

The Judge: He Meets an Old Soak-- by M.B.



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Remodeling of old Jewelry
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BLACK AND WHITE Restaurant Fountain Lunch Counter
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Calls for and Delivers
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Westinghouse MAZDA LAMPS
FOR SALE
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THE VOICE OF THE LIBERTY BELL



This is one of the two new official posters of the Sesqui-Centennial International Exposition, opening in Philadelphia June 1 to celebrate 150 years of American Independence. The Exposition will continue to December 1. Dan Smith, the artist, has symbolized the epoch in history which the tolling of the Liberty Bell in Independence Hall, July 4, 1776, marked and has depicted the growth of the United States from the original thirteen states, represented by the thirteen stars which emerge from the mouth of the Liberty Bell.

Rank Health With Three "R's" Is Plea

By MARIE K. JOHNSON



As an educational subject for children, health should hold equal rank with the three "R's" in the curriculum of public schools. Doctors declare that without a healthy, sturdy body it is impossible for the child to have a healthy, happy mind. Neglect of childhood defects may result in permanent physical impairment later on. Many childhood ills are traceable directly to malnutrition. High school students especially need a variety in foods for at this age their growth is rapid. The protein or "building food" should be abundant for high school boys and girls. When they buy their luncheons, high school pupils are apt to display a preference for chocolate sodas, cream puffs and candy. An appetizing luncheon put up at home is much to be preferred to the sort the boy or girl might obtain at the corner store near the school.

Meat is all right for the school luncheon but it should be put up in tempting form. If sliced thin it is more appetizing in sandwiches than if in thick pieces. Beverages or soup may be carried in thermos bottles but the bottles must be carefully washed and aired daily after using. Milk is recommended for an important place in the boy's or girl's diet because of its proteins, minerals, phosphorus and calcium, necessary for the development of the body and in the case of calcium and phosphorus for the building of bone and teeth. Evaporated milk has come into favor as well as health builder for children as well as adults because by removal of 60 per cent of the water it is rendered more than twice as rich in food value as ordinary milk and by a process called homogenizing more digestible than bottled market milk.

Crisp lettuce and celery, carefully washed and dried, may be so wrapped in oil paper that they will be fresh and in good condition at lunch time. Lettuce should not be used in sandwiches for wilted lettuce is almost indigestible.

THE SESQUI FROM THE AIR



An idea of the size and scope of the Sesqui-Centennial International Exposition, which will be held in Philadelphia from June 1 to December 1, to commemorate the 150th anniversary of the Declaration of American Independence, is given in this photograph. In the foreground is the great Municipal Stadium, which seats 100,000 persons. North of the stadium can be seen two of the vast exhibition buildings. The first is the Palace of Agriculture and the second the Palace of Liberal Arts. Opposite the latter building is the big auditorium, which seats 20,000 persons on a single floor. To the left of the stadium can be seen the world famous Indian building, the Taj Mahal.

Child's Health Maintained By Wholesome Diet

Modern educators are leaning more each year to the old Greek idea of rearing the citizens of the future. They are working on the principle of "a sound mind in a sound body."

Good health is built primarily on the foundation of right food. The sort of food the child has determines to a large extent the fitness of the man or woman.

Children have to be taught to like the foods that are good for them much in the same way that they have to be taught arithmetic and history. Boys and girls are not born with any particular desire for cereals or for bread. It's up to their parents to see that they learn the rudiments of a balanced diet and the reason for such a diet. Firmness and patience are often necessary in the teaching, but the job must be done.

Many mothers unconsciously put their children under health handicaps by allowing them to use their own discretion in the matter of eating candy, fruit, nuts and cookies. By so



doing they set a precedent in the matter of other foods and make the teaching of good nutrition harder.

One or two articles are not enough to supply a child's needs for a meal. In order that there be normal development, there must be variety.

Fresh eggs, whole cereals, fruits in season and leafy vegetables should occupy an important part in the growing child's diet. Then, too, a certain amount of concentrated food is necessary for children, because rapid growth whets their appetites to a razor edge, so that they crave more food than their systems can well dispose of. Evaporated milk, diluted with orange juice as a drink, or in custards or other baked foods, is especially beneficial for the growing child for the reason that it is concentrated to double the richness of ordinary cow's milk and is entirely sterile as well. The can of evaporated milk solves the problem of obtaining perfectly pure milk, as well as the problem of lack of refrigeration facilities, since this type of milk will keep indefinitely in the can.

Measuring Men.
She (History) measures men not by the tawdry reputations of the hour, but by the influence they can diffuse; she finds that few—few indeed—have been able to spread their influences beyond their age; she notes many exalted to the skies, and she sees that in the next generation their name is clean put out; she measures the greatness of men as men do the height of mountains, by the length of the shadows they cast upon the surface of the world; and, measuring thus, she bids those whose influences live through the ages to sit like gods among the hills of time.—Bliss Carpenter.

On the Lehigh Valley.
One of Simcoe Ford's latest stories is about a Pennsylvania Sunday school. A young lady with philanthropic motives was teaching a dozen or two little ones in the mining district. "Now, where did I tell you the Savior was born?" she asked one morning. "Bethlehem," shrieked a grimy twelve-year-old. "Why, what do you mean, Johnnie? I told you He was born in Bethlehem." "Well," replied Johnnie, "I know 'twas some place on de Lehigh Valley railway."

NOTICE TO CREDITORS
Notice is hereby given that the undersigned has been duly appointed by the County Court of the State of Oregon for Sherman County, as Administratrix of the estate of Mary L. Hoskinson, deceased, and has qualified as such according to law.

All persons having claims against said estate are hereby notified and required to present them, duly verified, with the proper vouchers, within six months from the date of this notice, to the undersigned, at the law office of Francis T. Wade, in Wasco, Oregon.

Dated and first published this 11th day of June, 1926.

Jessica C. Hoskinson, Administratrix.
Francis T. Wade, attorney for estate.
Date first publication, June 11, 1926.
Date last publication, July 9, 1926.

NOTICE OF GUARDIAN SALE.
Notice is hereby given that in view of an order of sale made by the county court of Sherman county, state of Oregon, I will, on and after the tenth day of July, 1926, sell at private sale the land of Martin Higgins, described as follows:

The east half of the northwest quarter (E 1/2 NW 1/4), and the east half of the southwest quarter (E 1/2 SW 1/4), of section eight (8), in township four (4) south, range sixteen (16), E.W.M.

Said sale will be made at the Citizens Bank of Grass Valley, of the town of Grass Valley, Sherman county, state of Oregon, for cash, and bids, oral or in writing should be submitted.

Ellis Hughes, Guardian. 54311-19

Fogs Blamed for Diseases.
Children lost in London fogs have furnished the basis for many a story. Temporary separation from home and friends is, however, merely one of the minor tragedies shrouded in the murky health statisticians have found. Recently it was discovered that the death rate from bronchitis and pneumonia increased sharply during the week following extra-heavy fogs. Large quantities of unburnt coal from chimneys of factories and private residences, held in the atmosphere by the fog, are blamed for lowering the individual resistance to the disease germs and so boosting the death rate.

Home
The place where we grumble the most and are treated the best.—Chicago Blade.



COSTS LESS THAN 1-4c Per Mile
To ride on a
Seiberling All-Tread
A Complete Line of
Seiberling and Portage Cords.
Sherman Garage & Mch Co
Wasco, Oregon
Portage Cords at Mail Order Prices

BIGGS SERVICE STATION
H. H. Willard, Proprietor
Lunch Goods
Bottled Drinks on Ice
Quaker State Oils
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The Patronage
of my Sherman County Neighbors
Will be Appreciated

NEW HOTEL PERKINS
A. E. Myers, Proprietor
Fifth and Washington Sts.
PORTLAND, OREGON



The House
Where the 1914 **\$1.00**
Has its full Value in 1926
SPECIAL RATES
Room with private bath \$1.50 up
Room with bath privilege \$1.00 up

C. V. Belknap, Proprietor
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and Shingle Bobbing
BATHS

Independent Warehouse & Milling Co.
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Lime, Plaster, Cement, Cedar Posts,
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MANUFACTURERS OF
MILL FEED AND FLOUR

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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
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A "WANT" ad in THE MORO OBSERVER will reach more people in Sherman County than by any other medium available.

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GARAGE AND BLACKSMITH SHOP
Dealers in
Bar Iron and Steel
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