

Cedar Mill Boy Scout Cabin Plans Drawn Up

By Mrs. A. R. Pearson
CEDAR MILL—Community club met Wednesday evening at Grange hall with a large attendance. A committee has been appointed to arrange a dance in the near future.

A report on the progress of the collection of funds for the Boy Scout cabin was favorable, with approximately \$300 collected thus far. Plans for the cabin are being drawn up. Lights will soon be wired to the site to permit night work and very soon volunteers help will be enlisted to peel logs and prepare them for construction.

With much interest in the project, plans should move rapidly to completion.

Following the business meeting an interesting picture and cartoon were shown by the Weyerhaeuser Lumber company, giving instructive procedures as carried out in their plants.

The four native Samoan stewards who are here awaiting an assignment with the army, entertained with native songs, which were "Somos, Coo-tai," "Love Song of the Islands," and "Hawaiian War Chant." One of the boys gave an interesting and graceful presentation of a native dance, accompanied by the music of the trio.

A sale of articles left over from the recent carnival was held. Refreshments were served.

Carnival Stated

A carnival will be held at the

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Cedar Mill school Friday (tomorrow) night at 8 o'clock. Food, fun and fancy work will be featured. Paper drive has been concluded with the fifth and sixth grade room collecting the most to date in their half day session from school last Friday. Tying for second place were the third-fourth and seventh-eighth room afternoon recess.

School Carnival Stated

A carnival at Barnes school has been planned for December 14. Co-workers for the event will be members of the Barnes P-T-A and the extension unit.

Mrs. Ellen Johnson of this community has been chosen chairman for the sewing classes being held each Thursday morning at Heaverton.

Mr. and Mrs. W. J. Pollette were surprised Tuesday evening when Mr. Pollette's brother, Elmer of Arlee, Mont., came for a visit. The brothers had not seen each other for more than 18 years.

Charles Hunt of Cleveland, Ohio, was a visitor Friday evening at the James Walters and Arthur Pearson home.

Mr. and Mrs. L. W. Hempy spent the weekend at Medford visiting relatives and attending the wedding of their niece.

The P.K.E. is arranging large wires along Cornell road to permit delivery of power in larger volume.

Mr. and Mrs. Hal Platt spent several days last week in Seattle attending to business.

A visitor at the home of Mr. and Mrs. Melvin Long is Mrs. Long's mother, Mrs. Etta Niemela of Gledendale, Wash.

Mr. and Mrs. Claude Cover and Mr. and Mrs. Al French drove to Seattle to attend the Oregon Washington football game Saturday.

Mr. and Mrs. George Cote flew to Seattle Sunday to visit Mrs. Cote's father, who celebrated his 84th birthday anniversary.

Regular Services Stated

Church services are being held every Sunday at 11 a. m. with Don Sherman from Portland preaching. Mr. Sherman is assistant to Rev. Fisher of Portland and will preach here during the illness of Rev. Layton.

Birthdays Honored

Mrs. H. W. Howell entertained a group of friends for luncheon, Robert and Sandra, Friday after school to celebrate their 8th birthday.

Calf Club Meets

4-H Calf club met at the school house Friday after school. Bill Foster was present and gave the boys an interesting talk on his experiences in 4-H club work.



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Chimney Fire at Kinton Sunday Causes Excitement

By Mrs. Gladys Aten
KINTON—The chimney at the home of Mrs. J. J. Vanhook, Grange, last Sunday morning caught fire, quite a lot of excitement in Pleasant Valley. The chimney was lit with coal and the fire spread down the chimney, filling the first floor and basement with smoke. Deaverton fire crew was called to the scene and helped extinguish the chimney.

Correction Made

Your correspondent wishes to make these corrections in the list of orange flowers handed by his publisher last week. James Richards, steward; Lester Snider, assistant steward; and Mrs. Erna Snider, musician.

Have Perfect Attendance

Report cards for the first quarter of the school year were handed out last week with the following pupils having perfect attendance: Reed school started Leonard Neakirk, David Newkirk, Harry James, Virginia Jenkins, James Greenman, Joy Reed, Beverly Hunter, Bobby Howell, Elaine Wright, David Elliott, Leila Reed, Patricia Wright, Sharon Gales, Joe Allen, Dennis Ketter, Nora Ann Newkirk, Robert Hicks and Eugene Whitcher.

Four new pupils entered school last week: Clarence, Edward, Elizabeth Johnson, Helen Johnson. Their parents have moved to the Wilson place which they purchased several months ago.

Y-Teens Attend Fellowship Meeting

Twelve Y-teen girls from Hillsboro attended the World Fellowship meeting of the YWCA Wednesday 12 members from all Y-teen clubs in this district were present. Following the luncheon was an interesting meeting. Then there was a two-hour program which was open to the public. Exhibits from European and Oriental countries were featured.

Young Moves to Oregon City Firm

Adrian Young, who was formerly associated with Griffin & Meeker Hillsboro real estate and insurance firm, has taken over operation of a real estate and insurance office in Oregon City. He succeeds Earl Sorenson who has moved to Seattle.

Warning Given As to Anemia

At a time when families are making plans for huge Thanksgiving dinners, it may seem out of place to warn against anemia and poor nutrition. But a meal of six courses is no guarantee of a healthy diet in this country, where food is relatively plentiful. The question of nutrition is usually one of the kind of food eaten and whether or not it can be absorbed by the body, rather than the quantity of food.

Anemia is a condition in which the blood is deficient in quality or quantity. There are several kinds of anemia. Most people have heard of pernicious anemia, a chronic disease which is dangerous and frequently fatal. It occurs chiefly in middle life and is caused by inability of the body to absorb iron and vitamin B12. However, some forms of anemia are common among children, too.

Anemia among children is often caused by the absence from the diet of the iron, protein and vitamins the body needs to build good red blood. All these materials can be obtained in the well balanced normal diet. Such a diet also prevents other nutritional diseases and keeps the body in good operating condition.

Parents should always know what their children are eating. If schools provide hot lunches, children should take full advantage of them. If children do not have a hot lunch, particular care should be taken to make up the lack by careful meal planning in the home. Especially good sources of iron are red meat, liver, kidneys, heart, egg yolk, green leafy vegetables, whole grain cereals and breads, molasses and dried apricots and raisins. Add milk and other fruits and vegetables, and the diet will contain all the necessary materials to

maintain good health and prevent anemia.

The onset of anemia is usually slow and insidious. It may begin with general weakness, pallor and digestive disturbances are typical symptoms. The nails may become brittle and the hair dry. If the anemia is caused by iron deficiency, good diet and supplementary iron and vitamins as prescribed by the doctor will usually clear it up quickly. Pernicious anemia is more serious, requiring special treatment throughout the patient's life.

Any person who shows signs of anemia should consult a doctor, for not all cases are simple diet deficiencies. Only a physician can diagnose the type of anemia and prescribe special foods and medicines as needed.

In the next article, TD and the response will be discussed. — This column is sponsored in the interest of better health, by Washington County Public Health Association, 214 S. F. Morgan, executive secretary.

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HILHI NEWS

Girls Pay The Check This Week

The Hilhi girls of the 1946-47 season are paying the check this week. The girls are: Betty, Jean, and Mary. They are all members of the Hilhi club.

Future Farmers Hold Their Annual Banquet

Hillsboro chapter of F.F.A. held its annual banquet last night in the school cafeteria. In addition to the F.F.A. boys and their parents, representatives of several other chapters and the Hillsboro faculty were present.

The purpose of the banquet is to acquaint the parents with the chapter, its members and activities. The banquet is a social affair and the parents of the individual members of the chapter were reported on.

President Merwin Johnson was the toastmaster and Don Taylor of Grange Hill was the main speaker. Speeches were given by Tom Allen, Roy Miller and Henry Shelton.

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