

Faulty Eating Said Cause Of Most of Many Ills

Most of our ills are traceable to faulty eating, Paul O. Sampson, food lecturer, told Hillsboro Lions at their Wednesday noon luncheon. He said "sugar is our biggest enemy, pointing out that this country had a national sugar consumption per capita of 123 pounds.

"One-third of the food we eat keeps us, and two-thirds of the food we eat keeps the doctors and druggists," he quipped.

At the end of his lecture, Mr. Sampson said, "I've got nothing against doctors, but I don't want them at my bedside." He pointed out that many of his best friends are doctors.

He spoke against "demoralized and devitalized foods." He said cancer and refined foods are believed by many experts to be related, saying the two largest food consuming nations, United States and Britain, have the worst cancer problem.

Mr. Sampson said good food will do much toward resisting disease, concluding that "you can't get it from refined foods."

He said that as a result of following his eating program he now feels much better at 73 years of age than he did at 25. His grand-father died at the age of 105 and Mr. Sampson said he expected to live to be at least 150.

Diabetes is on the increase in the United States and "it is a food problem—a digestive problem," Mr. Sampson said. More than 13,000 children in the United States under 15 years of age have it.

At the start of his talk, the lecturer said 42 per cent of the boys eligible for draft at the start of the war were found to be unfit for duty. Figures by a group of doctors revealed that 85 per cent of our ills are traceable to faulty eating.

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ALF O. JOHNSON of Hillsboro (third from left) was elected vice-president of Oregon Savings & Loan association at the annual meeting in Portland recently. Shown above from left—Leslie L. Peyton of Portland, second vice-president; Arthur Bates of Salem, president; Alf O. Johnson; L. V. W. Hammond of Baker, past president; O. H. Bengtson, Medford nominee for director of United States Savings and Loan league; and Bert M. Keith, The Dalles, executive committee of Oregon association.—(Photo courtesy of Oregon Journal)

Aluminum Drive Staged by Cubs

Last year's license plates still have a future. Cub Scouts of packs 321 and 311 are conducting an aluminum drive during the next two weeks and request outdated auto tags and other old aluminum from Hillsboro residents.

Containers for the scrap metal will be placed in local garages and service stations this week-end by cub fathers and committeemen. Cubs will make a house to house canvass next week.

As with last year's drive, the funds raised from sale of the aluminum will be divided evenly between the two packs. The money is used to carry on the cub program.

Scout Court of Honor Set Tomorrow Night

Hillsboro Boy Scout district will hold a court of honor tonight (Thursday) at 8 in the county courtroom. It was announced by Clarence Winjum, district chairman.

Read and Use
Argus Classified Ads

Dr. Horne Moves To New Office

Dr. J. V. Horne, Hillsboro optometrist, recently moved to the modern two-story building on Lincoln street, next to the city library.

The structure, once located at the site of the Masonic Home, was the home of the late Dr. S. T. Linklater. The contractor who moved the building to Lincoln street years ago, Frank Hewitt, was the same person who moved the building closer to the sidewalk for Dr. Horne this year.

The old building, formerly L-shaped, was almost entirely wrecked, the doctor said. Only the outside walls and floors were used for the present offices and apartments. Walls are completely insulated and soundproofed. The front contains glass brick and conventional brick.

Dr. Horne, the owner, occupies one of two offices. The other office and the two apartments upstairs are nearing completion.

Dr. Horne has been practicing in Hillsboro for the past 11 years, and had his office on East Main street for ten years before moving.

Courthouse Trees Minus Dead Limbs

Maple trees surrounding Washington county courthouse have been getting a haircut during the past two weeks.

"Due to their age, they have to be pruned occasionally," said County Judge H. D. Kerkman. "Some of the branches extended half way across Second avenue and could have caused considerable damage to automobiles had they fallen, besides endangering people on the sidewalk."

Piles of limbs, some almost a foot in diameter, line two of the streets of the courthouse square. Main and Second. Maple trees on the other streets were pruned two years ago.

Some of the trees, ranging from 70 to 80 years of age, are becoming rotten. One was cut down last week. Similar work is being done to maples on the Pacific university campus that were planted at about the same time.

Midway

By Mrs. J. A. O'Dell

Leon Davis will be guest speaker at Tualatin Valley Men's club meeting, Thursday (tonight) at 8 o'clock in Ehlers hall. Members of the club will be given their parts in a play to be presented soon.

The home of Mr. and Mrs. Hank Ruhlman was the setting for a party Saturday evening when their daughter, Janet, celebrated her 15th birthday. A number of friends dropped in to surprise her. The



"Really, I don't know him well enough to break our engagement."

Cooper Mt.

Mr. Gowdy has been working in his raspberries and otherwise improving his place. He has a new barn for his two saddle horses and the colt "Patches" is fast growing into a beautiful filly with a merry personality all her own.

Fritz Gindhart has been blasting stumps with Mr. Howard, and both of them have picked oak.

Mrs. Susie Reusser is now convalescing in a rest home adjacent to Portland Sanatorium. Many friends may remember her better as Mrs. Griffith of Baney road.

Church Program Set at Cornelius

By Mrs. Juanita Dore

CORNELIUS — The Christmas program of the Cornelius Methodist church will be given Thursday evening, December 22 at 8 o'clock. Everyone is welcome.

Mrs. Leonard Melanson, who is ill, is some improved.

Mr. and Mrs. Harry Wadsworth of Alsea, N. D. spent from Wednesday till Tuesday visiting Mr. and Mrs. Leonard Melanson. Mrs. Melanson and Mr. Wadsworth are cousins. The Wadsworths were en route to California where they will spend some time.

Residents of Cornelius are enjoying a beautiful Christmas tree which has been decorated and placed by the city officials.

birthday cake was baked by Mrs. Victor Vanderschuer.

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Classified Page Deadline Tuesday 3 p.m. "Too Late to Classify" Deadline 1 p.m. Wednesday

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CHRISTMAS trees for sale, 25c and up. 326 W. Baseline Hillsboro. 38p

3-RM. FURNISHED apt. for rent. Private bath, \$40 mo.—354 E. Jackson. 38p

COW for sale—Inquire at Lester Crider, Reedville Home addition, Frances Ave. 38-39p

HIGH SCHOOL BOY, 15, wants work for room and board.—Argus Box 433 38

RED FEMALE Cocker Spaniel pup for sale. AKC registered. \$2.50. Phone 2075. 38p

DUROCK weaner pigs, \$10 ea.—Virgil Dittich, 1st house N bridge on Wireless Tower road. 38p

SELLING herd, 15 cows.—Tom Mead, 1/2 mi N of Banks. 38

BANTAMS, young and old, reasonable.—P. R. Mills, 1/2 mi W. Witch Hazel, store, on highway. 38p

NEW ZEALAND doe and buck for sale.—837 S. 8th, Hillsboro. 38p

GAS and wood range for sale, cheap, by Friday.—331 W. Walnut, Hillsboro. 38

LOST—Green purse—Mrs. Delmar Jones. Return to Argus office. 38

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