

MARY MARTHA TALKS ABOUT GROWING OLD

Greetings, dear readers: I wonder how many of you are familiar with Karle Wilson Baker's "Growing Old"?

"Let me grow lovely, growing old, So many fine things do; Laces, and ivory, and gold, And silks, need not be new; And there is healing in old trees; Old streets, a glamour hold; Why may not I, as well as these, Grow lovely, growing old?"

Those charming words flitted through my mind the other day as I was talking with a very lovely little lady who had grown old so beautifully. Her body was delicately frail, but her mind was so vitally keen; she was so intensely interested in the absorbing subjects of the day, she had read widely and thought deeply, and she was so beautifully tolerant, so understanding, so delightfully young in all but years, that after her departure, I dwelt with pleasure upon the memory of her visit.

We all, I am sure, hope to be really lovely and charming when age claims us for its own, but I wonder how many realize that to be a delightful old person one must begin when very young to cultivate the qualities which make old age charming. Growing old is inevitable, and there is no magic about that period of a life to change us into attractive, interesting people. We have to make due preparation for those years by being charming, intelligent, interesting people when we are young. Old age simply intensifies our qualities, whether they be pleasant or otherwise. If you are the kind of a woman who criticizes her contract partner across the card table with the tact and courtesy of an English fish-wife, then you will be the type of old lady who is a terror to everyone unfortunate enough to be around her; if you are a woman who never thinks of anything but her self, her ills, her petty quarrels and difficulties, then old age will bring with it no alchemy which can change you into a desirable person to live with; and if you are one who can see no good in others, who lives in a prison-cell of intolerance, of criticism, of hatred, then your declining years will be a shame and a burden for those who will be forced to care for you.

Several years ago I had the pleasure of knowing a woman who had grown old so beautifully that I count her friendship as one of the most precious things I have ever known. She had such a wide understanding of human nature, such a sympathetic tolerance; she retained her contact with the world by books and letters, by her friendships, both old and new, and she looked upon death as but the opening of a gate into another interesting life.

To grow old gracefully, one must first vision for themselves the kind of old person they desire to become, and then take stock of one's present assets and liabilities. Are you critical of other people? Then learn understanding and tolerance and love, and turn your attention upon your own faults. Probably their eradication will keep you so busy you won't have time to notice those of other people. Have you a sense of humor? If you haven't, by all means begin to cultivate one. It can be done, and is such a wonderful comfort as the years climb toward the sixty mark. Is your life full of varied interests? If not, get busy and develop such outlets for your thought and energy. Are you selfish? Then forget yourself in service for others. Begin NOW to make yourself into the sort of person who can grow old gracefully, beautifully, wisely.

I quote to you from an unknown author: "God keep my heart attuned to laughter

When youth is done; When all the days are gray days, coming after The warmth, the sun.

Ah! keep me then from bitterness, from grieving.

When life seems cold; God keep me always loving and believing.

As I grow old, Goodnight, my friends.

MARY-MARTHA

The liner quivered from stem to stern, and then with a harsh grating sound, it came to a full stop. Suddenly a man in a long, flowing white nightshirt was seen to appear from the direction of the cabin and make for the captain's bridge.

"Oh, captain—captain!" he cried. "What's happened? Have we struck an iceberg? Shall I get into my life-belt? Won't you lower the boats?"

"Too late," the captain answered. "We've done all we can for you and you'll have to look out for yourself now. You see, we've just tied up in dock."

Mother Declares Independence Of Kitchen This July Fourth



By Martha Adams

FOURTH OF JULY is generally a holiday for everybody but Mother. She has to get a meal, just the same, and usually a much bigger one, because more members of the family are at home. Whether it's Mother who gets the meals, or the girl who comes to help out, why not give the whole kitchen a rest this Fourth of July by eating out of doors?

If you have a porch or a lawn, it's a perfect place for the Fourth of July luncheon. Why not make up a ham loaf and a potato salad the night before and keep them cold in your refrigerator? Serve the salad in one of those fashionable wooden bowls, with some date sandwiches and the ham loaf made up into dainty sandwiches, that have been liberally spread with real mayonnaise. Add iced tea or coffee and you have a democratic meal that suits Independence Day, Mother to perfection.

Would you like some recipes to make your Fourth of July a real holiday? Here are a few:

Potato Salad Bowl 2 quarts cold boiled potatoes, sliced or cubed 2 tablespoons onion, finely chopped 1/2 cup real mayonnaise 1/4 cup vinegar 2 teaspoons salt White pepper to taste

Rub salad bowl with cut-side of clove of garlic. Then blend ingredients thoroughly, but gently. Chill. Makes about 2 quarts. Serve in bowl with crisp lettuce, and sliced hard-cooked eggs.

NOTE: Use potatoes of good quality. Boil them in their skins. Remove skins while potatoes are still hot. Then spread potatoes in shallow pans to cool. When cool, cut in cubes or slice.



Cream Cheese and Date Sandwiches

2 tablespoons real mayonnaise 1/2 cup dates, seeded and finely chopped Blend ingredients thoroughly and spread on thin slices of buttered graham bread.

Ham Loaf

2 tablespoons gelatin 1/2 teaspoon onion, finely ground 1/4 cup cold water 1 pintino, finely chopped 1 cup boiling water Dash of cayenne Dash of ground horse-radish, drained 2 cups soaked ham, finely ground 2 teaspoons Worcestershire sauce 1/2 cup real mayonnaise Soften gelatin in cold water. Add boiling water and dissolve. Add lemon juice. Chill slightly. Add remaining ingredients in order, given. Turn into loaf pan. Chill until firm. Unmold and slice for sandwiches.

ALOHA

Mrs. Edward Johnson is confined at home with the mumps.

Mr. and Mrs. Homer Landers were Monday callers at the home of A. M. Boner.

Edward Johnson Jr. is visiting at Corvallis for a few days with his grandfather, Mr. Swanson.

Mrs. Elmer Scott left Tuesday for Camas, Wash., visiting her daughter, Mrs. Ed Barnes, and enjoying the American Legion "49 Spree" celebration. Mrs. Scott formerly lived at Camas, Wash.

Mr. and Mrs. David Logan enjoyed a number of dinner guests and callers, Sunday; Mr. and Mrs. Hugh Congross, cousins of Mrs. Logan; Mr. Logan's father and sister; and another sister and her husband, Mr. and Mrs. Albert Medlen, all of Portland.

Aloha community was well represented at the Washington Co. Pioneer meeting, Sunday, at Shute Park. Mr. and Mrs. John Tompson, Mr. and Mrs. Urtan, the Neals, Durhams, Fords, Mrs. Rydman and children and others enjoyed the picnic dinner and interesting program.

LOCAL NEWS

Mr. and Mrs. Doy Gray made a visit to Taft, Sunday.

Mr. and Mrs. Ralph Carey, Mr. and Mrs. T. B. Denney, M. F. Ayres and Mr. Carey Sr. drove out to Taft Sunday.

Mrs. W. H. Addis of Cove Orchard Grange visited at Beaverton Grange Saturday evening. This was a special meeting to entertain Aloha Grange.

Miss Katherine Denney left Monday morning for Seabeck, Wash., where she will represent the Beaverton High School Girl Reserves at the Girl Reserves ten day encampment.

Mr. and Mrs. A. C. Tuttle and Dolores and Marylys, Mr. and Mrs. James Tuttle of Orenco, Mrs. Jess Gumm and two sons Melvin and Curtis went to Government Springs, Wash., Sunday.

Mr. and Mrs. Wm. Campbell and small daughter and Ed Campbell of Pacific University left Saturday for Eugene where they will reside the next six weeks while the men attend the summer school sessions.

4 RECIPES 4 JULY 4th

By BETTY BARCLAY

This year I submit to my women readers four recipes for dishes particularly appropriate to Independence Day—composed by culinary experts in four distinct American diet kitchens.

Silver Cake

3 cups sifted cake flour 3 teaspoons double-acting baking powder 1/2 cup butter or other shortening 1 1/2 cups sugar 1 cup milk 1/2 teaspoon lemon extract 4 egg whites, stiffly beaten

Sift flour once, measure, add baking powder, and sift together three times. Cream butter thoroughly, add sugar gradually, and cream together until light and fluffy, add flour alternately with milk, a small amount at a time, beating after each addition until smooth. Add lemon extract. Fold in egg whites quickly and thoroughly. Bake in two greased 9-inch layer pans in moderate oven (375° F.) 25 to 30 minutes. Spread Maraschino Coconut Frosting between layers and on top and sides of cake.

Maraschino Coconut Frosting

2 tablespoons maraschino cherry juice 1 tablespoon lemon juice 1 1/2 cups sifted confectioners' sugar Dash of salt 1/2 cup moist, sweetened coconut

Combine fruit juices. Add gradually to sugar until of right consistency to spread, beating well after each addition. Add salt. Spread on cake. Sprinkle with coconut. Makes enough frosting to cover tops of two 9-inch layers.

Punch Ideal 1 1/2 cups (1 can) sweetened condensed milk 3 tablespoons lemon juice 1 cup crushed fresh peaches 1 cup vanilla wafer crumbs 18 vanilla wafers

Thoroughly blend sweetened condensed milk, lemon juice, and crushed peaches. Stir until mixture thickens. Place in six sherbet glasses alternate layers of peach mixture and crumbs, leaving topping of crumbs. Push three whole wafers into mixture around sides of each sherbet. Chill. Top each sherbet with a slice of fresh peach, if desired. Serve six.

Punch Ideal 2 cups Hawaiian pineapple juice 1/2 cup grapefruit juice 1 cup ginger ale 1/4 cup raspberry syrup

(If fresh raspberry juice is used, add 3 tablespoons sugar.) Mix the ingredients well, put into ice box. Before serving, add thin slices of orange and maraschino cherries and crushed ice.

For fifty servings, multiply recipe by eight.

If you serve an ice cream or cottage pudding, try this sauce for a change. It is something different.

Butterscotch Sauce

2 cups granulated sugar 1 cup cream 1/2 cup roasted or salted Brazil nuts, sliced Put sugar in heavy frying pan and stir with wooden spoon over a low heat until melted. Add cream gradually. Stir until smooth. Serve hot over ice cream or cottage pudding. Sprinkle nuts over sauce after cream is served.

In The WEEK'S NEWS CURRENT EVENTS PHOTOGRAPHED FOR THE REVIEW



HONORED—Newly-elected Imperial Potentate Leonard P. Steuart (right) is presented with a new Cadillac by Richard H. Grant, vice-president of General Motors Corporation, which supplied three hundred and fifty cars during the annual Shrine convention in Washington, D. C.



BROUGHT MARTIAL LAW—Scenes of violence like this brought martial law in Omaha, Nebraska, during the street car strike. At Governor's orders guardsmen removed all trolleys from streets and prevented further bloodshed.

"DOING NICELY, THANK YOU"—Norma Shearer, (Mrs. Irving Thalberg) lovely screen star, was presented recently with a baby girl. She will return to pictures in the fall, in "Romeo and Juliet."



UNIQUE COMMENCEMENT—Graduates from the Boys' Anti-Crime Council, the first organized movement to nip crime before it starts, receive emblems from J. Edgar Hoover, head of the famous G-men.



MAKES GRAFT CHARGES—Ewing Y. Mitchell, ousted Assistant Secretary of Commerce, who charged that "improper favoritism and graft abound" in the Department of Commerce. A congressional inquiry into his charges has been started.

NO BUNK—IT'S A BED!—One of the many new ideas in furniture to be exhibited at the summer furniture market in the Merchandise Mart, Chicago, next month. Floor coverings, lamps and curtains and drapery markets will be held concurrently in "the world's largest building."

Mrs. Nellie Myers, mother of L. L. Myers, is reported as being very low at the Good Samaritan hospital. She underwent a major operation a short time ago.

Mrs. Cora Wetherell of Baker, Ore., is visiting at the home of her mother Mrs. Geo. Newman. She visited the Review office Monday and renewed her subscription to the paper.

Mental Efficiency Lowered By Unwise Menus, Says Scientist

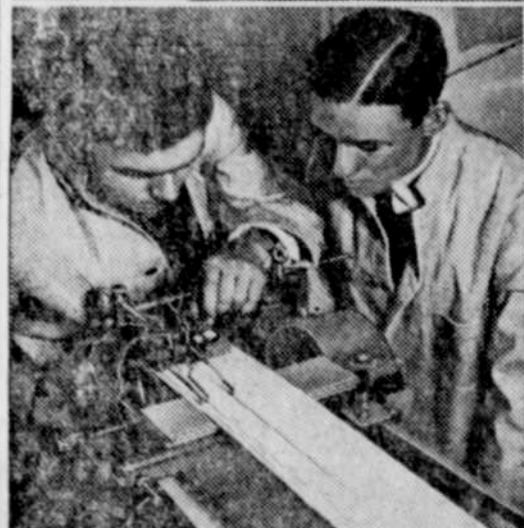
If you work in an office or earn your living by any other kinds of mental work, you will do well to guard yourself against becoming a victim of brain anemia. Brain anemia, according to Dr. Donald A. Laird, Director of the Psychological Laboratory, Colgate University, is a condition which afflicts large numbers of mental workers and one which definitely lowers their mental efficiency.

The condition is one that, without being recognized by name, is familiar to many office executives and workers as the post-luncheon mental sluggishness which results almost universally in low production by office workers during the early afternoon. At the recent convention of the National Office Management Association, Dr. Laird described his just completed research investigation of this condition and possible remedies for it.

The series of experiments directed by Dr. Laird extended over a period of 24 days. Eight young men accustomed to mental work were used as subjects. The subjects ate their noon meals in the laboratory. On half of the days, scattered irregularly through the 24-day period, they were served a fairly heavy meal. On the other days they were given a light lunch consisting of a ready-to-eat cereal such as corn flakes, with milk; and a light dessert.

Specially devised laboratory equipment was employed to measure the subjects' mental efficiency after the two types of lunches. After the light lunch their minds worked with 2 per cent more speed and 25 per cent more accuracy than after the heavier meals. The difference in the ability of the subjects to keep their attention from fluctuating was even more marked. There were nearly 70 per cent more lapses in attention after the heavier meal than after the light cereal lunch.

"Our experiments showed conclusively," Dr. Laird said, "that the cause of the mental sluggishness which afflicts many office workers in the early afternoon is a condition of brain anemia, due to the fact that the demands placed upon the digestive organs cause them to draw blood away from the brain in order to meet these demands. We have also shown that the adverse effects of this condition are great



Above: Dr. Laird (center) recording lapses of attention on the part of a blindfolded subject. Dr. Laird's assistant operates the audiometer which generates a tone so faint that the subject can just hear it. The faint tone is constant, but any lapse in attention causes it to become inaudible. Left: In an adjoining room, watching the kymograph as it records lapses of attention. The key from which the subject lifts his forefinger when he ceases to hear the tone, is electrically connected with the kymograph.

enough to affect mental efficiency to a marked degree.

"The light meals left the blood supply of the brain relatively unshifted, allowing it to remain 'in the pink of condition.' The heavier meals resulted in a definitely insufficient supply of blood in the brain. 'In the pink of condition' is a spe-

cially apt phrase in this connection, for when the brain is well supplied with blood, and literally 'in the pink of condition', mental efficiency tends to be at its highest level. When blood is drawn from the brain by the digestive organs, called upon to digest a heavy meal, mental efficiency is lowered."