



The Pan American Exposition Sets Vogue for "Panamex" Menus

That it has long been the policy of homemakers of this fair-land to be "good neighbors" is an accepted fact—but what's the "good neighbor policy" becomes international, that's new!

With the attention of 21 countries in the Western Hemisphere centered on the opening of the Pan American Exposition in Dallas, Texas, June 12, trend tipsters tell us that "panamex" as the fashion news falls spring from fabrics to foods, and is making good neighbors of us all, as even our daily bread is going "Panamex."

New York designers started the trend with "Panamex" dresses, hats and accessories as romantic as their South American sources. Table settings of gay vari-colored Mexican pottery, and Latin American linens, as interesting as the ancient Mayan, Incan, and Aztec sources from which they have been adapted, provide a bright background for a parade of dishes that are new taste sensations to North Americans.

Banana's "Good Neighbors" Too!

Because Pan America grows literally hundreds and hundreds of varieties, fruit is playing an important part in "Panamex" food news, and not the least of these is our popular banana—the "good neighbor" of two continents! South America cooks have a way with them as they serve the golden fruit in a variety of delicious and interesting dishes from cocktails to dessert. Inspired by the Pan American Exposition the "Panamex" dishes given below are the "advance style" note for Spring menus. If you would be a good neighbor (and a popular one) serve these at home.

Ensalada Mexicana

(A Mexican Salad.)

- 2 oranges
- 1 grapefruit
- 2 ripe bananas
- 2 apples
- 4 small beets
- 1 tbsps. lime or lemon juice
- 1 1/2 tbsps. salad oil
- 1/2 teasps. salt
- 1/2 teasps. chili powder
- 1/2 cup coarsely chopped peanuts
- 2 tbsps. crushed peppermint candy

Peel oranges and grapefruit, remove membrane from sections, and dice. Peel and dice bananas,

apples and beets. Make a dressing of the lime or lemon juice, salad oil, salt and chili powder. Combine all ingredients lightly but thoroughly. Serve well chilled on crisp lettuce. Serves 6 to 8.

Chiles Relenos Queso

- (Mexican Stuffed Peppers)
 - 6 sweet Peppers
 - 1 tbsps. salad oil
 - 1 tbsps. minced onion
 - Pinch of salt
 - Pinch ground spices
 - 4 eggs
 - 1/2 lb. yellow cheese
 - 1/2 teasps. chili powder
 - Minced onion (optional)
- Heat salad oil, add onions, olives, spices, cheese and chili powder and salt. When mixture is well blended remove from fire. Meanwhile parboil green peppers in salt water. Make a small slit and fill with cheese mixture. Beat eggs, dip each pepper in egg mixture, then in flour, fry in deep salad oil. Drain. Serve hot.

Aztec Salad

(Red and Gold Beauty)

Place three slices of red, ripe peeled tomatoes on a romaine leaves. Place a slice of firm-cooked egg on each slice of tomato. Just before serving add blanched shaved almonds and diced ripe bananas to French dressing. Serve dressing at table.

Baked Orange Fruit Cup

(A Tropical Dessert)

- 8 large oranges
- 8 dates, sliced
- 1 tbsps. coconut
- 1 tbsps. raisins
- 1 tbsps. walnut meats, chopped
- 1 egg white, stiffly beaten
- 1 teasps. sugar

Cut tops off oranges. With a sharp knife hollow out a small portion of each orange near the top. Then work the knife around to lift out pieces of the remaining pulp until shell is clean. Mix orange pulp (using large size oranges) with dates, coconut, raisins and nutmeats. Return to orange shells. Place oranges in a baking dish with 1/2 inch of water in bottom of pan and bake in slow oven for 45 minutes. Remove from oven and put on each orange a spoonful of meringue made from egg white and sugar. Sprinkle meringue with coconut and return oranges to oven to brown.

Panamex Sherbert

(A Luncheon Fashion Note)

- 1/2 cup mashed banana (2 to 3

- ripe bananas
- 6 tbsps. sugar
- 2 teasps. lemon juice
- 1/2 cup whipped cream
- 1/2 teasps. vanilla
- 1/2 cup chopped nutmeats
- 1 egg white

Combine mashed banana, sugar and lemon juice. Add whipped cream, vanilla and nutmeats. Beat egg white until stiff enough to form peaks and fold into mixture. Place into freezing trays of automatic refrigerator and freeze until firm. 6 servings. Nuts may be omitted.

CHURCH ANNOUNCEMENTS

CHURCH OF CHRIST

Geo. W. Hatch, Pastor

Bible School—9:45 a.m. Mrs. Vernia Hopper, supt.

Next Lord's Day morning there will be a special Children's Day program following the class session in the Bible School hour.

Communion service—11 a.m. followed by the sermon by the pastor, subject, "The Obligation of the Church." Special music by the choir both morning and evening.

At 8 p.m. song service and preaching by the pastor, subject, "The Righteousness of God." The Bible Study and prayer service this week will be led by Mrs. Rose Thompson.

Friends and strangers made welcome at all assemblies.

Bethel Congregational Church

Harper R. Burns, Pastor

Bible School—9:45 a.m. R. C. Doty, superintendent. Good classes for all ages.

Morning worship at 11:00 a.m. Special music by Vested Junior choir. W. L. Cady, Director. Sermon theme "The Little Lad and His Lunch."

Note: This is the first appearance of our vested Junior Choir which is to furnish music for the summer. Let's have a large attendance.

Mr. Cady and Mr. Burns would like to meet all young people of high school and college age.

Sunday evening at 7:30 p.m. at the Church a Young People's program for the summer months will be planned.

Nazarene Church

Julius Miller, Pastor

Sunday School—9:45 a.m. Bring your family for religious worship and stay for the morning worship. Ervin Rickman, supt. We have classes for all.

Children's Day program at 10:15 a.m.

Morning Worship—11 a.m.

Junior Society—6:30 p.m.

District Superintendent, Rev. E. E. Martin of Portland will preach both morning and evening. Mrs. Martin, District Pres. of the W.P.M.S. will also be present and speak in the evening. Midweek prayer-meeting—7:30 Wednesday nights.

Come and worship with us. We welcome strangers.

Methodist Episcopal Church

Earl B. Horsell, Pastor

Sunday School—9:45 a.m. Paul C. Holladay, Supt. Classes for all ages.

Morning Worship—11 a.m. Sermon for children's day, "Rain-bows of Hope."

Epworth League—7 p.m. Evening Worship—8 p.m. Sermon "The Christian Race."

St. Cecilia's Church

Rev. G. L. O'Keefe, Pastor

Sunday Services—7:20 and 9:30 A.M.



THE fishing season is here. Some of us are on our local streams or lakes at sunrise. Others are speeding along the highways to other states. But no matter where you are fishing, your mind, sooner or later, turns to lunch. Here are a few suggestions that should appeal to you:

Trout—Fried on the Spot

Clear away underbrush before making your fire. Let fire burn until you have a bed of live coals. Clean trout (or other fish), dry, sprinkle with salt and pepper, dip in bread crumbs or flour, then in egg, and again in crumbs or flour, and fry in deep fat.

Date Nut Loaf

- 2 cups sifted cake flour
- 3 teaspoons double-acting baking powder
- 1/2 teaspoon salt
- 1/2 cup brown sugar, firmly packed
- 1/2 cup chopped walnut meats
- 1 cup finely cut dates
- 1 egg, well beaten
- 3/4 cup milk
- 4 tablespoons melted butter or other shortening

Sift flour once, measure, add baking powder and salt, and sift again. Add sugar and mix well. Add nuts and dates. Combine egg, milk, and shortening; add to flour mixture and blend. Bake in greased loaf pan, 8 x 4 x 3 inches, in moderate oven (350° F.) 1 hour, or until done.

What to Drink

All cold water is not necessarily pure. Even streams near their origin may be contaminated. It is wise to take your own beverage, or to boil and cool water from untested streams. Take a few cans of unsweetened Hawaiian pineapple juice with you. As soon as you have parked your car dig a hole in the sand at the edge of the stream and bury these cans. By lunch time the juice will be ice cold and an ideal drink to serve with your nut loaf.

P.N.G. CLUB MEETS AT McELROY HOME

The P. N. G. Club met at the home of Mrs. Nettie McElroy on Wednesday. Thirteen members were present. Three were taken into the club by initiation: Mrs. Francena Testering, Mrs. Evelyn Scott and Mrs. Harriet Frances. A pot-luck lunch was served featuring a strawberry short-cake.

Plans were made for a Dutch auction quilt show and tea.

The next meeting will be held at the home of Mrs. Rebekah May Hunt on July 14.

Mrs. R. M. Vineyard and Miss Thelma Vineyard of Portland visited at the James Buck home Thursday.

Proposals Invited

The Board of Directors of School District No. 48, Washington Co., Beaverton, Oregon, call for bids on 200 or more cords of No. 1 Fir Wood. To be delivered before the opening date of school. Bids to be in the hands of the clerk by July 1, 1937.

Dr. J. R. Talbert, Chairman Althea Haulenbeck, Clerk

SPECIAL NOTICE

NOTICE IS HEREBY GIVEN to the legal voters of School District Number 48, of Washington County, State of Oregon, that the ANNUAL SCHOOL MEETING of said District will be held at BEAVERTON HIGH SCHOOL, to begin at the hour of 8:00 p.m. on the third Monday of June, being the 21st of June, A.D. 1937. This meeting is called for the

purpose of electing One Director and Clerk and the transacting of business usual at such meeting.

Dated this 9th day of June, 1937.

Attest: Althea Haulenbeck, Dist. Clerk J. R. Talbert, Chairman Board of Directors.

adv. 28-29

SUMMONS

In The Circuit Court Of The State Of Oregon For Wash. Co. Bernice E. Clark, Plaintiff, vs. Douglas M. Clark, Defendant.

To Douglas M. Clark, the above named defendant:

In the name of the State of Oregon: You are hereby required to appear and answer the complaint filed against you in the above entitled court and suit on or before the last day of the time prescribed in the order for publication of this summons, to-wit: on or before the expiration of four weeks next from and after the date of first publication of this summons, the first publication thereof being on June 11, 1937, and if you fail to appear and answer for want thereof, the plaintiff will apply to the Court for the relief demanded in her complaint, to-wit:

that the marriage contract now existing between plaintiff and defendant be dissolved and that plaintiff be granted a decree of divorce herein, and that plaintiff be awarded the care, custody and control of the minor child of plaintiff and defendant, viz: Jack Douglas Clark, and that she have such other and further relief as to the Court may appear equitable.

This summons is served upon you by publication by order of Honorable. R. Frank Peters, Judge of the above entitled Court, which order was made and dated at Hillsboro, Oregon, June 9, 1937.

Date of first publication: June 11, 1937.

Last publication, July 9, 1937. M. E. Bump, Attorney for Plaintiff, Residence and Address, Hillsboro, Oregon. c-28-32

NOTICE OF FINAL ACCOUNT

In The County Court Of The State Of Oregon For Wash. Co.

In The Matter of the Estate of Thomas W. Bishop, Deceased.

Notice is hereby given that the undersigned administrator of the estate of Thomas W. Bishop, deceased has filed herein his final account in the County Court of the State of Oregon for the county of Washington, and that Monday, the 12th day of July, 1937, at the hour of 10:00 o'clock in the forenoon of said day, and in the Court Room of said Court, has been appointed by said Court as the time and place for the hearing of objections thereto, and the settlement thereof.

Dated and first published June 11, 1937. Date of last publication July 9, 1937.

Frank W. Bishop, administrator of said estate, Frank Deich, Attorney for the estate, 1104 Guardian Building, Portland, Oregon.

adv. c-28-32

Sheriff's Sale On Foreclosure In The Circuit Court Of The State Of Oregon For Wash. County

August Kaptur, Plaintiff, vs. Eleanor A. McDougall and D. M. McDougall, her husband, and Portland Loan Company, an Oregon Corporation, Defendants.

Notice is hereby given that by virtue of an execution, judgment, and decree and order of sale duly issued out of and under the seal of the above entitled Court dated the 24th day of May, 1937, upon a judgment rendered and entered in said court on the 21st day of May, 1937, in favor of August Kaptur, plaintiff, and against the defendant, Eleanor A. McDougall, and against the real property hereinafter described for the sum of \$2800.00, with interest thereon since August 14, 1935 at the rate of five percent per annum, and the further sum of \$200.00, attorney's fees, and the further sum of \$30.75 costs and disbursements, and the costs of said sale and said writ, commanding and requiring me to make sale of all the following described real property situated in Washington County, State of Oregon, to-wit:

The Northwest Quarter of the Northwest Quarter of Section 29, Township 2 North, Range 2 West, Will Mer, containing 40 acres, more or less.

Now, Therefore, by virtue of said execution, judgment, decree and order of sale, and in compliance with the demands of said writ, I will on Monday, June 28, 1937 at the hour of 10 o'clock a.m. of said day at the

East door of the County Court House in the City of Hillsboro, Washington County, Oregon, sell at public auction to the highest bidder for cash in hand all the hereinbefore described real property, and all the right, title and interest which the above named defendants, Eleanor A. McDougall and D. M. McDougall, her husband, and Portland Loan Company, an Oregon Corporation, or either or any of them, had in said real property above described on the date of the mortgage belonging to plaintiff herein, namely August 14, 1935, and all the right, title and interest which the said within named defendants, or either or any of them, since have had or now have in and to the above described real property, to satisfy said execution, judgment, decree and order of sale, interest and costs and all accruing costs.

Said sale will be made subject to redemption as per statute of the State of Oregon.

Dated this 24th day of May, 1937.

Date of first publication, May 28, 1937.

Date of last publication June 25, 1937.

J. W. Connell, Sheriff of Washington County, Oregon.

M. B. Bump, residence and address, Hillsboro, Oregon, Attorney for Plaintiff.

HOW MODERN WOMEN LOSE FAT SAFELY

Gain Physical Vigor—Youthfulness With Clear Skin and Vivacious Eyes That Sparkle With Glorious Health

Here's the recipe that banishes fat and brings out all the natural attractiveness that every woman possesses.

Every morning take one half teaspoonful of Kruschen Salts in a glass of hot water before breakfast—cut down on pastry and fatty meats—go light on potatoes, butter, cream and sugar—in 4 weeks get on the scales and note how many pounds of fat have vanished. Notice also that you have gained in energy—your skin is clearer—you feel younger in body—Kruschen will give you a joyous surprise.

Get a bottle of Kruschen Salts—the cost is trifling and it lasts 4 weeks. If you don't feel a superb improvement in health—no gloriously energetic—vigorous alive—your money gladly returned.

NOTE—Many people find that the only diet change necessary while taking Kruschen regularly is TO EAT LESS.

NEW USES FOR BY-PRODUCTS OF MILK

IT certainly would astonish little Miss Muffet if she knew how many uses science has discovered for milk since the days of curds and whey.

Suppose, for example, that Miss Muffet's modern granddaughter is invited out to a bridge luncheon.

Her ivory-like vanity case,



The belt buckle and clip on the young lady's dress, the vanity case, hat ornament, manicure stick and other articles are made from casein by-products from milk.

cigarette holder, lipstick container and her pocket comb are made from milk by-products.

She shuffles cards that owe their gloss to milk, keeps score with a pen, whose barrel is derived from milk, on a pad of glazed paper whose glaze is a by-product of the same universal fluid.

The little ornament that adds gaiety to a chic sport hat may be manufactured from a dairy by-

product. So are the buttons on a new blouse or father's spring suit, or mother's shining belt buckle. For there are innumerable articles in daily use that derive from the original atelier of Madame Moo.

Milk by-products enter into the process of making such dissimilar articles as dominoes, book bindings, buttons, wallpaper and knitting needles.

To find wider uses for the so-called "surplus" milk and thereby further aid the dairy farmers income is a widening activity.

Butter-making extracts from milk the fat and a small proportion of the soluble constituents. The remaining milk solids are left in the skim, buttermilk and whey. In producing the butterfat for the 1,650,000,000 pounds of creamery butter which this country found use for in a recent year, there were some 3,000,000 pounds of milk solids left over. In addition to that, the cheese-makers had 300,000,000 pounds of milk solids not included in the cheese.

The important by-products of milk are casein, which comes from skim milk, and the various chemicals contributed by the whey, such as lactic acid, sodium lactate and calcium lactate.

Lactic acid may play a part in making the appetizer at dinner and the pastry at the end. It is used in leather goods and in paints and may also have helped make the soft drink at your soda fountain.

The vigorous youth of the milk by-products industry is strikingly shown by government figures. As recently as 1920, this country produced only a third of the casein it needed. By 1934 imports were a mere four per cent. American milk

companies furnished the rest, with Wisconsin and California sharing honors as the largest producers.

Used in plywood for airplanes, casein helps man to fly, in chemical sprays, it helps insects lose interest in flying. Experiments have even been made with it as a synthetic fabric resembling wool, an undertaking that must make the cow feel rather sheepish.

Casein products are of two sorts—the plastics and the glue family. Beads and buckles, pocket combs and poker chips belong to the former group. Casein glue figures in



Coat, vest and sleeve buttons of the busy executive, cigarette holder, pencil, calendar pad base and blotter are made of milk plastics.

paper and paint, linoleum and leather, upholstery and book binding—to mention just a few.

Magazine paper acquires its glossy finish by being dusted with fine china clay after being surfaced with casein glue.



Types of buttons and belt buckles in many colors that are made from by-products of milk.

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