

### 815 Children Take Lessons in Swimming

The Hood River County Swimming School started on its fifth week of instruction Monday, August 9. So far this year there have been 410 girl and 405 boys from all parts of the county registered and receiving free instruction.

The last two weeks of instruction will cover breast stroke and both elementary and racing backstroke. This type of all-around practice in all strokes makes for a better versed swimmer when he received the benefit of technique in all methods of progress through the water.

Swimmers and beginners' tests will be given in the near future and undoubtedly there will be many who have learned to swim well enough this year to pass the beginners' tests which calls for a jump into water over the swimmer's head, and a swim of 25 feet and return without stopping. This is rather hard for a beginner to accomplish, as the necessary part is leveling off after jumping in and turning.

Life-saving tests will be given the last week and there will probably be about 25 or 30 junior life savers pass their tests this year.

A water carnival is planned for August 22, to serve as a grand finale to the swimming school. Further details concerning that will be announced later.

#### LUMBER UNION MEETS

The monthly district council meeting of the Lumber and Sawmill Workers' Union was held at Cathlamet, Wash., Saturday and Sunday. Stanley Brown and J. Herron attended from Hood River.

## DANCE

at

ODELL GRANGE

Friday the 13th

Music by

MOREY GRAFF

Admission, 35c and 15c

### Home Electrical Equipment in Need of Care

Well-kept household electrical equipment not only will pay good dividends but will be a decided safety factor as well, says Harry L. Garver, investigator in rural electrification at Washington State College.

Of course, light bulbs cannot be repaired, but they can be kept free from dust. When one uses dusty and dirty lamps, he pays for light that he does not get. Burned out or broken lamps can be replaced at a small cost. Few homes are adequately lighted at best, and nothing is gained by failure to replace burned out lamps. Sooner or later the cost of a lamp that is not replaced must be paid by caring for worn out eyes.

Although an extension cord is a simple piece of equipment, it needs a certain amount of care to enable it to operate at highest efficiency. Extension cords should never be strung over nails or left to lie even on dry floors, much less wet ones. Extension cords are designed to hang free and for temporary use only, yet one finds them strung along the walls, lying on basement floors, or pinched in door jams. The use of cords in this way constitutes a real fire hazard.

When an extension cord becomes broken or the insulation injured, it should be repaired at once. The ends of the broken cord should be scraped clean, without being cut into and should be twisted together as tightly as possible without stretching. The joint thus made should be sufficiently strong to carry the mechanical strains that are apt to occur on the wire. It should then be soldered so that the joint will be permanent and also to give the two pieces good electrical contact. In the soldering of wires use a flux that will not corrode the wire or injure the insulation. Many soldering fluxes contain chlorine and will harm both the wire and insulation if allowed to remain on them. The joint should be taped with a rubber splicing compound to the thickness of the original insulation and then covered with friction tape to hold the splicing compound.

#### Caring for Older People

In taking care of an elderly person, be sure to watch his diet as carefully as you would that of a baby. Older people require easily digested foods. A lessening in the amount of meat is urged and more green vegetables to take its place. Give all the fruit and milk they will eat.

### Recipes

#### Oatmeal Muffins

One cup cooked oatmeal; 1½ cups flour; 2 tablespoons sugar; 4 teaspoons baking powder; ½ teaspoon salt; ½ cup milk; 1 egg; 2 tablespoons melted butter. Mix and sift flour, sugar, salt and baking powder, add one-half milk, egg well beaten, the remainder of the milk mixed with the oatmeal, and beat thoroughly. Then add the butter. Bake in buttered muffin rings or gem pan.

As a general rule when a girl starts calling a young man "Honey," she is getting ready to sting him.

Some people buy wild-cat stock just as if their bank rolls had nine lives.

The man who is about to invest in a going concern, should first make up his mind which way it is going.

About the only time a woman detests flattery is when it is directed at another woman.

The man who wants to find out how close his closest friend is should try asking him for a \$10 loan.

#### CALL

BARTOL MOTOR CO.,

phone Hood River 1111, for radio service or repairing.

### Retail Shop Workers To Form Own Local

After holding three meetings here in recent weeks under the supervision of Tom Estabrook, Portland A. F. of L. organizer, the retail clerks of Hood River expect to have their own local within a very short time.

Estabrook had informed local grocery clerks that they had no official place in Multnomah County's local, No. 1092, and that it was necessary for them to form their own group, including not only grocery workers, but clerks in all types of shops, clothing, hardware, auto parts, etc.

When the advantages of having their own local were shown to the Hood River men they were agreed that no time should be lost in forming their own unit. Local conditions can now be met, with the possibility of later closing hours. The inclusion of all clerks will mean a stronger body. A much larger part of the dues money will be retained in Hood River.

#### Yellowstone Discovered

An interesting bit of Yellowstone Park history tells us John Colter, a soldier with the Lewis and Clark expedition in 1804, left the party on its homeward trip and went back to the unknown west with two trappers he had met. He set his face homeward again in 1807 and turned back again with Manuel Lisa as a fur trading man, one who sounded out the Indians for fur lines. It was while on these wanderings that he stumbled on a giant valley and beheld a jagged skyline. Passing through a natural pass to the north, he discovered the hot geysers and hot springs, known now as part of Yellowstone Park. His enchanted descriptions gained for it the name of "Colter's hell." He called the Tetons the "Alps" and it has only been since July 29, 1929 that the rugged Tetons have been developed.

### Land Transactions

Following is a list of transfers of real estate in Hood River County, recorded from July 28 5 P. M. to August 4, 1937, 5 P. M., as published by the Hood River Abstract & Investment Company:

Mr. and Mrs. W. S. Carey to Mr. and Mrs. Guy E. Mooney, warranty deed dated July 24, 1937, conveys 4 acres in Section 35, T. 2, South of Odell about 1 mile.

Mr. and Mrs. Ted Jennings to May B. Anderson, deed dated July 27, 1937, conveys lots 9 and 10, in blk. 3 of Town of Waucoma, an addition to City of Hood River, free except taxes and assessments.

Oak M. Rogers to W. H. Tallman Jr., warranty deed, dated June 7, 1937, conveys lot 5 and 6 in blk. 1 in Middleton's Subdivision of Lot "C" of Pleasant View in City of Hood River.

Central Lumber Co. to S. E. Perras and Vera Perras, warranty deed, conveys all of lot 1, in blk. 13, Cascade Locks Addition.

Portland Mtg. Co. to Mr. and Mrs. Earl C. Koberg, an estate by entirety, warranty deed, dated July 30, 1937, conveys lots 1, 2, 27 and 28, in blk. 1, Town of Waucoma, now an addn. to City of Hood River.

Mr. and Mrs. A. M. Frank to Founders Corp., quitclaim deed, dated March 1, 1937, conveys land in Sec. 11 and Sec. 14, T. 1, containing 160 acres, west of Dee Flat.

Mr. and Mrs. T. Nieda to Mr. and Mrs. G. E. Garman, warranty deed, dated July 27, 1937, conveys land in Sec. 8 T. 1, estate by entireties, south of Parkdale 1 mile.

Henry Gilcher and Mr. and Mrs. J. I. Pierce to Mr. and Mrs. Russell H. Nichols, warranty deed, dated May 15, 1937, conveys land in Sec. 10, T. 2, about three miles southwest of Hood River City.

Mr. and Mrs. J. E. Pierce to Mr. and Mrs. Russell H. Nichols, deed dated July 26, 1937, conveys 10-acre tract in Sec. 10, T. 2, also an easement for roadway, about three miles southwest of Hood River City.

In this country love at first sight isn't impossible, but at the same time it's safer to wipe off your glasses and take a second look.

### Housewives Dimensions Aid in Planning

The average homemaker in the Pacific Northwest is 5 feet, 5.1 inches tall, and weighs 144 pounds. Her eyes are 61.1 inches from the floor, her shoulders 53.8, her elbows 41.9, while her finger tips, with arms hanging down, are 26.3 inches from the floor.

These may appear to be technical and unimportant calculations, but on the contrary, they are highly significant in determining how high various items in a kitchen or other part of the house should be built for greatest comfort, convenience, and health, according to Maude Wilson, home economist on the Oregon experiment station staff.

Miss Wilson, together with Evelyn H. Roberts of the Washington experiment station and Ruth Thayer of Oregon State, conducted careful research into the standards for working surface heights and other space units of the dwelling and have reported the results in bulletins under that name issued from both stations.

As a result of the study, the investigators recommend that where houses are being built for general use, the average woman will find it most convenient to have the bottom of the sink about 32 inches from the floor, the ironing board 32½ inches high, and the food preparation table 31½ inches from the floor. Preferred heights for other tasks around the house were also determined.

There was found to be less leeway in the preferred dish washing and ironing heights than in some others. Therefore the authors of the bulletin suggest that if there are no other work surfaces in the kitchen except on either side of the sink, the latter should be lowered about 1 inch, which would make the work surface several inches higher than the best level, although not high enough to cause as much trouble as if the sink were lowered further.

Some tests were made on a group of Oregon women to find out how much variation in working surfaces could be had without causing discomfort. It was found that women could adjust themselves easily to surface variations from 1 to 2 inches above or below the average, hence if houses built for sale or rent were constructed according to the average requirements, they would best meet the needs of those who would use them.

### Churches

#### BONNEVILLE COMMUNITY CHURCH

Civic Auditorium

E. J. Aschenbrenner, Minister  
10:00 A. M., Bible School in charge of Samuel Lancaster.

11:00 A. M., Morning worship in charge of the pastor. The theme will be: "The Eternal Hide and Seek."

Your life has broken down, or is breaking down, or will yet break down without the steady influence of God. Worship Him next Sunday. You are cordially invited to meet with us.

#### CASCADE LOCKS CHURCH

Willis Douglas, Pastor

Sunday services:  
Church School, 10 A. M. Mrs. R. J. Wuner, Superintendent.

Morning worship, 11 A. M. Sermon topic: "Christ and the World Today." Epworth League devotional meeting, 7 P. M.

Vesper message, 8 P. M., "A God Who Sees."

### Meetings

Cascade Locks Chamber of Commerce — Merrill's dining room, Tuesdays, noon.

Bonneville Parent-Teachers Association — First Wednesday every month, study club at 1:30, regular meeting at 2:30 in Bonneville grade school auditorium.

Bridal Veil Lodge, No. 117, A.F. and A.M. — School house, Latourelle falls, second Saturday in each month. Visiting Masons welcome.

Cascade Yacht Club—Thursday, cabin S. Enquist addition. Everyone welcome.

Cascade Locks City Council—Second Monday of each month, city hall. Cascade Locks Boy Scouts — High school, Tuesdays, 8 P.M.

Bonneville Boy Scouts—Grade school auditorium, Tuesdays, 7 P.M.

Cascade Locks Townsend Club—Odd Fellows hall, first and third Fridays, 8 P.M.

Rebels—Cascadia Lodge, Cascade Locks, first and third Wednesdays of each month, Odd Fellows hall, 8 P.M.

Cascade Locks P.T.A.—Second Friday of each month, 8 P.M., high school.

Izaak Walton league—Meets second Monday of every month in Bonneville auditorium. Directors meet fourth Monday.

Port Commission—Second Thursday of each month at City Hall, Cascade Locks.

Dam site post, Veterans of Foreign Wars — First and Third Mondays, meeting room of administration building, 8 P.M.

I. O. O. F.—Cascade Lodge. Every Monday night. Cascade Locks.

Troop 390, B. S. A. Grade school gym every Friday, Cascade Locks.

#### For Heat Prostration

In cases of heat prostration, send for a physician immediately. Be sure to loosen clothing and have patient lie down in a comfortable position and in a cool place. Sips of cold water may be given as well as stimulants, but no external cold applications should be applied.

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