

Send Your
Jewelry Repair Work
to
Pound's Jewelry Store
GUY A. POUND
Proprietor
Remodeling of old Jewelry
A Specialty
Careful Attention Given To
WATCH REPAIRING
The Dalles, Oregon

When in The Dalles
HAVE YOUR
Lunch or Dinner **35c**
(Full Course)
at the
White Restaurant
408 E. 2nd St.
The Dalles, Oregon
We also serve, at usual prices,
Lunch and Dinner combinations
that are said by our patrons to
equal Home Cooking

Say It With Flowers
BUT
Say It With Ours
HARTWIGS.
FLOWER SHOP
"Merchants of Beauty"
The Dalles, Oregon
Opposite First National Bank
Phone 794 Night phone 690W

Prices ARE Reasonable
at the
BLACK AND WHITE
Restaurant Fountain
Lunch Counter
COME AS YOU ARE
PLENTY OF PARKING SPACE
AT ALL TIMES
J. T. Fries, Proprietor
THE DALLES, OREGON

ZELL
FUNERAL HOME
THE DALLES, OREGON
Phone 345 The Dalles
A. M. Wright
Representative at Moro
MORO, OREGON

Model Laundry
THE DALLES
Calls for and Delivers
in Moro Wasco
and Grass Valley
Mondays and Thursdays

WHEN
IN THE DALLES
EAT AT
Royal Cafe
Open Day and Night

Westinghouse
MAZDA LAMPS
FOR SALE
BY
Sherman Electric Co.

Burget & Callaway
Funeral Directors
Union and Third St.
The Dalles, Ore.

The Judge-But the Pedestrian Should Have Seen Them-by M.B.

Health and Home

CAMPING AND PROBLEM OF FOOD

There is no healthier sport than camping. During the warm and balmy spring and summer days, it is real recreation. To get out in the fresh air and sunshine, free from worry and care, enhances the health of anyone, be he office man, salesman or what not.

But due to the entirely inadequate means of food preservation and refrigeration found in the majority of camps, there is the ever-present danger of sickness from infected foods. The utmost care must be taken in order that this may be avoided. Butter and eggs should be bought only as used. The milk is a problem in itself. Perhaps the solution lies in the use of a milk other than market milk, in order that purity and sterility may be assured. For such use, evaporated milk is ideal. Many people are wont to confuse evaporated and condensed milk but there is no similarity between the two. Condensed milk is a combination of sugar and milk and can be used only when both of these substances are desired. Evaporated milk is merely pure, fresh milk with about sixty per cent of the water removed and the nutrient content left intact. It is absolutely sterile and pure, having been sterilized before leaving the factory. The water, removed by evaporation, may be replaced very easily and the milk returned to its original volume. Evaporated milk may be obtained in small cans, containing six ounces or in larger ones containing sixteen and can be taken to the camp in quantities sufficient for the needs of the entire period, thus assuring a constant supply of pure, fresh milk without the worry or the danger attached to the use of the market product.

Following are recipes for a few dishes that are best adapted for camp consumption because of ease of preparation, purity and food value.

Tomato Soup.
1 pint tomato pulp or canned tomatoes
1 1/2 cups water
Salt and pepper to taste
1/2 cup evaporated milk
1/4 tsp. soda
Bring tomato pulp or soup to the boil, add the seasonings and soda. Heat the milk and water and combine slowly with the tomato mixture.

Stirred Eggs.
1/4 cup evaporated milk
1/4 cup water
1/4 tsp. pepper
2 eggs
2 tbsp. fat
Grated cheese
Beat the eggs, add the milk, water and seasonings. Melt the fat in a fry-pan. Add the egg mixture and stir until the mixture is creamy. When almost done, sprinkle with grated cheese. Serve on slices of bread, toast or crackers.

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SHERMAN COUNTY OBSERVER

Reduced Rates

From and after this date the subscription price of the Sherman County Observer will be One Dollar per year when paid in advance. When not so paid, the subscription rate will be Two Dollars per year. All earned arrears will be payable at the old rate.

This new subscription rate applies to any part of the United States. You can now send the Sherman County Observer to your friend back East at less cost than you can write a series of 52 letters and pay the postage on the written messages.

Any subscriber to the Sherman County Observer can secure advantage of this new rate by remitting for the paper for one year at the new rate and paying for what arrears he may have at some later date.

All subscribers who now have their subscriptions paid in advance will be extended at proportionate ratio to the time paid.

"Sherman County's Family Paper."

NO TIME LIMIT ON THIS OFFER!

Housework Worth \$900 a Year, but—

Nine hundred dollars a year is the value of the average housewife's services in the home, and statistics show there are 20,700,000 women engaged in housework, according to Mrs. Leonard Z. Meder, prominent Chicago woman lawyer and economist.

"The wife," said Mrs. Meder, who was formerly commissioner of public welfare of Chicago, "is an executive, purchasing agent, budget expert, and producer rolled into one. The successful home maker studies food values. She arranges her budget so that the food she buys will have all the necessary body building qualities.

"The woman who would keep down her food bill will do better to spend her money on milk and green vegetables than on butter, though butter is one of the best sources of the essential food element, vitamin A. There are butter substitutes, but nothing can take the place of milk and vegetables.

"Milk, food experts say, is the most nearly perfect food. Science solved the problem by inventing evaporated milk, which is simply fresh cow's milk sterilized in cans and with sixty per cent of the water removed. Because evaporated milk is of double the richness of ordinary market milk, many housewives dilute it half and half with water for cooking purposes. Keeping longer than ordinary milk, there is no waste from souring. Then, too, it is cheaper.

"Savings also can be made on meat. Cheaper portions of beef skillfully cooked are highly nutritious and often better tasting than portions which cost more. The shoulder, breast and stew meat of lamb are excellent. Pork shoulders, feet, tails, heart, spare ribs and hocks are in the same category."

ALONG LIFE'S TRAIL

By THOMAS A. CLARK
Dean of Men, University of Illinois
(B. 1934, Western Newspaper Union.)

IT PAYS TO ADVERTISE

THE little shops which line the streets in Florence have marvelously attractive displays. The Italian has an eye for color and proportion and he uses all his skill in the arrangement of his goods. One enters the shop with interest and enthusiasm only to find that it is a case of few, if any, bananas. The little dinky showcase in the dark interior is almost empty. Every thing is in the window. There is little or no stock in reserve. You go out a little disappointed; you had expected much and found little.

It pays to advertise, and many public and professional men go into it extensively. Hughes was one of these. He had a fine front and an impressive manner. He never went out of town without a detailed mention in the local paper. He never did anything or said anything or contemplated doing or saying anything that did not receive double-headed attention from the press.

"Our distinguished citizen, the Hon. W. J. Hughes," etc. You know the rest. He may have bought a baby buggy or had a tooth pulled, but he believed in advertising. The only trouble was that when you got inside his intellectual shop, the showcase was empty. His display was all in the window.

Bill Milliken was very different. He was shy and reticent in conversation and unaggressive in meeting people. His little dark office was reached by a rickety stairway which had seldom felt the touch of a broom. The sign that announced to the public "William Milliken, Attorney," was painted in black and could hardly be read. Bill's show window was very badly arranged. His advertisements were poorly written. But when you got into his establishment and talked to him a while, you found he had the goods—beautiful things which he could attractively display. The facts were that Bill knew more than any other lawyer in the county. Ten minutes of his advice was worth more than an hour of Hughes'. He simply didn't know how to advertise.

As I said it pays to advertise, and some men do too little of it, but if you do advertise, you ought to have the goods.

Use for Old Clock

An old clock is made useful in the sickroom by setting the hands at the time the patient is to receive the next dose of medicine.

C. V. Belknap, Proprietor
Moro Hotel Barber Shop
Moro, Oregon
Ladies and Children's Hair Cutting and Shingle Bobbing
BATHS

READ & GALLOWAY

GENERAL MACHINE SHOP

Repairing Trucks, Tractors, Automobiles, Caterpillars, and Combine Motors, Cylinder Grinding, Oxy-acetylene and Electric Welding
The Dalles, Ore.
615 East Second St. Phone Main 4001

Independent Warehouse & Milling Co.

R. H. McKean, Manager, Wasco, Oregon

DEALERS IN

Lime, Plaster, Cement, Cedar Posts, Builders Supplies, Lumber, Wood, Coal and Hay.

MANUFACTURERS OF

MILL FEED AND FLOUR

LONG TERM LOANS

== WITH ==

SHORT TERM PRIVILEGES

== IF DESIRED ==

We Have Money Now Available
FOR FARM LOANS ON FARM LANDS
to Progressive Sherman County Farmers

Write Direct-to
Geo. A. Z. Harris, Secretary
Oregon-Washington Joint Stock Land Bank
Broadway and Oak Portland, Oregon

WHEN YOU TRAVEL

BY AUTO
AND VISIT THE DALLES
STORE YOUR CAR

In the concrete, fully equipped, roomy garage of Walther-Williams Company. Competent workman always ready to help you in any way they can at least expense to you. For any service rendered the charge will always be reasonable.

WALTHER-WILLIAMS GARAGE

THE DALLES, OREGON.

A valuable knowledge of the reliability and integrity of businesses is the reward of the steady reader of advertisements.