Sailor Lad Visits Sister In Wasco While On Leave

Mrs William Nesbit's brother, Donald Wayne Shaw, who was born in Wasco, November 7, 1922. was visiting here from Monday to Friday of last week. He enlisted in the Navy November 7, 1940. and has served in Alaska and the Aleutians since graduating from boot camp at San Diego. He has a rating of Petty Officer 1st class and master metal smith. He was in the battles of Kiska, Dutch Harbor and Attu, and has been cited twice receiving the air medal and American defense medal. He reports to Corpus Christi, Tex. at the end of his leave, Oct. 10.

C C Caldwell is recovering from a major operation at Lakeview, where he is principal of the school there. He was formerly of Wasco.

Mr and Mrs Leslie Blakeney and children left Friday for Gladstone to be gone for the weekend.

Mr and Mrs Hugh Walker recently purchased a home in The Dalles where they will move.

William Leslie, Mr and Mrs Archie Jones, Mrs Cochran and daughter baby of Monmouth, were guests of Mr and Mrs Ormand Hilderbrand Friday night.

Mrs H E Endicott of Prinville visited her parents ,Mr and Mrs H H White last week. Mr Endicott came for her at the end of the week and took Mr and Mrs White home with them for a visit.

Those shopping in The Dalles Friday were Mr and Mrs Robert Kaseberg, who went to bring their daughter, Mona, home for the week end, also Mr and Mrs Dick Johnson, Rev. and Mrs F L Cannell, Mrs Hal White and Mrs Maud Akers.

Mrs Estrelle Hailey left by auto for Portland Saturday taking her father, Mr Ford, home. He has been visiting her for about a month.

The members of the Christian church gave Betty Juhnke a handkerchief shower Sunday evening at the parsonage. Miss Juhnke will attend school in Corvallis at OSC and will leave soon.

Mrs Gardiner, our beauty operator was in The Dalles Saturday evening.

A return missionary from China will speak at the Christian church Sunday at 11 A. M. and again Sunday evening at 8 P. M. This person has spent fifteen monthe at Konming, China, the northern terminus of the Burma road under bombardment by the Japenese which ceased with the coming of the Flying Tigers. She was ferried out by R.A.F. transport over the Himalayan mountains to Assom, on to Kerachi, India, and finally to Bombay where she boarded an American transport bound for New York. The journey home was eventful with four close calls from submarines. Come and hear the interesting details of a missionaries life and the Lords guidance.

Mrs Gertrude Pepper is home from sometime spent in The Dalles at the bedside of a sick brother.

Mr and Mrs William Clothier and daughter, Anne, returned from a week spent recreating on the Sound.

Mrs J T Johnson entertained her two table bridge club last Wednesday honoring her sister in law, Mrs Sid Johnson, who is moving to The Dalles where they recently bought a home.

Mrs A D Edgington arrived last Tuesday from Seattle. She was met in Portland by Mr Edgington who went there for medical attention and returned here for a short stay with him.

Patty O'Meara left last Wednesday for Portland for his second physical examination. He will leave again this Thursday to take his place in Uncle Sam's Navy This is the last one of the O'Meara boys to join up.

Mr and Mrs Francis Watkins and family are moving on the old Barzee farm, while Clayton McCall and family are moving to the farm house they've just vacated.

Mr and Mrs Frank Lamborne are visiting in Portland with their daughter, Mrs Bernice Guy and family.

Mr and Mrs Roy Lilliard and daughter, RoseLee, of Manzanita beach are guests of Mrs Glenna Anderson and sons.

The Methodist church members ate their potluck dinner in the park Sunday after church.

Mr and Mrs Duncan of Bracken, Mo., are guests of Mr and Mrs Tidwell, Mr Duncan's uncle. They are thinking of locating in Sherman county.

Stuart Johnson of Salem is transacting business and visiting friends in Wasco this week.

Mrs James O'Meara and small son left Monday by auto with her friend from Salem to join her husband who is in training at an army camp in South Carolina

Born to Mr and Mrs Rob't Belknap of Lakeview, September 20, a 6 lb. 5 1-2 oz. son, named Michael Robert. Mr Belknap was a former school coach in Wasco and married a Wasco girl, nee Beryl Sheets. Her mother, Mrs Wesley Wilde, left this week to be with them when they arrive home from the hospital.

Mr and Mrs Chas. Everett were in The Dalles Monday and then spent the evening with Mr and Mrs William Rhodes of Biggs.

Guests of Mr and Mrs William Reid over the week end were Mrs Etta Morford and Albert Birdsong of Tillamook. Mr and Mrs George Smith of Grass Valley were their guests Sunday.

Mrs George Updegraff left Tuesday for a visit with her mother in Auburn, California. She will visit other points in California spending a month in all.

Mr and Mrs Wiley McDonald and son, Harry, spent the week end in Newberg with Mr McDonald's mother.

Mrs G A Sargent left Wednesday for Toledo to visit her daughter and family, Rev. and Mrs Chas Neville and baby.

The small son of the new Standard oil people, Mr and Mrs J C Wilson, had his tonsils removed this week.

Diebert Johnson took his parents, Mr and Mrs Dick Johnson, to The Dalles Tuesday, taking his mother for medical attention.

Lafe Barnet and Mr and Mrs Clif Fridley and Mrs Ida Andrews were in The Dalles to see a doctor Tuesday.

U. S. CASUALTIES

TO DATE 105,205

Announced casualties of the United States Armed Forces from the outbreak of the war to date (whose next of kin have been notified) total 105,205, according to War and Navy Department reports. This total includes: Dead, 20,104; wounded 28,226; missing, 32,905; prisoners of war, 23,970.

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

The vitamin-B-complex plays a very important part in preventing fatigue. Recent studies show that individuals suffering from deficiencies of the vitamin-B-complex tire easily and show greatly diminished ability to do work. We are all mindful of the fact that reaching production goals depends to a great extent on the health of the workers. And inturn, health depends in large part on proper nutrition. The food suggested in rules for good nutrition supply all necessary food factors adequately, including, of course, needed amounts of vitamins of the B-complex. Why not check your food to see whether it supplies all the factors which are necessary for health and vitality?

Do you have at least a pint of milk a day?

Do you eat a whole-grain cereal with milk for breakfast?

Do you have some whole-grain bread during the day?

Dried beans or peas as often as once a week?

How long since you have had liver?

Do you eat generous of servings of raw vegetables and fruit?

With restrictions on practically every food, cereal products now take on a new wartime role. And since they will be playing a larger part in meals than they have in generations, they ought to be as delicious as possible, as nutritious as possible, and served in as great variety as possible.

There are many kinds of quick breads - biscuits, muffins, pancakes, waffles, nut breads, fruit breads - that can be made. Making them with milk and eggs makes efficient use of the milk and egg supply and produces extra nutritious bread.

Peanut Bran Muffins

1¼ cups whole bran 3 tbsp sugar
1 cup milk ¾ cup enriched flour
1 egg 3 tsp baking powder
3 tbsp melted butter 1 cup chopped peanuts

Mix the bran and milk and let stand five minutes. Beat the egg and add to the bran mixture. Add the melted butter, and chopped peanuts. Sift the flour, baking powder and sugar and add to bran mixture. Bake in buttered pans in hot oven (400 degrees) twenty minutes. Makes 12 muffins.

Peace and friendship with all mankind is our wisest policy, and I wish we may be permitted to pursue it.—Thomas Jefferson

W. R. Taylor M.D.
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"Electric power has never been too little or too late . . ."
—J. A. KRUG, Director, Office of War Utilities, WPB

But—here's why
Uncle Sam asks you to use your electrical equipment wisely!

1. TO SAVE MATERIALS—copper, steel, tungsten, zinc, rubber and other critical materials used to repair or replace electrical equipment.
2. TO SAVE TRANSPORTATION—hundreds of carloads of railroad space, over the nation, for electrical materials and for fuel.
3. TO SAVE FUEL—of primary importance where coal or oil is used to run electric generating plants.
4. TO SAVE MANPOWER—all along the line—from manufacturing lamp bulbs to maintaining electric power service.

OF COURSE there's plenty of electricity. The nation's generating plants have reserve capacity to produce over 26% more current than could be used during the absolute peak hour of last winter—an hour when all war plants were running, when lights were on and dinners were being cooked.

But to keep electricity flowing to America's 32,000,000 users take great quantities of vital materials—plus manpower, transportation, and fuel. And when you use electricity needlessly, you are wasting part of the service life of appliances, which are becoming harder and harder to replace because they take materials demanded for war.

So the Government Says - - "Conserve!"

In a recent joint statement, War Production Board Chairman Donald M. Nelson, Secretary of the Interior Harold L. Ickes, and Defense Transportation Chairman Joseph B. Eastman said:

"Conservation of fuel, manpower, equipment and material is a 'must' for the United States if we are to achieve the maximum war production every American wants.

"Every pound of coal, every gallon of oil, every cubic foot of gas that can be saved means that our national energy pool is strengthened just that much. Every man-hour saved in the production of these basic fuels, in the production of electricity, in transportation and in communications is a man-hour that can be used for something else. . . .

"We have, therefore, relied upon the coal, petroleum, electric, natural and manufactured gas, water, communications and transportation industries to join with us in a broad conservation campaign to accomplish these results. Co-operation of these industries in asking the public to use their services only as absolutely necessary represents a real sacrifice by them. We ask the American public to appreciate that sacrifice and to give them and the war effort enthusiastic and unstinting cooperation as this campaign develops."

What Can You Do? Avoid Waste!

Everyone can help conserve these vital materials and resources just by avoiding the wasteful use of communications, fuel, transportation *and* electricity. It's our job and yours to look ahead and use everything we have wisely. In the end, it's going to mean fewer burned-out lamp bulbs, fewer replacements; your electric range, your refrigerator, and other equipment will last years longer.

OFFICIAL RECOMMENDATIONS as published by the Office of War Utilities, War Production Board

1. Indoor and Outdoor Advertising, Display Sign Lighting
(a) Daytime: Eliminate completely.
(b) Nighttime: Reduce burning time so far as practicable but in no case burn for an interval exceeding two hours and only during the period from dusk until 10 p.m., in terms of local time. (*See Note)
(c) Electric signs necessary for direction or identification of places of public service, such as public restaurants, public lodging establishments, transportation terminals, etc., may be operated during nighttime, but only while the establishment is open for business. (*See Note)
(d) Reduce lamp wattage of all signs by the maximum practicable amount.

2. Decorative and Ornamental Lighting
(a) Exterior lighting: Eliminate completely at all times.
(b) Interior lighting: Eliminate all non-essential lighting; reduce the balance by the maximum practicable amount.

3. Show Window Lighting
(which does not provide essential interior lighting)
(a) Daytime: Eliminate completely.
(b) Nighttime: Reduce burning time so far as practicable but in no case burn for an interval exceeding two hours and only during the period from dusk until 10 p.m., in terms of local time.
(c) Reduce wattage by maximum practicable amount.

4. Marquee and Entrance Lighting
(a) Daytime: Eliminate completely.
(b) Nighttime: Reduce in intensity by maximum practicable amount consistent with public safety consideration. (*See Note)
(c) Eliminate completely when establishment is not open for business except for amount necessary for protection.

5. Lighting of Outdoor Business Establishments
(a) Daytime: Eliminate completely.
(b) Nighttime: Reduce in intensity by maximum practicable amount. (*See Note)
(c) Eliminate completely when establishment is not open for business except for amount necessary for protection.

6. General Interior Illumination and Show Case Lighting
(a) Eliminate non-essential lighting.
(b) Reduce remainder by the maximum practicable amount consistent with public safety consideration and eyesight conservation.

7. General Conservation
(a) Turn off lights and appliances when not actually needed.
(b) Eliminate unnecessary use.

8. Air Conditioning
(a) Adopt more moderate margins of reduction in temperature and relative humidity.

9. White Way Street Lighting
(a) Reduce wherever practicable to lower levels consistent with public safety. (*See Note)

10. Residential
(a) Eliminate all waste in the use of various electric appliances, such as refrigerators, radios, space heaters, ranges, water heaters, etc.
(b) Turn off lights and appliances when not actually needed.

11. Industrial
Many economies can be achieved in the use of electric energy by industrial plants both large and small without adversely affecting volume of production.

*(*NOTE) Subject to military dim-out regulations which prevail in many communities.*

Use What You Need . . . but Need What You Use!

Good eyesight is important, too, and it should be conserved by adequate but not wasteful lighting. Do not reduce lighting below safety and efficiency standards anywhere—in homes, stores or industrial plants. Turn off every light that isn't necessary, and when lamps burn out, replace them with lower wattage bulbs, if smaller lamps will do the job. Use what you need—but need what you use!

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