

Grass Valley Soldiers & Sailors Home For Visits

Mrs Ted von Borstel and son, Donald, went to Portland a week ago Thursday where he returned to California after spending his furlough with his parents. Rita von Borstel of OSC accompanied her home last Monday and Mrs Nellie McPherson of Hillsboro also came home with her to spend a few weeks here visiting.

Mr and Mrs Dean Olds of Portland and their son, Donald Olds, Petty Officer 3-c with the seabees, arrived here Sunday to spend a week here visiting relatives and friends. Donald recently returned from the Aleutian Islands where he was stationed for over a year.

John Roth arrived here Thursday from the Naval Training Station at Farragut, Idaho, where he finished his boat training.

William Beck came up last Monday from Corbett and was an overnight guest at the Earl Olds home. He went to Moro Tuesday to report to the draft board.

Mr and Mrs Lawrence Todd went to Portland Monday on business for several days. Mrs Wayne Spoor accompanied them to her home in Molalla after spending a week with her daughter and family. A. A. Dunlap also was a passenger to Portland leaving the next day by plane for Warren, Penn., to visit his mother and sister.

Mrs A A Dunlap left Wednesday for Portland and Carlton where she will visit friends and relatives.

Mr and Mrs Earl Cramer and son of Portland left Sunday for their home after spending a week here visiting at the home of Mr and Mrs Alfred Payne.

Mrs John Hays returned home Thursday from The Dalles having spent a week at Warm Springs with her daughter, Mrs Arch Zehner of The Dalles.

Mr and Mrs Tommie Barnett and daughters, Ethel and Margaret, were business visitors in The Dalles Monday.

W J Crozier of Snohomish, Wn., was an overnight guest at the home of his daughter, Mrs Maude Garrett, Monday night leaving the next day for Burns.

Albert Birdsong and Mrs Etta Morford of Prineville spent several days here visiting at the home of Mr and Mrs George Smith.

Mr and Mrs George Smith and daughter, Judy, Albert Birdsong, Mrs Etta Morford, and Mr and Mrs Joe Bibby spent several days at Warm Springs, returning home Friday.

Marie von Borstel and Helen Simon are attending summer school at St. Mary's in The Dalles.

Mr and Mrs Ernest Blaylock were dinner guests at the home of Mr and Mrs Boyce Blaylock Sunday in honor of little Joeelle's 4th birthday anniversary.

Mr and Mrs Charles Davis returned home from Portland Wednesday where they spent several days visiting her parents.

Arks Bailey arrived here last Monday from Los Angeles, Cal., to stay here until after harvest. He recently returned from Whitehorse, Alaska.

Carl Schilling spent from Friday to Saturday visiting his grandparents, Mr and Mrs W F Schilling.

Art Bibby and son, Stephen, left Tuesday for Cornelius on business and to visit his mother, Mrs Frances Bibby. O M Fraley accompanied them as far as The Dalles after spending a week here with his daughter, Mrs Art Bibby and family.

Mrs Art Schilling and children and Mrs Kenneth Todd were business visitors in The Dalles Tuesday.

Mr and Mrs Tom Coyle and Mrs and Mrs Norris Gilkison were business visitors in The Dalles Friday.

Mrs Charles Lemley entertained the Ladies Social Service club at her home Wednesday. A pot luck dinner was served at noon to ten members.

Mr and Mrs Roy Schilling and son, Gary, were dinner guests at the home of his parents, Mr and Mrs W F Schilling, Sunday evening.

Mr and Mrs Frank Bayer, Mrs Charles Perrigo, Mrs Helen Bayer and daughter, Julia, and Ina May Ziegler were business visitors in The Dalles Monday.

Fred Krusow and Mrs Nellie Ferbrache and Stanley Krusow of Moro were business visitors in The Dalles Monday.

Mr and Mrs Matt Simon and Fernman Ziegler went to The Dalles last Tuesday when Mrs Simon and her sister, Mrs Emma Chamberlain, of Portland left for Montana to visit their mother and sister.

T M Rolfe went to McMinnville a week ago Sunday and brought his son in law and daughter, Mr and Mrs Roy Wells and family here where Mr. Wells will work for Mr. Rolfe. Mrs John Rolfe accompanied Mr. Rolfe to Hillsboro where she visited her mother Mrs John Perry, who is ill.

Mr and Mrs Stanley Krusow and family of Moro spent Sunday visiting at the home of his parents, Mr and Mrs Fred Krusow.

Mrs Glen Perry left Saturday for Hillsboro where she will visit her mother in law, Mrs John Perry who is ill. Miss Mildred Alley accompanied her as far as Portland where she leaves for Seattle, Wash., where she will be employed, after spending several days here with her parents, Mr and Mrs Tom Alley.

Mr and Mrs C P Adams of The Dalles received a telegram from their son, Norman, who is an aviation cadet for the U. S. Naval Reserve, at the War Training school Holbrook, Arizona, stating he has completed his first solo flight and was most enthusiastic about flying.

Mrs Frances Denis and small daughter of The Dalles spent from Tuesday last week to Sunday visiting at the home of Mr and Mrs Orville Ruggles.

Eileen Lemley left Saturday for Silver Creek for the Girls State Camp sponsored by the Kent Auxiliary for a week.

Mrs Orville Ruggles and Mrs Frances Denis and daughter of The Dalles were visitors at the Arzell Lemley home Friday afternoon.

Mrs Dolores Simon Woody went to Portland Thursday to visit her sister and husband, Mr and Mrs Fred Kurila, who accompanied her here Monday to spend a few days at the Matt Simon home.

Miss Cassie Holmes of The Dalles spent from Friday to Sunday here with her father.

Mr and Mrs Ted von Borstel were business visitors in The Dalles Monday.

Mr and Mrs Tom Alley and Mrs Ed Alley were visitors at the Arzell Lemley home Monday afternoon.

Mr and Mrs A F Balzer and son, Clair, returned home Sunday after spending a week in Everett, Washington visiting their son and daughter in law, T-Sgt. and Mrs Melvin D. Balzer.

Bill Newcomb came up Thursday from Camas, Washington going to Warm Springs for a few days accompanied by J S Newcomb.

Mrs Doris Newcomb went to The Dalles Thursday and is now employed at the Wray Drug store.

Mrs Kenneth Barnett, Mrs J S Newcomb went to The Dalles Tuesday evening, Mrs R J Baker accompanied them to her home there after spending several days here with Mr. Baker.

All America needs a real breakfast. These days when efficiency in war production is vital to victory it is important to start the day right. The way you start the day has a lot to do with the way you finish it. If you start with the kind of breakfast that provides food for energy and endurance, the chances are that you will finish the day having accomplished more work with less fatigue.

Unless each of the day's meals furnishes its quota of the day's nutrients, some may be lacking. A good breakfast should supply approximately one-third of the day's requirements of calories, protein, fat, minerals and vitamins.

The homemaker can get her family off to a good start by placing a good breakfast on the table. Here is a breakfast guide:

Fruit - preferably citrus - fresh or canned. Cereal - natural whole grain, enriched or fortified or a protein-rich food: eggs or a combination of eggs, bacon, ham or sausage. Toast - enriched or whole wheat bread, butter, milk for cereal. Coffee for adults - milk for children.

There is nothing new in a list like that, you may well say. No,

there isn't. Breakfast cereals and whole milk or cream are just as good for Sunday night fast standbys. And eggs, in one form or another, are traditional breakfast - and they are more plentiful at present. The only reason for a breakfast guide is that it serves as a reminder that each member of the family, no matter what the age or the type of work or activity facing them during the day needs a good breakfast including some of these old food reliables.

Look for new ways to serve old favorites. Deviled scrambled eggs done, stirring constantly.

Deviled Scrambled Eggs
1-4 teaspoon pepper
1-2 cup sour cream
2tbls butter
1-2 tsp prepared mustard
2 tblsp paprika

Break the eggs into a bowl and beat slightly. Add the sour cream and the mustard has been stirred, and the salt and pepper.

Heat butter in a frying pan, pour in the eggs, and cook slowly until done, stirring constantly.

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

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We've heard that Eisenhower and his Americans have hurled themselves like a thunderbolt against the bristling defenses of Hitler's Wehrmacht!

We've heard that they are battering and smashing at our foe—sparing neither steel nor sweat nor blood in one final, furious assault that marks the supreme military effort of this War!

And what news do Eisenhower and his men expect from us ?

Men and women of America—what the Invasion is to our fighting men, the 5th War Loan is to us at home!

For us, as well as for them, this is the crisis—the time for tremendous, overwhelming effort! Make no mistake! The 5th War Loan is the biggest, most vitally important financial effort of this whole War!

If the 5th War Loan is to succeed, each one of us must do more than ever before—must buy double . . . yes, triple . . . the Bonds we bought last time.

Our men expect to hear that we are buying double—that we are matching their sacrifice as best we can—that the American nation, soldiers and civilians together, is making one gigantic effort to win this War!

That's the news our men expect to hear from us. Will you personally see that they get it?

- And here are 5 more reasons for buying Extra Bonds in the 5th!
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 2. War Bonds return you \$4 for every \$3 in 10 years.
 3. War Bonds help keep prices down.
 4. War Bonds will help win the Peace by increasing purchasing power after the War.
 5. War Bonds mean education for your children, security for you, funds for retirement.



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