

Butter Important in Healthy Growth of Every Individual

By Paul C. Adams, executive secretary Oregon Dairy Council

The invisible eye has always been the mysterious to mankind. The perfume of the rose, the power of electricity, the pull of gravity and the human spark of vitality have fired the thoughts and imaginations of men from the dawn of history. Scientists in recent years have devoted their thoughts to the more common but not less vital things which we cannot see and yet do feel and experience each day of our lives.

The important question to mankind, now and ever, has been: What are the mysterious elements in food which, taken into the system and used by the intricate digestive system, have produced a normal growth and healthy maintenance of the hard-working human body?

Some years ago learned food scientists and nutrition experts discovered certain vital elements in the unknown elements that gave the name "Vitamin." These designated, each for its own type or purpose as A, B, C, D, and so on. Even these vitamins have been unable to describe these elements of food so that the layman can readily understand them, but from their experiments they know that they are fundamentally necessary for normal growth and the maintenance of health. Unseen though these elements are, they are never-less present in certain foods. On of the most vital for growth and protection from disease is Vitamin A in their essential Vitamin D. The scientists found that dairy products, especially butter, were among the leading foods. Another Vitamin also present in butter was found to be Vitamin D which was discovered to be a preventative of rickets in growing bodies.

It is human nature to be most interested in experiments conducted close to our home under local conditions and it is for this reason that recent experiments and feeding tests conducted by the University of Oregon Medical school in their nutritional research laboratory, under the direction of Dr. C. U. Moses Moore of Portland, are of special interest to Oregon people.

One of the most striking examples of food nutrition and the absence of the essential vitamins A and D were discovered in Dr. Moore's feeding experiments on a litter of puppies. Two of these pups, whose pictures are shown at the end of 47 days of feeding, are used to illustrate this article.

Eight puppies, all of normal condition and strength and all litter mates were placed in separate cages for this experiment. They were fed identical rations with one exception in the choice of food. One group, the check pen, was fed their normal ration, plus butter, the other group, the same ration plus a butter substitute. Both groups were fed some milk products, which tended to take the place of some of the elements found lacking in the substitute dog rations, as shown by the illustrations.

"The first indication of lack of proper feeding was noticed about the third week," says Dr. Moore, in commenting upon the experiment. "When attendants went into the

room with the dogs both groups would stand up and bark. Soon the butter fed dogs would bark their greeting and subsided. At the same time the other hand the substitute dogs would continue to bark and howl for the entire time anyone was near and often we heard them after everyone had left the room. This indicates an extreme nervous condition which soon became apparent in other symptoms."

The pictures taken during this experiment tell their own story," continues Dr. Moore. "Seven weeks before the pictures were taken the upper dog weighed more than the lower one for every ounce of food. The dogs on the butter substitute ate 30 percent more calories of food per pound of body weight than those on butter. But it did not more good than so much sad. Since illness and death occurred, the money spent for the butter substitute was wasted, as was also the money spent for all other food that these (the butter substitutes dogs) ate. These dogs developed digestive and respiratory troubles, while the butter dogs remained healthy."

Dr. Moore and all other persons who watched this experiment and even those who study the various illustrations taken during the test are convinced that butter contains that mysterious element, that vital something, which the growing body must have to maintain its normal replacement and growth. The lack of butter in the substitute dog ration brought back fearful pictures of ill-fed children in famine or war-wracked countries. In these unfortunate puppies who were sacrificed on the altar of illfeeding we see the human counterpart of a humanity which from lack of knowledge or lack of money must be fed on careless, unsuitable diets.

The question immediately comes to mind, just how many of the unfortunate souls who are being fed "economical" rations often prepared by those unversed in human nutrition will later be forced to seek medical or optical care from other public welfare agencies, at the expense of the taxpayer, for their "public welfare" diets were lacking in those essential, vital food elements which the scientists have called the Vitamins?

Dr. Carlson, a Red Cross speaker, addressed the assembly on elementary first aid Wednesday. He gave instructions on what to do in case of drowning, and how to bandage, using the triangular bandage.

Miss Weatherhead has a very curious hat brought in from the vicinity of Bald Peak, a horned trout from Merico, some odd tree hoppers, and many interesting insect collections in her biology room.

The Girl Reserves met Monday, October 24. The new members took a test which they had to pass before they could join the club and the old members divided into groups to hear favorite poems. "Crossing the Bar" by Tennyson and the "Financier" author unknown, were chosen as the best of the group.

Doern, Neil Richardson and Gerald Perkins, discussion—Robert Cochran, Wayne Tupper, Robert Dinwiddie, service. Bob Tupper, Herbert Mohr, John Eldridge. A special social committee was also appointed consisting of Wayne Road, Lester Batechelor and William Doern. All of the committees should be active by next meeting. Two new members were voted into the club, Richard Kraus and Denzel Stankard. They will be initiated along with Robert Cochran, who was unable to attend the last initiation, at the next meeting on Thursday, November 3.

Miss Cimino and Miss Weatherhead attended a lecture given by Dr. Harold Leonard Bowman of the Oregon Mental Hygiene society in Portland, Tuesday evening.

"Broadcasters" Class Gives Good Program

Laurel—"One of the best programs that was ever given in the hall" was the verdict of the crowd that attended the entertainment given last Friday evening by the "Broadcasters" class of the Sunday school under the supervision of their teachers, Mrs. B. G. McWay and Mrs. Raleigh Whitmore. The candy booth, fish pond and doughnuts and cider booth were very popular. The net proceeds of the evening was \$30.00, which will be used to wire the church for electricity.

The Broadcasters are pleased that Josephine Whitmore, one of their members, is so much improved in health that she is at home now after three months in Portland, receiving medical treatment. Three weeks were spent in a hospital, after which she was at the home of her sister, Mrs. Pearl Roge. Her mother, who was with her the last eight weeks, returned home with her.

Mrs. Emelia Hogrefe was honored guest Saturday at the W. L. Stevens home, when her daughter, Mrs. W. L. Stevens, entertained for her 15th birthday anniversary. Twenty-five guests were present. The town guests were Mrs. Hogrefe's two daughters, Mrs. Hattie Williams and Mrs. Edna Bagley of Hillsboro, Mrs. Ed Kraus of Farmington, Mrs. John Haase of Firdale.

Mr. and Mrs. C. J. Waldron and daughter Eleanor arrived last week to make their home with Mrs. Waldron's aunt, Mrs. Mary Mahoney. The Waldrons were formerly residents of Salem, but recently returned to their home in North Dakota with Mr. Waldron's father. They are very much pleased with this part of the country. Eleanor is a sixth-grade pupil in the Laurel school. Mrs. Boland of Jacktown was a Sunday visitor at the home of Mrs. Louise Brunner.

Mr. and Mrs. Roy Fields and children Frances and Earl, visited Sunday at the home of Mrs. Fields' cousin, Mrs. Ezra Harris of Corvallis. They were accompanied on the trip up by his uncle, John Fields, who returned to his home there after visiting relatives and friends here for several weeks.

Mrs. Boland of Jacktown was a Sunday visitor at the home of Mrs. Louise Brunner.

John Helm is now able to be around the house on Hendrickson Rothstrom and Hines. Hendrickson of Portland were Sunday guests of the ladies' Mother, Mrs. G. Rothstrom. The visitors were accompanied home by Mrs. Sidney Rothstrom and baby son, who remained until Monday.

Mrs. Flora Baker accompanied Mr. and Mrs. Charles Tatman and son Lawrence to Manning Sunday, where they were dinner guests of Mrs. Baker's and Mr. Tatman's sister, Mrs. Fanny Baker, and family.

Mrs. Flora Nelson of Portland was a visitor at the home of her mother, Mrs. Callie Dailey, from Thursday until Saturday of last week.

Mr. and Mrs. Adolf Rutschman and Ted and Helen Rutschman visited friends at Helvetia Sunday.

Among those from this community who attended the stock show last week were Mr. and Mrs. John Will, Mr. and Mrs. L. A. Whittle, Mr. and Mrs. Richard Whittle and daughter Doris and Ted Rutschman. Harold Hathorn and Miss Mildred Coslett of Hillsboro were Sunday evening visitors at the home of Harold's grandparents, Mr. and Mrs. E. C. Mulloy.

Mr. and Mrs. Walter Dailey of Newport are at the home of his mother, Mrs. Callie Dailey, for a few days' visit.

Mr. and Mrs. George Tews and son Jimmie were Sunday visitors at the home of Mrs. Tews' parents, Mr. and Mrs. Harry Cline of east of Hillsboro.

Mr. and Mrs. J. L. Anderson and two sons of Hillsboro were

RELIGIOUS SERVICES

Fall Gospel Tabernacle
E. D. Greeley, Pastor
Lincoln street

Evangelistic services Saturday evening at 8 o'clock. Sunday school, 10 a. m.; devotionals, 11 a. m.; young people's service, 6:30 p. m.; preaching service, 7:45 p. m. Wednesday evening bible study. Come you are welcome.

Reedville Community Church
Thomas C. Duncan, Minister
Sunday school every Sunday morning at 10 o'clock. Y. P. S. C. E. every Sunday evening at 6:30 o'clock. Worship service and sermon on the first two Sundays of each month at 11 a. m., and at 7:30 p. m. on the remaining Sundays of each month. Women's Missionary society meets on the fourth Thursday of each month.

Oreoc Community Church
Thomas C. Duncan, Minister
Sunday school every Sunday morning at 10 o'clock. Worship service and sermon on the first and second Sunday of each month at 7:30 p. m., and at 11 a. m. on the remaining Sundays of each month. Women's Working Circle meets on the second Wednesday of each month at 2 p. m. Women's Missionary society meets on the third Thursday of each month at 2 p. m.

Bethany Methodist Church
On Germantown Road
E. Julius Tragilo, Pastor
Sunday school every Sunday at 10 a. m. with German service the first and third Sundays of the month and English service the second and fourth Sundays, at 11 a. m. Epworth League service every other Sunday at 8 p. m. Service at Banks Methodist church every Sunday evening at 7:30 o'clock.

Christian Church
3rd and Baseline Streets
Elmer Patterson, Minister
A good gain in Bible school attendance was shown last Sunday evening through several of our people were in attendance at the Christian Endeavor convention at Gaston. The pastor has met with many friends of former years in his visitations which have been pleasant indeed.

Christian Science Society
Services are held every Sunday at 11 a. m. Wednesday evening services at 8 o'clock; Sunday school at 9:45 a. m. Pupils up to the age of 20 years are welcomed. Sunday's subject, "Everlasting Punishment."

Congregational Church
Henry S. Haller, Pastor
October 30 (Sunday before All Saints' Day): Church school, in all departments, 9:45 a. m. Pastor's Bible class, 10 o'clock. Chief service at the close of the service, with sermon on "For All the Saints." There will be no evening service of worship; instead an open house will be held, beginning with a discussion hour at 7 o'clock. All young people of high school age or over are especially invited.

November 1 (All Saints' Day): The church will be open throughout the day for private meditation and prayer, in memorial of those who have passed to the larger life.

November 2: Open forum meeting, 8 p. m., in charge of the Young Democratic League. Mrs. Louise Palmer Webber of Portland will speak on "The Democratic Platform" at the L. A. Whittle home Sunday.

Mrs. Lottie Hathorn Anderson and son of Vancouver and Mrs. W. N. Hathorn of Hillsboro were Sunday visitors at the home of Mrs. E. C. Mulloy.

Many tons of rock were dislodged at the quarry here Monday evening by a blast in which nine boxes of powder were used. This quarry was opened up about 20 years ago by starting on the floor of the creek. The pit now has a face of solid rock 28 feet high and about 100 feet wide, 600 feet from the starting point. The county court was out recently and purchased two and one-half acres more land for quarry purposes.

returning Timber Friday evening, returning Saturday afternoon.

Mrs. L. R. Cypher and daughter Margaret spent several days in Portland last week, visiting with friends and attending the stock show.

Roy Fair of Newport visited Sunday at the home of Orin Fair.

Rev. Claude Sobin of Forest Grove will preach at the church of Christ Sunday at 4 o'clock.

June Ann Troutman and Richard Deal were absent from school Friday on account of illness.

The Parent-Teacher association will meet at the school house Thursday afternoon, November 3, at 2:30.

At the card party given by the Pythian Sisters Wednesday evening, October 19, Mrs. William Jones and Andy Christner had high score and Mrs. Andy Christner and Patrick Davis were second. The next card party will be held Wednesday evening, November 2, with Mrs. Henry Cypher and Mrs. Loel Hollenbeck as hostesses.

Mrs. Ruth Moyer organized 4-H cooking and canning clubs at the school house Friday afternoon. Officers of the cooking club are Bernice Moyer, president; Phyllis Christner, vice-president; Betty Will, secretary, and Mary Fenimore, treasurer. In the canning club, Naomi Fair, president; Francis Millet, vice-president; Margaret Cypher, secretary, and Lavelle Jackson, treasurer.

John Hundley of Portland is running the pool hall this week while his brother Dick is on a hunting trip near Gales Creek.

Mr. and Mrs. George Stevens of Portland were dinner guests Sunday of Mr. and Mrs. W. E. Mayes and Mrs. M. R. Finck and sons Donald and Lester visited with Mrs. Finck's mother, Mrs. Marian Cypher, Sunday.

Mr. and Mrs. Mike Zahl spent Sunday in Portland visiting friends. Mr. and Mrs. Harold Cutting of Tigard spent Saturday night and Sunday at the home of Mrs. Cutting's parents, Mr. and Mrs. Fred Brown.

Mr. and Mrs. J. H. Davis and son Patrick and Miss Mildred Meek spent Sunday with Mr. and Mrs. Joseph Riefenroth at Patton valley.

HOMER C. ATWELL
Homer Charles Atwell, 71, Forest Grove postmaster for eight years and for six years director of Portland's carwig campaign, died in Forest Grove Monday.

Mr. Atwell, who had lived in Forest Grove for 41 years, taught Greek, Latin and German at Pacific university, and was a member of the state board of horticulture for 12 years. He was born in Cambridge, Vt., July 29, 1861, and was married to Cora R. Russell September 5, 1889, at Glenwood, Ia. The couple came to Oregon in 1900.

The Pythian Sisters will have their annual roll-call and homecoming meeting the third Friday evening in November.

Miss Eugenia Cypher and Mrs. P. R. Chambers and children Dorothy and Duane drove down

survived by a daughter, Mrs. A. R. Kanaga of San Francisco, and a son, L. Hartwig of Oakland, Cal.

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HELP WANTED

Oregon citizens are on the brink of ruin, facing the bitter prospect of losing properties by tax confiscation.

With a high-powered taxing machine, designed for more than the traffic will stand, the tax boosters have speeded along, without effective control. They are now on the edge of the ditch.

Talk of tax strikes is heard, but far more serious is the utter inability of property owners to pay their taxes.

Many governmental units, by reason of tax delinquencies are on the verge of bankruptcy.

Fortunately, the opportunity is at hand for clear thinking citizens to take control and direct a safer course.

Two constructive measures now on the ballot will insure efficient driving of the tax machine and a slower gait.

These measures embody the improved Oregon Plan of tax and debt supervision and control—the best plan ever presented in any state.

They will secure very substantial reductions in the property tax load and thereby promote better government.

They will definitely separate tax levying from tax spending powers.

They will provide effective limitations and control of taxes and indebtedness, but positively will not disturb the existing 6% limitation nor lift the lid of any debt restriction now fixed by constitutional provision.

They will preserve the true substance of home rule in taxation, distinguished from the empty form of that great principle as it has been perverted by tax boosters to their own selfish purposes.

Voters, the appeal is to you to help yourselves and your fellow citizens, to save Oregon property owners from impending ruin and your governments from fiscal chaos by voting:

Tax and Debt Control Constitutional Amendment 318 X Yes
Tax Supervising and Conservation Bill 320 X Yes

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Mrs. Mae West of St. Louis, Mo., writes: "I'm only 28 years old and weighed 170 lbs. until taking one box of your Kruschen Salts just 4 weeks ago. I now weigh 150 lbs. I also have more energy and furthermore, I've never had a hungry moment."

Fat folks should take one-half teaspoonful of Kruschen Salts in a glass of hot water in the morning before breakfast—it's the SAFE, harmless way to reduce as tens of thousands of men and women know.

For your health's sake ask for and get Kruschen at the Delta Drug store or any drug store—the cost for a bottle that lasts 4 weeks is but a trifle and if after the first bottle you are not joyfully satisfied with results—money back—Adv.

SPECIAL OCTOBER CLEARANCE TRADE-IN SALE on Firestone Non-Skid Tires

FISCAL year closes October 31, and we are offering unusual bargains during the month of October.

October and November are the dangerous months of the year for driving. Trade in your thin, worn tires for Firestone non-skid tires, used by race drivers because they are the safest tires in the world.

Glen Schultz recently set a new world's record for the Pikes Peak climb, where hairpin turns were made at high speeds and where a skid or tire failure meant death.

All world's records on road and track, for safety, speed, mileage and endurance are held by Firestone Gum-Dipped Non-Skid tires.

Come in today and exchange your smooth, thin, worn tires for the safest and best tires you can buy.

They cost you no more—besides, in this October Clearance Sale we will give you a liberal allowance on your old tires in exchange for these safe non-skid Firestone tires.

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4.75-20	5.38	10.40
5.00-19	5.55	10.90
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5.00-21	5.80	11.30
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5.25-21	6.95	13.34

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