

Grass Valley Items Of General Interest

Mrs. Kenneth Barnett entertained members of the junior bridge club and additional guests at her home Wednesday afternoon. Two tables of bridge were in play with high scores held by Mrs. Arzell Lemley and Mrs. A. F. Balzer. Refreshments were served by the hostess at the close of the afternoon.

Mr. and Mrs. M. M. Saunders of Walla Walla were with the Tall Olds family several days this week while Mr. Saunders tunes pianos in this vicinity.

The home nursing class met at the home of Miss Cassie Holmes Tuesday afternoon with 22 present. Miss Holmes is the instructor.

Rev. and Mrs. Gerald Dryden and family returned home Thursday from Portland where they attended the concert given by the Cappella Choir from the Westminster college of Los Angeles. Mr. Dryden's sister, Miss Jean Dryden, is a member of the choir.

Mrs. Ted Ball entertained members of the Bookworm club and their husbands at her home Friday evening. Mrs. Donald Clodfelter reviewed the book, "The Wild Island" by Berner Dixon. Refreshments were served by the hostess at the close of the meeting.

Mr. and Mrs. I. D. Pike had a Sunday dinner guests Mr. and Mrs. Louis May and son of The Dalles, Mr. and Mrs. Frank Pike, Mrs. Elma Rayleigh, C. W. Fields and son Ross.

Mr. and Mrs. Charles Lemley and Frank Lemley went to The Dalles Friday when Mrs. Lemley entered the hospital for medical treatment.

Miss Ellen Eakin came home Friday from Salem where she attended Willamette university, to spend Easter vacation visiting her parents, Mr. and Mrs. V. B. Eakin. They returned her to Salem Sunday.

Mr. and Mrs. V. B. Eakin gave a family party for their daughter Ellen Saturday evening. Those present included Mr. and Mrs. Vernon Eakin, Mr. and Mrs. Elton Eakin, Mr. and Mrs. Millard Eakin and family and Mr. and Mrs. Petticoat of Oceanpark, Washington.

Jake Eslinger is now employed in the shipyards in Portland.

Mr. and Mrs. Gus Hartmann of Wasco, and the latter's parents, Mr. and Mrs. C. R. Bruckert, of The Dalles, spent Easter Sunday visiting at the home of Mr. and Mrs. A. F. Balzer.

Mr. and Mrs. Art Bibby and children motored to Tygh Valley Sunday to visit at the home of Mr. and Mrs. Art Muller Sunday, returning by way of The Dalles.

Mr. and Mrs. Kenneth Martin and Mrs. Ellen Sommer were The Dalles visitors Saturday.

Mr. and Mrs. Glen Perry left Sunday for Seattle, Wn., to visit relatives before Mr. Perry reports to the draft board at Hillsboro Saturday, April 11, for induction into the army.

Mrs. Carl Sherman arrived here Friday from Forest Grove to stay at the Charles Lemley home while Mrs. Lemley is in a hospital for medical treatment.

Miss June Wilde of Moro spent Sunday visiting at the home of Mr. and Mrs. T. M. Rolfe.

Mr. and Mrs. Elton Eakin spent Sunday in Rufus visiting the latter's parents, Mr. and Mrs. Coats.

Frank Lyons was a Molalla business visitor here Friday.

Mrs. Grover Young and son, Hurty and Mrs. Frank Pike were business visitors in The Dalles Saturday.

Rev. Gail Melly of Portland has moved into the Ocyer house and will hold meetings Friday evenings and on Sundays.

Mr. and Mrs. R. J. Baker and Mr. and Mrs. John Engstrom spent Sunday at Shearer bridge picnic.

The Baptist Mission society met at the home of Mrs. Glen Karnes Tuesday afternoon.

Mr. and Mrs. Darwin Wilcox and son of Portland visited at the home of Mr. and Mrs. R. A. Stow on Thursday and in Friday at the home of Mr. and Mrs. George Wilcox.

Mrs. Gerald Dryden and Mrs. Glen Karnes took members of the E.Y.P.U. to the Shelton Fritts home Sunday for sunrise services and the annual Easter breakfast.

Mr. and Mrs. Victor Riggs, Mrs. F. M. Kelley and son, Lloyd, Ralph Roien and I. V. Kane were visitors in The Dalles Saturday.

Mr. and Mrs. Ed Alley has a dinner guests Sunday evening their son and wife, Mr. and Mrs. Bruce Alley of Portland and the latter's mother and brother, Mrs. W. W. Goud and Robert Gould, also of Portland.

Miss Margaret Trabue spent Easter week end visiting her mother in The Dalles.

Among the Grass Valley shoppers in The Dalles Monday were Mr. and Mrs. Tom Alley, Mrs. George Wilcox and son, George, Mrs. W. D. Barnett and daughters, Betty and Dorothy, Mr. and Mrs. Frank Bayer and sons, Miss Cora Bayer, Mrs. Frank Bayer, Jr., Mrs. C. A. Oestreich and daughters and Mrs. Wallace May.

Ed Alley went to Wasco Monday to have some teeth extracted.

Robert Grant of Idaho visited at the W. D. Barnett home several days last week.

Howard Holmes of Redmond visited Sunday with his uncle and aunt, Mr. and Mrs. B. M. Kelley, leaving Monday.

Mr. and Mrs. Lester Nahouse of The Dalles visited Sunday at the home of Mr. and Mrs. Lewis Olds and Mr. and Mrs. Ted Trimble.

Wren Hogue and son Roy were business visitors in The Dalles Tuesday.

Mrs. Estel Hartley accompanied Mr. Hartley to Portland Thursday for the week end returning home Monday.

Faster services were held at the Methodist church Sunday with special music and singing with Rev. F. L. Cannell of Wasco as speaker.

Mrs. A. M. Zevely and daughter Jean of Shaniko spent the Easter week end here visiting her family.

Among those who attended the Easter Cantata at the Presbyterian church at Moro Sunday night were Mr. and Mrs. Tom Alley, Mr. and Mrs. R. J. Baker, Mrs. John Engstrom, Mrs. Gerald Dryden and children, Mrs. Sam Stark, William Brinkert, Grace Marie Zevely, Mary Lou Zevely, Mrs. Maude Garrett and daughter, Daisy, Robert and Herman Ziegler, Genevieve and Phyllis Oestreich, Doris Payne, Bud Fritts and Ralph Bolen.

Mrs. Elizabeth Strange came up from Portland Sunday to visit her daughter, Mrs. Matt Simon.

Charles Lemley, Oscar Lemley, Mrs. Carl Sherman and Duane Lemley went to The Dalles Sunday to see Mrs. Lemley at the hospital.

Mr. and Mrs. Fred Cox and son, Don, were business callers in The Dalles Friday.

Mr. and Mrs. Lawrence Todd are the parents of a son born Friday, April 3 at The Dalles hospital.

Mr. and Mrs. Arthur Burnett and son of Portland spent Easter Sunday at the home of Mr. and Mrs. Millard Eakin.

Mrs. Willard Barnett and son, Keith, Mrs. Art Schilling and children, Mrs. Millard Eakin and children and Mrs. Jake Eslinger went to the school house Friday afternoon to an Easter egg hunt and party for the 1st and 2nd grades. The 3rd and 4th and the 5th and 6th grade rooms also had an egg hunt and party. Refreshments were served after the eggs were found.

Mr. and Mrs. Orville Lyman, were business visitors in The Dalles Wednesday.

Henry Howell of Wasco was a business caller here Wednesday.

Dale Baker arrived here Wednesday evening from Ontario to visit his parents for a few days before leaving Saturday to join the navy.

Mrs. Herman Schilling and Mrs. J. S. Newcomb were business visitors at Moro Wednesday.

Miss Frances Wells entertained the girls sewing club at her home Thursday evening with five girls present.

Refreshments were served by the hostess.

Mrs. Art Bibby and Mrs. E. J. Baker were Dalles visitors Friday.

Mr. and Mrs. Gus Everitt and daughter, Lois Ann, went to Bonnevill Thursday where Mr. and Mrs. Don Smith and, son Larry joined them and they all went to Portland where Mr. and Mrs. Arch Cantrall and children and Mr. and Mrs. Kendrick Dunlap also joined the party and they picnicked at Oswego Lake.

Mrs. Edgar Alley and her parents, Mr. and Mrs. Gus Engstrom went to The Dalles Wednesday on business.

Norris Gilkinson and wife were in The Dalles Thursday.

Howard Cline moved his family to the William Brinkert ranch where he is employed. The Wayne Kelley family moved into the house vacated by the Clines.

Mr. and Mrs. John Roth entertained at a dinner Wednesday evening at their home. Those present were Tom Garrett and wife, Kenneth Crews and wife and daughter, and Mrs. Henry Roth of Olympia.

Mrs. Kenneth Barnett motored to Kent Thursday to spend the day visiting her sister, Mrs. Paul Wilson.

Mr. and Mrs. Bob LaBleu and daughter were visitors in The Dalles Thursday.

Mr. and Mrs. Louis May returned Mrs. L. D. Pike to her home after spending several weeks visiting there and at Hermiston, and Pendleton.

Mr. and Mrs. E. M. Helyer were The Dalles visitors Wednesday.

Mrs. Herman Schilling and her daughter, Mrs. Jesse Helyer of Kent, motored to Portland Thursday to spend the day visiting the former's brother, Leslie Smith, who is ill in Emanuel hospital.

Rufus School Arranges Music Festival Tonight

Rufus School will have a Music night, Friday evening, April 10 at 8:00 p. m. at the Rufus Gym. The main feature of the evening is the band concert, at which the band wears its new uniforms for the first time. These uniforms carry out the school colors of Scarlet and White, and are being financed by the High School Student Body, as the big project of the year.

Guest artist for the evening is to be Carl Severinsen of the Arlington High School, who is an accomplished musician. He is well known throughout the state for his unusual ability, having played in a national meet.

There will also be several vocal selections, and some piano novelties to complete the evenings entertainment.

Admission to the concert depends on how much you wish to give. There will be no regular admission charged. The money received is to be used to pay for the uniforms. The public is cordially invited to attend.

Mr. and Mrs. William Huck and son Bob entertained the high school basketball team at a turkey dinner at their home Friday, March 3. The evening was spent enjoyably playing games. Guests present were Mr. and Mrs. Russell Hollinshead and family, Miss Martha Hoover, Elton Medler, Willard Leff, Donald Bryant, Roger and Vurl Blackburne, Miss Betty Morris, and Betty Bryant.

Coming attractions at the Rufus School will be the Spring Dance on April 18th and the Senior play "Auntie's Money" on April 25th.

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

This year, when every one has a special responsibility to keep in good physical condition, it is important to take stock of what we are doing, and what we can do, to help promote our own health and vigor.

Many people over estimate their vitality and powers of endurance, and frequently work (or play) themselves into a state of over fatigue and nervous exhaustion, when probably no one thing is the cause and certainly no one magic thing will cure.

Good endurance without undue fatigue is the result of a constant building up process that must never be neglected. The first essential for vitality is good nutrition, which means good food and hygiene habits, not just for today or this week, but every day.

Since science has proved that an adequate diet is the most important stepping stone to good health, the nation's menus therefore must be planned to include all the health giving essentials in their proportions. Second, the foods which are contained in these

foods must be purchased, stored and prepared that these health giving essentials are retained to the greatest degree. And, finally, the foods must be so appetizingly cooked and so attractively served that they be eaten with maximum enjoyment.

Look over these lists and see if you really have earned the vitality which you would like to enjoy.

Do you plan to have each day: A pint or more of milk a day for each adult? A quart for each

child?
A serving of orange or tomato?
At least one other serving of fruit?
One serving of potato? At least one other vegetable and a raw one several times a week?
Whole grain or enriched bread or cereal?
Two servings chosen from: Eggs, meat, fish, cheese, dried legumes?

Plenty of drinking water?
Some cod or halibut liver oil?
Are you guarding against: Irregular meal hours? Scanty breakfasts? On-the-run lunches? Careless posture? Eye strain?

Insufficient sleep? Poor ventilation in sleeping rooms? Constipation? Infection and colds?

Too strenuous exercise? Emotional upsets? Worry?

FAREWELL

DANCE

Grass Valley Auditorium Saturday Nite.

Formal or Informal Dresses

In Honor of the Boys who are leaving for the Army April 19th

Appropriate Decorations Favors

Rufus High School SPRING DANCE

April 18
Rufus Gym. 8:00 P. M.

Adm \$1.00 including tax
Ladies must pay tax also

"Oregon's Most Valuable Book"

The 1942-1944 edition of Capitol's Who's Who for Oregon now off the press. This edition the finest biographical directory of outstanding Oregon citizens ever produced. Several thousand complete biographies of the men and women with reputation—those people who have done their utmost in the building of our state. A book that forever perpetuates the lives of the present day leaders in all fields of human activities.

Copies are available only from publishers

Capitol Publishing Co.
S. W. Sixteenth & Morrison Portland, Ore.
Price—\$10.00



From where I sit...

by Joe Marsh

VERY OFTEN these days, I get to thinking about the soldier boys at camp. And the sailors, too.

What worries me is... what happens when they get a day off after working their heads off all week? They go to town... and what then?

What happens? The answer is... mostly nothing! Because most towns near army camps just don't have nearly enough entertainment facilities to take care of the soldiers on leave. So the boys just stand around, leaning against lampposts or sitting on doorsteps. And sometimes, the local townsfolk find themselves wondering what's changed the town... instead of pitching in to help the boys have a good time in decent surroundings.

In many towns, however, the situation is better. Many towns have nice, community places where a soldier can go sit down and "chew the fat" and enjoy some cake and milk, or maybe a good glass of beer. The boys like that. And they're not likely to get in trouble... because common sense tells you

nothing can be wrong about a couple of glasses of beer.

There's another reason, too. The beer industry is cooperating with the army and with the law-enforcement officers to help keep the places where beer is sold, clean and decent. The brewers don't want their beer sold to soldiers in places where bad conditions exist... and they're right.

Seems to me that we Americans ought to get together and do everything we can to make things pleasant for the boys who are in training. They're doing their duty... maybe we have some duties, too, in this direction.

There are lots of ways of helping. We ought to support them all. All of us have our part to play in winning this war... and making life a little easier for the boys in camp is something we all can do something about.

Joe Marsh

Now About That Printing

We are equipped to do any ordinary printing and are able to get you work back to you on time. We do it right here in Sherman County, with Sherman County labor, time and sunshine.

Simplified forms for easier book-keeping, letterheads as modern as tomorrow's sunrise, bills, posters.

We have a good selection of types, good presses and the time to find out what you want and make it for you.

Sherman County Journal

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.

Zeigler's Quality Store Grass Valley

T. Lester Johnson
LAWYER
WASCO MORO

Check List FOR GRACIOUS LIVING

600 Outside Rooms	Dining Room
Popular Prices	Banquet Room
Famous Cuisine	Garage Opposite
Coffee Shop	Modern Amenities

HOTEL MULTNOMAH
PORTLAND, OREGON
PORTLAND'S SOCIAL, CIVIC & BUSINESS CENTER