

Homemaking...

Include Foods That Contain Vitamin C in the Daily Fare

By ALICE DENHOFF

IT'S a wise woman who sees to it that the menu for her family hit the high C's. Human life can't exist without vitamin C, science says; it is necessary to the growth of every living cell. How good it is that the vital C is found in foods that taste so good, the wonderful extras that gleams golden and yellow in our markets, and the rosy tomato! Besides the C vitamin in which they are so rich, citrus contains valuable citrates, calcium, phosphorus, fruit sugars, and, of course, great alkalizing properties.

Besides the orange juice, and the grapefruit, see to it that additional C finds its way into the menu to help ward off Spring colds. Slice ripe bananas into orange juice for an afternoon snack for a convalescent or for the youngsters. Use orange juice to thin down peanut butter.

First Course

For a fine salad that will yield a nice first course, relish or salad for 6, toss 2 c. grapefruit sections, 1 c. tomato, 1 c. shredded celery and 1/2 c. French dressing together lightly. Serve on beds of crisp watercress.

Make a production out of sweet potatoes this way: Serves 4 medium

sweet potatoes; cover with boiling salted water, and boil 25 min., or so, until tender. Peel, mash. Add 2 tsp. butter, 1/2 tsp. salt, 1/4 c. cubed orange sections and juice; whip fluffy. Add 1/4 c. chopped Brazil nuts. Fill in shallow casserole. Bake in very hot oven (450 F.) 15 min. Serves 4.

Another Version

For another version of this dish, cook 4 medium-size sweet potatoes, then cut in lengthwise slices. Combine one c. honey, 2 tsp. cornstarch, 1/2 c. water and 1/2 tsp. salt. Cook, stirring constantly, until thickened. Arrange alternate layers of sweet potatoes, orange slices and chopped nuts in greased casserole, using 2 c. orange slices and 1/2 c. nuts in all. Pour honey mixture and 1/4 c. orange juice into casserole. Bake at 375 F. for 20 min. Serves 6.

If the leek yields 1 1/2 c. cooked lamb, dice it and prepare a good salad for luncheon or supper. Mix together one c. cooked, diced potatoes, 1/4 c. chopped pickle, 2 c. grapefruit sections, the lamb and 1/2 c. mayonnaise, quarter 4 tomatoes and arrange with salad greens on a platter, heaping salad in center. Serve well chilled. Enough for 6 servings.

Attractive All-Day Dress



Casual silk print.

By VERA WINSTON

PURE SILK PRINTED in a rosy pink and navy blue is the motif for a charming dress on the casual side. It is a delightful choice for all-day wear. A Peter Pan collar is one of the details of the simple bodice cut on classic lines and ornamented with jeweled stud buttons. The slim skirt is relieved by pannier folds at the hips.

President Urges Valley Authority

President Truman last week called on congress to create a Columbia Valley administration to help develop and conserve the vast natural resources of the Pacific Northwest.

The president asked for the transfer to such a government corporation of all the federal government activities relating to the construction and operation of facilities on the Columbia river and its tributaries for the conservation and use of water, including the generation and transmission of power.

He told congress that far more power is involved in the Columbia development. He mentioned flood control, irrigation, navigation, fishery and other features.

The bill to create a Columbia Valley administration in the Pacific Northwest was introduced Thursday by Representative Hugh Mitchell and Henry M. Jackson, democrats, Washington. It would establish the administration as a federal corporation with headquarters in the Northwest. Three directors drawing salaries of \$17,000 a year, two of whom would have to be bona fide residents of the Pacific Northwest, would head the administration.

Top Rating Goes To Beaverton PO

BEAVERTON—The Beaverton post office has been confirmed in its first class status, according to Donald L. Jenkins, acting postmaster. Volume of business during 1948 produced the rating.

Plans to establish a mounted route for parts of routes 1 and 3 also has been confirmed, Jenkins said. Hereafter, patrons affected will be re-

X-Ray Unit Scheduled at Cherry Grove; Club to Elect Officers

By Mrs. G. W. Kurtz

CHERRY GROVE—Local folks are urged to take advantage of the free chest X-ray provided by the mobile unit which will be in operation from 12 to 5 Friday, April 29. Mrs. Kurtz said the unit is scheduled to stop at schools in the Gaston vicinity last Thursday.

Cherry Grove Home Economics unit will host Mrs. Kurtz's X-ray service at her home Thursday, April 28. Officers will be elected. Project Leader, Mrs. Fred Koennecke, and Mrs. Harold Hoffert will present the topic "Preparing Cooked Foods for Freezing." Owners of home freezers and those who rent space will be interested in the topic. All homemakers are invited. Lunch will be served at noon.

Refreshments will be served in the order of the day Friday in local schools. Cherry Grove primary school and their teacher, Mrs. Carol Entenmann, will entertain the children with an egg hunt for the little ones and a visit from the Easter Bunny, who left candy eggs in the wee baskets all around the school grounds. Mrs. Entenmann enjoyed an egg hunt as did Mrs. Orange's room.

Seith school entertained the preschool children at an egg hunt. Then the school children enjoyed their own hunt. A lunch was served by the mother-teacher guests, presented by Mrs. Louis Hering and Mrs. Bessie Hootenry. Mr. and Mrs. Ray Cannon and Terry Lee, Mrs. Harold Reynolds, and Mrs. M. J. Meurer.

Mr. and Mrs. Bert Kinney and sons, Douglas and Marc were house guests of Mr. and Mrs. Morris from Monday through Tuesday.

Honored at Show

Mrs. Roy Hedner, a recent bride, was honored guest at a kitchen show given last evening at Mrs. Harold Seifert's home. A large number of friends gathered to present Mrs. Hedner with gifts for her new home.

Plans Arranged For Homecoming McKinley School

By Mrs. Clara B. Meurer

MCKINLEY—The McKinley Community Club met April 12 at the home of Mrs. Jack Wynn. Plans were continued for the big alumni homecoming at McKinley school. The date was set for Sunday, June 5 with luncheon to be served at 1 p. m. This will celebrate the 60th anniversary of the school. The following committees will serve to insure the success of the affair. Mrs. Jack Wynn is chairman of the committee, assisted by Mrs. H. E. Scruggs and Mrs. Henry Fransen. Mrs. A. J. Neelings, program chairman. Mrs. Richard Scruggs, chairman, serving committee, assisted by Younger alumnae members and Mrs. R. E. Kingsbury. Mrs. Arthur Gould, chairman, kitchen and food committee, assisted by Mrs. A. Berger, Mrs. Jerry Brandt, Mrs. W. A. Seofield and Mrs. J. B. Lenz. Mrs. Gordon Addison, and Mrs. Carl Larson, secretary. Mrs. P. Meurer, publicity. Next meeting of the club will be May 19 at the school house when reports of the various committees will be given and plans made for cleaning the school kitchen.

Most Cavities Said Preventable

Eighty-five per cent of all tooth cavities could probably be prevented by proper diet, Dr. H. J. Noyes, dean of the University of Oregon Dental School, Portland, told Hillsboro Lions at their last Wednesday noon luncheon. Possibilities of the entire population following such an ideal diet is impossible, Dr. Noyes agreed.

He said the first objective of the school program is to properly train practitioners. Next objective is to provide post-graduate instruction. Finally, it is to develop a research program designed to broaden the frontiers of knowledge about dentistry.

Art Says - - -

That the recent earthquake caused such a commotion and discussion and a great fright passed I could not say. Several amusing incidents that I know is authentic, and will try and give a brief account of them.

One man said that he had a Rhode Island hen that never laid only an egg every other day, but this quake shook three out of her in 30 seconds. Two pairs of mine were taking their beverage in a local tavern and just as they raised their glasses they started to shimmy and one poured his glass in his pals ear and the other being a southpaw did likewise by pouring his down the back of another's head. They both went home soaked but never had a drink. Joe Meier said he suffered one way by the shakeup but gained another. He said when he shook all the milk from one of his best cows, but it churned 3 pounds of could you get butter? Y. E. THIT butter from under. I said, "how could you get the butter?" He said, "O I had an udder operation the first one didn't take anyway. Eddie Meier and Ben Berger were shaking dice in Helvetia and Ed had the dice out in the palm of his hand when the quake came. It shook the dice out on the counter and believe me when they quit jumping about they came up six aces. They looked at each other and wondering where the extra

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dew came from and would have got into an argument but the store man said it must have shook off the roof above them. One little boy was crying and I asked him the cause and he said the shock shook all his marbles out of his pocket and thereby he lost his shoelace. But the best that happened was when I was standing on Walnut opposite the David Hill school or what's left of the old structure. A car came by and stopped and the man got out and came over to me and said, "I used to live here a few years ago and my kid, went to this club. I wanted to see it once more, but I guess I got here a few minutes to late. Gosh, that quake raised heck with it, but what I can't see is how the dickens it tore the roof off so clean and caved in all the windows and still left the frames intact. Yes, I said and no names to anyone. Well so long. —A.J.M.

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Wyns Returned Home Last Week

Jack Wynn has returned to work on the floating dredge, Cairo, owned by Morrison and Knutson. This is the largest floating dredge in the world and was brought by its owners from the Atlantic coast to the Pacific during the war via the Horn because it is too large to pass through the Panama Canal. The dredge is now being prepared for removal of the oil flats on the Pacific coast of Mexico.

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Mrs. Henry Stanton was surprised one day last week by the arrival of Mrs. Stanton's brother and family from California just following Mr. Stanton's departure for California.

Sylvia Kleppe is constructing a new chicken house on his property.

William Parker entered Jones hospital, Hillsboro, April 14, for surgical treatment. He will return home this week.

Mr. and Mrs. J. D. Smith have wrecked the large barn on the Lyle

Helpful Hints

From Modern Interiors

If you inadvertently sit on some chewing gum, don't despair. Soak the "stuck up" area in ordinary cleaning fluid (the kind you buy in a bottle or can at the grocery store—not gasoline). The gum evidently doesn't like the smell so presently it relaxes its grip and you can scrape it off.

We are offering very attractive prices on rugs and carpeting. You had better take advantage of them.

This won't dry your tears (the onion peeling kind) but it's a sure way to rid your hands of the onion odor. Just wet your hands and rub them with ordinary salt. Rinse and dry. See?

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Smith property. They will use the lumber for construction of a building on their acreage which adjoins the Sam Smith property.

Mr. and Mrs. E. G. Bjorklund were here from Astoria during the week. He has been working in his filbert orchard.

Mr. and Mrs. Frank Rafnoff of Foster were callers in the community last week. They are interested in their filbert orchard. They have arranged to have their trees cared for by contract.

Mr. and Mrs. J. A. Wiseman spent Easter Sunday at Salem, guests of Mrs. Maude Eckman.

Cancer Funds Aid in Course

The Oregon division, American Cancer society, will support a five-day cancer post-graduate course for doctors again this year as a part of the University of Oregon medical school's post-graduate series. Mrs. H. H. Stannard, chairman of Washington's first cancer campaign committee, has been advised.

The society will pay the tuition of 100 doctors recommended by the various medical societies of the state and will provide honorariums for the various guest lecturers from throughout the state and the nation, it was said.

Dr. Frank G. Queen, professor of oncology at the medical school, said this year's list of guest lecturers is expected to include several internationally known specialists in the various fields of cancer.

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family spent last Sunday at Depoe Bay.

Mr. and Mrs. Charles Elliott of Lacenter, Wash., with their son and his family, Mr. and Mrs. Earl Elliott, visited Mr. and Mrs. Charles Duncanson of Witch Hazel Easter Sunday.

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School Workshop Slated at Hilhi

A preschool workshop has been scheduled for recently teachers at Hillsboro high school August 29-September 2, according to Austin Seaford, county school superintendent. The program is expected to attract some 450 county teachers. Seaford said.

Plans are being made by a committee under the chairmanship of L. W. Marshall of Forest Grove.

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