

FLASHES OF LIVE NEWS

KINTON HAPPENINGS

H. J. Valentine planted his certified seed potatoes last week.

The following were Sunday guests at the Pomeroy home on Tile Flat Road.

Everett Metzentine of Hiteon was a guest for the week end at the home of Mrs. Lillie Bierly.

Mr. and Mrs. T. A. Thomas of Portland were Sunday guests at the home of Mr. and Mrs. W. C. Hall.

Miss Grace McCormick spent Sunday and Monday with her friend, Miss Tula Samsel, who lives in Hillsboro.

Kinton was very well represented in Hillsboro during the 4th of July celebration most of them spending the day Monday there.

Those who have cherry trees on their places have been harvesting their crop during the past week. In most cases there is a very good crop.

Mrs. John Steelman and daughter Miss Marie of Portland have been guests during the past two weeks at the home of Mr. and Mrs. Robert Pomeroy.

Stanley Treffren and brother Wayne of Scholls were in town a few days last week helping some of the farmers around town harvest their hay.

"Loyal Scouts" of the Sunday school enjoyed a swim in the Tualatin river, Tuesday evening, E. L. Cox, their leader, and Floyd Bierly, accompanying them.

E. L. Cox and Lawrence W. Crowder of Scholls have been employed during the past week shingling the new barn of Martin Bonfig on Sherwood road near Scholls.

Mr. and Mrs. V. H. Kellogg and two children from Wichita, Kansas, and Mr. and Mrs. Bert Sparks and son from Portland were Sunday guests at the Pomeroy home on Tile Flat Road.

Most of the hay in the fields around here has been housed during the past week, there being a very good crop of the different kinds and all the barns are well filled.

Albert Dallmann is employed in the baling outfit of J. E. Russell of Scholls, and will soon be making the trip through this town, as some of the farmers around town are to have their hay baled.

The following were Sunday guests at the home of Mr. and Mrs. August H. Dallmann: Mr. and Mrs. Chris Enabnit and son of Rockwood, Mr. and Mrs. Oscar Liernan and family of Beaverton.

Mr. and Mrs. George Snider and daughter Eunice Ellen and Miss Mary Cathryn Hall spent the fourth of July holiday at the coast, taking in a number of the favorite resorts. They stayed on their trip Saturday afternoon.

Mr. and Mrs. Tom Hubbersty of Kirkland, Wash., were callers last Friday at the home of Mr. and Mrs. Everett Wright, Cooper mountain. Mr. and Mrs. Hubbersty were on their way to California, where they will make their home.

A school directors meeting was held at the Kinton school house Tuesday evening and the budget prepared for the next school year, and the annual budget meeting will be held at an early date, at which time all tax payers in this district will be asked to be present.

The 4-H corn club held their regular meeting last Wednesday evening at the home of Mrs. Louise VanKleeck, Pleasant Valley road. The club is made up of the following members: Francis and James Holboke, Laurence Davison, William and Eugene VanKleeck, Ivan, Amos and Elmer Bierly, Carl Van Kleeck and Kenneth Koerber. Floyd Bierly is their leader.

Aloha-Huber Review

Wilma Scott is visiting her sister at Camas, Wash.

Mrs. Dickson returned home from the hospital recently.

Mr. and Mrs. Neal have returned home from eastern Oregon.

The Benjamin and Gaunt families spent the week-end at Gales Creek.

Mrs. Porter Hayes spent the Fourth with friends at Forest Grove.

Mr. and Mrs. L. Gilmore and June spent the week end at the beach.

The C. W. Brome family spent a few days vacation at Gales Creek.

Mr. and Mrs. Jacobson and Ira Lee spent the 4th at Grays Harbor, Wash.

Betty Stickney was a guest of her sister at Blue Lake over the week end.

Mr. C. E. Morford and family spent the 4th with his mother at Hillsboro.

Mrs. Lulu Kelley was a visitor at the Joe Bush home Tuesday afternoon.

Mr. and Mrs. John Brickline were dinner guests Sunday of her sister in Portland.

Mr. and Mrs. Sanford Rogers

were dinner guests of Portland friends the Fourth.

Mrs. Alice Wheeler and sister spent the Fourth at Darling's resort on the beach.

H. Emery and family were guests of Mr. and Mrs. J. White of Portland over the Fourth.

C. J. Stickney and wife and Matt King and wife spent the week end at Grants Pass.

Arthur Preston underwent an operation upon his eye Wednesday at Good Samaritan Hospital.

Mrs. Hickenlooper received word Tuesday that her mother, Mrs. Pray at Newberg, was very sick.

Mrs. N. Schrader of Olympia, Wash., visited at the home of Harry Hollingsworth last week.

Mr. and Mrs. Wheeler Beattie are enjoying a week's vacation at Burns, Ore., visiting with relatives.

Mr. and Mrs. Harry Brownrigg and Mrs. Brownrigg's mother, Mrs. Evans, picnicked at Battle Ground, Wash., on the 4th.

Mr. J. Coward of Spokane spent the week-end with his family who are spending the summer with her father, Mr. Nason.

Mr. and Mrs. Joe Bush attended the funeral of Clyde Grutz Wednesday afternoon at the Holman & Lutz Undertaking parlors in Portland.

Porter Hayes attended the funeral of his sister, Mrs. Ogle, at Lakeview recently. Mrs. Ogle died in Portland at the St. Vincent Hospital after an operation.

HITEON NEWS

Little Rowlan Anderson has been quite sick for a week.

The D. J. Nelson family enjoyed several days at the beach.

Mrs. Carl Olson is enjoying a visit from her sister of Oak Grove.

Miss Dorothea Struthers spent the week end with friends at Wanema beach.

Kenneth Peterson is recuperating from his recent illness in the mountains near Roseburg.

L. M. Davies is mail carrier on route three while Mr. Wm. Mc Kell is on his vacation.

Miss Grace Workband and Miss Spring of Corvallis spent the Fourth as guests of the Misses Dorothy and Genevieve Peterson.

Mrs. E. L. Rucker, Mrs. Stanton Tanner and Richard and Mr. Alfred Rucken of Buxton were callers the evening of the Fourth at the Struthers home.

Mr. and Mrs. C. Christensen of Tigard entertained relatives from Ilwaco over the Fourth and Sunday evening other relatives gathered at their home for a picnic supper. Several from here were in attendance.

Hiteon neighbors gathered near Oswego for their usual picnic the Fourth, and though some were uncomfortable after dinner, all survived and report a pleasant time together. A number journeyed to Hillsboro in the evening.

HAZELDALE NEWS

Mrs. Cartwright and grand children of Seattle are visiting Mr. K. E. Young.

Ulie Gassner and family spent the 4th at Molalla and took in the Round-Up there.

Virginia Miller is spending the week with her aunt, Mrs. J. B. Phornton in Portland.

Mr. and Mrs. J. B. Phornton of Portland were dinner guests at the Tom Miller home last Thursday.

Mr. and Mrs. Tom Miller and family were dinner guests Sunday at the home of Mr. and Mrs. N. F. Danford in Portland.

Mr. and Mrs. Fred Stricklano gave a party Sunday in honor of their daughter Eleanor's sixth birthday. Six guests were present. They spent the evening at the Oaks in Portland.

MICKIE SAYS—

IT'S POSSIBLE TO THINK OF ROMEO WITHOUT JULIET, OR CORNED BEEF WITHOUT CABBAGE, BUT I JUST CAN'T IMAGINE THIS TOWN WITHOUT THIS NEWSPAPER.



The Cook's Nook

FOODS OUR CHILDREN NEED

There are certain foods that our children need. There are certain foods that our children like. When these foods are similar, we have cause for rejoicing. When they differ, there is real cause for alarm.

Grown-ups change their diet at the command of the family physician, and in most cases start to cure prevailing ills almost immediately. With children, complications arise. The child who does not like milk, quite often refuses to drink milk. The child who does not care for green vegetables, persists in leaving untouched, those green vegetables that are placed before him. As the child, in many homes, is the real ruler, the country is today filled with mothers and fathers who realize their children are not getting the foods they need, but seem practically powerless to remedy the evil.

Whether we like the idea or not, our children must have certain things in their diet. They must secure carbohydrates. They must have protein foods. They must get fats, minerals, salts and vitamins.

And they must have a certain amount of roughage if they are to be free from constipation and its kindred ills. Constipation is serious enough in an adult, but the constipated child is prone to develop into the adult who suffers with chronic constipation—if the child develops into an adult at all.

The roughage of vegetables usually suffices to keep constipation away—provided one eats liberal quantities of vegetables. Where this is not done, and the woman who serves the meals does not know what to supply to take the place of this vegetable roughage, trouble is in the offing.

Liberal quantities of fruits and whole cereals will furnish this roughage. The fortunate children of farmers with immense orchards may nibble apples, peaches and other fruits, day after day, and secure the roughage they refuse to take from spinach and lettuce. Other children spend secure enough fruit to answer the purpose and their parents must look elsewhere for roughage.

Fortunately, most children like their morning dish of cereal, particularly where it is served with fruit. But those who even refuse their cereal will not refuse a pudding. Dessert to children is the same as a box of candy to a sweet girl graduate or a new set of matched irons to a golfer.

Here, then, are two suggestions for puddings that will supply roughage. Both are filled with foods that children need, and if the rice flakes used are those that have a "vegetable effect," roughage has been accounted for also:

Date Fluff
3 eggs
1 cup rice flakes, crushed
1 cup sugar
1/2 cup nuts, chopped
1 cup dates, chopped
Beat egg yolk and add to dry ingredients which have been thoroughly mixed. Fold in stiffly beaten egg whites. Pour into buttered loaf pan and bake in a moderately hot oven (375 degrees F.) 45 minutes. Crumble and pile in sherbet glasses. Serve with whipped cream or lemon sauce—serve hot or cold. This recipe will be sufficient for six.

Delicious Custard Pudding
2 eggs
1/2 cupful raisins
1/2 cupful sugar
1/2 teaspoonful vanilla
2 cupful rice flakes
2 cupful milk
Grating of nutmeg (if desired)
Beat eggs well and add rice

flakes and raisins. Mix sugar with milk and add to the egg and rice flakes mixture. Add vanilla and nutmeg if desired. Pour into a greased baking dish, place dish in a pan of hot water, and bake in a moderate oven until custard is firm. Serve very cold.

Citrus Fruit Cup (Serves 4)

3 oranges
1 grapefruit
2 tablespoons powdered sugar
Mint sprigs
Segment oranges and grapefruit, and mix with sugar. Serve very cold in cocktail glasses, garnished with mint.

Variations: Use maraschino cherries, strawberries or other berries for garnish in place of mint.

TONING UP OUR BEVERAGES

The wise housewife avoids getting into a rut. No matter how delicious a food or beverage may be as he serves it first, she looks around for a touch of this or that which may be added for a change.

Those who use a cereal beverage drink in the morning have a wonderful opportunity to vary this drink.

Strained honey may be added to taste. A dash of cinnamon to a cup of the hot beverage is very pleasing, as is the addition of one marshmallow.

Where the cereal beverage is served iced, try adding any one of the following to your sweetened morning glass: One-half teaspoon finely cut candied ginger, one-half teaspoon lemon juice, one drop almond extract, or one tablespoon orange juice.

CHERRIES ARE RIPE!

The fancy dark red cherries from the Pacific coast are in the market again. Clever cooks are taking a tip from the smart restaurants and serving them "au naturel" which merely means "as is." Wash without removing stems; drain on a towel and heap on a plate lined with glossy green leaves. For fruit cups, salads, and pies pit the cherries first—and if you haven't a pitter use a clean wire hairpin. Halved pitted cherries combine with canned grapefruit to make a particularly good fruit cup and pitted cherries stuffed with slivers of toasted almond make an effective garnish for grapefruit salad.

WE NOTE MANY CHERRY USES

Cherries are ripe! And they are plentiful! This year, as always, they hold a prominent place among Oregon home canned or preserved foods, as they are easily canned and kept.

For canning, select fully ripe cherries, such as are ideal for immediate table use. A 30 per cent sirup is preferred for Oregon cherries, that is, a sirup made in the proportion of 3 cups of sugar to 7 cups of water, mixed together and brought to a boil. Cherries keep perfectly when canned without sugar, but hold their color, flavor and shape better and require less sugar for the same degree of sweetness if sugar is added at canning time.

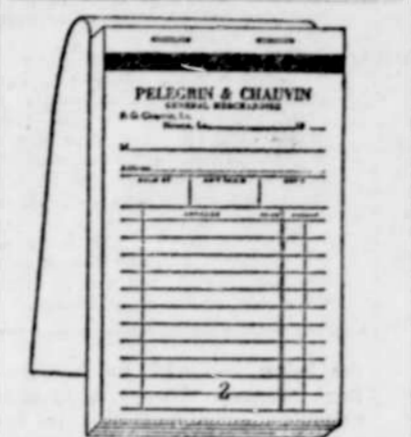
Dried cherries are delicious and can be substituted for raisins in puddings, pies, cakes and salads. Dry cherries unpitted by washing and placing them on a wire screen in the oven or over artificial heat. A few of the cherry recipes are given below:

Cherry Olives
Fill a quart jar with large sweet cherries, leaving the stems on and packing the fruit as closely as possible. Mix 1 tablespoon of salt and 1 cup of cold vinegar, and pour the mixture into the jar of cherries. Fill the jar with cold water. Adjust the rubber and the

cover, and seal the jar as usual. Turn it upside down several times. Allow the cherries to stand for at least two weeks before using them. These cherries are not heated. They make a firm salt pickle to be used with meats.

Cherry Cocktail
1 pound cherries
1/2 cup chopped walnuts
3 teaspoons lemon juice
6 tablespoons strawberry juice
6 tablespoons powdered sugar
Pit the cherries, sprinkle with chopped almonds and pour over them a sirup made by mixing strawberry juice with powdered sugar and lemon juice. Chill and serve cold in cocktail glasses.

Cherry Relish
Remove pits from cherries. Drain cherries and cover with vinegar solution made in proportion of 3/4 cup vinegar to 1 quart water. Let stand for 6 hours, drain cherries, measure them and add an equal measure of sugar. Let cherries stand over night. Seal.



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The Beaverton Review

One Improvement in 300 Years
Building experts have determined that in the average house the amount of air-leakage around windows and window frames equals the total amount of air that would come through one open window. To overcome this, inventors have been busy for years. One of the most effective developments has just been introduced in the perfection of a new type window which is more than five times as weather-tight as the ordinary window and which

has the added advantage of easy operation without sash weights, cords or pulleys. It is said that this new window is the first real improvement in double-hung sash in nearly three hundred years. While we were looking at some snappy new tie pins at the jewelry store, a lady brought in her cuckoo clock. "I don't know what the matter with this clock," she said. "It loses ten minutes a day and it coos before it clicks."

How to Save Money, Popular Topic Whenever Housewives Get Together



about them, and other women are glad to learn about them.

For example, women are using so much more electricity in their homes to run equipment which saves them money, time and labor, that electric lights companies everywhere are largely offset the cost of electricity use by others. The American Washing Machine Manufacturers' association states that 8,000,000 home electrical washers are being used, and one-tenth of these were installed last year. This shows how rapidly women adopt household equipment when they realize they can save with it. One woman tells another. Economy is a popular subject in every home. When one housewife discovers that she can have a washer, for instance, and pay for it gradually out of the actual cash savings she accomplishes, she is glad to recommend her method to others who are hunting ways to save.

There was a time when women did not discuss the money details of home management with each other. There was a false pride that kept them from exchanging ideas on how to save money.

But that day has passed, and now whenever women meet they are very likely to begin comparing notes on how to economize. And why not? Incomes have been reduced. It is necessary for almost every family to get along with less. Women who have found new ways to save are proud now to tell

CONOLY'S ANDY'S

GROCERY SPECIALS FOR Market

Saturday-Monday, July 9-11

SHRIMP, "Gulf Kist" fancy, 2 medium cans,	19c
TUNA FISH—Del Monte or White Star, 1/4's, 2 cans	23c
PINK SALMON—2 tall cans	19c
FLOUR	
Maple Leaf 49-pound sack	83c
CRISCO	
or Snowdrift 3-pound can	48c
MALT, Budweiser, Light or dark, can,	48c
MALT, Rainier, Light or dark,	29c
PINEAPPLE—Del Monte or Sweet Treat, 2 1/2's 2 cans	33c
CORN—Del Maize 8-oz. Cans	5c
SAN WAN PEAS—2 Cans	25c
TOMATO JUICE—Del Monte, 8-oz. Can	5c
MACARONI—4 lbs.	15c
CHEESE—Aged just right, lb.	15c
CATSUP, Van Camp's, 2 large bottles,	25c
MATCHES, Searchlight, full count, carton,	25c
SHREDDED WHEAT—Package	10c
CORN FLAKES—or Post Toasties, 2 pkgs.,	15c
PALMOLIVE SOAP—3 Bars	20c
TOILET TISSUE—Softex, 3 rolls	25c
TOILET TISSUE—Ambassador, 3 rolls	14c
P-G SOAP—10 bars	29c
TOMATO SOUP—Van Camp's or Otoe, Can	5c
FRUIT and VEGETABLES -- Saturday, July 9, ONLY	
WATER MELON—Klondyke, each	35c
CANTALOUPE—45 Jumbo, 2 for	13c
ORANGES—2 doz. for	29c
TOMATOES—3-lbs. Basket	15c
GREEN BEANS—2 lbs. for	10c
CELERY HEARTS,	10c
MEAT SPECIALS	
Pot Roast	
per pound	10c
Pure Lard	
2 pounds	15c
Boiling Beef	
per pound	7 1/2c
Hams	
per pound	17 1/2c
half or whole	

"GREAT"

By BATEMAN
Famous English Cartoonist

(This is one of a series of cartoons published on the occasion of Mr. Bateman's visit to the United States.)