

Wasco Plummer Still Ill With Blood Poisoning

William Reid went to Portland to consult doctors about his physical condition which is not good since his seige of blood poisoning from his cut hand. Mrs Reid accompanied him.

Mrs Vernon and Ed Dutton drove to Friend to visit relatives and pick up canning fruit.

The Christian church celebrated a harvest home gathering Sunday with a pot-luck dinner and an all day meeting.

Mrs Zetta Fields has gone to Roseburg to be with a sick relative.

John Hilderbrand came home Thursday from the hospital after a tonsilectomy. He is doing fine and will be ready for school the twentieth.

Mr and Mrs Ed Feldman have returned from a two weeks vacation. The relief man, Rex Miles, has gone to Moro to give the agent there a few days vacation.

Word comes that Hugh Herin is quite ill in Portland. His son Jewel of Rufus, went to Portland to be with him. Hugh Herin was a long time Sherman county resident.

Mrs Eliza Dingle and Mrs Esther Stanley shopped in The Dalles Friday.

Harold Ireland spent a recent short furlough with relatives in Wasco.

Danny Kaseberg of the navy returned from a trip to Portland. Keith Hudson and Richard Hinman, after harvesting near Wasco returned Friday to their homes in Milwaukie.

Jack Noonan of Moro has been busy papering and painting at Mrs Roy Moore's rooming house and at Mrs Ed Dutton's home.

Rev. F L Cannell has also finished putting the teacherage and Standard oil house in shure for occupancy. Mr and Mrs Welch, the new telephone man, are moving into the latter house.

Miss Erma Scott went to Pendleton to be with her sister, Doris who is working there.

Mr and Mrs Herbert Root went to Portland Tuesday. Mrs Bess Stanley accompanied them.

Leslie Blakney of Gladstone made a flying trip to Wasco last week preparatory to moving his family here Wednesday for the school year. They will occupy the Jones house.

Mr and Mrs Leston Wright and family, Elvin Wright of Seaside, Pearl Wright of The Dalles all visited their parents, Mr and Mrs Dell Wright Saturday and Sunday. Mrs Wright has been ill.

Mr and Mrs Vernon VanGilder, Walter Eaton and Miss Olive Robinson visited near Prineville over the week end with and uncle, Jack McMillon, who has been ill.

Mr and Mrs Arthur Sargent and Mrs Harry VanGilder drove to Portland Sunday to see the Sargent's new grand daughter, Mary Annette Neville. Miss Vivian Trowne who has been visiting in Portland for six weeks returned with them Sunday evening. The Rev. Chas Neville and family have been transferred from Toledo and are moving to Corvallis soon.

Miss Naomi Beletski, daughter of Mrs Robert Kaseberg is joining the WAVE's.

Willard Harper has been home on furlough with his family.

Mr and Mrs Marvin Howell and son, Robert, are vacationing in Seaside, while gone Mr and Mrs Henry Howell, his parents, are taking care of things on the ranch. They are from Seaside.

Mr and Mrs W E Buell, after spending the summer at the home of their daughter, Mrs Paul Alley and family, returned to Roseburg where Mr Buell is a teacher in the schools. Their grandson, Douglas Alley, returned with them for a short visit.

Mrs George Moon spent the past week-end with her parents, Mr and Mrs Jack De Haen of the Dalles.

Seamen 2-C Harry McDonald in service since February 1941, is spending his first leave of absence after 29 months of active naval service, with his parents, Mr and Mrs Wiley McDonald. He has a 25 day furlough.

Miss Mildred Butler returned to Longview, Wn., after a short visit with relatives here.

Mr and Mrs Wilbur Moon of Belgrade, Nebraska, visited his nephew, George Moon and family, last Wednesday. They were on

daughter, Patty, left Tuesday and Mrs Pat Kaseberg and children Mrs Ormand Hilderbrand and sons all left Wednesday for the same resort for a short vacation.

Mrs Arthur Spencer was taken to The Dalles hospital with a heart attack last week. Her daughters, Mrs L Mours and Idella Spencer visited her Monday.

Rev. and Mrs F L Cannell, Mr and Mrs Chas. Everett, Mr and Mrs Tom Stuker, Mr and Mrs G H Root, A B Potter and son, George Potter, Robert Kaseberg, Mrs Owen Barnett, Mrs Maud Akers, and Mrs Roy Belshee were shoppers in The Dalles Monday.

Mr and Mrs Chester Smith of Moro, and Mr and Mrs Sam Brock were Sunday guests of Mr their way to Portland where they expect to make their home.

Miss Margaret Moon visited in The Dalles Wednesday. Her aunt, Mrs Mary Moon and son, Shirley of Pasco, Wn., drove her home. A daughter Mrs Gladys Bishop and children also accompanied them.

Mr and Mrs Lowell Burris and family are vacationing at the Northwestern Lake resort while Mr and Mrs Joe Hilderbrand and Mrs Arthur Smith.

Miss Joan Van Dyken left this week for California points.

Mr and Mrs Ira Fridley and

daughter, Joan, who spent a few days in Portland and other places have returned home.

Mr and Mrs Sid Johnson spent several days last week in The Dalles preparatory to moving to their new home there.

Clyde Fridley Jr. went to Corvallis this week to make preparations for entering OSC this fall.

Mrs R G Holzapfel of The Dalles came for her little daughter who has been staying with her grand parents, Mr and Mrs Elwood McPherson.

Mrs Roy Belshee who took her grandson home to Portland has returned.

Mrs Andy Shearer and grandson, Billy, spent the week end with Mr Shearer in The Dalles.

CUTS GRAIN TWICE

Clyde Denny, wheat grower of Lexington, is using an extra cutter bar behind and below the header platform on his combine with the idea of shortening the stubble so it will be easier to work into a straw and stubble mulch for erosion control, reports county agent Cliff Conrad.

W. R. Taylor M.D.

307 U.S. NATIONAL BANK
THE DALLES, OREGON

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

Wouldn't you like to know some practical facts about dairy products and their use in wartime meals? Even with present-day restrictions, you can plan pleasing and nutritious meals if you use your imagination and ingenuity. Here are some practical facts about milk and cheese.

Why does milk rank high among foods? Milk comes closer to giving security in nourishment than any other single food. It cannot be equalled for calcium and is high in vitamins. The protein in milk is excellent—something of extra importance today.

Can milk be used in place of meat? A quart of milk gives the same amount of animal protein as about 1-3 pound of meat. In other respects, milk and meat differ, but practical alternates for meat are milk and cereals—or milk and vegetables. Any of these might be used instead of a small serving of lean meat (2-3 ounces).

1 cup milk plus 1 cup cooked whole grain cereal.
1 cup milk plus 3 slices of bread.

1 cup milk plus 2 medium potatoes.

Can cheese be used in place of meat? Equal weights of meat and cheese supply about equal quantities of high quality protein. Mineral and vitamin values differ. Cheese contributes calcium and vitamin A not found generally in meat. Such foods as whole grain or enriched bread, dried beans, green vegetables, or eggs, however are needed with cheese in replacing meat.

Can cottage cheese be used in place of meat? Ounce for ounce, cottage cheese supplies economically about the same amount of fine quality protein as meat. Use with it such foods as green vegetables, whole grain or enriched bread and dried beans.

Lima Beans au Gratin
4 tablespoons butter
4 tablespoons flour
2 1-2 cups milk,
1 teaspoon salt
1-8 teaspoon pepper
1 cup grated American cheese.
4 cups dried lima beans, cooked
1 1-2 cups diced celery, cooked

Melt butter in top of double boiler. Blend in flour; add milk and cook until 'sauce' is thick. Add seasonings and cook for 10 minutes. Add cheese and cook until cheese is melted. Cut celery in julienne slices and cook in boiling salted water until tender; combine drained, cooked lima beans, cooked celery and cheese sauce. Pour into individual or one large casserole. Top with buttered crumbs and bake at 350 deg. for 15 minutes. Serves 6.

YOUR Caterpillar Dealer SAYS:

NOW'S THE TIME FOR YOUR POST-HARVEST TRACTOR CHECKUP

Friends don't put your tractor in the shed and wait until time for fall work before checking its mechanical condition.

Now's the time to get started on this important work. See us and let's make a date to give your tractor a thorough tune-up.

O'MEARA Supply & Imp. Co.



A message for you... from 1953

(Today, John Jones is just an average American, wrestling with all the doubts and worries and problems that beset every one of us right now. But let's skip ahead 10 years. Let's look at John Jones then—and listen to him . . .)

"SOMETIMES I feel so good it almost scares me.

"This house—I wouldn't swap a shingle off its roof for any other house on earth. This little valley, with the pond down in the hollow at the back, is the spot I like best in all the world.

"And they're mine. I own 'em. Nobody can take 'em away from me.

"I've got a little money coming in, regularly. Not much—but enough. And I tell you, when you can go to bed every night with nothing on your mind except the fun you're going to have tomorrow—that's as near Heaven as a man gets on this earth!

"It wasn't always so.

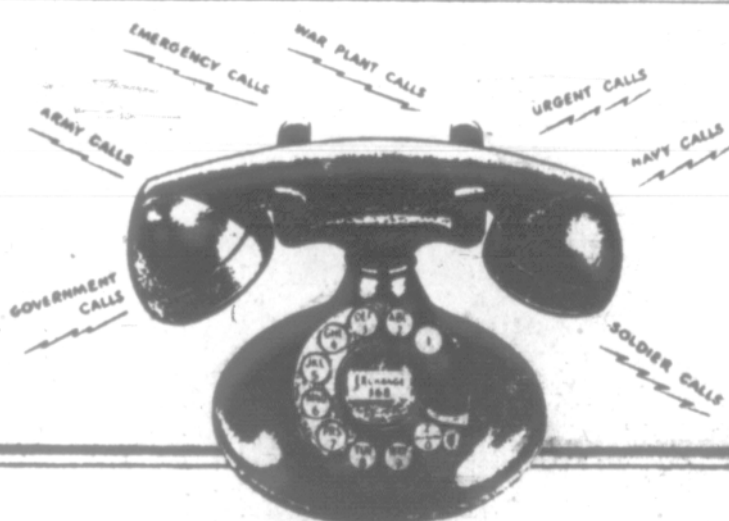
"Back in '43—that was our second year of war, when we were really getting into it—I needed cash. Taxes were tough, and then Ellen got sick. Like most everybody else, I was buying War Bonds through the Payroll Plan—and I figured on cashing some of them in. But sick as she was, it was Ellen who talked me out of it.

"Don't do it, John!" she said. "Please don't! For the first time in our lives, we're really saving money. It's wonderful to

know, that every single payday we have more money put aside! John, if we can only keep up this saving, think what it can mean! Maybe someday you won't have to work. Maybe we can own a home. And oh, how good it would feel to know that we need never worry about money when we're old!"

"Well, even after she got better, I stayed away from the weekly poker game—quit dropping a little cash at the hot spots now and then—gave up some of the things a man feels he has a right to. We made clothes do—cut out fancy foods. We didn't have as much fun for awhile but we paid our taxes and the doctor and—we didn't touch the War Bonds.

"We didn't touch the War Bonds then, or any other time. And I know this: The world wouldn't be such a swell place today if we had!"



"How can I know when Long Distance lines are busy?"

- The operator will tell you.
- When the Long Distance circuit you want is crowded, she will say—"Please limit your call to 5 minutes. Others are waiting."
- We know you'll be glad to cooperate and keep your call below 5 minutes—or perhaps even cancel it if it is not important.

BACK THE ATTACK—with War Bonds
Help win the war with the money you save

THE PACIFIC TELEPHONE AND TELEGRAPH COMPANY



YOU'VE DONE YOUR BIT --- NOW DO YOUR BEST!

BOOST YOUR BOND BUYING THROUGH THE PAYROLL SAVINGS PLAN

This advertisement is a contribution to America's all-out war effort by

BUCHOLTZ CONFECTIONERY
SHERMAN ABSTRACT CO.
MAY & SON

J. K. McKEAN COMPANY
FIRST NATIONAL BANK
VERNON FLATT

MORO GRAIN GROWERS ASS'N
MORO LUMBER & FUEL YARD
DOUMA'S MARKET