

Editorial Views and Discussions

A DOLLAR APIECE

Strange that we have been susceptible to such health fads as sipping orange juice, eating liver, taking vitamins in capsules, sun baths, partaking of spinach and other unpalatable foods, calisthenics, diets, reducing vibrators, and midday lunches, when right in our midst is that health-giving fruit—the apple.

A recent issue of the Woman's Home Companion contained as its principal article, "An Apple a Day," a dissertation on the health-giving properties of apples. The article was written by Ira A. Manville, M. D., and it is supplemented by the slogan, "If apples were judged by their health values, they'd be cheap at a dollar apiece."

"Apples," Dr. Manville says, "have a value beside their ability to supply calories. Along with their content of minerals and vitamins they offer the body what we may term a detoxication agent." Also the health value of the pectin contained in the apple is emphasized. Meat, eaten with fruit, is more easily digested, the author maintains, particularly in the case of children.

It is difficult to quote excerpts from the article which would adequately give its summary. Nearly every sentence is an epigrammatic booster of the apple as a health food.

The apple-growing regions could well capitalize on the article of Dr. Manville. He touches on properties possessed by the fruit which were regarded by many as merely supposition. The article is convincing, and after studying it, the slogan "... cheap at a dollar apiece" is not amiss.

AN ERA OF PROJECTS

Though the usual business of the Mid-Columbia is going on as before, there has been in the past year and a half, and will be this year, a large development in public works, private enterprise and public service, the extent of which is almost unbelievable when one sees even a partial list of the 1937-38 projects. In future years, we will probably look back on the present biennial period as one of development when we view the following accomplishments:

- Completion of Bonneville Dam and raising of pool.
- Rip-rapping and building cement revetment on Hood river.
- Raising of Columbia River bridges.
- Extensive development of forest parks and trails.
- Installation of new relay stations in Gorge for Pacific Telephone and Telegraph Company.
- Building of auxiliary fishways, and completion of fish ladders and fish locks on Bonneville dam.
- Construction of mole at Hood River.
- Raising and relocation of Union Pacific tracks.
- Surveys and right-of-way clearing for Bonneville transmission lines.
- Building of ski grounds on north slope of Mt. Hood.
- Replacement and repair of lines, poles and cables of Oregon-Washington Telephone Company.
- Driving of piles in 32 different places between Vancouver and Dodson as first step in river dredging for ocean-going traffic.
- Bids received on first section of water grade highway in Columbia Gorge.

WORTHY

While the most dramatic thing about the American Red Cross' work in this county is the annual drive, now in progress, it would not take much of a stretch of the imagination to visualize how the great humanitarian organization could prove itself right in our own locality.

Truly the organization functions here, though in a manner of beneficent acts which receive no publicity. But we are no more immune to fires, floods, and devastation than New England where nature went on a rampage a few months ago, and where the Red Cross sprang to the aid of the deprived ones as it has done in countless instances in the past. But that we don't anticipate.

But at any rate, being mindful of the great good accomplished by this organization, Hood River County should give its unreserved backing to the present drive which will enable the Red Cross to carry on its priceless service.

CHARACTER IN KNEES

Now that skirts are shorter it is wise to warn women-folk that a Hollywood dance director, Leroy Prinz, states that knees denote character. Long knees indicate a considerate nature, loyalty and dependability; round knees, talent and artistic temperament; chubby knees, laziness; hollow knees, true femininity. Ladies, look to your knees! It would be almost impossible to tell about a girl's nature in the days of the long skirts but even then they could read it at the beach. It isn't nearly so difficult now, and especially with day-time dresses getting shorter. Of course the fellow who wants to court and doesn't care about seeking an amiable disposition can chance it at a down-to-the-floor dress party but with such wisdom from such a source as Mr. Prinz, it is better to wait for the street costume. The sweetest looking gown at the ball may hide the nastiest disposition in the home.

THE BONNEVILLE DAM CHRONICLE

Official paper of city of Cascade Locks, Oregon.

Official publication for American Legion post No. 88, Bonneville, Ore.

Entered as second class matter at the postoffice at Hood River, Oregon, under the Act of Congress of March 3, 1879.

JOHN H. TRAVIS.....Editor

Published every Friday in the interests of the Bonneville Dam area by the Sun Publishing Company, Inc.

SUBSCRIPTION RATES

One year.....\$1.50

INTERDENOMINATIONAL LARGER PARISH CHURCH (W. C. Cronk, Minister)

Good congregations are hearing the series of sermons now being given at the Interdenominational Church at Bonneville and Cascade Locks on "Kindling the Fires in November." The subject next Sunday morning is, "The Coals of Service." Fires always go out and fail of their purpose without a continual supply of fuel. Hear how spiritual fires may be kept going at the morning hour next Sunday; 9:45 at Bonneville and 11:15 at Cascade Locks. The five-color souvenir bulletin for the month is receiving considerable favorable comment. You ought to have every number. The Thanksgiving number next week will be exceptionally outstanding.

The sermon subject Sunday evening will be appropriate to this season of the year. It will be, "A Human Tree." 7:45 is the preaching hour. At the Epworth League hour, 7:00 p. m., Mrs. Mona Harrison will make a report on the Youth's Council which she attended over the past week-end at McMinnville. It will be thrilling! All young people will want to hear this report.

BASKETBALL PRACTICE STARTS

With football out of the way till next year, the athletic chaps of the Cascade Locks High School are now turning their attention to preliminary basketball practice. Quite a schedule has been lined up this year and in the very near future regular

basketball turnouts will be called. Boxing and wrestling, two new sports for the Locks High boys, are being introduced this year, with a boxing and wrestling show to be held the week after Thanksgiving.

HOLLYWOOD Dairy

Warrendale, Ore.

A local Institution interested in serving you to your satisfaction.

Phone Bonneville 14-f-3

G. N. Hesgard

GENERAL

BUILDING

CONTRACTOR

CASCADE LOCKS

Let's Think About

SNOW

It will be here soon

See our stock of:

SKIS
SLEDS
SKI WAX
SKI POLES
SNOW SHOVELS

AMOTH HARDWARE

Cascade Locks

Our Kitchen

serves big helpings of wholesome food that meet the approval of the most exacting. Try our counter or our dining room.

We feature Pabst Blue Ribbon Beer

Merrill's Tavern

Cascade Locks

The Finest Meats We Can Buy

Sold at the lowest possible price.

Erickson's CASH MARKET

Just East of the Safeway Store

CASCADE LOCKS

When you think about
CLOTHING . . .

THINK ABOUT US!

We can clothe the family from head to foot
in all seasons of the year

The MEN'S SHOP

Cascade Locks