Roy Baker Leaves For California Visit

Mr. and Mrs. Roy J. Baker left Tuesday for their home in Gresham after spending several months here attending to business affairs. They will leave Thursday for Sacramento, Cal., to visit their son and wife, Mr. and Mrs. Dale Baker. Mrs. Baker's sister will come up from Los Angeles to spend a week therd with them.

Kenneth Crews came home from Madras Saturday to visit his wife and daughter returning to work Monday morning.

Mr. and Mrs. Fred Cox had as dinner guests Sunday Mr. and Mrs Bert Cox and their house guests, Mr. and Mrs. C. H. Augee, as a celebration of Fred's birthday.

The Grass Valley Rebekah lodge is sponsoring a 500 card party at the IOOF hall Saturday Nov. 21.

Don Clodfelter took a truckload of hogs to Portland market Tuesday.

V. B. Eakin and Elton Eakin went to Portland Sunday with a truck load of stock coming back Monday evening.

Mrs. Etha Schilling entertained members of the Grass Valley bridge club and guests including Mrs. R. J. Baker, Mrs. C. R. Anderson and Mrs. Kenneth Barnet. Contract was in play at three tables with high scores being held by Mrs. A. F. Balzer and Mrs. C. R. Anderson. Refreshments were served at the close of the afternoon of cards.

Among those shopping in The Dalles Saturday were Mr. and Mrs. C. R. Anderson, Mrs. C. M. Clevenger, Mrs. Alice Lynn and daughter, Ed Alley and daughter, Lila Lee and Gordon Lemley.

Mrs. Gertrude Williams returned here the first of last week from Portland where she spent a week visiting her daughter and family, Mr. and Mrs. Clarence Hill. The Hills left for California to visit relatives.

Mr. and Mrs. Louis May and family came up from The Dalles Saturday to visit her parents, Mr. and Mrs. I. D. Pike. Mr. and Mrs. May left Monday for Portland and other points on a vacation trip to be gone a week while Mrs. Pike is keeping the children.

Mr. and Mrs. George Wilcox motored to Fossil Wednesday to visit Mrs. Carl Hendricks, stopping at Arlington to see relatives on their way home.

Mrs. Etha Schilling, Mrs. Jesse Helyer of Kent, Mrs. Kenneth Barnet and Doris Newcomb were shoppers in The Dalles Saturday.

Big Guns of O. S. C. Homecoming

OREGON STATE COLLEGE—Preparations for a rapid-fire homecoming program November 20, 21, 22, which this year will have a definite wartime flavor, are being laid by these committee chairmen who are responsible for the event. Feature attraction Saturday afternoon will be the annual "civil war" between U. of O. and O. S. C. grid warriors. From left, Len Moyer and Mary Lou Armstrong, Portland; Virginia Garland, Menlo Park, Cal.; Billy Hussa, Curt Cutsforth, Jean Sutherland and Harry Moss, Portland; Bob Eaton, Pendleton; Tom Eblen, Baker; and Duke McQueen, Portland. Insets: Co-chairmen Leona Leonard, Portland, and Don Frederickson, Hoquiam, Wash.

Mr. and Mrs. Kenneth Barnet, Ross Fields, Doris Newcomb, Robert Schilling, Margaret Barnet, Herman Zeigler and Art Roth attended the library festival and dance at Wasco Saturday evening.

Mr. and Mrs. C. M. Clevenger were dinner guests at the home of Mr. and Mrs. Norris Gilkison Friday evening.

Mr. and Mrs. Frank Pike ad Mr. and Mrs. Don Smith were in The Dalles Monday.

Mr. and Mrs. J. E. Gilkison of North Powder arrived Tuesday to spend several weeks visiting their son and daughter in law, Mr. and Mrs. Norris Gilkison.

Mr. and Mrs. Willard Barnet and son, Keith, went to The Dalles Monday when Keith entered the hospital to have his tonsils removed.

Mr. and Mrs. L. H. Nahouse of Salem visited several days here last week.

Mr. and Mrs. Gus Engstrom, Mrs. Edgar Alley and daughter, Barbara and Robert Anger went to The Dalles Saturday when Robert left for his home in Los Angeles, Cal., after spending several weeks here at the Engstrom and Alley homes.

Mrs. George Smith, Mrs. Art Bibby, Mrs. Joe Bibby and Mrs. Eben Kee motored to Moro Thursday where they attended a bridal shower for Miss Zella Quinn at the home of Mrs. Harold Ginn with Mrs. Collis Moore and Mrs. Roscoe Moore assisting the hostess.

Chinese General Here on Visit

Gen. Hsiung Shih-Fei, head of the Chinese military mission sent to Washington from Chungking, was the guest of the army on a visit to Governor's island. He is pictured here, left, with Lieut. Gen. Hugh A. Drum, commanding general of the eastern defense command and First army, as they inspect the guard of honor and salute the flag.

Girls Visit At Kent Home From Portland

Miss Nellie Wilson and Miss Evelyn Davis of Portland and Luther Davis of Corvallis were weekend guests at the J. L. Davis home last weekend.

Mr. and Mrs. J. N. MacInnes were visitors in The Dalles last week for a day.

Mrs. John Palmer is here to spend a few days with relatives.

Mrs. Max Plumpke left last Friday for a short stay in Portland.

Gordon Helyer, son of Mr. and Mrs. Durward Helyer, left last week for a few days stay in Bend with his grand parents, Mr. and Mrs. VanMetre.

Word was received here that Mrs. B. A. Hogue's son in law passed away Friday. She left for Portland Saturday.

Lyle Hogue of Portland was here to spend a few days visiting his mother and sister, Mrs. B. A. Hugue and Gertrude.

Robert Walman was a guest at the Walter Wilsons last week.

Shirley Schadewitz is here to spend a few weeks with her grandparents, Mr. and Mrs. George McKay.

Word was received here Monday morning that Mr. and Mrs. Robert Helyer are parents of a 7lb 6oz. son, born November 6 who will be named Larry R. Helyer.

George Witter left last Saturday for Portland where he will remain a short time visiting his brother, Harry.

Mrs. J. J. Decker and family, Mrs. Robert Schilling and family were visitors in The Dalles last week for a day.

Mr. and Mrs. Volna Guyton of Portland are visitors here in Kent for a few days with relatives.

Mrs. Charles Guyton of Sherwood is here with relatives for a visit.

Mr. and Mrs. Beatty Kelley were visitors in Grass Valley Sunday.

Hi-Ways To Health

by ADA R. MAYNE

OREGON DAIRY COUNCIL

CHEESE AIDS WAR EFFORT

We have been asked to go on a voluntary meat ration, limiting purchases to not more than 2½ lb per person per week. This request has been made so that supplies of meat to our armed forces need not be reduced.

Because of its valuable protein—the ingredient common to all main dishes—cheese contributes to nutritious meals at all times, and especially in cases where meat is not available. It deserves a place in every home as a household staple because of its usefulness in economical meal planning and its popularity as a meat alternative on the family table.

As an alternate main dish you want one that sticks to the ribs and has flavor, for flavor is one of meat's special contributions to the diet. And you want a dish that contains protein like meat, and one or more of meat's other food values. It's important to remember that meat supplies five main food values in goodly amounts: protein of good quality, iron, and three vitamins of the B family named thiamine, niacin and riboflavin.

You get good protein, some iron and some B vitamins when you make alternate main dishes based on these foods: milk, cheese, poultry, fish, eggs dried beans and peas soybeans, nuts. And you can build up a meal's values in B vitamins and iron by stressing whole grain or enriched grain products and dark green leafy vegetables and potatoes.

Most families have old favorites among what we'll now be calling alternate main dishes. And there is good reason now to branch out and try something different. Here is a recipe for using cheese—a gay cousin to the Welsh rabbit

Tomato Rabbit

2tbsp butter, 1-2 cup chopped celery, 1-2 green pepper, chopped, 1-2 small onion, chopped 1 tsp salt, 2tbsp flour, 1 pint tomatoes, cooked or canned, 1-2lb cheese, 2 eggs.

Melt butter in a skillet. Add chopped celery, green pepper and onion. Cook a few minuter, stirring often. Sprinkle flour on this and pour in the tomatoes. Add the cheese shaved thin and salt. Cook over low heat, stirring until the mixture thickens and cheese is melted. Pour some of the mixture into 2 well beaten eggs and pour all back into the skillet and continue cooking until thickened and creamy. Serve hot on crisp toast or crackers. (About 6 servings.)

Read the ads in the Journal

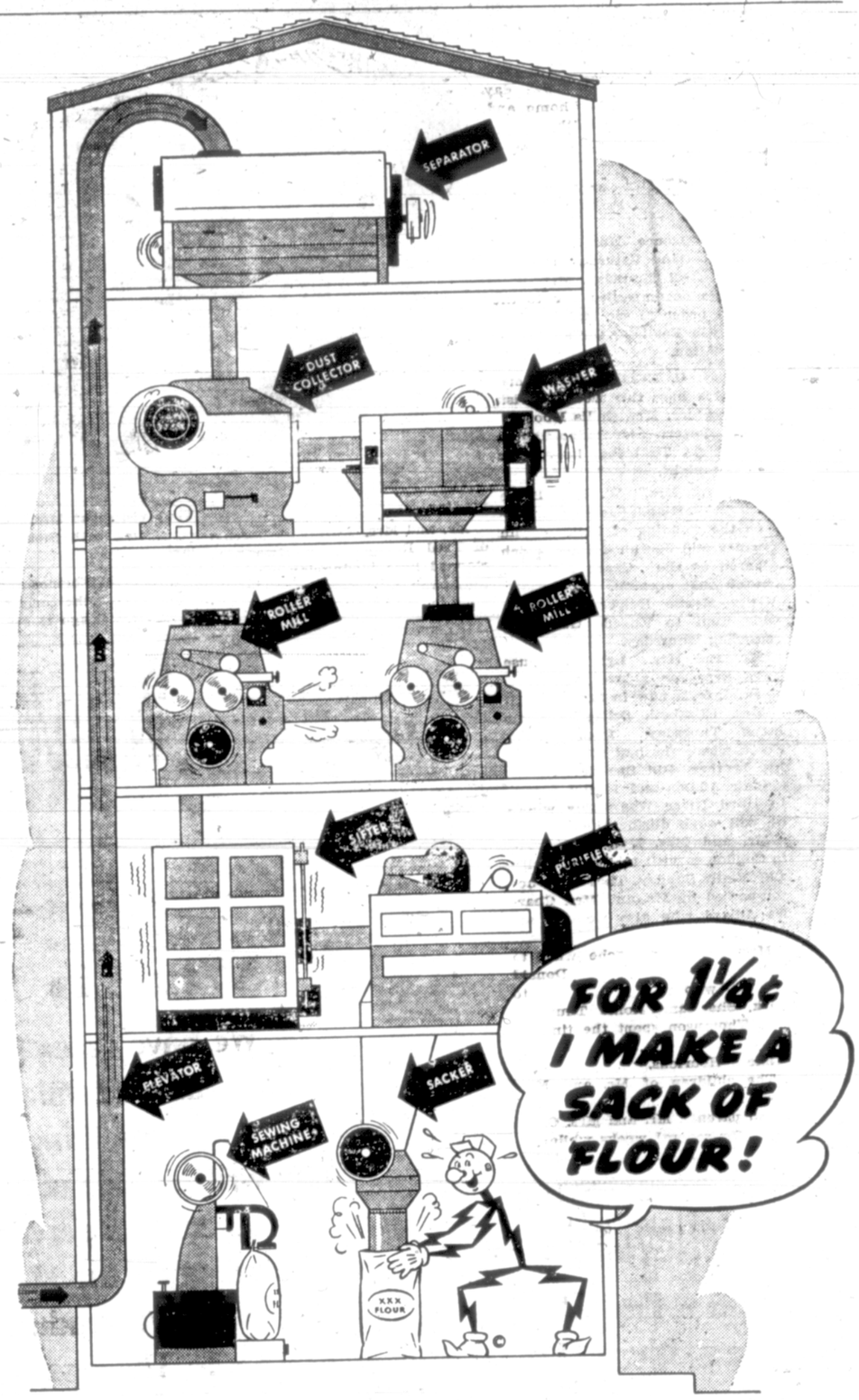
DEPENDABILITY

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

Buy U.S. WAR BONDS



...I'm the lowest-paid worker in town!

Reddy Kilowatt
YOUR ELECTRIC SERVANT

★ America today is busy producing food for the armies of Freedom in all parts of the world, as well as for the civilian populations.

Some of the largest and most efficient food processing plants are right here in the Pacific Northwest. For this is an agricultural paradise . . . and here, too, electricity has always been cheap and abundant. For example, Pacific Power & Light serves 13 flour mills with electricity that costs only about a penny per sack of flour produced.

Helping produce food is just one of PP&L's many wartime jobs. It is serving airfields, army camps, shipyards and scores of war factories.

In other words, the same cheap electricity that makes home life easier for you, is helping in hundreds of ways to make life tough for the Axis!

IN A TYPICAL FLOUR MILL 1¼¢ WORTH OF PP&L POWER DOES ALL OF THESE THINGS:

1. Unloads & elevates 66 pounds of wheat.
2. Removes seeds, foreign matter.
3. Blows dust from the wheat.
4. Washes and dries it.
5. Grinds the wheat 7 times.
6. Sifts it 7 times.
7. Purifies it
8. Packs the flour in a 49-lb. bag.
9. Sews up the bag.
10. Stacks the bag.

YOUR BUSINESS-MANAGED POWER SYSTEM

Pacific POWER & LIGHT COMPANY