

MARY MARTHA SAYS "CONSIDER NEIGHBORS"

Dear Ones:

First one, then another, and now a third letter asking that I write of neighbors, and the last one said, "I do believe I have the worst neighbors in the world." I realize that neighbors are to a very great extent much like relatives—we cannot pick them, therefore, we have to learn to endure them, but I often wonder if we ourselves are not the deciding factor in what our neighbors are, or rather, of their effect upon us.

In the first place, we must consider the effect we have upon them. Do we, by our thoughts and actions, our attitude toward them in our association, call out the very best of their qualities, or do we attract from them only the lower, more unpleasant side of their nature? Do we give them of our courtesy, our consideration, our respect, or do we greet them with suspicion and dislike? You say your neighbor is such an inveterate gossip. I ask you, do you match gossip with gossip, do you listen with even a half-willing ear, or do you say firmly, "Dear Mrs. _____,

please do not bring tales of scandal to me, for I do not wish to hear unpleasant things about our neighbors, which in many cases are not true?" You say also that your neighbor tells you unkind things, which others say about you, and that often they are not true, but still they disturb you. Shall I tell you what I once did? I had a neighbor like that and the first time she brought me such a tale which she "thought I ought to know" I said gently, "Why did you tell me that? Are you trying to make trouble between two friends? Please remember never to bring another bit of gossip, or carry any tales to me for I do not want to hear them." She flared up and said, "Well I'll certainly never tell you anything again," and she never did although we were neighbors and friends for several years. Furthermore, I lived in a mill town for six years and in all that time no one ever brought to me a tale someone had whispered about me, because they knew I would not listen. I do not say that I was not content about it—it would be silly to think that—but I heard none of it and thus I left that place with no feelings of hurt against anyone. We cannot please everyone, but if we do the very best we know, then it really does not matter in the least what people say of us—for nine times out of ten it isn't true anyway, and if we firmly refuse to listen to such tales, or gossip about others, we build about us an atmosphere which discourages such trivial talebearing and leaves the way open for talk of constructive things. It always takes two or more to gossip, and if your neighbor gossips to you, then that is your fault as much as it is hers.

Then I wonder if we always look for the good qualities when our neighbors possess, or do we concentrate all of our attention upon their faults? We say Mrs. So and So is such a horrible housekeeper, but do we also realize that she really is a lovely companionable mother and a most interesting person with a broad minded outlook upon life? Do we think of Mr. X as being only a slack sort of farmer and fail to take into consideration that he is a lovable father, a man who is well-read and able to discuss the best of literature and music, even though he lives on an unproductive farm? The gossip you mention is doubtless a very kind-hearted woman—so often they are, and their gossip is merely a misdirected interest in other people's affairs. Do not turn the spotlight of your attention upon the faults of your neighbors, but concentrate your thought upon the virtues which they possess, and I am sure you will discover that they are really lovable people. At any rate they will be interesting.

Do you know, dear ones, that the real reason for our dislike of others is our lack of understanding? It is human nature to dislike and fear that which they do not understand, and even when it is only a strange trait in another which we cannot understand we resent it and center our fear and hatred upon it.

We must learn to understand. That stern, silent man whom you dislike because he is unsociable—what do you know of his life, of the cause which has created the sullen look he gives you? If you knew, perhaps you would feel naught but pity. The woman who is bitter, whose acid tongue burns scars upon all she meets—do you know of the thing which changed her from a charming girl into this unpleasant person? If you knew, perhaps your love and understanding would help her change again to loveliness. Look for the good in those about you, O Mary-Martas, and seek to find behind the evil the cause of that condition and with loving sympathy help overcome that cause and bring forth good. You are your neighbor's keeper. Concentrate only upon the good, refrain from gossip, and permit no gossip in your presence, seek only constructive helpful, lov-

Be The First in Your "Crowd" To Serve These Brand New Salads

As advanced as next Winter's styles (have you seen those new shorter dresses?), as new as tomorrow's paper and as exciting as your first 'plane ride! That's the "build up" for the latest group of salads to come out of the laboratory kitchens—just in the nick of time to prevent a severe case of summer Appetite Wilt!

Talk of ease and economy seems a trifle dull in a discussion of anything so delicious, but the truth must be told: these combinations require no unheard of ingredients, no special knowledge or equipment, and they are not in the least expensive.

Summer, as some hapless wit has said, is the season when every well-behaved dinner plate is "wearin' of the greens". When salads are to be not just a single course but the whole meal they should contain ingredients with plenty of food value. That's another reason why these too-new-to-be-familiar creations are welcome.

If you want to lead the crowd instead of following it, don't let that old adage starting "be not the first by whom the new is tried" stop you! These recipes have been thoroughly tested—tried in the balance and found delicious!

First on the list is that old familiar standby—chicken salad. But what a difference just a few changes make!

Chicken and Banana Salad

3 bananas, diced
1/2 cup diced canned pineapple
1 1/2 cups diced, cooked chicken
1/4 cup diced celery
1/4 tsp. salt

Mayonnaise to moisten

Mix the bananas and diced pineapple together. Add the other ingredients and mix well. Serve on crisp lettuce and garnish with chopped nuts and additional mayonnaise, if desired. A few salted almonds make a good garnish. About 2 slices of canned pineapple and 9 to 12 ounces of chicken are sufficient for this recipe, which makes one quart of salad.

Bananas for salad should be ripe. If bought when green-tipped, allow them to ripen at room temperature until all the green has disappeared from the tips, when using for salad.

ing criticism when absolutely necessary, be reticent concerning your own troubles and affairs, be helpful in time of need, and seek always to understand instead of criticizing, then you will be a good neighbor, and your neighbors will be good neighbors.

Soon this series of letters will be ended and I shall write to you no more, so if any of you have something you wish to ask me please do not delay. If you do not wish it answered through the column, a stamped addressed envelope will bring to you my personal reply.

Lovingly yours,
MARY-MARTHA

Miss Lettie McKay of Portland, well known in this vicinity, recently suffered a stroke of apoplexy and is very poorly at the present time.

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Power

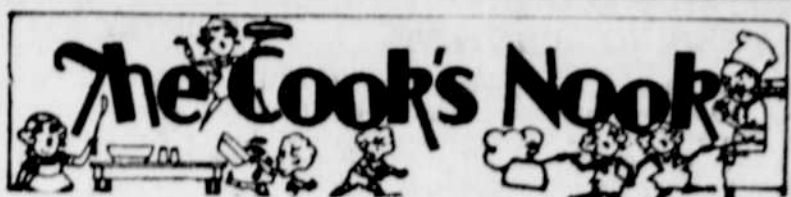
Foot-Power: You need that today just as did the early Christians who went everywhere preaching the Gospel—the Good News—that "God had a Son and He died for your sins." The big blessing comes when you hunt out the one who never heard.

Head-Power: Use what head-power you have and with it take on all the Bible you can. "My word shall not return to me void," says God. Of the Scriptures Christ said, "These are they that speak of me," ".....and I, if I be lifted up from the earth will draw all men unto Me." Use your head-power, show Him lifted up, crucified, punished for sin. The Cross, the one place where the Holy God meets sinful man.

Heart-power: Just sounding brass and tinkling cymbal—that's all you are unless you have it. Break the sinner down when he senses it that you are driven by an overflow from that boundless reservoir of love, the heart of God—for God so loved them that He gave His Son to die for their sins.

Knee-power: That brings in all these and what other powers you need, to become the fruitful branch. Haven't the courage to foot it out to the neighbors to tell the Good News? Use your knee-power. Haven't the knowledge? Knee-power again. Nor the heart? Then more knee-power. "Herein is my Father glorified, that you bear much fruit; so shall ye be my disciples," says our Lord.

Geo. N. Taylor, Beaverton, Oregon. pd. adv.



Corned Beef and Cabbage Salad

1 1/2 cups cooked, corned beef, chopped

1/4-1/2 cup finely chopped raw cabbage

1/2 cup diced canned pineapple

3 bananas, diced

Mayonnaise or salad dressing

Be sure cabbage is crisp and firm; chop fine. Combine pineapple and bananas then add rest of ingredients, using as much mayonnaise or salad dressing as necessary to moisten to desired consistency. Mix thoroughly and serve cold on lettuce. If desired, cucumber or green pepper may be used in place of the cabbage, and the mixture served on a mound of shredded raw cabbage. Makes 1 quart of salad.

Serve bread and butter sandwiches and a beverage with this next sturdy salad and your whole meal is "made" in more ways than one.

Fruity Ham Salad

1 1/2 cups diced cooked ham

1/4 cup diced apple

3 bananas, diced apple

1/2 cup diced canned pineapple

Mayonnaise

Dill pickles

Proceed as in foregoing recipes, first mixing bananas and pineapple, then adding rest of ingredients and blending with mayonnaise or cooked salad dressing. Serve on lettuce and garnish with sliced dill pickles or with stuffed olives. Makes 1 quart.

Seafood Salads DeLuxe

Shrimp, crabmeat, tuna-fish and salmon salads are familiar, but did you ever try them with bananas? Follow the chicken and banana salad recipe, only use one and a half cups of any of these seafoods instead of the chicken. You'll like that rare new flavor the bananas lend—try it and see!

Cucumber, apple or green pepper can be used in place of the celery in the original recipe. Chopped pimiento, olives or pickles combine well with any of these salads. If you like a big hearty sandwich, most of these salads can be adapted to sandwich filling; put a generous amount between slices of buttered toast.

"Lazy Loaf"

You don't have to be lazy to enjoy the luncheon loaf of that name. Put 2 cups leftover or canned baked beans, four ounces cream cheese and 3 minced pimientos through the food chopper; mix thoroughly and add enough bread crumbs (a-

bowl 1 cup) to make mixture into in moderate oven (350° F.), or hot fat for about 25 minutes. Serve a roll. Season to taste and bake shape into cutlets and pan fry in with tomato sauce.

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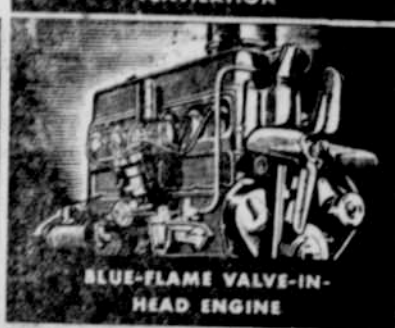
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