

MARY MARTHA SAYS "BE A TRUE FRIEND"

Dear readers:

Today I shall speak to you of friendship. How little attention we pay to the inner meaning of that which we call friendship; how cheap we have made that word by giving it so lightly to those who in no sense could be called friends. "Friendship", "my friend"—these are lovely words, rich in meaning, and we have made them into a phrase to be tossed to the merest acquaintance. In Kahlil Gibran's, "The Prophet" a youth said to Almustafa: "Speak to us of Friendship."

"And he answered, saying:

Your friend is your needs answered. He is your field which you sow with love and reap with thanksgiving.

And he is your board and your fire-side.

For you come to him with your hunger, and you seek him for peace."

How many, O Mary-Martas among your acquaintances, can feed your hunger or give you peace, and to how many can you supply that need?

Women too often waste themselves in idle acquaintance, leaving nothing for a friendship; they gossip, they chatter idly, they tell their personal affairs to the merest acquaintance, and open the doors of their inner selves to the chance knock of any passerby, and then wonder that they have no friend, who is worthy of that name. There is a very wise saying: "You cannot change another, but you can always change yourself." You cannot make another into a good friend, but you can make yourself into one who is worthy to be a friend, and in so doing you will attract to yourself one who will fill your need. How could you deem yourself worthy of that most precious gift—a true friend—if you yourself have not within you the qualities necessary for friendship? If you waste yourself upon an ever-spreading surface of chance acquaintances, where will there be depth for friendship? If you do not cultivate within your own self the qualities you desire in a friend, how can you consider yourself entitled to expect one who possesses the attributes which you have not?

So many crimes are committed in the name of friendship. Again I quote from "The Prophet":

"And let your best be for your friend.

If he must know the ebb of your tide, let him know its flood, also.

For what is your friend that you should seek him with hours to kill?

Seek him always with hours to live. And in the sweetness of friendship let there be laughter, and sharing of pleasures.

For in the dew of little things the heart finds its morning and is refreshed."

How often is the name of friendship used merely as a cloak for the unburdening of your sorrows, your trials, and difficulties. There must be reticence in all friendships. If you love your friend who seek to burden her with your troubles; rather should you share with her the beautiful things of your life, your highest thoughts, your noblest aspirations, that together you two may climb on the path of friendship to greater heights of attainment. Do not think of your friendship as only something which offers you a chance for telling the personal, private things of life; of recounting domestic difficulties or marital estrangements. These things do not belong to friendship. They belong only to you and you must work them out alone, nor seek to unload your burden upon another. You cheapen your friendship when you seek to make it a repository for all your family secrets.

A real friend is one of life's greatest treasures and when once found must be regarded as such and treated with loving care. We do not need a great many things to make us happy. There are only a few fundamental needs, and I think a friend is one of these. Cowley in "Life's Evening" stresses that fact. He says:

"Ah, yet, ere I descend to the grave, May I a small house and large garden have,

And a few friends, and many books, both true,

Both wise, and both delightful, too."

May you find a friend and learn to be a friend.

Lovingly,

MARY-MARTHA

Sunshine Best Disinfectant
Corvallis—While no disinfectant can be relied upon in treating the causes of all kinds of disease of poultry, nature comes the nearest to supplying such a disinfectant in the form of direct sunshine. W. T. Johnson, poultry pathologist at Oregon State College says. Leaving the houses and premises vacant for several months and thoroughly cleaning the premises so as to expose the soil and houses as much as possible to dryness and direct sunshine are of considerable value in destroying various causes of infectious diseases he points out.

The Cook's Nook

All Cold and No Hot Fare Makes

Jack A Hungry Boy In Summer

Hot dishes for hot days? Not many, of course not, but at least one hot dish a day is in order during the summer months. All cold and no hot fare makes Jack a hungry boy!

Hot soup followed by a salad and a fruit dessert is one favorite menu. A casserole dish (which may be baked in the cool of the morning and quickly reheated at dinner time) makes a good main course. Try a mixed grill composed of a broiled chop, tomato, broiled banana and watercress garnish.

Especially "handy" for warm weather is our old friend boiled rice. You can boil the rice whenever you are doing other cooking, and then store it in the refrigerator to use as needed; rice is one of the few foods which may be reheated without loss of flavor. It combines well with meat, fish or vegetables to make delicious casserole dishes and of course, can go into the salad hot or cold!

For summer luncheons, you will like hot boiled rice served with any favorite gravy or sauce; you will find rice makes a good vegetable too, served with the summertime fried ham, steak or chops. To reheat rice, add it to boiling salted water, cook for five minutes, then allow to drain and dry out; or put in a shallow pan with a little water, cover and heat in the oven until grains are hot.

Parched Luncheon Rice

3 cups cooked rice
2 tbsps. butter
1 cup tomato sauce
½ cup grated cheese
Melt butter in iron frying pan, add rice. Cook until rice is slightly brown, stirring lightly with fork. Put into hot serving dish, pour over tomato sauce, and sprinkle with cheese, lifting rice with fork, that sauce and cheese may coat each kernel. 6 servings.

Spanish Sauce

1 tbsps. onion, chopped
¼ cup green peppers chopped
1 tbsps. fat
2 cups tomatoes
2 tbsps. mushrooms, sliced
1 tsp. salt
Paprika
Cook the onion and peppers in fat until light brown. Add the tomatoes, mushrooms and seasonings. Cook 15 minutes and serve on hot boiled rice.

Broiled Ham and Bananas

Broil or fry ham. Peel bananas, cut in halves and saute or fry on both sides, using a small amount of fat in a hot frying pan, or dip bananas in egg white, roll in flour or rolled corn flakes or sifted dry bread crumbs and saute as above. Serve hot with ham.

Bananas and bacon are also a good combination for summer dining. Roll half lengths of peeled bananas in strips of bacon; secure with toothpicks. Broil or bake in a hot oven (450° F.) about 15 minutes or until bananas are tender.

and bacon is crisp. Baste at least once during baking. 6 bananas and 12 strips bacon serve six.

Deviled Eggs with Rice

2 cups boiled rice
6 hard cooked eggs
½ tsp. mustard
1 tsp. salt
1 tsp. pickle, chopped
1 tsp. pimiento, chopped
1 tsp. parsley, chopped
Vinegar or mayonnaise
Pimiento or tomato sauce
Press rice into a greased round mold and set over hot water until ready to use. Cut eggs in half lengthwise and remove yolks. Mash the yolks with seasonings and add enough vinegar, or mayonnaise to moisten. Fill egg cavities with this mixture. Turn the rice out on a hot plate, arrange eggs around it, garnish with strips of pimiento or tomato sauce. 6 servings.

Hot Bacon and Brown Rice Salad

3 cups hot cooked brown rice
1 small onion
2½ tbsps. salt
½ cup weak vinegar
3 tbsps. salad oil
2 slices bacon, diced
4 large stalks celery
Chopped lettuce
2 hard cooked eggs
1 tbsps. minced parsley
2 small cooked beets
¼ tsp. pepper

Put the chopped onion in a large bowl, add the salt, pepper and vinegar, and let stand ten minutes, then add rice and mix thoroughly. Add the oil, celery cut fine, bacon fried to a crisp, and bacon drippings. Blend. Add parsley, arrange on bed of chopped lettuce and garnish with sliced beets and hard cooked eggs. 8 servings.

Muffins a Help

Hot muffins are another aid to cold-meal dining in the summertime and will "eke out" the simplest of salad meals. Try adding some chopped dates to your favorite muffin batter for a different hot bread. Chopped nuts or floured blueberries are still another idea. Toasted muffins make a delicious base for summertime sandwiches.

ALOHA

Mrs. Walter Tibbatts had her daughter, Mrs. Fred Nelson, and family of Portland as guests Sunday.

Mrs. Hulda Rydman had as Sunday guests cousins from Durham, Mr. and Mrs. Paul Hedeon and family.

Mrs. Walter Fish enjoyed Monday evening with her niece, Mrs. Casper Nuddelman of Portland as her guest.

Paul Rydman celebrated his birthday Saturday with a few friends under the trees in the Rydman yard. All had an enjoyable evening and wished him many happy returns.

Mr. and Mrs. J. H. Neal and Mr. and Mrs. H. C. Dudley attended the picnic Sunday of Native Sons and Daughters of Oregon pioneers. (Continued on Next Page)

The Second Death

"Twenty sheep in the pasture and one jumped over the fence: how many are left?" asked teacher.

"None," shouted Johnnie, and he was right. One sheep goes over and the whole flock follows. And we are just like that says the Bible—"All we like sheep have gone astray, we have turned every one to his own way"—Isaiah 53:6.

Adam, the father of all, sinned first and handed down to us his ruined nature. So in Adam all mankind fell. Since that day, in

God's holy eyes our life-page has shown only sin-sin-sin.

"The wages of sin is death," says the Book. Of death there are two kinds: First, Death of the body. Then to all who go out lost comes the Second Death—eternal separation from God. One instant after you have breathed your last, you are either out in the glory with God and the saved or else you are out in the awful darkness.

Out to be forever with the weeping and the wailing, the gnashing of teeth Out with the woe, heartache and anguish that never ends. This is the Second Death. When you called

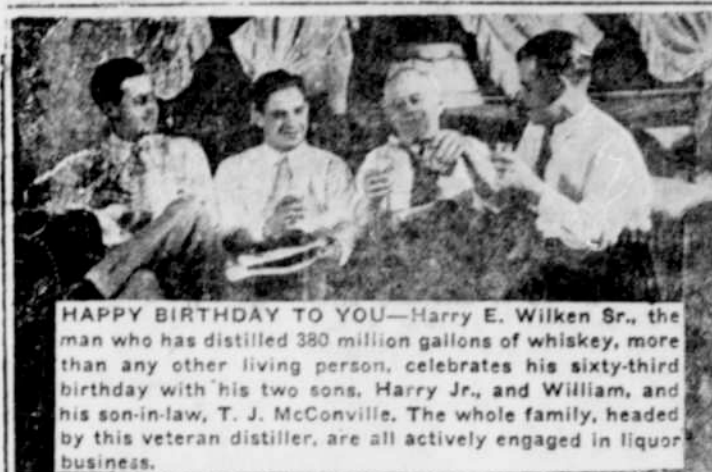
your brother a fool, God named you a murderer. He sees the anger in your heart, not the gun in your hand. "The heart is desperately wicked," he says. So springs all sin and for the lost a Christless grave and eternity without hope and without God.

But God is not willing to lose you, even though your life-time has been in the vilest sin. He so loved you that He gave His only begotten Son, that if you believe in Him, you should not perish but have eternal life. See John 3:16.

George N. Taylor, Beaverton, Oregon. adv.

In The WEEK'S NEWS

CURRENT EVENTS PHOTOGRAPHED FOR
THE REVIEW



HAPPY BIRTHDAY TO YOU—Harry E. Wilken Sr., the man who has distilled 380 million gallons of whiskey, more than any other living person, celebrates his sixty-third birthday with his two sons, Harry Jr., and William, and his son-in-law, T. J. McConville. The whole family, headed by this veteran distiller, are all actively engaged in liquor business.



WINS A.A.U. DIVING TITLE AT 11—Mary Hoerger of Miami kisses her mother after winning National A.A.U. three meter springboard diving championship at Oriental Beach Pool, New York City.



WINS HOLLYWOOD CONTRACT—Igor Gorin, young Russian baritone who has just signed a Hollywood contract with M. G. M., tries his hand on one of the new electrical pipeless organs recently developed by Laurens Hammond of Chicago.



BEFORE THE SWIM—Jane Hamilton, popular screen star, wears one of the season's smartest swim suits of buttercup yellow knitted wool.



RE-ENACTS AMERICAN TRAGEDY—Newell P. Sherman, youthful constable, Mass., constable's son who confessed to drowning his wife in Lake Singletary for the love of 16-year-old Esther Magill. Mrs. Sherman was the mother of two children, the youngest of which was eight months old.



LITTLE LARRY WHITE-HEAD inspects the season's first marlin caught in the Santa Catalina Island waters. The 341 pound beauty was brought to gaff in 25 minutes by A. C. Brode, well known sportsman.

CHIEF OF POLICE DAVID M. MURPHY of Newport, Ky., with a new solid steel "Turret-Top" Body by Fisher Chevrolet, master de luxe model, one of 35 cars supplied by General Motors to the 42nd Annual Convention of the International Association of Chiefs of Police in Atlantic City.

Chesterfields "go to town"

They Satisfy

—that's just the 1935 way of saying what Chesterfields have been saying for years . . .

Chesterfields do about everything a cigarette ought to do.

Chesterfields have TASTE—yes plenty of it. But not too strong.

And Chesterfields are MILD—but they're not insipid or flat.

Chesterfields "go to town"

