

Society News

Pioneer Picnic To Be Thursday, July 18, At Park

One of the important events of the summer social calendar is the annual Pioneer picnic given at Riverside park, by the Sons and Daughters of Pioneers, Thursday, July 18, is the date set for the gathering this year and plans for the affair are being rapidly perfected under the direction of the president of the organization, Albert R. Hunter.

Sacajawea Camp Fire Girls Hike

The Sacajawea Camp Fire group had one of their splendid hikes over the weekend, probably one of the most interesting and enjoyable of the season. Meeting on the highway at six-thirty o'clock Saturday evening, the girls proceeded to the Pine Cone Auto camp, arriving about seven. A dip in the Pine Cone tank started the program, this followed by a lunch of chocolate, bread and jam. Then a stiffer party at the camp with Sunday morning breakfast together, and another swim. The hike home was in time for Sunday school yesterday. Nine members of the group, Natalie Ebert, Edna Brown, Florence Hicks, Eleanor Hicks, Barbara and Juanita Stutzinger, Dora Hunt, Edna Johnson and Katie Keller went on the hike, together with two visitors, Helen McAlley and Audrey Clark, the assistant guardian, Mrs. Fred Gehring and her daughter, Miriam.

Mrs. Braden Gives Report to W. R. C.

The members of the Oliver P. Morton Relief Corps No. 37 held their regular meeting Saturday at the Knights of Pythias hall with a very splendid attendance of members. A pot luck dinner was served at noon and provided a social feature which was heartily enjoyed. The regular business meeting followed and at this time, Mrs. Laura Braden gave her report of the report of the recent department convention which she attended at Newberg. Mrs. Braden was of the sincere opinion that the convention this year was one of the best ever held and praised the people of Newberg greatly for their hospitality and cordiality. A brief program included the reading of a "Tribute To Old Glory" by Mrs. Braden and a piano solo by Lois Jean Davis and closed with a community sing using especially the patriotic songs.

Youngest Pilot?



NEA Memphis Bureau. In these modern days of speed, they start to fly early. Here's Malcolm Allstadt, of Memphis, Tenn., just turned 17 and a licensed pilot, perhaps the youngest in the United States. Allstadt, flying for 18 months, has 160 hours in the air and hasn't had an accident. And he is willing to race any pilot of his age and experience from here to there or further, any time.

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Beauty to Fly



Winner of a beauty and personality contest in Wichita, Kas., Miss Vera Epperson, above, was offered choice of a free course of instruction in flying—or \$500 in gold and an air plane trip to Detroit (that we can't tell which she chose as she hasn't decided herself.

Central Europe Digging Itself Out From Debris

LONDON, July 6 (AP)—Central Europe dug itself out today from the debris of a series of storms which yesterday swept down from southeastern Germany and killed 28 persons, injuring hundreds in Czechoslovakia, Austria, Yugoslavia, Germany and Switzerland.

The storms, which at times reached hurricane intensity and exceeded 100 miles an hour velocity, did widespread damage, destroyed, tearing down telegraph and telephone wires, and interrupting railroad traffic.

The disturbances began in Germany, as hail storms tore down through Bohemia and Moravia, and swung eastward, and turned into Austria where they raked the republic's length and breadth. Here the disturbance divided, one section sweeping south through Yugoslavia and another continuing westward into Switzerland.

100-Mile Velocity
The wind reached a velocity of 100 miles an hour in Austria, interrupting shipping on the lakes and in the Danube, and maintained an average of 75 miles an hour. It was particularly violent near Nürnberg, Germany, where one peasant was killed, thousands of windows smashed by hail, and many homes partially destroyed.

Ten persons were killed at Zenica, Yugoslavia, when the river Rona, whipped by the tornado, flooded a cottage in which a number of terrified persons had sought shelter. Seven persons were killed in Bohemia and Moravia, and ten more in Austria.

Hundreds Injured
Hundreds were injured along the path of the storms by falling walls, uprooted trees and flying debris. There were the usual number of freaks. In one village, Ohremin, Moravia, the wind wrecked the cemetery and exposed coffins in the ground. At Pardubice, Bohemia, a passenger alighting from a train was blown under the wheels of a coach and was killed when the train started.

MUCH DAMAGE DONE
VIENNA, July 6 (AP)—Reports

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Tremor Shakes Long Beach In Morning Hours

LONG BEACH, Cal., July 5 (AP)—An earthquake tremor which lasted more than 20 seconds was felt all over the central part of this city at 8:47 this morning. The Street-Telephone building at Sixth Street and Pine Avenue was rocked for more than fifteen seconds, the machines in the composing room vibrating while they were getting out the first edition. The Spaulding building, across the street from the newspaper office, bucked perceptibly and all big buildings in the city reported receiving the same treatment. It was the first severe shock ever authentically reported in this beach city. No reports of accident or damage had been received at the police station when a check-up was made. The tremor was from north to south.

LOS ANGELES, July 5 (AP)—A slight earthquake was felt here at 5:45 a. m. today.

from all sections of Austria today emphasized the damage done in yesterday's violent storms. A telegram from Linz says thirteen church steeples crashed in that district, with 100 homes badly damaged. In Steinfelden almost the entire house crop was destroyed by the hailstorm.

Buckwheat is an excellent crop to sow where corn or some other crop has failed to make a stand. The ground can be prepared for buckwheat by disking or harrowing. The best sowing time for any locality can be determined fairly accurately by allowing a period of 10 weeks for growth before the first killing frost is expected.

Right To Die, Often Claimed By Sick, Denied By French Thinkers

By JOHN EVANS (Associated Press Staff Writer)

PARIS, (AP)—The right to die, often claimed by the sick and the unhappy, is up for discussion again. It became a topic of the day when Richard Corbett, a young Englishman charged with murder, wrote an open letter asking to justify himself in killing his mother to end her long agony.

Doctors, lawyers and philosophers in France all deny man's authority to kill except as legal punishment and presumably in war and self-defense.

"Ancient respect for human life" is offered by Professor Henri Roger, dean of the faculty of medicine, as a solid moral barrier against abuses that should be kept inviolate.

It is the physician's mission to prolong life, says Professor Charles Richet, member of the Academy of Medicine and noted for his psychic research. Quite aside from the moral aspect, Dr. Richet opposes two arguments to the theory that the state be allowed to kill those who wish to die to end their suffering. He asserts there never can be absolute certainty that the patient wants to die, or won't change his mind, and there always is the possibility of an erroneous diagnosis. Besides, he says, every day discovers new methods of relief.

For the philosophers, the Abbe Pellissier, dean of the faculty of philosophy of the Catholic Institute, stands rigidly on the thesis that "the right to destroy human life does not belong to us."

Even from the standpoint of law, Edouard Le Roy, professor of the College of France, finds there are too great difficulties.

"Any effort to legislate on such a matter," he says, "would lead the public to ask more. From an individualistic point of view, why limit the right of suicide to incurable

For Her Health



It's the sun rays that count this year, and Alice White of the Fillums shows the model bathing suit she figures will allow the maximum in sun bath.

THE GARDEN

VEGETABLES FOR HEALTH

While the fact that the use of vegetables is necessary to promote good health is often emphasized, an important point that is not so often pointed out is that they should be properly cooked. The most important factor in the vegetables from a health standpoint is the vitamin content. The vitamins are partly destroyed by heat. If vegetables are overcooked, which they usually are, the greater portion of the life-giving vitamins will be destroyed.

The greatest benefit is derived from eating fresh vegetables raw. The carrot, turnip, and cabbage may be used in this manner. The use of the carrot, turnip and celery chopped fine with green pepper also finely minced forms an attractive and snappy salad dressed either with mayonnaise or French dressing. In this manner the entire benefit of the vitamins may be obtained.

Members of the cabbage tribe, which includes Brussels sprouts, kale and cauliflower, usually suffer from overcooking. A cabbage cut into sections suitable for a single helping or shredded will cook thoroughly and sufficiently with twelve minutes of actual boiling. The cauliflower should not have more than this time and it is perfectly cooked. They should be cooked in open dishes for the best results, so far as preserving the vitamin content is concerned.

Steam cooking and waterless cooking have advocates who have the same reason for their methods. Steam cooking, of course, is carried on in covered dishes and cooks as speedily as the boiling. It is a favorite method as it seems to preserve the full flavor of the vegetable more completely than in boiling.

Tomatoes retain their vitamin content after cooking better than other vegetables and canned tomatoes are one of the most healthful of foods. One of the points urged by the commercial canners is that their vegetable products are never overcooked and therefore retain all possible health-giving elements which are so often boiled away in the overcooking of the average kitchen.

In cooking green vegetables, the water should come to a boil before they are placed in the water. Many cooks blanch green vegetables—that is, let them remain in the boiling water for three minutes and then pour cold water over them, returning them to the boiling water. This method is said to retain the green coloring and speed the cooking.

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Announcements

The Neighbors of the Woodcraft will give the monthly picnic Wednesday, July 10 at Riverside park. All members are urged to attend and bring well-filled baskets. Dinner will be served at noon.

The Riverside Ladies Aid society will hold a picnic at Riverside park on Thursday July 11. All are cordially invited.

MENUS

By SISTER MARY

A market list of some sort is of course indispensable. The list prevents over-stocking and makes for economy.

However, when marketing the housewife should be willing to buy the best that is offered at the most reasonable price. She should not go with a fixed idea of the exact fruits and vegetables she must purchase regardless of price. Green peas may be her choice for the succulent dinner vegetable that night, but if she finds the peas shriveled and yellow and a poor investment she should make another choice. A list suggesting a variety of possible vegetables would have helped her in selecting the best on available.

Remark the Menu
The inexperienced shopper may find it necessary to revise her list and practically remake her menu. For instance, lamb with green peas, creamed potatoes, tomato salad and strawberry shortcake may have been in the housekeeper's mind for dinner. Lamb may be impossible to find, so she may have to substitute beef or veal which would mean a change in the dessert if beef were chosen as well as a change in the green vegetables.

When making the list, the way in which meats, fruits or vegetables are to be used should be kept in mind. Vegetables wanted for soups need not be as perfect as those wanted for table service. Coarse outer stalks of celery are quite as good for soup as choice hearts and are much cheaper. So a little notation on the list suggesting the use is helpful.

It is never economy to buy badly wilted or spoiled fruits and vegetables at any price, for the waste in preparation will more than overbalance the difference in price.

In discussing the treatment of sheep and goats for stomach worms and liver flukes, the Oregon experiment station warns growers that every remedy which will destroy these parasites is more or less poisonous, and advises against their use without reasonable certainty that the worms are present. Careful observation of the flock, with treatments upon the first appearance of symptoms is advised, as sheep and goats which are allowed to become thin and weak are unprofitable, even after the worms have been destroyed.

HEALTH

SUN BATH FOR BABY INCREASES APPETITE, INDUCES SLEEP, IMPROVES GENERAL CONDITION
By Dr. William R. P. Emerson Boston, Massachusetts

The essentials of health for the baby are simple—namely, good food, abundant sleep, normal exer-

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ercise, air and sunlight. Although the value of the first four of these essentials has been understood for some time, it is only recently that we have come to realize the importance of sunlight in the welfare of the infant and growing child. Exposure of the skin to sunlight and air produces fundamental reactions that have an immediate effect on the whole system. The skin is the largest organ of the body. It has been called the mirror of the system. Its color and texture change with bodily health. It reacts to heat, to cold, to the light of the sun and to the coolness of the air. It contains the end-organs of feeling, attached to it by millions of fine filaments that go to the brain and the central nervous system. Therefore exposure to the sun's rays should be regulated with exceeding care, in order that its stimulating effect be not overdone.

A sun bath properly given increases the appetite, induces sleep and improves the general condition. The texture of the skin is better, the tone of the muscles improved, and the baby's resistance to infection increased. If the food and other conditions are favorable, sunlight absolutely prevents rickets.

The sun bath may be given in a warm room with the sunlight coming through an open window, on a veranda or in the shelter of a garden or yard. The infant should be protected from too strong a draught, and the hands and feet should be kept warm. On cold days a hot water bottle or electric pad may be used. The head should be protected from the direct rays of the sun. In the heat of the summer, the bath should be given between seven and ten in the morning or between two and four in the afternoon. During the rest of the year, it may be given in the middle of the day.

It has been recommended that the child be put out-of-doors first in ordinary clothing that is, without blankets or other covering, for three minutes, then for five minutes. Then remove one garment each day or every two days, being guided by the reaction of the child, until all clothing has been removed and the child is covered only by a sheet. Finally the nude body is exposed for thirty seconds front and back, the next day forty-five seconds, the third day one minute, and thereafter the exposure increased up to thirty minutes. The object of all this is to get the baby well tanned without sunburn.

This plan should require about two weeks for the child to be getting an exposure of one-half an hour front and back. Babies with light skins can withstand the exposure only half the length of time of those with dark skins, and it is safer for such children to be given two or three sun baths daily of short duration rather than one long one. The length of exposure in any case must vary with the baby's tolerance to sunlight, temperature, wind, height of the sun and clearness of the atmosphere.

In the winter months some of the good effects of sunlight can be obtained through special glass that allows the penetration of the ultra violet rays. Windows of this glass can be arranged over a crib or box with one side open to allow a free circulation of air. Attractive portable sun bath cabins are now available at moderate cost. These can be put in the yard or on the roof and used for the sun bath, a play house or for sleeping out. They are especially useful in the winter months.

When the other essentials in the care of the infant are adequately provided for, the sun and air bath is of great value for the best health of the baby.

A 2700 car crop of peaches is predicted for Illinois this year, an increase of 1200 over 1928.

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