

Beet, Turnip Greens High In Food Values

Serve your family vitamins through the best green and turnip greens that are tender in your garden now, urges Mrs. Cecilia VanWinkle, war emergency assistant. Greens furnish a good supply of vitamins and minerals which are important for good buoyant health. Vitamin A and C and iron also niacin, riboflavin and calcium. Good eyesight, healthy tissues, and good blood are dependent on these food essentials.

Research has found that there is more food value in the tons of the beet and turnip than in the vegetable itself. However, you need not sacrifice either. The vegetable may be cooked and served with the tops. Many families like the baby beets, especially well, in combination with the beet greens. This combination also will add variety to your supply of canned goods. A few canned jars will afford good eating when the prime garden season is past.

If the family garden is really serving as a victory garden this year, not a single vitamin will go to waste. Make a point of using the greens in salads as a part of the crisp raw vegetables. Cut greens up at the last minute to prevent loss of vitamins from association with the air. Serving the greens raw will save more of the vitamin C which is so necessary for healthy gums and skin.

Careful washing of greens is a time consuming job, but the excellent food value which they give makes it worth the effort. It is best to wash the greens by lifting them from one pan of water to the next. The soil from the leaves settles to the bottom of the pan wash until the water is clear.

The national and state nutrition standard calls for each person to have at least one serving of green leafy vegetables daily. Beet and turnip greens will help to meet this requirement with economy and high food value.



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FLIGHT OFFICER—Thomas B. Stanton of Hillsboro, who has completed his flying and military course in the air transport command.

Tom Stanton Now ATC Flight Officer

DEMING ARMY AIR FIELD, Deming, N. M.—Thomas B. Stanton of Hillsboro, has completed his flying and military course at the last minute to prevent loss of vitamins from association with the air. Serving the greens raw will save more of the vitamin C which is so necessary for healthy gums and skin.

At Deming army air field, which is also atop-ranking bombardier school, he underwent courses in navigation, instrument flying and two-engine pilot transition to rigid military training. He attended the Hillsboro union high school.

Here are suggestions for using beet and turnip greens:

Wash and cook them in a minimum amount of water quickly until just tender. Season with butter, salt, and sugar. Serve the greens with a medium white sauce. The addition of hard cooked eggs will give more food value and make the dish more colorful. Prepare just before serving and prepare just the amount your family will eat and relish—greens are not as warm over.

Use the greens in any of your favorite vegetable salads. If it's a new idea, serve a little at first until the family becomes used to the idea.

Survey of Meat Markets Planned

Pricing and posting survey of all meat stores in the Hillsboro area was started Monday by price panel assistants of the local price and rationing board, according to Chairman Harold Meyer. The survey, first to be devoted solely to meats, will cover ceiling and selling prices of rationed and non-rationed meat cuts as well as a check on proper OPA posting requirements.

"This is another step in our program to bring about better retail consumer compliance," Meyer explained in pointing out that workers would explain regulations to butchers and help to correct any misunderstanding. They also will tell retailers how and where to obtain information on wholesale ceiling prices.

"Most of our meat dealers have demonstrated their interest in the successful operation of this price control measure," Meyer said. "However, a few are still not complying with regulations simply because they don't understand exactly what they should do. By helping them, our survey will also aid the many retailers who are complying."

The local meat check is part of a nation-wide compliance program conducted by the majority of OPA's 5500 local boards.

Nuisance Ordinance Proposed for City

(Continued on page 8)

by ordinance in violation of the ordinance concerning the manner and materials of construction.

17. Obstruction and excavations affecting the ordinary use by the public of streets, alleys, sidewalks or public grounds except under such conditions as are provided by ordinance.

18. Any of property abutting on public street or sidewalk or any use of a public street or sidewalk which causes large crowds to gather, obstructing traffic and free use of streets or sidewalks.

19. Allowing of rain water, ice or snow to fall from any building or structure upon any street or sidewalk or to flow across any sidewalk.

20. Use of foul, profane or indecent language or commission of any obscene or indecent act upon a public street or highway.

Penalty as provided under the ordinance is a fine of not less than \$5 nor more than \$100 and costs, or by imprisonment for not less than five days nor more than 30 days, or both such fine and imprisonment.

Resurfacing Planned

Recommendation of City Manager J. W. Barker for resurfacing of E. Main, 8th to 10th N. 10th Main to Cornell, Cornell road to city limits, Washington street N. Range to 3rd was approved by the council and bids called for 5 p. m. Wednesday, July 19.

Inability to secure a suitable supervisor resulted in action by the council to postpone the trial recreational program until next year. Councilmen voted to start it with the end of school in 1945 and carry it on through the summer. The action has the approval of the committee representing the sponsoring women's groups.

An ordinance levying a tax of \$35,471.12 was also approved. Other action included approval of sale of three lots in Garden tracts to Tualatin Valley Co-op for \$600 and for sale of property on 2nd between Oak and Walnut to Julius J. Hunker for \$175.

Former Cornelius Resident Passes

Funeral services for Mrs. Kathryn Elizabeth Headrick, 50, who died in Portland June 27, were held at the Chapel of the Peninsula Funeral home in Portland Thursday at 2 p. m. Interment was at the Fir Lawn cemetery in Hillsboro. She formerly resided in Cornelius.

Mrs. Headrick is survived by her husband, Warren, and her children, Emy Lou, James, Dorothy, Marjorie, Robert, Nancy, Charles and John Headrick, all of Portland.

Local Buildings Get Beautification Job

Three local buildings are in the process of "beautification" this week. The Commercial National bank is receiving a fresh coat of paint as is the Hill theatre and the Mosbeck Electric and Furniture store.

Whoozinit

(Not necessarily news)

Mrs. H. L. Hatchard receiving a lovely gift on her wedding anniversary. Hillsboro boys being a "Lost Battalion" of pea vipers Sunday. Dr. Pemberton attending a pot-luck dinner.

A welcome sign being misunderstood. The Kerkman girls and others getting a ride in a jeep. Herb Mackenzie and Jack Searcy going ahead in spite of being late.

Mrs. J. Vanderschueren buying bonds with 150 silver dollars. Herb Mackenzie helping Jimmy Falkenberg burst a balloon. Merle Selfridge with the biggest bond check.

Friends doing a great job fixing editor's lawn. Fred Sewell explaining how to tell the Fourth of July all-horse parade judges from the entrants. Erma Pasley playing "Mother Time" on a bicycle.

Attend Ceremonies Of U. S. S. Catskill

COOPER MOUNTAIN—Mr. and Mrs. A. T. Cavaness, accompanied by Mr. and Mrs. A. Wooten, attended the commissioning of the U. S. S. Catskill, an amphibious transport-ship, at the Willamette river and Steel City in Portland last Saturday morning.

Mrs. Cavaness, who is a sailor, will be stationed with the rest of his company on the ship. Bill and another sailor, Mr. Case of Missouri, spent last Wednesday night with his mother here.

Mr. and Mrs. G. Wold, Mr. and Mrs. Floyd Price and Mrs. L. Davis, visited Mrs. Wilbur Crocker at the Emanuel hospital where she has been confined for the last three weeks. Mrs. Crocker is slowly improving.

Mrs. Howard Clark is here from San Pedro, Cal., visiting Mr. and Mrs. Peter Wickstead.

Arthur Wickstead and family recently moved into their new home on Huber avenue.

Mrs. Gladys M. Hiner of Hillsboro received the pre-war davenport and chair set donated by Pfc. Carl Seiberts, proprietor of the Beaverton Furniture store and now with a combat unit of the army.

He made the donation to help raise money for training the war and get back to his business. Mrs. Hiner has a son and a daughter in the armed services.

Welch of valuable merchandise for the auction on the Fourth of July and for the Hillsboro bond premiere show tonight (Thursday) was donated by local merchants.

The navy blimp from the Tillamook base arrived over Hillsboro at 3:30 p. m. and hovered over Shute park until a little after 4:30 p. m.

Bond sales during the auction were handled by the Hillsboro war bond committee and by a group of Business and professional Women's club members.

Finishes AAF Class

Pvt. George Meeker of Forest Grove has graduated from the department of fire control of the army air force training command at Lowry Field, Denver, Col. Fire control deals with the operation and maintenance of power turbines, bombsights, and automatic bombsights, and automatic bombsights.

In addition, students are taught the principles of disassembly of the equipment. Practical work supplements classroom study at Lowry Field.

Pvt. Meeker is the son of Mr. and Mrs. Glen Meeker of Hillsboro. He entered the service February 19, 1944, at Portland.

Lucius A. Gates

Funeral services for Lucius A. Gates of route 1, Tigard, were conducted Sunday afternoon at Young Funeral home at Tigard. He died June 26.

Mr. Gates is survived by his widow, Mrs. Alice Gates of Tigard; two daughters, Mrs. Harriet Wiedmann and Lucia Ann Gates of Tigard; and two sons, Ray and Keith with the U. S. marine corps.

Ray Miller Advanced To Rank of Corporal

Raymond Miller, one of the four sons of Mrs. Frank Olson of Hillsboro who are in the marine corps, has been advanced to corporal, according to word received here from the South Pacific. His mother recently received his Purple Heart award for injuries received at Tarawa.

Sgt. Martin Ryan, son of Mr. and Mrs. John Ryan of Hillsboro, reported seeing Emerson Miller somewhere in Hawaii following the Tarawa engagement.

Dehydrated Foods Giesler's Task

AN AIR SERVICE COMMAND DETACHMENT "Somewhere in England" Transforming dehydrated foods into their original palate appeal calls for scientific knowledge and culinary skill. Pfc. Kwito Giesler, husband of Mrs. Mary L. Giesler of Hillsboro, will tell you.

Now stationed at the air service command depot in England which recently cracked the ETO record for speed of modifications to combat planes, Pfc. Giesler is one of the cooks who has the solids coming back for "seconds" all the time.

Not only is he making dehydrated foods into tempting dishes, but he's also inventing new recipes that have won him mess hall the reputation of the "best on the base."

Before entering the army, Pfc. Giesler was employed by the Kaiser Shipbuilding company, Portland, as a duplicator.

Big Bond Rally Here Brings in \$100,000

(Continued from page 1)

Coad Invaders band; the Portland army air base band; the Barnes school triple trio. A Mexican duo also sang, accompanying themselves on the guitar.

Johnny Carpenter of radio station KOIN was master of ceremonies and teamed with H. A. Kunkin in auctioning off the merchandise items, songs and stunts War bond talks were given by Wilbur Carl metropolitan.

Committee and who was responsible for program arrangements, and Heine Delhoff, state chairman of the A. F. of L. war bond committee. Carl topped off the bond pep talk by auctioning off Delhoff's necktie for \$5,000 in war bonds, and making him give it to the buyer.

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Shell Oil Invests In War Bonds Here

Fifth war loan purchases of Shell Oil Co., Inc. in Washington county amounted to \$37,000, according to John Kowalski, local manager. This is part of the \$3,000,000 subscription made on the Pacific coast by the company June 26, he said.

Li. Lee E. Ross Wins Silver Bars

Li. Lee E. Ross of Hillsboro has been advanced to the rank of first lieutenant, according to word received by his parents, Mr. and Mrs. Elmer Ross of route 3, Hillsboro. The officer, better known to his friends as "Sam," is pilot on a troop carrier plane and carried paratroopers in the invasion of the French coast.

He wrote his parents that his unit has a softball team and play games with townsmen near their station in England. The English people think the Americans are really good sports because they play cricket with them, a game entirely new to most Americans. The English enjoy the Americans' good natured ribbing of the umpire, something which isn't done in England.

Galaway Rites Held

Funeral services for David Sylvester Galaway of Portland, former Banks resident, who died July 1 in Portland, were held at the St. John's funeral home Thursday afternoon. Mr. Galaway was 80 years old, and is survived by a daughter, Mrs. Edith McCartney, Zillah, Wash., and two sons, Charles V. of Albany, Cal., and Joseph L. of Portland.

Too Late to Classify

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

HEAVY horse, extra good, horse-drawn McCormack mower, good shape, young milk goats to butcher, cheap meat—B. A. Felt, 4 miles south of Hillsboro on Newberg highway, Phone 513. 15p

2 SACKS pre-war binder twine for sale—Fred Grabhorn, 3 miles south of Redview. 15p

\$2000 to loan at 6 per cent—Bert Huntington, Bank Annex. 15p

WANTED—Man or boy for lawn work—Inquire at Argus. 15p

NELSON Refrigerator Service. I service all makes and motors—615 E. Walnut St. Phone 1914 before 8 a. m., after 6 p. m. 15p

7 DOGS, 3 with litters, 3 bred to come in August 1st, 33 fries, a 12-foot hutch, all for \$125—John Smith, Rt. 3, Box 1051, Beaverton, on Tobias Ave., North. 15p

YEARLING Guernsey bull for sale—L. C. Stone, mile from court house on North Plains road. 15p

LOST—Tan colored billfold on cedar grounds—William Huff, 914 south 8th Ave. 15p

14-MONTHS old Guernsey heifer for sale—also 30 4-months old Rhode Island pullets—Adam Bella, 2 miles north of B. W. Barnes school. 15p

ELDERLY couple want light work as caretaker or helper of light work. Woman can cook or care for children or invalids. Man's work must be light. Prefer apartment living quarters. Are trustworthy, do not drink—Roy Galligan, c/o Frank Pease, Rt. 4, Box 100, Hillsboro. 4-mile south of Gravel school. 15p

PASTURE for 6 heifers for rent—Mrs. John Knodel, Rt. 1, Box 84, Cornelius. 2 miles west North Plains. 15p

BALED hay for sale in field, all varieties—John Knodel, 2 miles west North Plains. 15p

CANNING jars wanted; also some coffee jars—H. Pinkney, 102 Buckeye St., Forest Grove. 15p

TOMATO PLANTS for sale, Red Cherry, in flat, 36 each, individual, 10c; fruit grows in clusters about size of a grape. Call evenings—142 S. 6th Ave., Hillsboro. 15p

WANTED—Maid, good wages, pleasant place to work. Do not phone—Hotel Washington, Hillsboro. 15p

FAMILY cow for sale, Jersey, fresh 2 months, \$80—F. H. Jossey, near West Union. Telephone Hillsboro 20F11. 15p

FIRST fall showing of Maisette dresses will be on display at the Rose room, Multnomah hotel, 10 a. m. to 9 p. m., Wednesday, July 19. 15p

You are invited to see this grand display—Vesta Rutherford. 15-16

2 BEDROOMS to rent—Mrs. D. S. Rutherford, 240 N. 5th Ave. Phone 381. 15-17

COCKER Spaniel dog to give to anyone with good home—L. C. Stone, mile from court house on North Plains road. 15p

Fir Grove Bossy's MOODs:



ANGRY

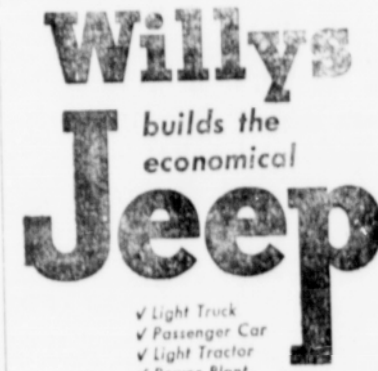
Because some people don't realize the value of drinking plenty of

FIR GROVE GRADE A Raw and Pasteurized MILK

to keep up energy for the outdoor activities of summer. She thinks they should know that milk is truly a refreshing warm weather drink.

Insist on Fir Grove Milk at Your Grocers

FIR GROVE DAIRY
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builds the economical

Jeep

✓ Light Truck
✓ Passenger Car
✓ Light Tractor
✓ Power Plant

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Come in early to get your bus ticket. Planning ahead will insure an enjoyable bus trip to San Francisco... or any other place in the United States or Canada. Come in today!

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Phone 1211

RATION DATES

NU-WAY

Week-End Specials:

NU-WAY

SYRUP

STALEY'S. GOLDEN. 1/2-gallon

47c

WAFFLE SYRUP

1/2-gallon 53c

COLA SYRUP Large Bottle 30c

MALT SYRUP

Blue Ribbon Large can 63c

JAM PURE, All Varieties, 8-lb. jar 2.49

ORANGE MARMALADE

Quart jar 39c

OLIVES

RIPE, Extra Large, Large can 28c

PICKLES Harvest, Quart jar 39c

STUFFED OLIVES

10-oz. Jar 85c

JUICE TOMATO, S & W, Gallon can 53c

TOMATO JUICE

GLORIETTA, 46-oz. can 27c

OYSTERS

COVE, Large can 41c

FLOUR KITCHEN QUEEN, 49-lb. sack 2.19

LOBSTER

Fancy, Large can 59c

COFFEE Newman's Finest, Per lb. 29c

MINCED CLAMS

7-oz. can 62c

NEWMAN'S NU-WAY GROCERY

Home Owned—Home Operated We Reserve the Right to Limit Quantities Phone 771

COME ON Washington County We're Counting on YOU

... just as desperately as YOU are

Counting on US!

Buy ANOTHER Bond today

Washington County MUST Meet It's Quota by Saturday!

Hillsboro MEAT Company "The Best For Less"

THE OLD JUDGE SAYS...



"The men overseas don't mind any words about the war; they want to find this country when they come marching home... do they, Judge?"

"They certainly don't, Herb...and they shouldn't. They're doing a masterful job fighting over there to protect our rights and they have good license to expect us to protect theirs back here at home. One thing they're mighty clear on is their stand on prohibition."

"Their position on that subject was stated very emphatically in a poll taken recently

among American service men in England by the British Institute of Public Opinion. When hundreds of men were asked point blank how they would vote on