

Grass Valley Help Scrap Campaign

There was no school Tuesday for the high school students, as they were out gathering scrap iron to help "slap the Japs."

Mr. and Mrs. Joe Bibby were business visitors at Wasco Tuesday.

Mrs. Herman Schilling and Mrs. J. S. Newcomb were business visitors in The Dalles Thursday.

Mr. and Mrs. W. C. Guyton of Kent were business visitors here Friday.

Glen Karnes and sons, Kenneth and Lloyd, and Kenneth Crews were business visitors in The Dalles Saturday.

Mr. and Mrs. Edgar Alley and daughter, Barbara, went to Tygh Valley Sunday to visit at the home of Mr. and Mrs. Willis Brittan and Mrs. Frank Bayer.

Mr. and Mrs. Lawrence Denis moved back to The Dalles Friday after spending a year in Grass Valley as manager of the Tumatum. Mr. Denis will make regular trips to Grass Valley every Monday for a while.

Mr. and Mrs. Jesse Helyer of Kent, accompanied by her mother, Mrs. Herman Schilling, and Miss Myrtle Helyer, motored to

the coast Saturday to spend the week end.

The Ladies' Social Service club met at the home of Miss Anna Schwartz Thursday afternoon.

W. J. Crozier of Snohomish, Wn., arrived here Thursday to visit his daughter, Mrs. Maude Garrett, and family.

Mr. and Mrs. C. M. Clevenger and Mary Lou and Jean Zevely were business visitors in The Dalles Monday.

Mrs. V. B. Eakin, Mrs. Elton Eakin and Mrs. Vernon Eakin attended the bridal shower at Rufus Saturday for Miss Matthison.

Mr. and Mrs. Kenneth Crews and daughter returned home Thursday from Olympia, Wash., where they spent several weeks visiting her parents, Mr. and Mrs. Henry Roth.

Mrs. Art Bibby, Mrs. Eben Kee and Mrs. Herman Peters were business visitors in The Dalles Thursday.

Mr. and Mrs. Tom Alley and Mr. and Mrs. Ed Alley motored to Hermiston Saturday to spend the week end visiting Mr. and Mrs. William Luttrell.

Sgt. Frank Cauters, who is home on a furlough from Lubbock, Tex., was a visitor here Sunday.

Mr. and Mrs. Clifford Macey of Portland spent the week end visiting at the home of Mr. and Mrs. Willard Barnett.

Mrs. John Rust left Monday for Colorado to visit her husband, who is with the U.S. army.

Among those who attended the Sunday School convention at Mo-

ro Sunday were Mr. and Mrs. Shelton Fritts, Mr. and Mrs. Gail McIlroy, Mrs. Glen Karnes and son Lloyd, Miss Anna Schwartz, Mrs. Gertrude Williams, Mrs. Alice Linn and daughter, Miss Emma Jean Scholl, Miss Harriet Cole, John Alley, Ina May Ziegler, Lois Kelley and Clarence May.

Mr. and Mrs. Fred Cox returned home Sunday from Corvallis, where they spent the week end visiting their son-in-law and daughter, Mr. and Mrs. Al Roberts.

Mr. and Mrs. J. W. Blagg and daughter, Marie, motored to Blingen, Wash., to return their grand daughter to the home of her parents, Mr. and Mrs. James Blagg, after spending a week here with them.

Mrs. Art Bibby entertained members of the Grass Valley bridge club and guests, Mrs. Herman Peters, Mrs. C. R. Anderson and Mrs. Edgar Alley, at her home Wednesday afternoon. Contract was in play at three tables with high scores held by Mrs. George Wilcox and Mrs. Herman Peters, and low score for the afternoon going to Mrs. A. F. Balzer. Refreshments were served at the close of the afternoon.

Mrs. Sam Stark returned home Saturday from Missouri where she visited relatives amount, having been called back on account of the death of her mother.

Mr. and Mrs. Ernest Blaylock motored to The Dalles Sunday, when Mrs. Blaylock and her sister, Mrs. F. D. Lindsay, of Hood River, left by train for Kansas City, Kansas, to spend about a month visiting friends and relatives.

Mr. and Mrs. Clyde Davis and baby daughter and Mrs. Arch Fortner returned home Sunday from Heppner, where they spent the week end visiting the former's daughter and son-in-law, Mr. and Mrs. James Driscoll, and family, Miss Helen Fortler, and Mrs. Fortner's parents, Mr. and Mrs. Fred Lucas.

Of every pound of meat being produced in the U.S. about 12 ounces will go to the civilian population, the remaining four ounces will be distributed among our fighting men and the armed forces and civilians of our lend-lease allies.

Nazis Cross River in Embattled Russia



This picture and caption are from a German source and were copied from a German publication which was received in the United States through a neutral country. Cold and rainy German soldiers are shown stepping from a rubber boat, wearing raincoats and carrying shotguns and guns, about to establish a Russian bridgehead. Meanwhile, the Russian defenders of Stalingrad in one of the greatest battles of history had fought valiantly in the rubble-filled streets of the Volga city to save off the German offensive.

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

A DAILY QUIZ

Eating the right food for health and fitness can become a hit-or-miss matter in a war worker's life these busy days. That is, it can unless homemaker and war worker get together on planning and the worker takes a share of

responsibility for being well fed.

When one meal is eaten out and others at home, the person who plans family meals should be told what the bought meals are like, so that anything lacking may be supplied at home. Whether the worker works indoors or out, or night vision.

whether the job is in the shipyard or at a desk, there is need in the day's eating for the kinds of foods that make up a balanced diet. Most people are acquainted with the famous list of kinds of food needed each day—the daily eight, you might call them. A pint of milk for adults (a quart for children); a serving of oranges, tomatoes, grapefruit, raw cabbage or salad greens; a serving of green or yellow vegetables; two or more servings of other vegetables or fruits; a serving of lean meat, poultry, fish or sometimes dried beans, peas, or nuts; an egg a day (or at least 3 or 4 a week cooked or in made dishes); two or more servings of whole grain products or enriched bread; and butter.

The more conscious the homemaker and her war working family members become of the daily eight foods that round out a good diet, the better are our prospects for being a well-fed nation.

Since quizzing is a popular diversion, the "home economists" have concocted a little quiz on daily eating. Try it and see how your strong and weak points line up. Ask yourself:

1. Which, if any, of the daily eight foods am I likely to skip?
2. Do I eat so much of one kind of food that other needed kinds are left out?
3. If something important is lacking in meals one day, do I make it up next day?
4. When I "eat" milk in custard, cheese, or other ways instead of drinking 2 glasses a day, do I get the pint or more needed?
5. Is there too little fruit in my meals? Can I supply it at home?
6. When I eat between-meals, how well do the extras help with the daily eight?
7. Do food dislikes keep me from a well-balanced day's eating?
8. Do I steer clear of food fads and fancies?

You can be proud of the strong points, revealed by these questions. The weak points are the ones to remember, when you plan your day's eating.

NEW ORDER LIMITS

STEEL IN MILK CANS

America's farms and dairies will make available almost 18,000 tons of steel for war production in the next 12 months by getting along with simpler and fewer milk cans, as a result of a recent order by the war production board.

The order cuts by two thirds the amount of iron and steel now used for manufacture of milk cans.

It imposes a broad simplification program on the industry and will reduce the number of types of milk cans available from 125 to 17.

Hudson, Ohio, collected 334 pounds of scrap metal per person, a total of 400 tons.

T. Lester Johnson
LAWYER
WASCO MONROE



YOU FEEL YOU'RE LIVING, NOT MERELY STOPPING, AT THE HOTEL MULTNOMAH...

It's not only what we do but the way we do it that makes the Multnomah one of the nation's exceptional hotels.

HOTEL MULTNOMAH
for Hospitality
PORTLAND, OREGON

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

WINE IS A HOUSEHOLD BEVERAGE

NATIONAL WINE WEEK OCT. 17th TO 18th

USE IT FOR FINER COOKING
Send for your FREE copy of "The Wine Cook Book"—57 tested recipes for making food food taste better.

USE IT FOR FINER DINING
Send for your FREE copy of "Wines, and Wine Serving"—how to select, use and serve fine wines.

USE IT FOR FINER HOSPITALITY
Send for your FREE copy of "Hostess Book of Favorite Wine Recipes"—a book of ideas for entertaining. List the stores of ideas for entertaining. List the stores of ideas for entertaining. List the stores of ideas for entertaining.

WINE COUNCIL OF AMERICA

SEE YOUR OWN DEALER'S DISPLAY OF FINE CALIFORNIA AND OREGON WINES DURING NATIONAL WINE WEEK

LIBERTY LIMERICKS



"War Bonds," said an angler named Wade,
"Are the sportiestest catch I have made—
They'll save us our freedom
And then, when we need 'em,
They're good for more cash than we paid!"

Help sink those Japanese "fishermen"! Put a full ten percent of your income into War Bonds or Stamps, every pay day. It's VITAL.
U. S. Treasury Department.

PROMPT SERVICE



BACKS THIS TRACTOR



★ If you are the owner of a "Caterpillar" Diesel Tractor you probably appreciate the long life built into it. This long life is backed by our prompt, accurate service... both parts and mechanical.

O'MEARA Supply & Imp. Co.
John Deere Caterpillar

DON'T BE FOOLED BY A FULL JUNK YARD!

Don't listen to people who say—"They can't need scrap very badly. Look at that junk yard, or the auto graveyards—they've got plenty of scrap. And remember the last time we had a drive the stuff sat around for weeks." Tell such people these true facts...

Of course the junk yards are full. They are "factories" that turn out finished scrap—sorted, broken up and bundled... ready for the mills of America. The scrap has to go through these yards, and it keeps going through fast!

The auto graveyards too, are busy. They specialize in used car parts, but produce plenty of scrap as well. In June alone, these yards moved 40,000 tons—for they are required to junk within 60 days as many cars as they buy.

As for Salvage Depots—communities all over the country are staging

drives. All this scrap can't be taken away at once. The junkies can't handle it and the mills can't store it. But every pound is needed and will be used. We've got to pile it up ready for instant use at any time.

The day when all junk yards are empty, when the auto graveyards are cleaned out, when all the local scrap

stockpiles are gone—that is the day to dread. It is a day to avoid at all costs.

So remember—steel is needed to fight the war, and millions of lives depend on it. This steel is made of 50% scrap—and the mills have not enough scrap to last even 30 days longer. Don't fail to do your part in this emergency.

Get your scrap ready for the drive that starts Monday!

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Watch this paper for details of the big scrap drive and what you must do to help.

NEWSPAPERS' UNITED SCRAP METAL DRIVE

This space contributed by Sherman County Journal