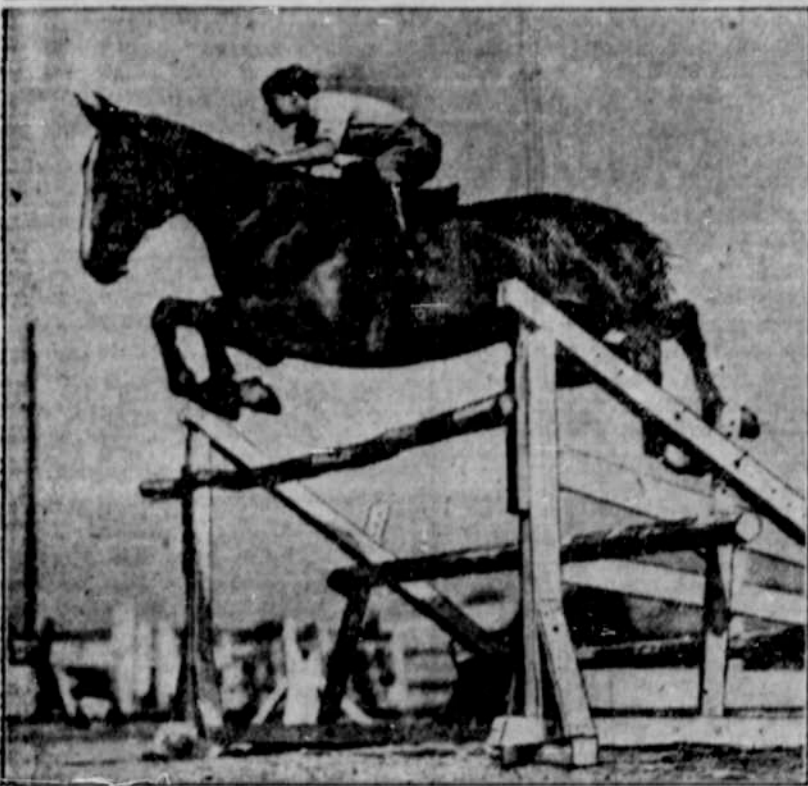


The SNAPSHOT GUILD

SHOOTING REAL ACTION



From this angle, motion is rapid and shutter speed must be high—but a slower shutter speed can be used if you shoot from a greater distance with the subject moving almost directly toward you.

THERE'S a tremendous thrill in taking pictures of genuine fast action—racing automobiles, motorcycles, speedboats, horses, athletic events and sports. Indeed, many enthusiastic amateurs find that this is the most zestful aspect of their camera hobby.

To picture real action, you need a camera with a speedy shutter, and a correspondingly fast lens. With modern high speed films, the fast lens is not as necessary as it used to be—but a fast shutter, with speeds of 1/300, 1/400, or 1/500 second, will always be a necessity if you specialize in this type of picture taking.

On the other hand, if you just take action shots now and then, and don't have a camera with an extremely high-speed shutter, there are certain tricks you can use . . . and these will often help you get sharp action pictures, even though you are handicapped by a slow shutter.

For example, look at the picture above. The action is almost "broad-side" to the camera, or at a right angle to it. Naturally, from this angle, the motion is greatest, and a

shutter speed of at least 1/500 second is needed. But if you stood quite near the track, farther up, so that the horse was coming almost directly toward you, the motion would appear less rapid. From that angle, a shutter speed of 1/200 would yield a reasonably sharp picture, if you caught the horse at the peak of the jump.

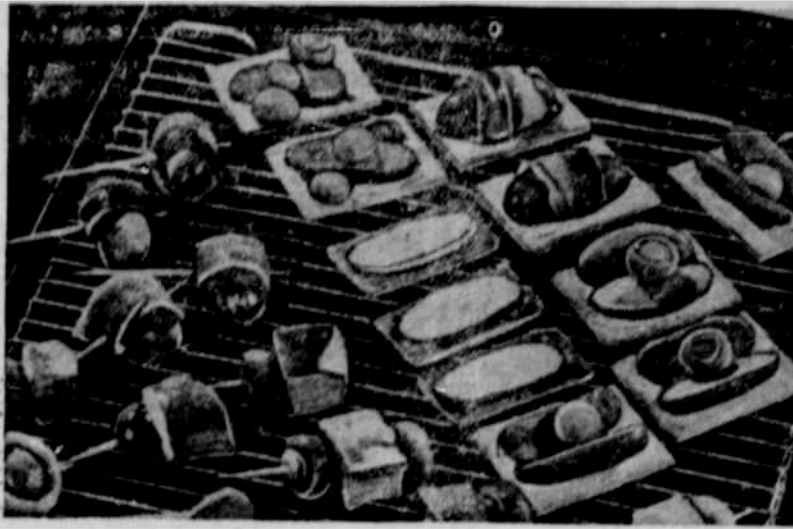
Remember that rule: when the action is coming toward you, motion is less, and a slower shutter will serve. By proper choice of position, therefore, you can overcome your handicap in many cases, and improve your percentage of successful pictures.

Here is another hint. In many games and sports, there are momentary pauses. A player will halt to turn—yet still retain a good action pose for a split second. In these pauses, if you're alert, you can capture many a fine action shot.

So even if you have a slow camera, don't be discouraged. A model with fast shutter is best, but that will come in time . . . and meanwhile, if you're alert and seize your opportunities, you can garner plenty of worth-while action pictures.

John van Guilder

Men Prefer Canapes Hot



HAVE you noticed that guests of the male gender linger longest in the vicinity of the heartier hot canapés, and avoid the cold tidbit variety? They know there's nothing like the open flame of a modern gas range broiler to point up the flavor of a canape and give it zest.

Men favor the cocktail frankfurter wrapped in bacon, alone or reposing upon a wafer, broiled to a turn. And they do not pass up the broiled three-bite type of a cube of ham stuck on a wooden pick with a canned button mushroom at each end, as illustrated above. Such small mushrooms are delicious when wrapped in a strip of bacon and broiled until the bacon cooks.

And you can tempt the gentlemen with a slice of cheese broiled on a rye wafer, or a spread of Welsh Rarebit mixture upon a crisp cracker, topped with a thin square of bacon, which should be broiled from five to seven minutes before garnishing with a slice of stuffed olive. Shrimp is extra good when rolled in a half slice of bacon held by a wooden pick and broiled until the bacon is browned on both sides.

Fancier canapés are liked by women guests,—such as one-half cup each of cooked chopped chicken and ham moistened to a paste with mayonnaise, then spread on rounds of bread or crackers, sprinkled with grated cheese and broiled.



DR. JOHN E. GORRELL

A BALANCED DIET is being followed by an increasing number of Americans from year to year, particularly during the last decade.

Yet despite this program in healthful living, its progress as a national habit can be seriously impeded when individuals unconsciously commit dietary errors. Some of these mistakes may have very serious effect on the health of the persons concerned.

Medical authorities the world over agree that proper eating habits and the types of food consumed are now considered of far more importance than many of us formerly realized. Bearing out the old tragically truthful contention that "we dig our graves with our teeth," Dr. John E. Gorrell, youthful administrator of Battle Creek sanitarium, well known southern Michigan health center, warns:

"Even the healthiest person must constantly watch his diet—fully

if he is to keep physically fit at all times. This is especially necessary under the pressure of our modern existence.

"A diet does not, as is popularly supposed, consist simply of a certain amount of fat, protein and carbohydrates, but must have adequate minerals, vitamins and water, or else serious diseases, including even those of blindness, may result."

The physician, says Dr. Gorrell, is coming more and more to understand the importance of full co-operation between the kindred fields of intestinal medicine and dietetics. The patient must have not only a proper diet but should be instructed as to the hows and whys of the nutritive values of foods so as to carry on proper dietary existence when returning home. Eating one's way to health is based not on arbitrary thought, but on scientific food chemistry, supported by clinical experience, medical authorities say.

THINGS THAT NEVER HAPPEN

By GENE BYRNES



Do You Know Your Lemon Garnish?



By BETTY BARCLAY

Do you make the most of lemon to bring out flavor in other foods? A plate of lemon quarters may very well take its place on the table along with the salt and pepper shaker, for in any meal there is always some food the flavor of which can be enhanced by lemon. It is well, therefore, to see that the family shopping list always provides an ample supply of this fruit.

Lemon quarters or sixths are suggested because they are most practical for juice. With a sharp knife, cut a lemon lengthwise in four or six pieces. These lemon pieces may be squeezed without getting juice on the fingers. They are decorative additions to the foods they accompany, as are lemon slices, plain or cut in fancy shapes. To heighten decorative effect, the lemon may itself be garnished with chopped mint, pimiento strips and parsley.

The lemon garnishes pictured are easily copied with the use of a sharp knife or scissors. They are used to decorate and provide flavor for an appetizing plate of asparagus, summer squash, beets, corn and sardines.

Here are some other suggestions for food combinations that may very well include lemon garnishes.

Lemon with Tea: The custom of serving lemon with tea has grown and many guests now prefer lemon with this beverage, so the thoughtful hostess will always include a plate of lemon slices and quarters. Cloves may be inserted in the lemon for a decorative touch. Iced tea, in particular, calls for generous additions of lemon.

Lemon with Other Fruits: The juice of half a lemon adds a tang to the morning glass of orange juice. Quarters of lemon cut lengthwise give keener accompaniments for

cocktails as tomato, pineapple and prune juice. Lemon does something, too, for stewed prunes, apricots, peaches, pears and apple, both dried and fresh, and there's nothing like lemon juice to bring out the full flavor of melon or provide just the right dressing for avocado.

Lemon with Fish: Lemon's affinity for fish and shell fish is well known. Oysters or clams on the half shell; seafood cocktails of all kinds; baked, broiled or fried fish gain by lemon juice, which may be provided in decorative lemon wedges or quarters. Canned salmon, sardines or tuna should be garnished with greens and a generous supply of lemon quarters. Again—and this is a trick worth knowing—sprinkle a bit of lemon juice on canned salmon or tuna before creaming or scalloping.

Lemon with Vegetables: Whether you eat spinach for duty or pleasure, lemon juice makes the eating more enjoyable. Other greens and many vegetables are improved by lemon juice. Here's a chance to do a bit of experimenting for yourself. See what lemon juice does for each. You'll make many pleasant discoveries.

Lemon Garnish for Soups: Novel but good is the idea of a lemon garnish for soups. Float a slice of lemon on each bowl, the next time you serve bouillon or consommé. Decorative and good, too, on bean or lentil soup and such cream soups as tomato, asparagus, spinach or green pea. Lemon is especially good with iced or jellied consommé!

Lemon with the Breakfast Waffle: From England comes this surprisingly good but novel lemon use. Sprinkle waffles or pancakes with sugar and follow with a generous squeeze of lemon juice. You'll never know how good this is until you

Science In The News

By ORSON D. MUNN, L.H.B., LL.B., Sc.D.
Editor, Scientific American

Paraphrasing Ellis Parker Butler, who said "pigs is pigs" the average person is too likely to consider that "paint is paint." Frequently it is not—sometimes it is anything and everything in the world except paint. And since this is the case it is somewhat surprising that only one or two states in the Union thus far have taken the trouble to analyze

paints and to publish, as a measure of protection to the consuming public, what is being sold under paint labels. Eight states have laws which require that cans containing paint have all ingredients listed on the labels.



Orson D. Munn

North Dakota, however, is the only one which gives information about paint ingredients to the public in periodic bulletins.

The North Dakota Regulatory Department in its bulletin No. 53 has made and published analyses of paints and varnishes in conformity with its state paint and varnish laws. Some rather surprising results seem to have been obtained.

The report says that "practically all of the house paints and floor enamels carried the analysis on the label as required by law, but the analyses of a great number were found not in agreement with the label made for them."

To comply with the North Dakota paint laws it is necessary that the composition be accurately shown on the label. The law does not prohibit the sale of poor quality paint, but the user can easily read the entire list of ma-

terials used in the preparations he buys so he is protected.

One paint proved on analysis to contain 15.24 per cent of "insoluble siliceous matter," in other words—sand, talc or china clay. Another was shown on analysis to contain 28.93 per cent of calcium carbonate, which is chalk, and 20.75 per cent of "insoluble siliceous matter" (sand). Still another was found to contain 14.55 per cent of calcium carbonate (chalk) and 20 per cent of magnesium silicate, which in laymen's language is another word for talc. And still another, says the North Dakota bulletin No. 53, "contained a large quantity of thinner and water" as well as 44.04 per cent of chalk and 22.62 per cent of sand. Another contained 16.79 per cent of just plain water.

It is worthy of note that none of the paints in question either contained or claimed an appreciable amount of white lead. Particularly is this so when the specifications of the United States Government, of State Highway Commissions, of architects and of master builders are considered.

The United States Government, for instance, requires for practically all outside painting, (a) 100 per cent white lead in oil, or (b) a minimum of 70 per cent white lead in paints of which the pigment is composed of zinc oxide and white lead, or (c) a minimum of 58 per cent white lead in paints of which the pigment is composed of zinc-oxide, titanium and white lead.

Real Estate Transfers

Archie Williams et ux to W A Thayer et ux lot 16 Kinnesswood Acres.

Benj Albert List et ux to Clarence D Langer et al 10 acres sec 29 T2S R1W.

Gertrude E Pitt et vir to John Tiro et ux part of sec 30 T2S R2W.

W S Bowen et ux to August C Melfert et ux 73-4 acres sec 32 T2S R1W.

EGrace McNamara to Frank Hilton, 2 acres in Johnson Estate Add. to Beaverton-Reedville acreage.

The Reed Institute to C. C. Morecroft et ux, Lot 10, Blk. 5, Ladd & Reed Acres.

Frank W. Pointer et ux to Stuart R. Brislin, Lot 16, in Sylvan Acres.

Mark T. Cox to Marvin R. Hoffman et ux, 8.11 acres T2S of Range 3 West.

Elhel E. Hayes et vir to Frederick R. Galsen, Lots 3 and 4 Blk. 34, Metzger Acre Tracts.

J. Wayland Owen et ux to A. Terry Colman et ux, Lot 63 Third Add. to Benz Park.

B. M. Kettering to Elmer S. Golden et al, 10 acres, Fruitdale John K. Weber to E. R. Wells et ux, 17 acres in section 15, T2S R2W.

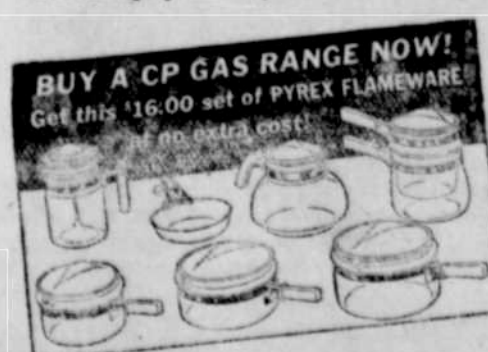
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