

### Planning Dinner Menus Problem Of Food Balance

Is this the thinking process you go through as you plan a menu for dinner?

Soup? It's appetizing and not too filling.

Meat? Yes. No animal protein for the grown-ups so far today.

Potatoes? Yes.

Other vegetables? Broccoli, turnips, beets, or carrots? Make it broccoli and carrots—not enough vitamin A so far.

Salad? Lettuce with cottage cheese and pineapple—more carotene and more calcium.

Dessert? Cottage pudding? No, calcium is still low. Make it pumpkin pie and a cup of coffee with cream.

Now, let's see—we had grapefruit this morning, tomato juice, this noon, and broccoli, carrots, butter, and salad tonight to provide sufficient vitamins C and A. The meat, bread, and cottage cheese, and the peanut-butter sandwiches, the calcium will be a little low, but pumpkin pie has helped and there was skim milk in the bread. The children have had milk for breakfast and lunch, so their calcium intake is well taken care of.

The B factor? We had only white bread, but there were meat, peanut, butter, cheese, and vegetables to help out.

There is plenty of iron; and by the time the family fills up on bread and butter there will be enough calories.

Most of us do not go through such an analysis as this. The chances are that we leave the planning of meals to someone else. Even the housewife may use ready-prepared menus. What training did the person who planned the meals have? If a pattern was followed, was the pattern good? Upon the housewife, dietician, cook, or steward is often thrown the responsibility for inducing us to eat foods that are needed even though we may not like them. They are the ones who should be trained in the general facts of nutrition. We look to them to plan meals that we can enjoy with the assurance that they are adequate as well as appetizing.

While menus and meal plans are useful in attaining a good diet, they often do not provide sufficient evidence by which to judge adequacy. Often diets appear inadequate when judged by the menus but are shown to be adequate by analyses of the quantities of foods consumed. Conversely, a similar analysis of interesting menus may show an insufficient intake of important foods, especially vegetables.

#### Return from Trip—

Mr. and Mrs. Fred Sewell returned last week from a visit with Mr. and Mrs. Olson (Bessie Schomburg) at Nysa, Mrs. F. Schomburg and Mr. and Mrs. Charles Schomburg at Nampa, Idaho. They also visited their relatives, Mr. and Mrs. Joe Marshall, at Twin Falls, and made a trip to San Valley.

#### Attend Anniversary—

Mr. and Mrs. Otto Schneider and son Elard of Rosedale and Mr. and Mrs. Herb Schneider and daughter Shirley of Hillsboro attended the 26th wedding anniversary of Mr. and Mrs. A. Schneider of Dallas Sunday.

#### Idahoans Visit—

Mr. and Mrs. Ed Foster of Pocatello, Idaho, left Wednesday after a three-day visit with Mr. and Mrs. J. T. Foster, brother and sister-in-law of Ed Foster.

#### Attends Reunion—

Mrs. C. H. Nessler attended a family reunion of the Cole family Sunday on the Molalla river near Canby.

**Dorcas Club Entertained—**  
Mrs. L. B. Stark entertained the Dorcas club Thursday night, June 6. Mrs. S. W. Melhuish and Mrs. Guy Paine were assisting hostesses.

Harry Wajahn returned Sunday to Monmouth, where he is attending Normal school for the summer.

Andrew Biely and family of Ord, Neb., arrived in Gaston last week and may make their home in this county.

Mr. and Mrs. Charles Brevick and Mr. and Mrs. G. J. Harms spent Sunday at Seaside.

### TOO LATE TO CLASSIFY ADS

Classified Page Deadline . . . . . Tuesday Night  
"Too Late to Classify" Deadline . . . . . 1 p. m. Wednesday

**WANT EXPERIENCED GIRL** for general housework—Mrs. Fred Rood, Hillsboro, Phone 2322. 12

**ANN ARBOR COLUMBIA HAY PRESS**, \$300.—J. T. (Jack) Foster, Hillsboro. 12

**KELVINATOR REFRIGERATOR**, good running order, \$30.—374 E. Baseline. 12

**USED MACHINERY**  
3 used mowers  
1 4-inch irrigation pump  
1 6-foot late model John Deere combine on rubber  
1 8-foot International Harvester 1 ensilage cutter (very good condition)  
4 10-20 tractors, 2 on rubber  
1 Sandhich hay press  
1 John Deere binder

**WASHINGTON COUNTY FARMER'S UNION OIL CO.** Hillsboro

**MARRIED MAN** wanted for general farm work and milking—Julius Christensen, Hillsboro Rt. 5, Phone Scholls 1825. 12

**14 LAYING HENS** FOR SALE. 85c apiece. Also toy Collie to give to country home.—Mrs. Helen Gaines, 143 East Jackson street. 12p

**150 RHODE ISLAND RED** pullets For Sale.—Fred Gordon, Rt. 4, Hillsboro, 1/2 miles west on highway. 12

**17-YEAR-OLD** girl wishes steady position doing housework.—Phone 2742. 12p

**FRYERS FOR SALE**—H. E. Baker, Hillsboro, Rt. 5, 1 mile southeast Grabel school house. 12p

**4 ACRES OF HORSE OR COW HAY** for sale \$20.—Phone 24P4. J. F. Gibson, route 3, Hillsboro. 12p

**MAN WITH POWER MOWER** wanted to cut 4 acres hay.—Don Cummings near Verboort, Rt. 2, Forest Grove. 12p

**FOR SALE MODEL A Ford** coach, good condition.—First house south of Hank's market, Cornelius.—Oleva Berger. 12

### WILLKIE RIDES BOOM



Wendell L. Willkie

**WITH Willkie** for President Clubs mushrooming from coast to coast, it begins to look as though Wendell Willkie may be the next Republican candidate for President. Here are statistics about him:

Height: 6 feet, 2 inches.  
Born: Elwood, Indiana, February 18, 1892.

Graduated Indiana University, 1913; Law School 1916.

Taught history at Coffeyville High School, Coffeyville, Kansas.

Enlisted in the army the day the U. S. declared war; served in the 325th Field Artillery; in France for 19 months.

Married Edith Willk of Rushville, Indiana, January 14, 1918.

Was offered a chance to run for Congress, but instead he moved to Akron, Ohio, in 1919; became a member of a law firm; fought Ku Klux Klan; twice Commander of Summit Post No. 19, American Legion.

Invited to New York as counsel of Commonwealth and Southern; became its president in 1933.

Converted Commonwealth's loss to a profit; now has lowest cost and highest average use of electricity of any private utility operator.

Mr. Willkie is a dynamo. He writes fluently, is a student of American history, a book-reviewer of distinction. His ambition has been to achieve independence. He talks back to Wall Street as well as to the New Deal. When the TVA invaded Commonwealth's Tennessee property he carried his case to the people, forced the New Deal to buy it at a fair price. In spite of pressure from his friends, from all parts of the country, he has refused to become a candidate for President of the United States. He has raised no funds and will not permit a campaign. But he has publicly stated that if the nomination were offered to him he would accept it.

Sunday guests of Mr. and Mrs. John Laurs were Mr. and Mrs. Al Krenz of Aberdeen, Wash., Mr. and Mrs. Charles Laurs of Portland, and Mr. and Mrs. Carl Hale and Mr. and Mrs. Edgar Laurs of Willamette.

Mr. and Mrs. G. C. Broadbent of Bellingham, Wash., will arrive Saturday for a week-end visit with Mrs. Broadbent's brother-in-law and sister, Mr. and Mrs. W. L. Henry, Mr. and Mrs. Broadbent are en route to San Jose, Cal., where he will attend summer school.

Misses June Gifford, Dorothy Pizer, Beverly Hedinger and Kenneth George, Jack Petrovich, and Robert George spent the week-end at Rockaway.

Marriage license was granted at Vancouver last week to Harry G. Hall of Vernonia and Marie Manning of Hillsboro.

Mr. and Mrs. L. C. Kramien and Mr. and Mrs. O. C. Halvorson returned Sunday evening from a several days trip to Victoria, B. C.

Mr. and Mrs. A. L. Jansen were week-end guests of Mr. and Mrs. Hugh Whistler at their cottage at Cannon Beach.

Dillon Sanders of Cloverdale spent several days last week with Wilson Taylor and attended the Rose Festival.

Fifth grade Audubon club will meet Friday morning at 10 with Lolita Kovaly, 905 E. Oak street.

Mr. and Mrs. J. W. Holt and Mrs. Bird Williams and son Conn spent Sunday at Cannon Beach.

### Whoozinit

(Not necessarily news)  
A. W. James talking about his years . . . Don Hammer losing his beetle . . . Pat McCoy and Margaret Havens walking home . . . Jack Ruslow described by Henry Nelson as doing a noble job in driving Hillsboro float . . . Dick Wiley explaining about the purity of Hillsboro's "new-found" water . . . Fred Sewell getting ready to go to war.

Al Hoffman and Clyde Yount engaged in the president's radio message . . . J. W. Barney commenting on same . . . "I'm beginning to have more respect for the old boy" . . . Don Woodman bringing his "family of five" with him . . . Harry Wajahn sailing on the Columbia . . . Yelma Abendroth: "I'm a candidate."

Karl Wildman: "Tell him not to worry about his wife if he goes to war" . . . Harold Haaland gathering moss . . . Guy Tasker rising very early to get a picture of Hillsboro's float . . . James Poynter explaining school financial problems . . . Bill Christensen representing Hillsboro in labor negotiations at Portland . . . Jack Searey watering the lawn in his pajamas . . . Mrs. Pete Schukat receiving an offer for life-time contract for making strawberry jam to the tune of a portable radio . . . Kenneth Cruse hiccoughing . . . Mr. and Mrs. Leon Davis lost in Portland.

Mr. Sewell verifying Charles Wells' story about falling 18 feet from a pole about 15 years ago after he had accidentally cut his safety strap . . . Bill Martin putting tags on golf bags . . . Tom Courtwright helping his mother win a prize in the Columbia Empire contest by not bothering her . . . Wilbur Heinrich talking about a good tractor buy . . . Otto Voges looking for the hard-to-find Orange Phelps . . . Frank J. Petrzika doing his good deed for the Red Cross.

Mr. and Mrs. Jake Dannen of Corvallis were guests Wednesday of Mr. and Mrs. L. E. Wilkes, coming down to attend the wedding of Miss Margaret Johnson and Mr. Edwin Welsh.

Mr. Clarence DeFrees with her daughter Mrs. Richard Hatrick and son David, visited Marylhurst college Sunday with Mrs. DeFrees' other daughter, Sister Mary Gilbert.

Fred G. Schmeer of Portland spent Sunday at the home of Frank G. Mitchell.

**OREGON PARENTS STUDY CHILDREN AND HOME LIFE**  
How can we deal with George's and Jim's endless quarreling and teasing? How can I make mother-in-law stop interfering in my discipline of the children? When should Barbara choose the boy she wants to marry? Does she shop more intelligently for a new dress than for a husband?

These and scores of similar questions pertinent to almost every home are being studied systematically throughout the state these days, and their solution is not left to the trial and error method of experimenting on one's children.

At the present time the extension service in parent education is working with 103 enrolled study and discussion groups of parents who meet regularly to study family relationships and parent education.

Last year a total of 775 meetings for parents were held, which drew an attendance of 16,000 men and women. In addition, there were special meetings for youth groups attended by 1335.

In these groups more understanding is gained of parent behavior, as well as insight into the children's behavior. Tolerance, insight, skill, and a better appreciation of the democratic approach to meeting family problems are fostered in these parent education groups, says Mrs. Buena M. Maris, state specialist in this work.

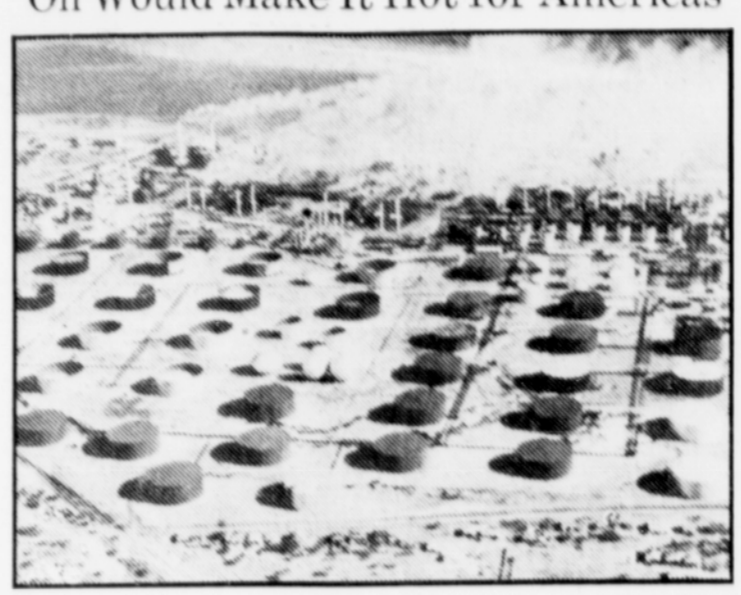
The groups do not depend upon getting all their information and guidance from the specialist, however, or from books, although both are helpful. Much of the value in the discussion method is in a group of experienced parents, says Mrs. Maris. At these parent education discussions nobody presumes to offer an answer book for all the problems which arise. Instead the parents exchange suggestions about methods which might work with particular problems and then each is free to tackle his or her own problem and solve it in an intelligent fashion, if possible.

Parents who study their child and attempt to create fine family relationships, and help their children intelligently rather than just sentimentally, are doing a better job and, what's more, they are getting more satisfaction and fun out of life, says Mrs. Maris.

I hate, despise  
The big black flies  
That light upon my blotter.  
I steal my slay  
Upon a fly—  
I miss him with my swatter.

No business firm should send out a letter without its being on a printed letterhead and in a printed envelope. It lends dignity to the business and gives it good advertising.

### Oil Would Make It Hot for Americas



Like the huge oil stores in Holland which the retreating Dutch burned ahead of the Nazis, these great oil stores in Curacao, Dutch West Indies, might make it hot for the Americas. The islands are entirely within the American neutrality belt, are defended by allied troops.

**THE HOME COMING**  
We've been waiting for your coming, Soldier boys so brave and true! And today we give you homage, For we feel 'tis justly due To the boys who left their homeland, Faced the sea to somber shores; Who you faced the cruel conflict, Mid the cannons' awful roar.

You who had long nights of vigil Watching lest the foe surprise, And it must have been a struggle Fighting sleep from weary eyes, Then no doubt your mind would wander Back to home and loved ones dear, But you stood erect and ready As you brushed away a tear.

Ready to defend your country, For the sake of home and right! You were eager for the conflict, If the foe should come in sight, It was hard to drill and practice, When the war was at its height, Just to help make matters right.

And the laddies who enlisted, They were eager for the conflict, If they'd only had the chance, It was hard to drill and practice, When the war was at its height, Just to help make matters right.

To you all we would give homage, Glad your sacrifice, brave laddies, Was not given all in vain, For today our own dear nation Stands ahead of all the rest, And you helped to make it safer, In this war you may be best.

But, brave laddies, there's a battle That is raging every day, And we need you in this conflict, Surely you will not say nay, For this army you're the best, Young and old, deaf, dumb and blind, No one need to feel so sadly, No one need be left behind.

For the Captain in this army, You all who will obey, You can join at any moment, You can join this very day, You can join, brave laddies, won't you? Help to put down sin and wrong, The you're tired, worn and weary, In this war you may be best.

For this Captain He will strengthen All His army day by day, If you join Him for guidance He will lead you all the way, He will lead you in the conflict, Till some day you're mustered out, In this army you're the best, By the safest, shortest road.

Written in honor of the returned soldiers of Manning, Oregon, 1919, by Mrs. John Brown.

### Hospital News

**James Hospital—**  
Helen Straumfelder, route 1 Hillsboro, received treatment for leg injuries June 5.  
Lester Mooberry, Cornelius, underwent major surgery June 5.  
Ted Rollins, Hillsboro, received first aid treatment June 5.  
Mrs. Lillian Kain, Clatskanie, was given first aid June 6.  
Herman Greener, Hillsboro, is receiving treatment for injuries sustained in a sawmill accident June 6.  
Mrs. G. R. Chapman, Hillsboro, is a medical patient, admitted June 7.

Mrs. Frank Peters of Hillsboro is receiving treatment for a broken right arm, admitted June 10.  
Mrs. W. P. Gardner of Beaverton underwent minor surgery June 9.  
Mrs. Harold Erickson of Cornelius underwent a tonsillectomy June 10.

John Cox, Hillsboro, underwent a tonsillectomy June 11.  
Charles Smith of Hillsboro received treatment for an injured right knee June 11.  
H. J. Livengood of Aloha is receiving medical care, admitted June 11.

Mrs. Lewis Olson of route 1 Cornelius underwent major surgery June 12.

**Marriage Licenses—**  
Theodore Richard Stook, Forest Grove, and Martha Jean Linnett, Portland.  
Marcel Albert Devlaeminck, Gaston, and Marina Willmina Kempen, Forest Grove route 2.  
Edwin Joseph Welsh, Portland, and Margaret Carolyn Johnson, Hillsboro.  
John William West Jr., Hillsboro, and Alice Angela Gilbert, Portland.

**Births—**  
Quick—To Mr. and Mrs. Elmer Quick, route 4, Hillsboro, June 12, a boy.  
Phillips—To Mr. and Mrs. Jay Phillips, June 10, a girl.

**Divorces Filed—**  
Lottis-James Russell vs. Aubrea Ellen Wood—Luella F. vs. Fred L.

**Divorces Granted**  
Johnson—Ina B. vs. O. E.

Mr. and Mrs. Bernard (Bun) McCamish of Klamath Falls arrived Tuesday evening for a visit with Mr. McCamish's stepfather and mother, Mr. and Mrs. Thomas McCourt.

Guy L. Hembree returned Tuesday to his home in Myrtle Point after a week-end visit here with his brother-in-law and sisters, Mr. and Mrs. George T. McGrath, and Mrs. John Waterman of San Diego, who is a guest at the McGrath home. Monday, Mrs. G. McGrath and her guests spent the day in Oregon City with friends.  
Miss Grace McCormick left Sunday to attend a two-week summer session at Oregon Normal school at Monmouth.  
Mr. and Mrs. Charles Lard of Milwaukie were Sunday guests of Mr. and Mrs. L. A. Long. The visitors are former Hillsboro residents.

Complete Line  
Top Quality  
**HARDWARE**  
Goodman's Hardware  
123 S. 2nd Ave., Hillsboro  
Phone 72

**We Accept Your Challenge**  
To "Refit" Your Dentures (False Teeth) and Make Them Comfortable  
**"REFIT with REFIT"**  
FORGET GUMMY POWDERS, PASTES and SUBSTITUTES  
REFIT HARDENS almost like the plate itself and can be cleaned by simple brushing.  
EASY TO APPLY!  
ENJOY YOUR DENTURES' ACTUAL BENEFIT!  
If unable to obtain at your local Drug Store, enclose \$1.00 and mail this advertisement to:  
**Satisfaction Guaranteed**  
UNDERWOOD-SPRAGUE CORPORATION  
512 N. W. 12th Ave.  
Portland, Oregon

Drink to Your Health with  
**FIR GROVE**  
Grade A Raw or Pasteurized MILK  
We pasteurize our own Grade A Raw Milk.  
**FIR GROVE DAIRY**  
Grade A Milk and Cream Phone Hillsboro 3171

**NEWMAN'S NU-WAY GROCERY**  
Six Reasons Why You Should Shop at the Nu-Way  
1 Owner controlled there- by better supervision. 3 Money spent here remains in your community. 5 No high salary supervisors to increase overhead. 2 Less waste. The greater number of stores the greater increase in waste. 4 Free Delivery and Phone Service at no extra cost. 6 Home owned, home controlled, 1000 other reasons to trade here.

FRIDAY AND SATURDAY SPECIALS

**PINEAPPLE JUICE** DOLE'S 46-oz. can 23c  
**ORANGE & GRAPEFRUIT JUICE** Dr. Phillips, 46-oz. can 19c  
INSTANT AID, Virginia Dare, 6 bottles 29c  
A delicious drink.  
P.W.D. MILK, fine for baking 2-lb. pkg. 29c  
COFFEE, Newman's Finest, Per lb. 24c  
Why pay 5 and 6c more for inferior coffee.

**TOMATO JUICE** PREFERRED STOCK, 46-oz. can 19c  
**GRAPEFRUIT JUICE** PREFERRED STOCK, 46-oz. can 17c

**SARDINES**, Sea Pride, tall can 3 cans 25c  
White stock lasts.  
**PEAS**, Cosmos, No. 2 can 2 cans 25c  
**CORN**, Cosmos, No. 2 can 2 cans 25c

**CORN**, Fountain, cream style Per can 10c  
**CERTO**, buy 2 bot. and get 1 free. All for 45c  
**SURE-JELL** All for 25c  
Buy 2 pkgs. and get 1 free.

**ORANGES** California Juicers, Each 1c | **TOMATOES** Red, 2 lbs. 15c  
Home Owned—Home Operated FREE DELIVERY Telephone 771  
WE RESERVE THE RIGHT TO LIMIT QUANTITIES.

**Special SAVINGS**  
**COLD LUNCH MEATS**  
HILLSBORO MEAT CO. offers you one of the widest selections of COLD LUNCH MEATS in Hillsboro. Tasty and delicious . . . a kind to suit every taste . . . finest quality and reasonable in price . . . our lunch meats are ideal for a hot weather lunch or supper. Try some today!

**BACON SQUARES** 7 1/2c  
**Pure Lard** 6c  
**Summer Saus.** Salami 18 1/2c

**Wieners** Lb. 15c  
**Head Cheese** Lb. 15c  
**Pigs Feet** 2 lbs. 15c  
**Shortening** 4 lbs. 32c  
**Fresh Liver** Lb. 10c  
**PICNICS** Lb. 13 1/2c

**Hillsboro MEAT Company**  
"The Best MEAT For Less"

**BAKERY SPECIALS**  
Friday and Saturday  
**GLAZED Do-Nuts**  
Only 25c Dozen  
**BARBARA JEAN BAKERY**  
"The Little Bakery Around the Corner from Main on Second Avenue."

**FATHER'S DAY, June 16th**  
Serve Him His Favorite Dish with QUALITY FOODS Selected from Our Wide Selection of Merchandise  
Special Prices for Friday, Saturday and Monday, June 14, 15 and 17

**COFFEE** Golden West 1-lb. tin 25c (2-lb. tin 49c)  
**SUGAR** Spreckles 10-lb. cloth bag 52c (100-lb. sack \$5.04)  
**BUTTER** Piggly Wiggly Grade A Lb. 30c Price subject to market change.  
**CHEESE** Armour's Brick or American 2-lb. loaf 45c

**CORN KIX** 2 pkgs. 21c  
**WHEAT HEARTS** Sperry's 28-oz. pkg. 22c

**Fisher's FLOURS** 49-lb. sack \$1.65 (10-lb. sack 41c)  
**PANCAKE FLOUR** 10-lb. sack 45c (2-lb. sack 15c)  
**BISKIT MIX** 2 1/2-lb. Pkg. 25c

**FLOUR SALE** Piggly Wiggly 49-lb. sack \$1.39  
King of the Kitchen. 49-lb. sack \$1.33

**TUNA FISH** Wave King Oregon Product 2 No. 1/2 tins 25c  
**WESSON OIL** Quart Tins 39c (1/2-gallon 73c)  
**PEANUT BUTTER** Air Flight 2-lb. jar 22c  
**COFFEE** Aura, vacuum pack Close out 1-lb. tin 10c

**PRODUCE FEATURES FOR FRIDAY and SATURDAY**  
**STRING BEANS** 3 lbs. 14c Local fresh and tender.  
**CARROTS** or BEETS 3 bunches 10c Local.  
**NEW SPUDS** Shafter White. 8 lbs. 19c  
**GRAPEFRUIT** 3 for 10c Arizona, 80 size.  
**ORANGES** Sunkist Mediuum size. 2 dozen 29c

**Ed's Master Mkt.** Saturday Only  
**SHORTENING** 4 lbs. 35c  
**PURE LARD—Fresh** 3 lbs. 20c  
**BACON, fancy.** Lb. 17c  
**HAMS, 1/2 or whole.** Skinned. Lb. 18c

Free Delivery 4 Times Daily Quantity Limited Hillsboro—Phone 4141