

BANKS NEWS

Banks Wins Basketball Game Friday

Banks, Dec. 15—Last Friday evening the McCormac team from P. U. came up to Banks for a friendly game of basketball. The game was lively and well played, with several amusing passes, for the McCormac men are huskies, much larger than the Banks boys. At the close of the first half McCormac was way ahead and they evidently thought they had a walk away, but in the last half they began to get a little bit worried, for the Banks lads were gaining steadily and they finally had the discourtesy to beat their visitors 26 to 30.

PERSONALS

The high school sewing club will hold their bazaar tomorrow (Friday).
The Banks Rebekahs are plan-

School Children See Santa Claus

Banks, Dec. 15—The pupils of the grade school were given a holiday Monday in order that the pupils might see Santa and his reindeer at Forest Grove. They not only saw Santa but were given free tickets to the Star theatre, where they saw pictures of the northland and its people.

Seek Wild Animals

Banks, Dec. 15—Hunters were out in the hills north of town again Sunday looking for cougars or wolves. They have been heard in that section, but without results. On Tuesday morning a panther was reported to be in the vicinity of the Burris place west of town, but men were too busy to take up the trail.

course vegetables. Whole grain cereals also are conducive to good intestinal action. Vitamin B is said to have a favorable influence on appetite. Some of the foods rich in this vitamin are beans, raw cabbage, spinach, tomatoes, and wheat bran.

The question as to what constitutes a good breakfast should be determined somewhat by the activity of the individual and the time at which he is to have his next heavy meal. Those who have ample noon meals and are sedentary workers, may have very light breakfasts, such as fruit, some kind of breadstuff, such as toast, rolls, or muffins, and a beverage, coffee, cocoa or milk. If the worker takes little food at noon day, breakfast should at least include fruit, cereal, breadstuff and a beverage.

For the usual mixed family group, where the adults are not very active muscularly, the fruit, cereal, bread and beverage, type of breakfast, excluding coffee for children is most convenient and provides what the children need as well as what is best for grown-ups. For one who wishes occasional variety, an egg or a serving of bacon may be added without much trouble. As a rule the digestion is better when there is one hot dish served at each meal. Sometimes the beverage provides for this.

For those who are afraid of overweight, light breakfasts are quite necessary. It is more than likely, that the excessive sugar and starches may be the cause for the tendency to store fat or that the amount eaten makes a difference. Marked underweight or overweight are equally foolish and dangerous.

Absences from work are usually among those who have cultivated the habit of going without breakfast. This habit is a pernicious one and is apt to lead to very poor health. Start the day out right with a good breakfast.

Farm Reminders

The common "millers" flying about lights in the evening are parents of the destructive cutworms that often strike down portions of Oregon garden and field crops, the experiment station points out. The female lays 200 to 500 eggs singly or in masses or on or near the food plants of the larvae, which are hatched from the eggs in a few days. This brood grows up feeding on the mid-summer plants and develops into moths later in the fall. It is this generation that lays the batch of eggs from which the cutworms that winter over as half grown larvae under the surface of the soil are hatched. They are easily controlled by a poison bran mash.

Since the average drying time in the big Oregon prune districts aver-

Union High School News Notes

SENATE

The Senate club received a well earned reward Friday evening when a banquet, which they gave at the Grange hall at Scholls, came off successfully.

Howard Wells acted as toastmaster, each one responding in a clever manner, the toast program being in the form of the Senate club.

The table was beautifully decorated with red carnations, chrysanthemums, tapers and silver ribbons. Red and silver are the club colors. Following the feasting and toasting, the wrecking crew, with Keith Sushauer and Maxwell Chambers

acting as foremen, took command and the rest of the party resorted to playing games and dancing.

Guests of honor present were Mr. and Mrs. Barnes, Mr. and Mrs. B. M. Goodman, Mr. and Mrs. Bennett and Miss Weathered. Much praise is to be given the members of the entertainment committee, Stanleigh Bennett, Thomas Sholes, Walter Reese, John Hare and Howard Wells.

The Philo girls are attending the opera "Namiko San" at the Heilig theatre in Portland this evening (Thursday). This is a Japanese opera.

start, the capacity of the drier is a big factor in the size of the dried prune output, the experiment station has pointed out. The fan drier system lessens the drying time in three ways: Circulation of air is increased and maintained; the humidity of the air keeps the skins moist for rapid "sweating" out of moisture; and the humidity gives better conduction of heat.

The value of thinning apples was shown in an Ortleigh orchard of the Hood River district, in which one lot was thinned to about one apple to four inches, in another to 7 inches and another to 9, one lot not thinned at all. The first lot ran 16.2 boxes per tree, the next 12.1, the next 11.6, and the last, the unthinned 13.25. The sales value of the first lot was \$19.12 per tree, of the second \$15.20, the third \$14.64, and the fourth, unthinned, \$14.34.

Native Oregon shrubs are used in gaining a natural effect or in places where their larger and rougher growth is in keeping with the architecture and the rest of the garden. Oregon grape is a good large hedge plant, but may be purchased from local nurserymen and transplanted with much greater ease than plants dug from the woods, the experiment station finds. Nurserymen carry the native plants that are best adapted to use on home grounds. In buying these, suggests A. L. Peck, professor of landscape gardening at

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Good Breakfast Health Essential View of Experts

(State Board of Health)
If you are going to safeguard your health, do not go breakfastless to work. It induces inefficiency and, in time, is harmful. To maintain good health, it is necessary to begin the day with a more or less substantial meal. Experience has taught that regularity in eating is the only safe and satisfactory practice.

Why is it then that so many people slight breakfast? Lack of time in the morning is one excuse. No appetite is another. Not knowing what we should eat is a third, and a fourth is fear of being overweight. A person who hasn't time for breakfast should change his hours of rest so as to allow plenty of time for this meal. The one who has no appetite should see that the digestive tract is kept in a clean and healthy state by drinking at least four to six glasses of water each day and by eating sufficient fruit and vegetables; laxative fruit such as figs, prunes, pears, apples, etc., and

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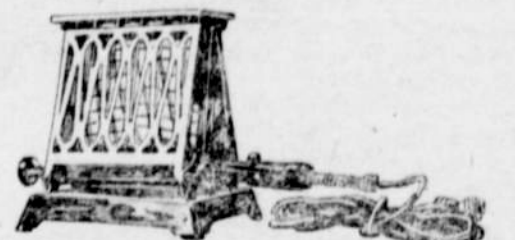
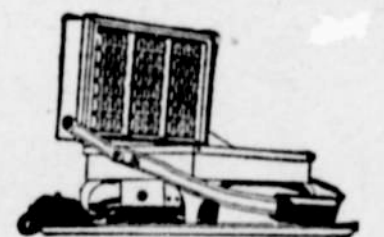
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BUTTER—Best creamery, lb.	48c	Pure Breakfast Cocoa, 3 lb.	25c
2-lb. roll	95c	MARSHMALLOWS—Fresh and fluffy, lb.	27c
MILK—Carnation, Oregon or Borden's, 3 tall cans	28c	Gold Fan Japanese Crab Meat, highest quality, 6 1/2-oz. can	39c
SUGAR—C. & H. Pure cane, 10 lb. In Sanitary Cotton Bags	63c	Libby's Apple Butter, No. 1 tall can	14c
Swans Down Cake Flour—Pkg.	33c	THRIFT COFFEE—"That Satisfying Blend," lb.	48c
Pioneer Clams—No. 1 tall cans, 2 cans	39c	3 lb.	\$1.40
PINEAPPLE—2 1/2 size tin, broken slices, 3 cans	57c	CRANBERRIES—2 lbs.	23c
Snowdrift Shortening—4-lb. pail	91c	Large 175 size Oranges, doz.	43c
WESSON OIL—Qt. tin	42c	2 doz.	85c
JELLO—Assorted flavors, 3 pkgs.	29c	CONVOY FLOUR—A hard wheat blend, 49-lb. bag	\$1.79
Fancy Cut Refugee Beans, No. 2 tins, 2 cans	45c	Fisher's Blend Flour—49-lb. bag	\$2.07
Heinz Tomato Ketchup, 1ge. bottle	23c	SWEET POTATOES—7 lb.	25c
Blue Rose Rice, 4 lbs.	25c	Extra large 126 size Oranges, doz. 2 doz.	52c 99c
Bulk Dates, 2 lb.	23c		

Tons of Candies and Nuts

CANDIES

Plain Mix, lb.	18c
3 lb.	49c
Fancy Creamed Mix, lb.	20c
3 lb.	55c
Old Fashioned Chocolate Drops, 2 lb.	35c

NUTS

No. 1 Oregon Walnuts, 2 lb.	65c
New Crop Almonds, 2 lb.	45c
Brazil Nuts, lb.	19c
3 lb.	50c
Mixed Nuts, 2 lb.	45c

Second Street

Hillsboro, Oregon