

MARY MARTHA SAYS "WE GROW BY PAIN"

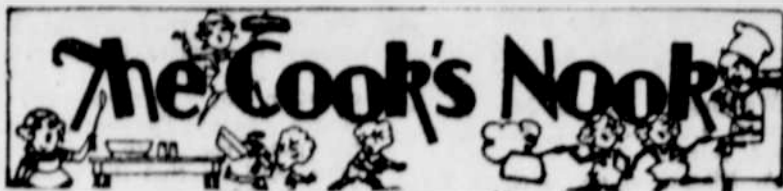
Dear friendly folks:

I do thank you for the letters I found waiting for me upon my return from the mountains, and it is one of these letters which I am answering today. This writer said I seemed to have such a "nappy philosophy", which she envied but could not obtain because she had known so much of sorrow and trouble. I truly am happy, dear readers; I find life beautiful, wonderful, always interesting, but such is not true because my life has been free of sorrow and trouble, but rather because I have learned to see the lessons which it was intended I should learn through those sorrows, those trials and difficulties, yes, and those joys, and because of the richer, deeper understanding which those same difficulties have given me for other people who are living and loving and suffering.

I can truly say that as I look back through the pages of my life, I do not find a single sorrow which has not brought me something beautiful in understanding, in sympathy, in knowledge. Those things which have happened to my loved ones—and it is always far more difficult to endure suffering which affects those we love—I know have taught many valuable lessons to them and I can realize that the good derived from the experience far outweighed the suffering.

But remember this, my dears, sorrow must be bravely, graciously borne; trouble must be endured and studied until you find the reason for it, and then that lesson must be learned and the need eliminated, then the trouble is no more; and always in your living and thinking you must realize that all things work together for good. Furthermore that which comes to you is no accident—there can be no accidents in this world. Back of that "accident" there is always a cause—there can never, never, be an effect without a cause, and somewhere, in some way, you have started into motion the forces which eventually brought to you the sorrow which you regard as "more than you deserve". We never suffer more than we deserve, sometimes I think most of us get off very lightly, for we certainly blunder through life, stirring up all sorts of conditions which must surely—if there be truth in the Law—bring results home to us some day. And this Law of cause and effect will bring joy to us if we plant the seeds of joy—those seeds which we call good actions, good thoughts, but do not expect joy if you sow the seeds of hate and selfishness. Does man grow figs from thistles? As ye plant so shall ye reap.

I was much interested, when I was in the logging camp, at the superintendent's reaction to the tearing down of the forests. I remarked that I considered him a perfect demon of destruction, and he smiled. "Sometimes it does seem that way," he answered, "but I have decided that is the wrong way to regard it. These trees, if they were not logged and made into lumber, would stand here until they decayed and were blown down to return to dust, and would be of very little service to the world. As it is they go out to play their part in the building of homes, of bridges, of ships, of great factories and who can say this is not their way to be of service, which they would have lost had I not proved a 'destructive demon'?"



Clinkety-Click, Clinkety-Click—

It's Music of Your Summer Drink!

Leave "Home Sweet Home" to the traveler, "Star Spangled Banner" to the patriot, "Sweet Adeline" to the roisterer and "I'll Never Say Never" to the dance-inclined youngsters—"Clinkety Click" is the sweetest music you ever heard when you are thirsty! This clinking sound heralds the approach of ice tinkling in glassfuls of something cool to drink and it's the summer symphony supreme!

No "sales talk" is required to sell the idea of the cold drink, it tastes too good! But it may be comforting to know that cooling beverages drunk slowly, may be good for us, if they are made of milk or fruit juices, or if they contain dextrose which restores "pep" by replacing the burned-out sugars of the blood and muscles; dextrose is present in some of our fruits, and in corn syrup, sometimes used for sweetening drinks.

It's easier to produce a cool punch or beverage if you keep the materials on hand. Cans of grapefruit juice and orange juice are excellent for beverages, new on the market is a "blend" of the two in a can. Foundation syrups are another aid to the "ade" for they may be stored in the refrigerator and kept until used, and a few bottles of charged water, gingerale or orange juice are another good idea. Straws lend a professional touch, and garnishes—slices of fruit, berries, or mint. Bananas should be on hand to make those delicious "shakes" and a ball of ice cream will turn a drink into a "float".

Try combining equal parts of coffee and chocolate infusion for a new "mochade"; try sweetened cherry juice to add color to your beverages; and do try these tested recipes for your symphonic drinks!

Two Foundation Syrups

Chocolate: Cook ½ cup cocoa and

I wonder if that isn't true also of people. If we stand safely, quietly throughout life, merely growing old and dying without having been of service to others because of our lack of understanding and sympathy, we are like a tree that has been unmolested, but if life uses our mistakes and sorrows to change us into something which can be used for the evolution of the race, then should we not be glad for the suffering which has taught us our needed lessons and remade us into worthwhile material? Do not let these things which we call "sorrows" and "troubles" bear you down. Use them for greater growth, deeper understanding, more sympathetic love, and some day you will look back from where you stand high on the mountain of attainment and see that the trials and the difficulties, those sorrows and the mistakes, are but the steps by which you have climbed.

"And still the Hand points us along the way. Still must we struggle on with eager, yearning souls, Until some day, in ages yet to come, We reach the shining goal so blindly sought."

And there shall know the joy of victory won.

And learn the value of the sorrow borne."

To you, my friends, to whom life seems hard, I send my love and my understanding.

MARY-MARTHA

1 cup water until smooth, stirring constantly. Add 2 cups sugar, 2 tablespoons corn syrup and ½ teaspoon salt and stir; boil for 3 minutes, add vanilla and cool. Store in a glass jar in refrigerator and use as base for cold drinks. Longer cooking (soft ball stage) of these ingredients gives a chocolate sauce for ice cream.

Pineapple: Combine a half cup canned pineapple syrup with 1½ cups white corn syrup and mix. To serve allow one-third cup syrup for each beverage glass and fill up with ice and charged water.

Red Cherry Bounce

½ cup water
½ cup sugar
1 can grapefruit juice
¼ cup lemon juice
1½ cups cherry juice (sweetened)
Use fresh or canned red cherry juice. Boil sugar and water together five minutes, cool, add fruit juices and chill; pour over cracked ice in tall glasses; drop a whole cherry in each glass or hang a cluster on each glass. Raspberry juice may be used, if preferred. Serves 4-6.

Roman Punch

1 (No. 1) can orange juice
2 tbsps. lemon juice
1 qt. grape juice
1 cup white corn syrup
1 qt. cider
Add cider and syrup to orange and lemon juice; warm slightly to mix, then stir thoroughly and add grape juice. Chill and serve with cracked ice in glasses frosted with powdered sugar. Serves 10.

Banana Egnog

1 ripe banana
1 cup cold milk
1 egg
½ tsp. vanilla
Mash banana with a spoon and beat with a rotary egg beater until creamy. Or, break banana into a medium wire mesh strainer and press through strainer with spoon. Add other ingredients and beat until smooth or shake in a cocktail shaker. Serve very cold, sprinkled with nutmeg. This amount makes 2 medium-sized servings, but may be doubled or tripled if desired. If you like, omit the egg and serve as a delicious banana milk-shake. Ice cream may be added if desired—mixed with other ingredients or "floated" on top.

Grapefruit Freeze

First make a grapefruit ice according to directions below. To serve, place a scoop or large tablespoon of the ice in tall glass and fill with charged water or gingerale; serve at once with both spoon and straws.

1½ cups sugar

¾ cup white corn syrup
1 (No. 2) can grapefruit (pulp and juice)
1½ cups water
6 tbsps. lemon juice
Cook sugar, syrup and 1 cup of water to soft ball stage (240° F.). Add lemon juice and water; cool. Cut grapefruit segments into small pieces; add to cooled syrup and freeze until firm. Makes 2 qts.

ALOHA

Mrs. Walter Tibbatts had as Sunday guests Curt Hughson and mother of Portland.
Mrs. Ida Kirkwood and children were calling on friends of Stacey Ave., Wednesday morning.
Mrs. Geo. McBreen and family are enjoying a stay at the Nel-

Scott beach this week end.

Mrs. C. A. Johns and little girls, Barbara, Marguerite, and Elinor of Portland called Sunday at the J. H. Neal home.

Mrs. John Kirkwood of Reedville is reported as much improved. She is still at the Good Samaritan Hospital in Portland and always glad to see her neighbors.

In The WEEK'S NEWS

CURRENT EVENTS PHOTOGRAPHED FOR THE REVIEW



CO-ED GUIDES

Eleven lovely Northwestern University coeds are acting as pages at the Merchandise Mart in Chicago this summer. Three of the girls are former campus queens and all are lovely—and they also know how to guide visitors through the Mart.



DREAM CAME TRUE—Helen Duncan of Chicago, Ill., won \$1,000 a year for life in last year's Camay soap contest. A similar prize will be awarded this year by the same sponsor in a ten-word slogan contest, ending September 30th.



PRaise FOR SAN DIEGO—William B. Courtney of Collier's Weekly has attended more world's fairs than any editor in captivity. He thinks the present San Diego Fair "the most glamorous in history," and predicts that it will draw ten million visitors before the gates close in the fall. A big percentage of these, he predicts, will come from small towns and rural districts, from both East and West.



RACING GRANNY

Mrs. Bertha Woodward, 45 and a grandmother, won the annual 51.1-mile walking race at Seattle, Wash., in 10 hours, 40 minutes.



HUEY FIZZES—Arriving in New York for a vacation, Huey Long found they weren't making his favorite drink, the Louisiana Gin Fizz, correctly in the metropolis. So he had his favorite New Orleans bartender fly up and he showed 'em how.



BEAUTIFY YOUR EYES—Daily care of the eyes—exercise, massage and the skillful tinting of lashes and brows will, according to Frances Dee, well known star, make your eyes sparkle and expressive.

OREGON STATE FAIR

Pari Mutuel HORSE RACES
Starting Monday, September 2

Agricultural **EXHIBITS**
Livestock — Produce — Fruit — Grain

Rodeo — Horse Show
Starting Monday, September 2

Gilmore Circus Parade
Of Giant Animals — A Mile of Laughs
Special on Children's Day, August 31
Fireworks Display Free at Night

DOG SHOW
In a Special Building, September 4, 5, 6

Bands and Free Attractions
New Rides and Shows on the Midway
New Flower, Art and Textile Displays
ADMISSION 25c—CHILDREN UNDER 12 FREE

Aug. 31 - Sept. 7 - Salem

A good cigarette, too needs Balance—

And that's why the tobaccos in Chesterfield are carefully balanced one against the other . . . not too much of one—not too little of another.

We take the right amounts of the right kinds of four types of tobacco — Bright, Burley, Maryland and Turkish.

It is this balancing of tobaccos that makes Chesterfields milder and makes them taste better.



Chesterfield... the cigarette that's *MILDER*
Chesterfield... the cigarette that *TASTES BETTER*