

Arnold Sharp Visiting Here From Navy

Arnold Sharpe and Mrs Frank Pike went to Heppner Monday to spend the day visiting friends.

Miss Cassie Holmes came home from The Dalles Friday evening to spend the week end visiting her father.

Mr and Mrs Frank Pike took his sister, Mrs Jessie Goodrich, back to The Dalles Sunday evening after spending the week end here visiting her parents, Mr and Mrs I D Pike, and her son, Irwin, who is spending the summer here with his grand parents.

Mr and Mrs Ed Alley went to The Dalles Saturday to meet their son and daughter-in-law, Mr and Mrs Bruce Alley of Portland. Their daughter, Lila Lee, came home with them to spend the week end. Mrs Bruce Alley returned to Portland Sunday and Bruce remained to visit several days. Miss Alley returned to The Dalles Sunday also.

Mrs Wayland Weld and children came up from Portland Sunday for an indefinite stay with her parents, Mr and Mrs J S Newcomb. Mr Weld is working at Bend and they plan on moving there as soon as living quarters are available.

Mr and Mrs Ted von Borstel were visitors in The Dalles one day last week.

Guests at the C R Anderson home Sunday were Mr and Mrs Bernard Garravrant and son of Hood River and Mrs Paxton and Mrs Jack Evans of Portland.

Mrs Kenneth Barnett and Miss Betty Olds went to Portland Saturday to spend the week end visiting friends and shopping returning home Monday evening.

Mr and Mrs B. Rooper of Autelope were guests at the home of Mr and Mrs A A Dunlap Sunday.

Howard Pierce of Portland is staying at the A A Dunlap home while here on his vacation and is working at the elevator.

Mr and Mrs H O Dagger and Mr and Mrs Bert Cox went to Smock Prairie Sunday on business.

Mrs A M Zevely left Sunday for Paisley to visit her husband who is at a look out station in that vicinity.

Mr and Mrs Ted Ball and daughter, Dorothy, and son, Roger, were visitors in The Dalles Monday.

Mr and Mrs H O Duggtr and Mrs Bert Cox were business vis-

itors in The Dalles Wednesday.

Mr and Mrs E M Helyer were called to Hood River Wednesday as they received word of the serious illness of her father, John Adams.

Bob Schilling returned here Friday after spending the day visiting his mother. Mrs R J Baker returned here with him to spend several days.

Miss Myrtle Helyer and her sister, Norma Jean and brother, Gordon, and a sister, Mrs Bob Bershe of Moro went to Hood River Thursday to visit their grand father who is very ill. Mr Helyer returned home with them and Mrs Helyer remained to help take care of her father.

A A Dunlap and daughter, Mrs Kenneth Barnett, and Miss Betty Olds were visitors in The Dalles Thursday evening.

Mrs James Walkenshaw left Saturday for Hubbard after spending three weeks here with her daughter, Mrs Dell Olds.

The first car of wheat was shipped from the Eakin Elevator Friday over the new side track.

American Legion Auxiliaries of Kent are giving a Mollie Pitcher Dance Saturday night. Good time.

Mrs C Anderson left Friday for her home in Portland after spending several days here visiting her son and daughter-in-law, Mr and Mrs C R Anderson.

C W Fields and I D Pike went to Redmond on business Saturday returning home Sunday.

Dr Blair Paul of Portland is spending his vacation at the Geo Wilcox ranch helping with the harvesting.

Mr and Mrs Florin Coon of Sandy spent the week end here visiting his parents, Mr and Mrs Bud Coon, and visiting friends.

Mrs Jessie Goodrich came up from The Dalles Saturday evening to spend the week end visiting her parents, Mr and Mrs I D Pike and her son, Irwin.

Mr and Mrs Eugene Amidon of Moro were guests at the home of Mr and Mrs Charles Lemley Sunday.

Mrs Arzell Lemley and son, Duane, and daughters, Eileen and Carolyn, Rodney Hutchcroft, Dorothy Ball, Dean Wilcox, Lynn LeBleu and Doris Payne went to Tygh Valley Sunday on business and to go swimming having a picnic lunch before returning home.

OM Fraley came over from Maupiti Saturday evening to visit his daughters, Mrs Art Bibby and Mrs Edison Sutherland of Pullman, Wash.

Mr and Mrs John Engstrom and Mr and Mrs E H Moore and Mrs Elizabeth Schaeffer and Mrs Lucy Ruggles were Sunday guests at the home of Mr and Mrs Tom Coyle.

Mrs Ed Alley accompanied her son, Bruce, to Portland Wednesday after she had spent several days here visiting his parents. He leaves Saturday for the east having joined the Seabees. Harold Blagg also leaves Saturday with the same outfit.

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

Every plan for good eating starts out with milk. Everybody in the family needs it—children one quart and adults one pint daily. While milk is not yet rationed, the need is so great that the supply should be used carefully. None must be wasted through careless handling. Infants and growing children should have first call, if there is not enough for everyone.

Of course, the commonest and probably the surest way of getting the milk you need is to drink it, but milk is a versatile food that you can eat as well as drink in milk puddings and soups, creamed vegetables, as ice cream and cheese. It doesn't matter as long as you get the amount needed.

Cheese is a favorite way of eating milk. It can and should play an important part in the nation's wartime nutrition. Although group

ed with other milk products, cheese could well appear in the meat, poultry and egg group of basic foods because of its usefulness as an alternate food for meat. Meat rationing calls for a wise selection of alternates. Poultry, fish, eggs, as well as cheese and milk, also supply proteins essential to growth and health.

Under rationing the best way of utilizing cheese is to use it in combination with bread, cereals, fresh vegetables, etc. which are not rationed or to stretch quick frozen or canned vegetables which are rationed.

Cheese in combination with other food provides satisfying main dishes. Some suggestions are cheese in casserole dishes, cheese in hearty salads, cheese in hot and cold sandwiches and cheese in baked products is an excellent way to add variety with increased use of flours and cereals.

These cheese muffins would be an appetizing addition to any meal.

Cheese Muffins
2 cups enriched flour
4 tsp baking powder
2 tsp sugar 1 tsp salt
1 tsp ginger 1 egg 1 cup milk
2tbsp melted butter
2-3 cup grated sharp cheese
Sift first five dry ingredients together; stir in cheese. Beat egg slightly; add milk and melted butter. Add liquid to dry mixture, stirring only until flour disappears. Do not beat. Fill buttered muffin pans 2-3 full; bake in 400 degree oven about 20 minutes. Makes 12 muffins.

sugar, which melted. So they called the little stream "Sweetwater."

Crossing to the south bank of the river, the wagons followed its crooked course for many days. On August 4 Clayborne Payne died of fever. He was buried on the wild, shelterless plain, close to the trail they were blazing. Rev. Gar- reton, a Methodist preacher, delivered the funeral sermon at the lonely grave. Payne left a wife and four children to carry on as best they could.

At noon the emigrants were treated to one of Nature's rare exhibitions. A ball of fire flashed

by, leaving a trail of blue smoke, followed in a short time by a terrific explosion. It was a meteor, but the fearsome spectacle filled the timid with awe, making them wonder what next the mysterious mountains had in store for them. Five miles out of Independence Rock is Devil's Gate, where the Sweetwater river flows through a narrow gateway, with rocky walls three hundred and fifty feet in height. Close by, Nature provided a narrow pass for wagons; through it raced the Pony Express-riders, and nearby are the graves of some who had reached their journey's end.

TALL TALES TOLD TO PIONEERS ON TRAIL

As the emigrants sat around their campfires, they listened to stories of the Trail as told by Captain Gant. One of the children asked him why the stream was named "Sweetwater." "I drank the water and it didn't taste sweet," the youngster complained. "Several years ago," replied the Captain, "some traders were crossing the river when one of the pack mules slipped on a rock and fell. His pack got all wet. Among the things in the pack was a sack of



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