



"Protectives" Defend Your Health

The protective instinct should be present in your foods as well as in your husband's heart! Protect yourself against the winter inside and you won't need a chest protector outside.

The "protective" foods are those which protect the body against disease by promoting a healthy condition — those which contain the essential minerals and vitamins. Build your foundation of milk, eggs, green and yellow vegetables and plenty of fruit, then fill in the rest of your menu with the sugars, starches and fats—the energy foods—and proteins. In other words—"eat what you should, then eat what you want."

Those alphabetical necessities, the vitamins A, B, C, D, E, and G, are familiar to most modern homemakers. So, too, are the minerals—iron, calcium, phosphorus, and even sulphur, manganese, copper and iodine—are also recognized as necessary in the diet-for-health. No arguments as to need for them are necessary!

But to help you along in the choosing of foods rich in these protective elements as first step in your balancing act, some dishes containing generous amounts of the element specified are given. Here's your "protective squad."

Vitamin Milkshake

Everybody knows what a fine food is milk! Bananas, too, are bouncing with vitamins—A, B, C and G! Mix them together in a drink that tastes like nectar, and you will do your children's health a favor!

Banana Milk Shake

1 fully ripe banana
1 cup cold milk
Slice banana into a bowl and beat with rotary egg beater or electric mixer until creamy—or press banana through medium mesh wire strainer with a spoon. Add milk and mix thoroughly. Serve cold. Makes 12 ounces—two medium-sized drinks.

Calcium Cup

The fruit cup is always running over with vitamins! Especially rich in calcium is the tangerine, recent researches prove. Here's a new meal starter full of what-it-takes for good teeth

and bones:

Halve or quarter green or white grapes, and put a portion in each sherbet glass. On top pile several sections of tangerines. Then fill each glass with tangerine juice and chill before serving.

Iron Salad

Those sun-tanned fellows from the desert, dates, contain vitamins A and B, and iron for the red corpuscles in addition to calcium and phosphorus and other minerals. A date stuffed with fondant is a good confection but stuff a plump date with cheese and you balance the ration.

½ pkg. dates
Cottage cheese
Orange French Dressing
Chicory or shredded raw cabbage
Stuff dates with cottage cheese and arrange on bed of chicory or shredded raw cabbage. Serve with Orange French Dressing.

Alphabet Salad

Not noodle soup but delicious fruit salad which contains all the vitamins and minerals! There's no better Sunday night supper: Line a salad bowl with chicory, endive, escarole or watercress, or a mixture. Arrange in clusters a sizable amount of each of the following: ripe banana slices (the long fingers made by cutting bananas lengthwise are preferable); sections of tangerines and grapefruit; sliced dates (cut lengthwise into halves with scissors); slices of red, unpeeled apples; pineapple or grape cubes (or any melon in season). Serve at table from bowl and arrange servings so each one gets representative assortment of fruits. Pass Dressing (both French and Cooked Dressing.)

Cooked Salad Dressing

2 egg yolks
2 tbsps. salad oil
1 tsp. dry mustard
1 tsp. corn starch
1 tsp. salt
1 tsp. sugar
Cayenne
¾ cup hot water
¾ cup hot vinegar
2 egg whites
Beat egg yolks and stir in salad oil. Mix dry ingredients and add to first mixture; add milk gradually and cook over hot

water, stirring constantly. As it thickens, add vinegar. Cool and fold in beaten egg whites.

Orange French Dressing

Vitamin C is abundant in fresh orange juice; vitamin A appears in salad oil made from corn! 3 tbsps. lemon juice
4 tbsps. orange juice
¼ tsp. salt
1 tsp. sugar
4 tbsps. salad oil
Paprika
Mix all ingredients thoroughly; chill.

HAZELDALE NEWS

By Mrs. J. Imah

Ray Betzer is having a new house built on Farmington road near St. Mary's school.

A large crowd charivariied Mr. and Mrs. Arden Hayes last Thursday evening.

Miss Lillian Carlson from Portland was a week-end guest of Mrs. Bessie Bridgman.

Mr. and Mrs. Buster Rinehart have moved to Hillsboro.

The 4-H Model Builders club met Sunday afternoon at the home of Clarence Walker where plans were made to build a model machine shop.

Nearly half the school was absent last week on account of the mumps.

The 4-H agricultural club met Wednesday evening of last week at the school house. L. E. Francis, assistant county agent was guest speaker.

Mr. and Mrs. Arden Hayes left Friday for a honeymoon trip through Washington and visit with relatives.

Mrs. Pete Piluso is quite ill at her home with pneumonia.

Mr. and Mrs. Frank Garven spent several days last week visiting relatives at Sherwood.

Byron Britch spent the weekend and Monday and Tuesday at home from Portland University.

Miss Thelma Davies spent the weekend visiting her parents at Corbett and became ill and unable to return to teach school.

Mrs. Ronald Beattie of Aloha is substitute teacher.

Ms. E. R. Dodds has been quite ill with pneumonia.

Mr. and Mrs. R. C. Doty took six girls from Mrs. Doty's Sunday School class to Portland Sunday afternoon to hear Walter D. Kallenbach, blind evangelist, speak in the Benson Tech auditorium on the subject, "The Meaning of Greatness."

The community club's "Big Apple" night which was to be held Friday evening has been postponed because of so many cases of mumps in the neighborhood.

The school children made a

donation to the "Save the Battleship Oregon" fund.

Mr. and Mrs. William Heil were dinner party guests at the home of Mr. and Mrs. Lyle Taylor Sunday in honor of Mr. Taylor's birthday.

Mrs. Paul O'Connor is quite ill at the Emanuel hospital following an operation.

George Walker who is with the Standard Oil Company in San Francisco was a Sunday guest of his brother Clarence Walker. "Pillars of Salt" was the moving picture shown to the school Monday by R. Prillaman.

Mr. and Mrs. S. J. Burden and Mrs. Samuel Doughty from Amity were week-end guests at the home of Mr. and Mrs. Bert Doughty.

CHURCH ANNOUNCEMENTS

St. Cecilia's Church
Rev. G. L. O'Keefe, Pastor

Sunday services—8:00 and 10:00 a.m.

Bethel Congregational Church
Harper R. Burns, Pastor

Bible School—9:45 a.m. Good classes for all ages. R. C. Doty, Superintendent. You will enjoy our Bible School.

Morning Worship Hour—11 a.m. Anthem and solo by members of the choir. W. L. Cady, choir director. Sermon by Pastor. Sermon theme, "The Man Who Went Down From Jerusalem to Jericho."

Intermediate and Senior C.E.—6:30 p.m. We are having interesting and helpful meetings.

Evening Worship Hour—7:30 p.m. Congregational singing. We hope to have with us at this time Miss Roberta Robinson, a

which this will be a joint service. Miss Robinson is the new secretary for our Congregational Office in Portland and is also a trained religious worker and will be of much assistance to our churches and young people.

A very cordial invitation awaits you at all our services.

Methodist Episcopal Church
Earl B. Horsell, Pastor

Sunday School—9:45 a.m. Superintendent, Marie Sams. Classes for all ages.

Morning Worship at 11 a.m. Sermon Topic "How Does a Christian Get That Way?"

Epworth League—7 p.m. Evening Worship—8 p.m. Sermon-Topic "The Twelfth Apostle."

"This will never be a civilized

country until we spend more money for books than we do for chewing gum." Elbert Hubbard.

CHRISTIAN CHURCH
George Harris Hatch, Pastor

Bible School with classes for all ages meets at 9:45 a.m. with overture by orchestra.

Communion Service—11 a.m. Sermon Subject "The Source of Surplus Power in Human Life."

Christian Endeavor—6:30 p.m. Song and prayer service at 7:30 p.m. Sermon subject "The Man Behind the Plow."

Seventh Day Adventist Church

Services held in Huber Hall, Saturday, February 26, 1933.

Sabbath School—9:45 a.m. Supt. Mrs. Zella Edgington.

Lesson topics: Adult and Youth Classes, "Memorials and Ordinances" (conclusion). Children's classes, "The Call of Abram."

or service—11 a.m. Gordon Edgington, Leader. C. C. Wilcox, Speaker.

Teen Age Wants to Know

The high school young people were watching the chalk-talk unfold its Bible truth when one of them broke in to ask that the thing just given be repeated. It was this—"No one ever got right with God by keeping the Ten Commandments." So at the request, the words were repeated.

But their young faces still showed doubt. Could that be true? Had they not been taught all their lives that by being good they would earn eternal reward?

To clear the matter Galatians 3:10 was quoted. It says that all who put themselves under the law come under the curse and adds—"Cursed is every one that

thou continueth not in all things that are written in the Book of the Law to do them." Slip just once between the cradle and the grave and you come under the curse of the broken law. You have sinned and the soul that sinneth it shall die. Eternal separation from God, that is.

Now these present day young people are more than a little held by the Bible. So it seems. Take that day when the question was put—"What do you like best? School History or Bible History. Of course one or two out of the class might make a

gesture toward the Bible just to be polite. But instead the whole bunch yelled it out like an explosion of joy—BIBLE! BIBLE!!! No mistaking that.

So to this group of high schoolers who asked about being good under the law, a word more. No—The law would not save them. For—BY THE LAW IS THE KNOWLEDGE OF SIN. The law makes all of us guilty; for ALL HAVE SINNED. Then what is the way out? Here it is—Christ hath redeemed us from the curse of the law having become a curse for us; for it is written: Cursed is every one that hangeth on a tree." Galatians 3:13. He died on the Cross to clear you and me. Count Him by this to have cleared you and cleared you for all eternity. Don't go on your feelings. Instead, stand on God's Word. To as many as received Him; to them gave He the right to call themselves the sons of God.

Don Taylor, Beaverton, Oregon. P.O. adv.

HOW OFTEN CAN YOU KISS AND MAKE UP?

NEW husbands can understand why a wife should turn from a pleasant companion into a shrew for one whole week in every month.

You can say "I'm sorry" and kiss and make up easier before marriage than after. Beware! If you want to hold your husband, you won't be a three-quarter wife.

For three generations one woman has told another how to go "smiling through" with Lydia E. Pinkham's Vegetable Compound. It helps Nature tone up the system, thus lessening the discomfort from the functional disorders which women must endure in the three ordeals of life: 1. Turning from girlhood to womanhood. 2. Preparing for motherhood. 3. Approaching "middle age."

Don't be a three-quarter wife, take LYDIA E. PINKHAM'S VEGETABLE COMPOUND and go "smiling through."

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Notice Of School Meeting

Notice is hereby given to the legal voters of School District 48 of Washington County, Oregon, that a school meeting of said district will be held on the 28th day of February, 1933, at 8 o'clock in the evening, for the purpose of determining the disposition of the old grade school building upon completion of the new building now under construction for School District 48, in accordance with Section 3-B of the offer of the Federal Emergency Administration of Public Works and in accordance to requirement of Section 35-1112, State of Oregon Code.

C. E. Mason, Chairman.

Attest: Artha Haulenbeck, Clerk.

Dates of publication: February 11 and February 18. adv. 11-12

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For a brand new flavor in grapefruit—halve the fruit, spread with butter, place under broiler flame, and brown lightly. Sprinkle with sugar or salt, as you prefer. Serve hot.

If you have a beautiful silver set (which you like to keep on display (and who wouldn't?)) but find it difficult because the silver tarnishes easily, just wax it after polishing, and it will never tarnish.

CHERRY SHERBET is a delicious, fluffy, smooth February dessert. It's made so by the beating and mixing of the dasher in the ice cream freezer as it is being frozen. To make it, add 1 cup granulated sugar to 1 pint water and boil together 5 minutes. Soak 1 tablespoon of gelatin in 2 tablespoons cold water and dissolve in the hot syrup. Cool. Add 1 cup cherry juice, drained from the canned fruit, and ¼ cup lemon juice. Color the mixture the desired shade of red with vegetable coloring and then pour in freezing container of modern ice cream freezer. Beat 2 egg whites until stiff and pour over mixture in the freezer. Assemble and cover. Then pack mixture of crushed ice and rock salt (use 3 parts ice to 1 part salt by volume) around the freezing container. Turn crank slowly, but steadily. When mixture becomes too stiff to turn, in about 5 to 10 minutes, remove cover carefully, take out dasher, and pack down evenly with a spoon. Cover sherbet with wax paper and replace cover. Draw off water and replenish ice and salt mixture. Cover and allow to harden at least one hour before serving.

A handy bed table for an invalid who has to remain in bed may be made by cutting off the legs of an old card table and smoothing off the ends with sand paper. It will furnish plenty of room for any number of things the convalescent may wish to have before him.

These REFRIGERATOR FUDGE "COOKIES" are delicious and they don't have to be baked. The recipe makes 4 dozen squares: Combine 2 squares of unsweetened chocolate, which have been shaved, with 1 cup evaporated milk and heat over low flame until chocolate is melted. Add 2 cups sugar and ¼ teaspoon salt, stirring until dissolved. Cook until this mixture reaches the soft ball stage (235°). Remove from flame and add 1 tablespoon butter. Cool slightly and then add 24 marshmallows, 1 teaspoon vanilla extract, 3 cups Graham cracker crumbs and 1 cup chopped walnut meats. Mix well and press in well greased shallow pans. Chill in refrigerator 8 or 12 hours, or overnight, and then cut in squares. These cookies will remain sweet and just-the-right consistency for several days if stored in the clean, properly-humidified atmosphere of a modern air-conditioned ice refrigerator.

When trying on a dress, which needs alteration, turn the dress wrong side out and use safety pins to size it; then remove the pins and baste. It's much easier.

CHERRY ANGEL FOOD CAKE: Here is a February variation for angel food cake: Just before putting an ordinary angel food cake mixture into a pan, gently fold in ¼ cup maraschino cherries, which have been chopped fine and drained very dry. Then bake just as any other angel food cake.

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