Wasco Girl Operated On In Portland Hospital

Miss ErmaScott who underwent a painful operation on her leg last Monday to offset infantile paralysis was again operated on Tuesday on the other leg. It is the wish of the community that Erma's operations will be successful and she will be able to walk again. Her mother, Mrs. Ralph Scott left for Portland to be with her.

Mr.and Mrs. Fred Hartman of Portland were weekend guests of Mr .and Mrs. H. D. Proudfoot.

Mrs Harry Proudfoot jr and two sons have been visiting for two weeks at The Dalles and at the H. D. Proudfoot home. Harry came Sunday to take them to their new home. He has been advanced to the position of assistant superintendent of Consolidated Freightways at Oakland, Cal

Mrs. Kenneth Fergusen and little daughters of The Dalles arrived at the home of her mother, Mrs. Lydia Darby Thursday ,her grandmother, Mrs. Nora Smith, being ill Mr. Fergusen came up Sunday and they returned with him, Mrs. Smith being then much improved.

Mr. and Mrs. Wayne Darby and children of Portland arrived Friday to visit his mother, Mrs. Lydia Darby and grandmother Mrs. Nort Smith. They returned home Sunday with George Wilde.

J. Golden Barnett and son of Portland were guests of his sister, Mrs. Ormond Hilderbrand and family over the weekend.

Mr. and Mrs. Hugh Shull, son Douglas and daughter Jeane, spent Sunday in Condon.

Miss Vivian Trounce of Moro was guest of Mr .and Mrs. G. A. Sargent several days this week.

A. Landles, who has been ill with a heart attack is in The Dalles hospital having entered Wednesday.

Mrs. Clara Stone ,we are glad to state, is reported much improved in health.

Miss Madeline Rossner, president of the Rebekah assembly of Oregon of Wheeler paid Marion Rebekah lodge an official visit Thursday evening. She was accompanied by Mrs. Jake Domma. They were guests of Mrs. Maud Akers while here. Friday they went to Moro for the Rebekah district convention. Attending as representatives of Wasco lodge were Mrs. Sam Brock, Mr. and Mrs. Leo Watkins, Chas. Siscel, Esther Peugh and Mrs. Akers.

The iniatory degree was given to three candidates.At the potluck dinner Mrs. Theodore Johnston presided and made the occasion a happy one. Mr .and Mrs. Bernie Rice of Ione attended the convention.

Mrs. Ted Proudfoot and infant daughter who has been visiting her parents, Mr. and Mrs. John T Johnson and others left for Portland Friday to visit relatives and on Sunday proceeded to her home in Seattle, Wash.

Miss Joy White of Anchorage, Alaska arrived home on a visit to her parents, Mr .and Mrs. Hugh White. She is a government nurse.

Mr .and Mrs. John Royce, Mr. end Mrs. Lloyd Royce attended a show in The Dalles Sunday.

Emmagene VanGilder and Barbara Hines, students of The Dalles St. Mary's spent the weekend here with their parents, Mr. and Mrs. Vernon VanGilder and Mrs. Elva Hines.

Mrs. Herman Brackett of Rufus was shopping in Wasco Saturday.

The community of Wasco heard this week of the death of Robert McPherson, former Sherman county farmer, who has recently been working at Camas, Wash.

He passed away at a Vancouver hospital Monday a.m., March 29. His wife had preceded him several years ago. His mother, Mrs. Belle Brown and sister, Mrs. Agnes Feadnor of Sacramento, Cal., and a brother, Elwood of Wasco and a step son, Maitland Shepard survive him. Funeral services will be arranged when his mother arrives.

George Wilde came up from Portland Saturday and was at the Ormond Hilderbrand home.

Mrs. Desta Hoyt of Portland who has been a guest of Mrs. Owen Barnett the past week returned to her home Sunday, going down with Mrs. Marie Barnett Cooper who will spend a few days in the city.

Lafe Barnett was a dinner guest Sunday at the home of Mr. and Mrs. Ormond Hilderbrand.

Mrs. Belle Clothier is ill with an attack of the flu.

An American Legion Auxiliary benefit card party is scheduled for Wednesday afternoon at Mrs. Harley Dutton's home. Enough guests are invited to provide the funds for one child's Easter outfit.

Mr. and Mrs. B. H. Grady went to Portland last week. While in the city Mr. Grady attended a meeting of the Railroad Transportation committee.

Hess Williams of the General Petroleum company of Portland was here last weekend.

The Tillicum club met at the home of Miss Olive Robinson last Thursday.

Miss Marie Andrews and Miss Martha Hoover principal and teacher of Rufus school were guests of Miss Andrews' mother, Mrs. Ida Andrews Saturday.

Vivian Rust is all puffed up over the fact he is grandad to an infant girl born to his daughter, Darlene and husband recently in Salem. Mrs. Rust has been visiting there some weeks.

Mrs. Robert McDonald entered the hospital in The Dalles recently

A pot luck dinner and handkerchief shower in honor of Mr. and Mrs. Joe Bryant of Biggs and Mr. and Mrs. Arnold Brady of Rufus who are moving away was given by the Grange at Rufus on Tuesday evening.

Mr. and Mrs. C .E. Coats, Mr. and Mrs. G A Sargent, Vivian Trounce, Rev and Mrs. F. L. Cannell were business visitors in The Dalles Tuesday.

Mrs Morgan, mother of Mrs. Pres Boice, who has been visiting here for some time, returned to her home in The Dalles Tuesday.

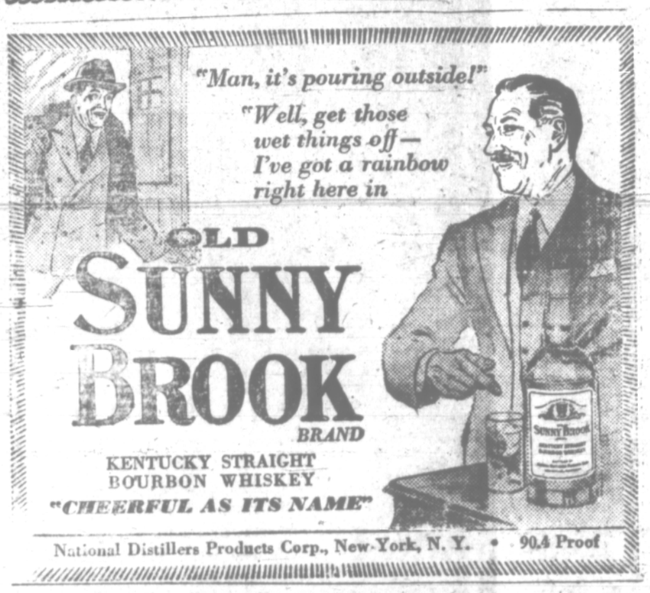
Mrs. Robert Collins of Pasco is a guest at her father's home.

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



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

PROTEIN FOOD

Now that meat is rationed many homemakers have expressed concern about how to get enough muscle-building material, protein, for their families. Many foods besides meat supply protein, and while it is true that the protein from meat is better than from cereals and vegetables, it is also true that the protein from any animal source-milk, cheese, eggs, fish, poultry- is just as good a muscle builder as the meat protein. If about half of what we use each day comes from animal foods, the source of the rest of it can safely be cereals or vegetables.

If the children get the recommended three or four glasses of milk a day ,and an egg at least every other day, they will have more than half of their needed protein from animal sources. Any meat or fish which is served then will be as important for the iron and B-vitamins it furnishes as for its additional animal protein.

Although some cheese has been rationed along with meat, cottage cheese is not included. Cottage cheese is a concentrated form of milk and supplies the same protein for muscle building and body upkeep. It is also one of our high calcium foods and contains some of the vitamins of milk too. Since cottage cheese is one of those dependable foods high in food value, easy and convenient to use, serve it often in your wartime menus.

For dessert—put cottage cheese through a seive. Season with a dash of cinnamon and sugar and a little vanilla. Serve with stewed fruit and crisp crackers. For a salad- mix the following ingredients and stuff into whole cored tomatoes or make into balls and serve on lettuce:

1 cup cottage cheese
1-2 cup salted peanuts, coarsely chopped
1 tsp minced onion
Salt and black pepper
Mayonnaise to moisten

To use in a main dish fill the center of this noodle ring with creamed ham or fish or chicken.

NOODLE RING

1-4 lb medium noodles
2 eggs
1 cup cottage cheese
1-2 tsp salt
1-8 tsp pepper

Cook noodles in boiling water until tender. Drain. Beat eggs and combine with noodles cheese and seasoning. Pour into ring mold and bake at 325 degrees for 45 minutes. Turn out on a platter and fill center.

Buy U.S. WAR BONDS

VARIETY MEATS AID IN WAR MENU PLANNING

Kinds	Characteristics*	Food Value	Buying Guide: Av. Weight	Buying Guide: Servings	Preparation
Liver (beef, calf, pork, lamb)	Calf, lamb, pork livers more tender than beef. Calf and lamb livers milder in flavor than pork and beef.	Richest source of iron. High in phosphorus, A and B vitamins, quality protein. Some vitamin D.	1 beef — 10 lb. 1 calf — 2½ lb. 1 pork — 3 lb. 1 lamb — 1 lb.	¾ to 1 lb. for four	Braise, fry or broil.
Kidney (beef, calf, pork, lamb)	Calf, lamb and pork kidneys more tender, of milder flavor than beef. Veal and lamb kidneys sometimes cut with chops.	Rich source of iron, phosphorus. Good source vitamin A. Excellent for B vitamins, quality protein.	1 beef — 1 lb. 1 calf — ¾ lb. 1 pork — ¼ lb. 1 lamb — ⅛ lb.	4 to 6 3 to 4 1 to 2 ½ to 1	Stew, braise, broil or grind for loaves or patties.
Heart (beef, calf, pork, lamb)	Beef heart is least tender but all hearts must be made tender by proper cooking.	Rich source of iron and phosphorus. Excellent for B vitamins and quality protein.	1 beef — 4 lb. 1 calf — ½ lb. 1 pork — ½ lb. 1 lamb — ¼ lb.	12 to 16 2 to 3 2 to 3 1	Braise, stuff and braise, stew or grind for loaves or patties.
Tongue (beef, calf, pork, lamb)	May be purchased fresh, pickled, corned, or smoked. Make tender by proper cooking. Pork and lamb usually purchased ready to serve.	Good source of iron, phosphorus, B vitamins and quality protein.	1 beef — 3¾ lb. 1 calf — 1½ lb. 1 pork — ¾ lb. 1 lamb — ½ lb.	12 to 16 3 to 6 2 to 4 2 to 3	Simmer in seasoned water until tender. Remove skin; serve as desired.
Tripe (beef)	First and second stomachs of beef. Plain and honeycomb, latter preferred. Purchased fresh, pickled or corned. Make tender by proper cooking.	Good source of quality protein.	Plain — 7 lb. Honeycomb — 1½ lb.	¾ to 1 lb. for four	Pre-cook in water to make tender. Then broil, fry or braise.
Sweetbreads (beef, calf, lamb)	Divided into two parts: Heart and throat sweet-breads. Tender and delicate in flavor.	Good source of riboflavin (vit. B_2) and quality protein.	⅛ lb.	¾ to 1 lb. for four	Pre-cook in water to help keep and make firm; Broil, fry, braise or cream.
Brains (beef, calf, pork, lamb)	Very tender and delicate in flavor.	Good source of iron, phosphorus, B vitamins and quality protein.	⅜ lb.	¾ to 1 lb. for four	Pre-cook in water to help keep and make firm. Then scramble, fry or cream.

*All variety meats are practically boneless and have high percentage of edible meat.

This handy chart on variety meats is designed to assist the housewife in solving her wartime meat problems. The variety meats are deserving of special consideration because they are high in food value and may be prepared in many appetizing dishes to supplement the usual chops, steaks, stews and roasts.

OFFICIAL TABLE OF CONSUMER POINT VALUES FOR MEAT, FATS, FISH, AND CHEESE
No. 1—Effective March 29, 1943

COMMODITY	Points per lb.
BEEF	
STEAKS	
Porterhouse	8
T-Bone	8
Club	8
Rib—10-inch cut	7
Rib—7-inch cut	8
Sirloin	8
Sirloin—boneless	9
Round	8
Top Round	8
Bottom Round	8
Round Tip	8
Chuck or Shoulder	7
Flank	8
ROASTS	
Rib—standing (chine bone on) (10" cut)	7
Blade Rib—standing (chine bone on) (10" cut)	6
Rib—standing (chine bone on) (7" cut)	8
Blade Rib—standing (chine bone on) (7" cut)	7
Round Tip	7
Rump—bone in	5
Rump—boneless	8
Chuck or Shoulder—bone in	6
Chuck or Shoulder—boneless	7
STEWS AND OTHER CUTS	
Short Ribs	4
Plate—bone in	4
Plate—boneless	5
Brisket—bone in	4
Brisket—boneless	6
Flank Meat	5
Neck—bone in	5
Neck—boneless	6
Heel of Round—boneless	6
Shank—bone in	4
Shank—boneless	6
HAMBURGER	
Beef ground from necks, flanks, shanks, briskets, plates, and miscellaneous beef trimmings and beef fat	5

COMMODITY	Points per lb.
BEEF	
VARIETY MEATS	
Brains	3
Hearts	4
Kidneys	4
Livers	6
Sweetbreads	4
Tails (ox joints)	3
Tongues	6
Tripe	3
VEAL	
STEAKS AND CHOPS	
Loin Chops	8
Rib Chops	7
Shoulder Chops	6
Round Steak (cutlets)	8
Sirloin Steak or Chops	7
ROASTS	
Rump and Sirloin—bone in	6
Rump and Sirloin—boneless	8
Leg	6
Shoulder—bone in	6
Shoulder—boneless	8
STEWS AND OTHER CUTS	
Breast—bone in	4
Breast—boneless	6
Flank Meat	5
Neck—bone in	5
Neck—boneless	6
Shank—bone in	4
Shank and Heel Meat—boneless	6
Ground Veal and Patties—veal ground from necks, flanks, shanks, breasts, and miscellaneous veal trimmings	6
VARIETY MEATS	
Brains	4
Hearts	5
Kidneys	5
Livers	3
Sweetbreads	6
Tongues	6

COMMODITY	Points per lb.
LAMB—MUTTON	
STEAKS AND CHOPS	
Loin Chops	8
Rib Chops	7
Leg Chops	7
Shoulder Chops—blade or arm chops	7
ROASTS	
Leg—whole or part	6
Sirloin Roast—bone in	6
Yoke, Rattle, or Triangle—bone in	5
Yoke, Rattle, or Triangle—boneless	7
Chuck or Shoulder, square cut—bone in	6
Chuck or Shoulder, square-cut—boneless	8
Chuck or Shoulder, cross-cut—bone in	5
STEWS AND OTHER CUTS	
Breast and Flank	3
Neck—bone in	4
Neck—boneless	6
Shank—bone in	4
Lamb Patties—lamb ground from necks, flanks, shanks, breasts and miscellaneous lamb trimmings	6
VARIETY MEATS	
Brains	3
Hearts	3
Livers	6
Kidneys	3
Sweetbreads	4
Tongues	6
BACON	
Bacon—slab or piece, rind on	7
Bacon—slab or piece, rind off	8
Bacon—sliced, rind off	8
Bacon—Canadian style, piece or sliced	8
Bacon—rinds	1
Bacon—plate and jowl squares	5

COMMODITY	Points per lb.
PORK	
STEAKS AND CHOPS	
Center Chops	8
End Chops	7
Loin—boneless, fresh and cured only	10
Tenderloin	10
Ham, slices	8
Shoulder Chops and Steaks	7
Bellies, fresh and cured only	6
ROASTS	
Loin—whole, half, or end cuts	7
Loin—center cuts	8
Ham—whole or half	7
Ham—butt or shank end	7
Ham—boneless	9
Shoulder—shank half (picnic) bone in	6
Shoulder—shank half (picnic) boneless	8
Shoulder—butt half (Boston butt)—bone in	7
Shoulder—butt half (Boston butt)—boneless	8
OTHER PORK CUTS	
Spareribs	4
Neck and Backbones	2
Feet—bone in	1
Fat Backs and Clear Plates	4
Plates, regular	5
Jowls	5
Hocks and Knuckles	3
Leaf Fat	4
VARIETY MEATS	
Brains	3
Chitterlings	4
Hearts	3
Kidneys	2
Livers	5
Tongues	6
Ears	1
Tails	3
Snouts	2

COMMODITY	Points per lb.
READY-TO-EAT MEATS	
COOKED, BOILED, BAKED, AND BARBECUED	
Dried Beef	12
Ham—bone in, whole or half	9
Ham—bone in, slices	11
Ham—butt or shank end	9
Ham—boneless, whole or half	10
Ham—boneless, slices	11
Picnic or Shoulder—bone in	8
Picnic or Shoulder—boneless	10
Bouillon Cubes, Beef Extract, and all other meat extracts and concentrates	7
Tongues	8
Spareribs	6
Pigs Feet—bone in	2
The point value of any other ready-to-eat meat item shall be determined by adding 2 points per pound to the point value per pound of the uncooked item from which it is prepared if it is sold whole, or 3 points per pound shall be added if it is cooked and sliced.	
SAUSAGE	
Dry Sausage—Hard: Typical items are hard Salami, hard Cervelat, and Pepperoni	9
Semi-dry Sausage: Typical items are soft Salami, Thuringer, and Mortadella	6
Fresh, Smoked and Cooked Sausage:	
Group A: Typical items are Pork Sausage, Wieners, Bologna, Baked Loaves, and Liver Sausage	7
Group B: Typical items are Scrapple and Tamales. Souse and Head Cheese also included	4

MEATS (In tin or glass containers)	Points per lb.
Brains	3
Pork Sausage	7
Chili Con Carne	3
Boiled Ham	6
Dried Beef	12
Hams and Picnics (whole or half)	10
Luncheon Meat	7
Meat Loaf	7
Meat Spreads	6
Pigs Feet, bone in	2

MEATS (In tin or glass containers)	Points per lb.
Pigs Feet, boned Cutlets	3
Potted and Deviled Meats	4
Sausage in Oil	4
Tamales	2
Tongue, Beef	7
Tongue, Lamb	7
Tongue, Pork	6
Tongue, Veal	7
Vienna Sausage	7
All Other	7

FISH (In any hermetically sealed container)	Points per lb.
Bonito	7
Caviar	7
Crabmeat	7
Fish Roe	7
Mackerel	7
Salmon	7
Sardines	7
Sea Herring	7
Tuna	7
Yellow Tail	7
All Other	7

FATS AND OILS	Points per lb.
Butter*	8
Lard*	5
Shortening*	5
Margarine	5
Salad and Cooking Oils (1 pint=1 pound)	6

CHEESES*
Rationed cheeses include natural cheeses and products containing 30 percent or more by weight of natural cheeses.

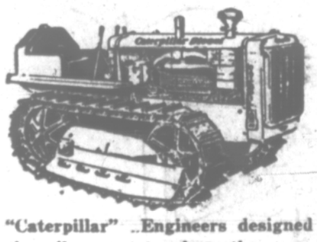
CHEESES*	Points per lb.
Examples of rationed cheeses:	
Cheddar (American)	All 8
Swiss	
Brick	
Münster	
Limburger	
Dehydrated—Grated	
Club	
Gouda	
Edam	
Smoked	
Italian (all hard varieties)	

CHEESES*	Points per lb.
Greek (all hard varieties)	All 8
Process Cheese	
Cheese Foods	
Some cheeses are not rationed. The important examples are:	
Cream Cheese, Neufchatel, Cottage, Camembert, Liederkranz, Brie, Blue.	
(For a complete list of cheeses not rationed, see the Regulations.)	

*Except purchases in bulk units containing more than five (5) pounds (not subdivided into units of 5 pounds or less). For such purchases see Official Table of Trade Point Values.

Your "Caterpillar" Dealer Says

Watch Your Oil Pressure Guage



"Caterpillar" Engineers designed the oil gauge to show the pressure of the oil circulating to moving parts. Watch this gauge and heed its warnings.

If the gauge indicator does not read normal, refer to your Operator's Instruction Book, or check with us. The trouble may be:

1. wrong oil weight
2. oil level low
3. suction screen clogged
4. oil pump out of order
5. leak in oiling system

O'MEARA Supply & Imp. Co
John Deere Caterpillar

Spring Band Concert Coming At Wasco

The salvage of tin cans was done by the Wasco school Wednesday.

Remember the Spring Band concert next Saturday night.

Music supervisor Landles returned from the hospital Monday.

Lawrence and Robert Nisbet went to The Dalles Monday for their first physical check-up for induction into the army.

T. Lester Johnson
LAWYER
WASCO MORO

GAS AND OIL
Any Quantity
R. H. McKEAN and SON
Insurance
Grain, Feed, Flour, Fuel
Farm Implements, Bags, Twine
PHONES

Feedstore	Office	Residence
163	162	182

WASCO :-: OREGON

Wins Medal

Lieut. Col. Elliott Roosevelt of the U. S. army air force was awarded the Distinguished Flying Cross by Maj. Gen. James H. Doolittle, American air chief in Tunisia. The award was in recognition of the efficient work of the President's son in dangerous aerial photography expeditions. Lieutenant Colonel Roosevelt is shown getting ready for a photographic expedition somewhere in North Africa.