

# FLASHES OF LIVE NEWS

## KINTON HAPPENINGS

Frank Richards burned his slashing last week at his place on the Pleasant Valley road.

Mrs. Myrtle Thomas of Long Beach, Calif., spent last Thursday and Friday at the home of Mr. and Mrs. W. C. Hall.

Presiding Elder, Chester Paul Gates, of Portland, was a caller last Tuesday at the home of Mr. and Mrs. E. L. Cox.

Mr. and Mrs. Fred Anicker of Gresham, formerly of Kinton, were calling on relatives and friends around town last Sunday.

Mrs. Lilly Blerly and daughter, Mrs. Ethel McCormick and children were transacting business at the county seat, Saturday afternoon.

T. A. Thomas of Portland spent a few days last week at the home of Mr. and Mrs. W. C. Hall. Mr. Thomas was doing some carpenter work at the Hall home.

Miss Beulah Peterson, daughter of Mr. and Mrs. O. H. Peterson, spent a few days last week with her uncle and aunt, Mr. and Mrs. Chris Cook of near Reedville.

Mrs. Mary Fluke-Mooney and son Arthur spent a few days last week with her parents, Mr. and Mrs. Frank C. Fluke. Mrs. Mooney and family reside in Portland.

Misses Grace and Blanche McCormick were the housekeepers at the L. M. Heese home while the Heese family and guests were on a trip to the coast last week.

Mr. and Mrs. A. Hansen who were guests for a week or more at the home of Mr. Hansen's sister, Mrs. H. J. Valentine, returned to their home in Baker, last Tuesday.

Mrs. August H. Dallmann and Mrs. Bertha Harris of Beaverton and Miss Luella Dallmann spent Thursday of last week with Mrs. Dallmann's sister, Mrs. Sam Gerig of near Cornelius.

Mr. and Mrs. Jesse Snider of Scholls, were visitors last Thursday afternoon at the home of Mr. and Mrs. E. L. Cox. Mr. and Mrs. D. P. Newman were callers Saturday afternoon from Clifton.

The following have been recent guests at the home of Mr. and Mrs. W. L. VanHorn, Tile Flat road: Mr. and Mrs. Burdette Moore and children of Sacramento, Calif., and Mr. and Mrs. Lester Miller of Portland.

Mr. and Mrs. Harry Williams, Mr. and Mrs. Shelton Taylor and Mrs. Bobbie of Portland, spent last Friday with Mrs. Louise VanKleek, Pleasant Valley road. Bobbie remained for a longer visit at the VanKleek home.

Mr. and Mrs. H. J. Valentine and Mrs. Hansen, attended a family dinner gathering, last Sunday held at the home of Mrs. Valentine's sister, who lives at Mt. Tabor, it being in honor of Mr. and Mrs. A. Hansen of Baker.

The Misses Helen Schneider and Louise Schneider of Portland were guests the first of last week at the home of Mr. and Mrs. W. C. Hall. Miss Helen Schneider was the primary teacher for the school about three years ago.

Mr. and Mrs. W. L. VanHorn and family, who have been making their home in Portland for the past year or more, are spending the summer here at their former home with Mr. VanHorn's parents, Mr. and Mrs. J. T. VanHorn.

Regular monthly meeting of the Kinton grange will be held at the hall Wednesday evening, July 6th at 8 o'clock. The master, Leland Flint, requests all the officers and members to be present. Luncheon will be served at the close of the meeting.

O. H. Horton of the Waterproof Roofing Co. of Tigard was in town last Monday evening and attended the annual school meeting, giving an estimate of what it will cost to fix the roof of the school building which has been leaking badly for some time.

Freddy and Eulah Boyles, grand children of Mr. and Mrs. J. R. Daniels, arrived from Seattle, Wash., the first of last week, where they have been making their home with their father. They will remain for a visit at the Daniels' home on Pleasant Valley road.

Mrs. Esther Adams, formerly of Sherwood, but who has been spending the past few months with her daughter in California, returned to Oregon the first of last week, and will make her home with her brother and sister, George Hawley and Mrs. Hattie Lawler, Tile Flat road.

Those from the Kinton church and Sunday school attending the home coming held Sunday all day with Mountain Home church were: Mr. and Mrs. Robert Pomeroy and children, S. H. Pomeroy, Mr. and Mrs. Everett Wright and family, Mrs. Herman Metzentine and son, Everett.

"Loyal Scouts" organized boys class of the Sunday school, E. L. Cox leader, spent a very pleasant evening Friday at the home of Mr. and Mrs. Wayne VanKleek, Pleasant Valley road, their son Eugene being a member of the class. At the close of the evening, the host-

ess, Mrs. VanKleek, served ice cream and cake to the boys.

## Aloha-Huber Review

R. Marvin and family were at Cedar Mills Sunday.

Mr. and Mrs. R. Pomeroy moved to Portland, Monday.

Mrs. J. Hayes and daughter spent Sunday at Timber.

Margaret Jacobson spent the week with friends at the beach.

Mr. and Mrs. Matt King spent the week end at the beach.

Ruth Morris of Portland is visiting at the home of J. H. Emery.

Dick and Fuit Bowman, Mr. and Mrs. J. T. York went to Mills City Sunday.

Mr. and Mrs. Sanford Rogers were business visitors in Portland, Saturday.

George Bruce and wife of Bend spent Thursday night at the Joe Bush home.

Mr. and Mrs. Jacobson and Ira Lee spent the week end at Clatsop beach.

Harry Weaver was kept from his duties for a few days last week by illness.

Verne Criswell and family of Portland visited Sunday with Mr. and Mrs. Fuller.

Earle Hollingsworth spent the week end at the beach with Mr. and Mrs. P. Davies.

A number of ladies of Aloha attended the bridge party at the Emmerson home Tuesday.

Mr. and Mrs. Tom Miller and family spent from Thursday until Sunday at Netarts last week.

J. C. Stickney and family, Hottense Cleland and Wilma Tuttle spent Sunday at Blue Lake.

Mr. and Mrs. Harry Brownrigg were dinner guests Saturday at the Ronald Darst home at Capital Hill.

A number of friends gathered at the home of J. Hayes, Saturday evening, the occasion being Mrs. Hayes' birthday.

Mrs. A. L. Danford, and Mr. and Mrs. N. F. Danford of Portland were dinner guests at the Tom Miller home Wednesday.

Mrs. Portras and little granddaughter of Seattle, Wash., are visiting at the home of her sister, Mrs. Rebekah Ellerson.

Mr. and Mrs. Edgar Lusby who moved to Butte, Montana last fall returned here last week and are stopping for the present with Mrs. Lusby's parents, Mr. and Mrs. O. M. Taylor.

Hawley Buck and family drove to Cannon Beach Saturday returning Sunday, S. N. and Jewel Buck who have been staying at the Buck cottage there for a couple of weeks returned with them.

## HITEON NEWS

Mrs. Geo. Anderson and Patty spent Wednesday evening at Struthers.

Mr. and Mrs. Wm. Campbell and family moved to their ranch here, Friday from Husum Wash.

Hansen Bros. started the season's baling this week. Several local boys have employment.

Mrs. Cora Metzentine, Everett, and Donna Gene enjoyed home coming on the mountain Sunday.

Kenneth Peterson is recovering from an appendicitis operation. His many friends here hope he will soon be around again.

Correcting an item in last week's news. The Rebekah club picnic was held at Albert Erickson's at Rippling Waters instead of Frank Erickson's.

Miss Elizabeth Struthers and Miss Vivian Nelson were guests at a birthday dinner given in honor of Miss Blanche Haines of Aloha at her home Monday evening.

Mr. and Mrs. Loren Innes and family returned last week from Gales Creek where he had employment. He expects to leave soon for the harvest fields in eastern Washington.

In spite of the busy hay season, Hiteon club ladies held their annual picnic Wednesday at Jergens park. There were fifteen grownups and a number of children to enjoy the bounteous dinner.

## HUBER

Mr. and Mrs. Jack Mitchoff are renting the Jackman place.

Mr. and Mrs. E. J. Mann of Depoe Bay are Beaverton visitors.

Donald Smith from Portland is spending a few days with Elmer Larson.

# The Cook's Nook

## Serve Substantial Salads to Satisfy

There's sense to a salad! Not only is it what you want to eat when the warm days wither appetites, but it is just what you ought to eat. Convenient, isn't it now?

Of course salad, if it is to be all or a major part of your meal, must be substantial enough to sustain you. Its delicacy and coolness are what make it so inviting, yet it must still deliver the calories necessary for the performance of our daily tasks.

For that reason we have learned to rely on the "fortifiers"—cheese, nutritious dressing, nuts, dried fruits,—for they best satisfy both the taste and the body's demands.

This year the smart eating places have developed a Summer Salad Plate that is bringing cries of delight from an increased patronage. Not only is it a delicious and completely balanced assortment but it is as pretty a layout as you ever saw outside a magazine cover.

## Magazine Cover Salad

First, choose your prettiest plates—if your salad plates are too small, use luncheon plates. In the center of the plate, place a crisp flat lettuce leaf. Then surround this center leaf with five cup-shaped lettuce leaves (be sure they are crisp and cold). On the center leaf, place a mound of cottage cheese, sprinkled with paprika. Then fill the five radiating lettuce "cups" as follows:

Cup No. 1. Cubes of pineapple, fresh if possible.

Cup No. 2. Pasteurized dates stuffed with nutmeats and cut in crosswise slices.

Cup No. 3. Segments of canned grapefruit sprinkled with finely chopped mint.

Cup No. 4. Rounds of small seedless oranges, sprinkled with seedless raisins.

Cup No. 5. Cantaloupe balls or cubes.

Each mound of fruit should be well marinated with French dressing made from the fruit juices, and mayonnaise or a salad dressing passed at the table.

Serve your salad plate with thin, dainty, nut-bread-and-butter sandwiches and a cool drink in a tall glass. Then sit back for the compliments.

## The Simplicity of the Salubrious

(which merely means healthful, but sounds impressive) salad is well-known. In some cases you need only be equipped with combination-suggestions, and can work out the amount of ingredients for yourself. Some of the most popular combinations are listed here.

## Summer Salad Combinations

(Serve on Lettuce)

Crushed pineapple, grated carrots and shredded coconut, with mayonnaise; dates stuffed with cream cheese, and dates stuffed with peanut butter, with mayonnaise; canned grapefruit, oranges, pineapple, and ripe olives stuffed with cream cheese, served with horseradish dressing; sliced celery, canned grapefruit, Brazil nuts and mayonnaise; canned or stewed figs, stuffed with cream cheese and nutmeats, with mayonnaise; chopped dates, raw cabbage and pineapple, mixed with French dressing; canned cranberry sauce, sliced and cubed, sliced celery and cubed chicken, French dressing.

## Chinese Jade Salad

1 pkg. lemon gelatine  
1 cup boiling water  
1 cup grapefruit juice  
2 doz. after dinner mints  
Watercress  
Few drops vegetable coloring  
Sections from 1 No. 2 can grapefruit

1 cup diced cucumber  
1 cup cream or cheese dressing  
Dissolve the quick-setting gelatine in boiling water. Drain juice from a No. 2 can of grapefruit and add it to cooling liquid. Add a few drops of coloring (green is preferable, but color may be used to conform to desired color scheme) and enough after dinner mints to flavor the mixture delicately. Cool.

When jelly is of the consistency of egg white, fold in the grapefruit sections which have been cut in halves with scissors and the diced cucumbers from which seeds have been removed. Pour into one large or several small molds. When firm unmold on salad plates and surround with a wreath of watercress. Serve with sour cream or cream cheese dressing, 6 servings.

## Cannibalistic Muscles

"Glycogen, or blood sugar, is essential for muscular activity. This the system creates most easily, and by preference, from carbohydrates. Carbohydrates falling, the glycogen is even made from the muscle proteins themselves, if necessary, but only at the expense of irritability and what may be called a transition shock period while the reserve carbohydrate in the liver is being lowered to the critical point."

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to suffer the transition shock as well as the general irritability associated with the conversion of the muscle proteins."

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Complicated laboratory devices were employed in work tests requiring close eye-hand coordination—a requirement of major importance in many forms of office work. During two of the four periods into which the total experimental period was divided, the girls were bathed in noise made by a complex noise-making device known as a 3-A Audiometer, the noise being kept at the level of the average office. Fatigue was determined by using a check list of 54 criteria of fatigue.

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# Eat Sweets to Offset Ill Effects of Office Din, Says Colgate Scientist

## Research Shows Noisy Offices Lower Workers' Production, Increase Fatigue

If you feel thoroughly fagged out after a day at the office, although your work calls for only a comparatively slight expenditure of physical energy, the chances are your fatigue is due more to noisy surroundings than to the work itself. Noise increases fatigue and decreases the worker's production. The remedy is to fortify yourself against din by eating plenty of sweets and other energy foods that tend to offset the muscular tension caused by noise.

These statements were made by Dr. Donald A. Laird, Director, Colgate University Psychological Laboratory, in a paper read before the American Association For The Advancement Of Science, at its recent meeting in Syracuse. The paper covered Dr. Laird's findings resulting from research directed toward discovering the effects of noise upon office workers, and a possible means of offsetting any harmful effects. The "noise" research has extended over a period of several years.

## Increased Production

Dr. Laird announced that a diet rich in energy foods—carbohydrates such as sweet foods, spaghetti, noodles, bread, potatoes—in addition to offsetting the ill effects of noisy surroundings, bettered the worker's production regardless of noise. During the days on which quiet was maintained in the experimental rooms, and the subjects were fed a high-carbohydrate diet, production was 15 per cent better than on low-carbohydrate days, under the same quiet conditions.

"From the point of view of the employer's own, selfish interest," Dr. Laird said, "the worker's diet is just as important as modern, improved working environment, where, paradoxically the question of noise is frequently neglected. Our experiments have shown that noise at the average office level increases muscular tension, so that energy demands are stepped up greatly beyond the slight requirements of the actual work. The result is greater fatigue and lessened production."

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