



Beauty and Health Do Make Sense

Perhaps you're one of those persons who has common sense and beauty don't feel beauties aren't born with common sense, and common sense people usually don't have what it takes to make beauties. It doesn't make sense!

Maybe not—but Florida bathing beauties and pretty girls round the map have discovered there is no beauty like the beauty of health and vitality, and they're being sensible about it and nice out of ten of them are taking the Fountain of Youth—through a straw! Citrus fruits, which spring out of the ground down in Florida where Ponce de Leon searched for the magic fountain, as well as in various other southern states, are the common sense solution to the beauty quest. A tall glass of orange or grapefruit juice in the morning is a "bracer" to start the day with zest, and for beauty sleep a brimming glass of those golden juices the last thing before "lights out" means a restful sleep.

Because beauty is as beauty does to homemakers they are serving these citrus fruits round the clock—and find that even the menu takes on a "new complexion".

Not alone in brimming cup but in salads, desserts, hot dishes and cold and in combination with other favorite fruits and staples, these natural tonics and delicious sunshine fruits bring sense and beauty for your meal planning. You'll find your own Fountains of Youth in the tested recipes given here.

Orange Mousse

1/2 cup sugar
1 1/2 cups orange juice
1 1/2 tps. gelatine
2 tps. water
1 cup heavy cream
4 tps. powdered sugar
Dissolve sugar in orange juice. Soften gelatine in water and dissolve over hot water. Mix well with orange juice. Whip cream till of custard consistency and fold in powdered sugar. Fold into orange juice. Freeze in refrigerator at lowest temperature, stirring once while freezing. If desired, 1/2 cup chopped walnuts or almonds may be folded in before freezing. This makes six servings.

Banana Orange Salad

With a sharp knife, cut a thick layer off top and bottom of or-

ange; peel around deep enough to remove all white membrane; cut on either side of each dividing membrane and remove meat segment by segment. Arrange segments in flower form on lettuce cup, then arrange a half circle of fluted ripe banana slices in front of the lettuce cup. Serve with a cream or French dressing. To flue the banana, peel and draw prongs of fork lengthwise down banana to make parallel grooves. Then slice.

Grapefruit Muffins

1/2 cup sugar
1/2 cup shortening
1/2 cup sugar
1 cup grapefruit segments
2 eggs, beaten
1 cup milk
3 cups flour
2 tps. baking powder
1 tsp. salt
1/2 tsp. baking soda
Add 1/2 cup sugar to fresh grapefruit segments, and let stand. Cream shortening until light and fluffy; add 1/2 cup sugar, a little at a time, blending after each addition. Add beaten eggs; sift flour, measure sift again three times with baking powder and salt. Add milk and dry ingredients alternately to sugar mixture, beating well after each addition. Add baking soda to grapefruit segments; combine with muffin batter. Pour into well-greased muffin tins and bake in moderate oven (350° F.) for 30 minutes.

Grapefruit Refrigerator Cake

Take 1 1/3 cups sweetened condensed milk, 1/2 cup white corn syrup, sections of 1 large grapefruit and 1/3 cup fresh grapefruit juice, 1 cup vanilla wafer crumbs, 24 vanilla wafers. Place sweetened condensed milk and syrup in top of double boiler. Stir constantly over boiling water about 8 minutes or until mixture thickens. Cool. Add grapefruit juice. Line narrow oblong pan with wax paper and vanilla wafers. (Fill in spaces with half of crumbs.) Cover with grapefruit juice mixture. Place grapefruit sections on top of grapefruit juice mixture; add another layer of crumbs, alternating in this way until grapefruit juice mixture is used, finishing with layer of wafers. Chill in refrigerator 12 hours or longer. To serve, turn out on small platter and carefully remove wax paper.

"guess who" dinners



By BETTY BARCLAY

St. Valentine's Day is a day of magic and delight for lovers both young and old. Surely nothing can be more exciting than those cryptic cards the postman brings, with their mysterious signature of "Guess Who" concealing an identity well-loved, or perhaps... thrillingly... unsuspected!

"Guess Who" day dinners are fun, too—for they offer more opportunity for amusing games and unusual dishes than any other holiday meal of the year. Dainty croquettes, a luscious salad, a cake or small cup cakes to serve with the holiday punch... all are welcome tidbits that can be served with tiny candy hearts as decorations, carrying out the motif of sweet-hearts' day.

Lima Croquettes

2 cups cooked, dried Limas
1/2 cup cream
1/2 teaspoon salt
1/2 teaspoon poultry seasoning
1 tablespoon tomato catsup
1/2 teaspoon pepper
1/2 teaspoon powdered sage
1 egg, slightly beaten
1 cup fine dry bread crumbs
Rub Limas through a coarse strainer. Add crumbs, cream, salt, pepper, sage and egg. Shape in the form of small cylinders. Roll in crumbs, dip in 1 egg beaten with 2 tablespoons cold water and again roll in crumbs. Fry in deep hot fat (390° F.) until brown, then drain on soft paper. Place on serving plate and garnish with rings of fried apple.

Tomato and White Grape Salad

1 package salad gelatin
2 cups tomato juice
1 cup seedless white grapes
Heat 1 cup of tomato juice to boiling. Pour over salad gelatin and stir until dissolved. Add 1 cup cold tomato juice. Chill until mixture begins to thicken, then add white grapes. Pour into a large heart shaped mould, or mould in a shallow pan and, when firm, cut into

small hearts with cutters available at the five-and-ten. Serve with lettuce and mayonnaise. Serves 6.

Ginger Spear Top-Over Cake

1/2 cup butter
1 cup brown sugar
1 1/2 cups pastry flour
1 teaspoon baking powder
1/2 teaspoon soda
1 teaspoon ginger
1/2 teaspoon cinnamon
1/2 cup butter
1/2 cup sugar
1 egg
1/2 cup molasses
1/2 cup sour or butter milk
8 or 10 Hawaiian pineapple spears
1/2 cup heavy cream
2 tablespoons powdered sugar

Melt 1/2 cup butter in a 10-inch iron frying pan or an 8 1/2 inch square deep cake pan. Add brown sugar and stir until melted. Sift flour, baking powder, soda, ginger, and cinnamon. Cream butter and sugar, stir in egg, molasses, milk and dry ingredients. Arrange pineapple spears in melted butter and brown sugar; heat. Pour in cake mixture. Bake in a moderate oven, 350 to 375° F., for about 35 minutes. When done loosen cake from the sides of the pan with a spatula. Invert on a large serving plate. Serve hot with whipped cream, 8 servings.

Magic Nut Cup Cakes

1 cup ground shelled peanuts
1/2 cup sweetened condensed milk
1 egg, separated
1 teaspoon baking powder
Shell peanuts, remove brown skins, and force through food chopper. To ground peanuts, add sweetened condensed milk, egg yolk and baking powder. Blend thoroughly. Fold in stiffly-beaten egg white. Drop by spoonfuls into small greased cup cake tins. Bake in moderate oven (350 degrees F.) 20 minutes. Makes 12 small cup cakes.

Cut in slices and serve plain or garnished with whipped cream. This makes six servings.

CHURCH ANNOUNCEMENTS

Methodist Episcopal Church

Earl B. Horsell, Pastor
Sunday school, 9:45 a.m. Paul C. Holladay, Superintendent. Classes for all ages.
Morning worship, 11 a.m. Sermon by Dr. J. C. Harrison, District Superintendent of Portland District of the Methodist Episcopal church.

Bethel Congregational Church

Harper R. Burns, Pastor
Bible school at 9:45 a.m. Classes for all ages. R. C. Duty, Supr.
Morning worship at 11 a.m. W. L. Cady in charge of choir. Sermon theme, "The Power of Prayer."

Church of Christ

Geo. W. Hatch, Pastor
Beginning the first Sunday in March, the evening services will have some special feature which will make them both entertaining and profitable. We especially invite strangers and friends to these services.

Cedar Mill News

By Girl Scout Troop No. 61
Roger and Leslie Johnson entertained a group of friends Saturday night with a monopoly party.

Hazeldale News

By Mrs. J. Imlah
The Community club will hold its regular meeting this Friday evening.

Heil's home last Tuesday evening. Marion Simch has returned home from Portland after having been quarantined with his brother's family, who had scarlet fever.

The Cooper Mountain Ladies club held their meeting Thursday afternoon at the home of the new president, Mrs. Wes Bany.

The third year 4-H cooking club held their first meeting last week with Sue Santomo as leader. The first year class has Virginia Miller as their leader.

Sewing classes which meet in the school basement every Wednesday afternoon are now learning the art of glove making. This is free to everyone interested.

At the card party Saturday night at the school house Mrs. Allison and Mr. Jeldricks received first prizes. Second prizes went to Mrs. Jones and Mr. Syverson.

Mr. and Mrs. George Sanford have purchased the home of Neil Martin on the corner of Farmington road and Livermore Ave. The Martins are moving to Portland this week.

Sunday visitors at the home of Ernest Livermore were Mr. and Mrs. C. H. Hansen of Goldendale, Wash., Mr. and Mrs. Jack Neff of Portland and Mr. and Mrs. Schulz of Milwaukie.

DOG LICENSE NOTICE

The license fees for dogs over 8 months old or for dogs owned or kept over 30 days for the year 1937 are: male dog, \$1.00; female dog, \$1.50; spayed female dog, \$1.00.

After March 1st the penalty is \$1.00 for failure to procure license for the dogs above stated. Purchasing from the City Recorder places 80% of the fee collected into the general fund of the Town of Beaverton.

NOTICE TO CREDITORS

In the County Court of the State of Oregon For Washington County In the Matter of the Estate of Hattie Nelson, Deceased.

NOTICE IS HEREBY GIVEN that the undersigned has been duly confirmed by the above entitled court as Executor of the Last Will and Testament of said deceased, and has duly qualified as such.

NOW, THEREFORE, all persons having claims against said estate are hereby notified and required to present the same, together with proper vouchers therefor, to the undersigned at the law office of Bagley & Hare, in the First National Bank Building in Hillsboro, Oregon, within six months from the date hereof.

PATED this 11th day of February, 1937.
GEORGE P. NELSON, Executor of the Last Will and Testament of said deceased.

BAGLEY & HARE, Attorneys for Executor. adv p11-15

NOTICE TO CREDITORS

In the County Court of the State of Oregon For Washington County In the Matter of the Estate of JOHN NELSON, Deceased.

NOTICE IS HEREBY GIVEN, that the undersigned has been duly appointed by the above entitled Court, as Administrator of the estate of said deceased, and has duly qualified as such.

NOW, THEREFORE, all persons having claims against said estate are hereby notified and required to present the same, together with proper vouchers therefor, to the undersigned at the law offices of BAGLEY & HARE, in the First National Bank Building, in Hillsboro, Oregon, within six months from the

date hereof. DATED this 11th day of February, 1937.

GEORGE P. NELSON, Administrator of the estate of said deceased.

BAGLEY & HARE, Attorneys for Administrator. p11-15

NOTICE TO CREDITORS

In the County Court of the State of Oregon For the County of Washington

In the Matter of the Estate of MARIE SPECHT, Deceased. Notice is hereby given that the undersigned has been appointed Administrator of the estate of Marie Specht, deceased, by the

To your liking! WILKEN FAMILY BLEND WHISKY

County Court of the State of Oregon for the County of Washington, and has qualified.

All persons having claims against said estate are hereby notified to present the same, duly verified, as by law required, to the undersigned at his office at Beaverton, Oregon, within six months from the date hereof.

Date of first publication this 12th day of February, 1937. Date of last publication this 12th day of March, 1937. Doy Gray, Administrator. Samuel B. Lawrence, Attorney.

WAKE UP YOUR LIVER BILE

Without Calomel—And You'll Jump Out of Bed in the Morning! The liver should pour out two pounds of liquid bile into your bowels daily. If this bile is not flowing freely, your food does not digest. It just decays in the bowels. Gas builds up your stomach. You get constipated. Your whole system is poisoned and you feel sour, sick and the world looks pink.

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712 Swetland Building, Portland, Oregon. adv c11-15

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