included Mr. and Mrs. A. A. Dunlap, Mr. and Mrs. Herman Peters, and Mr. and Mrs. Millard Eakin. The evening was spent playing bridge with high scores for the evening being held by Mr. and Mrs. McGowan. Refreshments were served later in the evening by the hostess.

Mr. and Mrs. Don Smith of Bonneville came Wednesday to visit Mr. and Mrs. Gus Smith returning home Thursday accompanied by their son, Larry, who had spent the week visiting his grand parents. Miss Lia Lee Alley accompanied them home to spend the week end.

Mr. and Mrs. Ted Ball were hosts at a party for members of the American Legion and Auxiliary at their home Thursday evening with 26 present. After the regular meeting five hundred was played with high scores being held by Mrs. A. A. Dunlap and Frank von Borstel. Refreshments were served by the hostess.

C. A. Oestreich and family were in Portland Saturday.

Mrs. John Perry and son Earl of Hillsboro spent the week end here with Mr. and Mrs. John Rolfs and family and Glen Perry and wife.

Mrs. Tom Douma of Moro attended Baptist church services here Sunday.

Jack Noonan of Moro is redecorating the Dell Olds house.

Lawrence Flannery of Portland spent the week end visiting at the home of Mr. and Mrs. Eben Kee. Mrs. Kee accompanied them to Portland to visit her sister, Mrs. Arden Squire, at Gresham and a brother who leaves soon for the army.

Mr. and Mrs. George Smith and daughter returned home from Willows, California where they spent the week end visiting relatives.

Mrs. Elva D. Cofer of Portland spent Sunday and Sunday night at the home of Fred Cox and wife.

Mr. and Mrs. Carl Munce of Tacoma, Wn., are the parents of a

son born March 21. Mrs. Munce will be remembered here as Frances Coon.

Don Cox motored to The Dalles Sunday to visit Rev. and Mrs. L. T. Anderson.

Andy Walter of Hood River arrived here Sunday to visit at the home of his brother in law and sister, Wallace May and wife.

Mrs. A. M. Zevely and daughter Jean came down from Shaniko Saturday to spend the week end visiting her family.

Mr. and Mrs. Grover Young entertained friends at a farewell party Saturday evening for Glen Edgell who has joined the navy. He left Sunday for Ashland to visit his parents several days before leaving.

Mrs. L. D. May received word that her son, Lt. Colonel Everett May, left for Washington D.C. as an instructor in the Army War college.

Mr. and Mrs. Grover Young received a letter recently from their son, Clarence, whom they had not heard from from some time. He had been ill with pneumonia, but has recovered. He is with the navy in Cuba.

Mrs. A. F. Balzer and son Ralph went to Everett, Wn., Saturday evening to visit Sgt. Melvin D. Balzer who is stationed there with the army air corp at Paine Field. They returned home Sunday night.

An Easter program will be given Sunday by the Baptist Sunday school at the Baptist church. Russell Belshee of Moro will be the speaker. Rev. G. C. Dryden will speak at Dayton, Wn., that day.

Mrs. Glen Perry, Mrs. William Beck and daughter, Mrs. Tom Garrett and Mrs. John Roth were visitors in The Dalles Friday.

The teachers returned here Sunday from Portland after attending the State Teachers convention.

Mrs. Tommie Barnett and daughter, Margaret and Mrs. Kenneth Barnett were business visitors in The Dalles Thursday.

Mrs. Edgar Alley, Mrs. Gus Engstrom, Mrs. Tom Alley, Mrs. Frank Bayer, Mr. and Mrs. Dell Olds, Mrs. R. J. Baker, Rosa Fields, Mr. and Mrs. Frank Pike, and Mrs. Ed Alley were visitors in The Dalles Thursday.

R. J. Baker, George Wilcox and A. A. Dunlap were in Moro Wednesday to attend a Grain Growers meeting.

Dr. and Mrs. M. B. Taylor of Portland were visitors at the Millard Eakin ranch and also visited Mr. and Mrs. R. J. Baker.

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

Now that the tag end of winter is on us, it's a good time to check over the repertoire of current vegetable dishes. There are over fifty different kinds of vegetables -- raw, canned and quick frozen -- you can get almost anywhere in March.

Is your family getting vegetables every day? The pattern for planning adequate meals calls for two or more servings of vegetables daily besides potatoes--1 raw; green and yellow often.

As a group, the vegetables are a valuable source of many of the vitamins and minerals in varying amounts. Both yellow and green colored vegetables are rich sources of carotene, which the body can turn into vitamin A. Green vegetables also are good sources of iron, most of them are good sources of vitamin C, and some supply a goodly amount of calcium as well. The leafy greens rate even higher than other green vegetables for their content of carotene, iron and vitamin C. For these reasons nutritionists recommend one serving of either a yellow or a green vegetable each day.

Tomatoes, like citrus fruit, are an excellent source of vitamin C whether you serve them fresh or

canned. That's the reason nutritionists recommend one serving daily of tomatoes or citrus fruits.

At least one vegetable should be served raw every day because the body needs this extra supply of vitamin C to supplement the daily citrus fruit or tomatoes.

Part of the required amount of milk--two or more glasses daily for adults; three or four or more glasses daily for children--may be combined with the different vegetables to make favorable vegetable dishes.

Carrots may be bunny food to some folks, but cooked with care and seasoned judiciously, they're irresistible. Here is a recipe combining this yellow vegetable with cheese.

Cheddar Carrots
1-3 cup chopped onion
1-4 cup butter
2 cups soft bread crumbs
1-2 tsp salt
Few grains pepper
1-3 cup grated cheddar cheese
2 tbsp water
2 1-2 cups cooked sliced carrots
Brown onion in butter; mix with crumbs, salt, pepper, cheese and water. Place carrots in bottom of buttered casserole; cover with crumb mixture. Cover; bake

in moderate oven (350 deg.) for 20 minutes. Uncover; brown under broiler. Serves 4.
The right way to cook carrots: Remove tops; scrub carrots. Slice. Place in saucepan; add boiling salted water to 1-3 depth of carrots. Cover; boil 10 to 15 minutes.

DAIRYING COMBINES WITH WHEAT RAISING

Combining dairying with wheat and raising peas on the A. R. and Bill Coppock farm near Adams has made it possible for two families to make a good living where only one did before and meet their food for Victory production goals easily at the same time.

The younger Coppock, Bill, takes care of the dairy; and milks up wards of 20 cows, compared to

only 8 or 10 formerly. "I'm not in the dairy business because I think it's an easy way to make money," Bill said recently. "The cows have paid our way, and I figure by keeping livestock on the place continually, we will be able to take better care of the land. Then, fifty years from now, when I move on, I'll have a farm to leave to my boy. Sure, straight farming is easier, but I don't believe we can hold our soil without livestock; I don't believe I would have a farm to leave to anybody after 50 more years of wheat and peas alone."

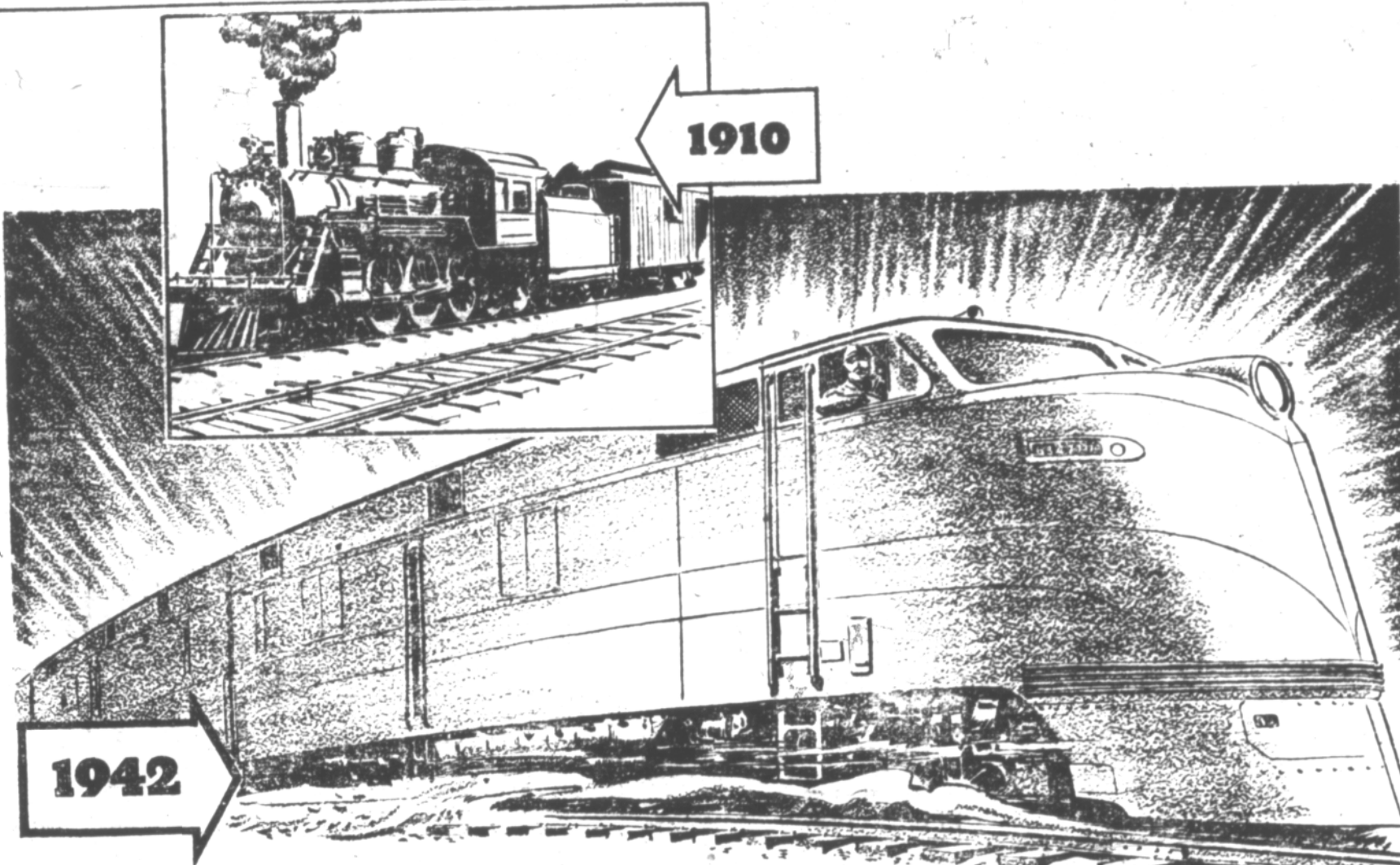
The elder Coppock manages the cash-crop part of the business on the 456-acre place, on which the combination plan was worked out with assistance of the Soil Conservation service.

DEPENDABILITY

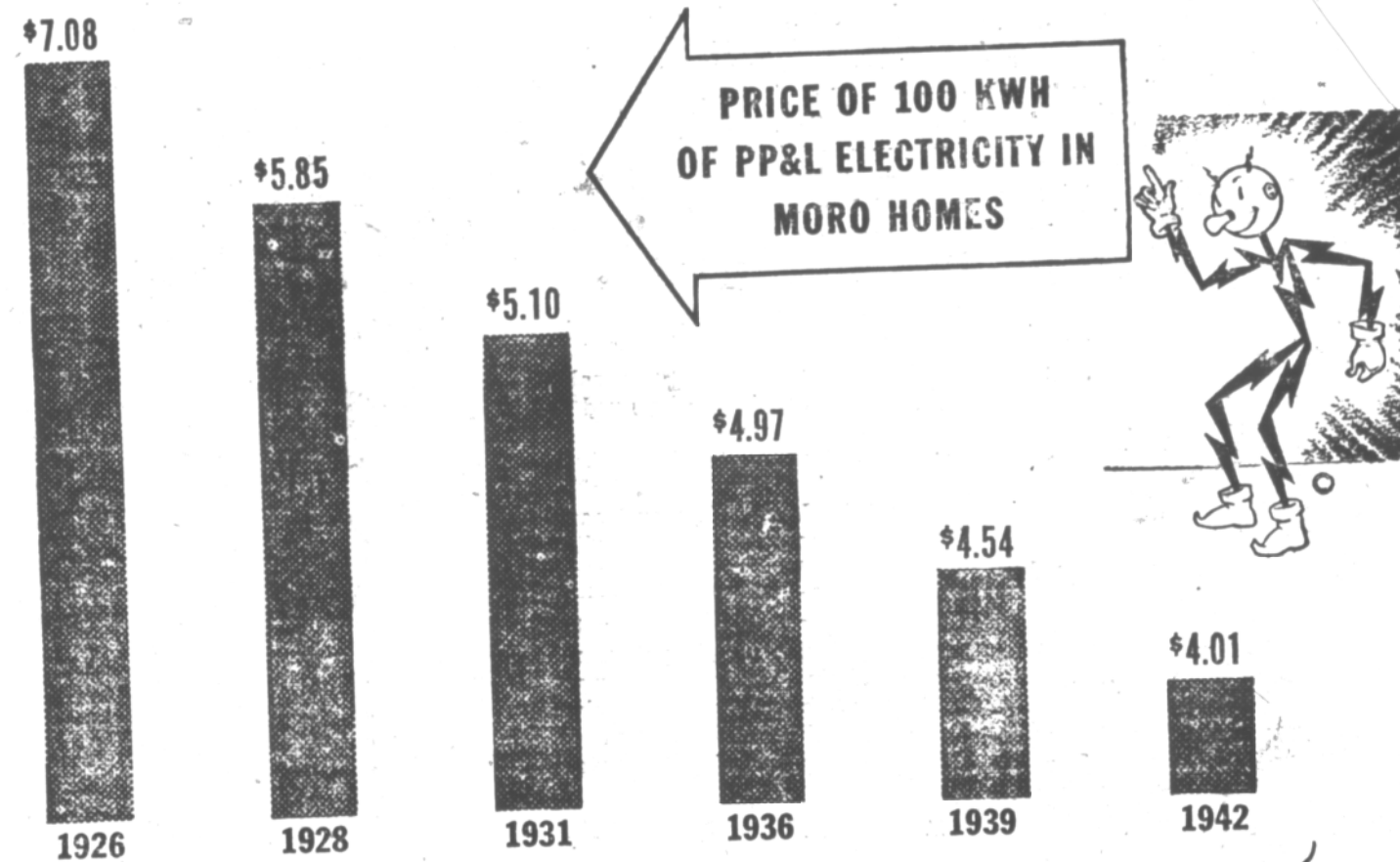
In these times more than usual it is important to have a dependable grocer-- In wartime prices and quality and even quantities are subject to change.

Quality here will be good, prices will be fair and quantities what is allowed.

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