

THE BEAVERTON REVIEW

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J. H. HULETT Owner

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AMERICANISM

"Americanism is unflinching love of country; loyalty to its institutions and ideals; eagerness to defend it against all enemies; undivided allegiance to the flag; and a desire to secure the blessings of liberty to ourselves and our posterity."

HOW TO FIND COMFORT DURING HOT WEATHER

Reprinted from the Weekly Board of Health.

To be comfortable during hot weather, live sensibly, form regular habits of living and above all, try to acquire a cheerful and philosophical outlook on life. Such is the advice offered in a leaflet on "Comfort During Hot Weather," recently issued by the U. S. Public Health Service.

Hot weather comfort and efficiency can be increased by following a few simple procedures regarding food, drink, clothing, exercise, sleep and exposure to the sun.

The recommendations of the Public Health Service are as follows:

First, **FOOD.** The influence of a warm climate on the amount of food required by an individual is commonly exaggerated. The temperature of the body is adjusted, not so much by increasing or diminishing the amount of heat we produce, as by regulating the amount of heat lost. It is therefore desirable, during hot weather to increase the intake of fluids which will promote sweating, the mechanism by which the skin is cooled. Fresh fruits and vegetables are excellent sources of fluid and in addition contain certain food elements much needed by the body during hot weather. As a general consideration, fried foods and rich pastries should be curtailed as food of these types tends to increase heat production.

Second, **DRINK.** Attention has already been called to the necessity of drinking adequate amounts of water (6 to 8 glasses a day) to induce sweating. Fruit juices are excellent hot weather drinks, being palatable and effective in quenching thirst.

When on motor trips, drink only from wells and springs approved by the health department. In many states the Health Department has signs posted denoting safe water supplies. When in doubt, it is advisable to inquire of local authorities.

When sweating is profuse, a large amount of salt is lost. When excessive, the loss of the fluid from the blood, and of the chlorides may lead to **heat cramps** and to **heat exhaustion**. It is believed that these conditions may be prevented by the drinking of an occasional glass of water to which a small amount of table salt has been added. Three or four grains of salt to a pint of water should be sufficient.

Third, **CLOTHING.** The weight texture and color of the clothing have a great influence on the loss of heat through the evaporation of moisture from the skin. A safe and comfortable body temperature is maintained by free evaporation of sweat from the surface of the body. To aid in such evaporation, the clothing should be loose and of such character as to permit the easy passage of air. Materials such as cotton and linen aid most in avoiding the burning effect of the hot sun. It should be remembered that dark colors absorb the sun's rays and are, therefore, warm in hot weather. White clothes reflect the rays of the sun and are cool in hot weather.

Fourth, **EXERCISE.** Light exercise, adapted to your strength and condition of health is preferable. All forms of active physical immediately before or after meals should be avoided. Swimming is one of the best sports for hot weather since it does not cause overheating of the body. Refrain from strenuous exercise during the hottest part of

the day.
Fifth, **SLEEP.** A comfortable night's rest during the severe heat of summer will make the next day's heat seem less oppressive. The use of an oscillating electric fan which keeps the air in motion without harmful direct drafts will help to insure a good night's rest.

It is particularly beneficial to observe regular hours of sleep during the summer.

Six, **BATHING.** Frequent baths help to keep the body cool and refreshed. The shower bath is recommended as it does not have the sedative and weakening effects of the protracted tub bath.

Seven, **EXPOSURE TO SUN.** It is best to begin with a brief exposure each day until the skin becomes lightly tanned after which the body may be exposed to the sun's rays for longer periods. Persons with a sensitive skin should be especially careful as over-exposure to direct sun rays may cause severe burns.

According to Public Health Service, the observance of these recommended procedures will do much to lessen the discomfort ordinarily experienced during the hot season.

MORE GRIEF THAN GLORY IN THE PRESIDENT'S JOB!

At best, the presidency of the United States is one of the world's toughest jobs. When a man takes the oath of office from the Chief Justice and goes to live in the White House, he accepts duties and responsibilities which will be with him every working minute of his time.

The next president will take on an even tougher job than the great majority of his predecessors. He will take office in a time of world and national emergency. And as soon as he sits down at his desk he will have to grapple with problems whose solution is known to no one. He will have to be prepared to deal with changes and trends which menace all that the United States has created since the Revolution, and which threaten the very foundations of our system of government.

The next President's most immediate problem will be that of course, of national defense. It is apparent that we have been lax in our program, and we will be able to produce little that is tangible, so far as defense is concerned, this year. It takes time to make a great nation switch from a peace economy to a war economy. The groundwork for a workable program is being laid now, but difficult bottlenecks exist. And we start the defense program under the definite handicap of a \$45 billion dollar national debt largely built up during the past eight years. There is a possibility that the debt will eventually pass the 70 billion dollar mark.

Even so, the defense problem, vital as it is, is perhaps the simplest of the incoming president's jobs—few question that we will find some way to produce and pay for the guns and airplanes and battleships we must have. Before him will be other jobs, far-reaching in their significance, and immensely difficult, which must be solved. Here are a few of them:

There is the problem of trade. Today Hitler dominates the continent of Europe — and Hitler does not deal in money, which means dealing in gold. He deals, instead, in barter. His economy goes back to the most primitive of economic systems. He says, in effect, "I have coal that I need—so we will trade for them." The task of the United States will be either to meet Hitler's terms, which would mean practically an economic revolution here, or to force him to meet our traditional trade policy, which few economists here feel he will be willing or able to do.

There is the problem of agriculture, which is related to the problem of trade. We have spent immense sums in the name of farm relief, but it is apparent that little of durable worth has been received in return. Today the problem is made even worse, as our foreign markets disappear. There is a certainty that Europe will want and need more of the produce of our ranches and farms than ever—and there is also a certainty that they will be unable to pay for it. The next president, sitting in his ornate office will have to figure out, and whichever way he turns there will be immense obstacles between

him and success.
There is also the gigantic problem of unemployment, coupled with the problem of relief. The defense program will make many jobs, but it does not look as if it will take care of the millions of unskilled and semiskilled men and women who today are supported in one way or another by the government. In some important lines there is a serious shortage of workmen — many

willing hands reach out for the jobs, but they are not adequately trained to perform the tasks. Training people for highly skilled work takes a long time, and it also takes training facilities that do not now exist in sufficient quantity.

There is the problem of the American standard of living. Whatever we spend on national defense—fifteen billion, twenty billion, thirty billion—must inevitably

come out of the people's pockets. Perhaps fifteen per cent of the national income will now be devoted to armaments in addition to possible debt increases. That means that we will have fifteen per cent less to spend for housing, food, clothing, entertainment—all the luxuries and necessities. The next president will undoubtedly attempt to increase our national income sufficiently to make up for this—but, so far as we can see now, he is foredoomed to at least partial failure. It is almost universally agreed that the standard of living must suffer—that Americans will eat cheaper food, live in cheaper homes, spend less for subsistence and for pleasure.

There is the long-range problem of the effects of war and war preparedness on the entire economic structure. The factory that is built to make shells is either useless when the war is over, or must undergo a costly revamping process. War-time booms, in other words, produce peace time depression—and the bigger the boom the longer and the deeper the depression.

These are but a few of the problems the next president must face. It isn't an enviable job.

interesting class for every age group.
11:00 A. M. Morning Worship.
The sermon subject will be "The huest For Life."

CHURCH OF THE NAZARENE
W. P. Keebaugh, Pastor.
Sunday school at 9:45.
Morning worship at 11:00.
Young Peoples' Service, 7:00 p.m.
Evangelistic services at 7:45

CHURCH OF CHRIST
E. E. Coulter, Minister.
Morning worship, 9:45 a.m.
The subject of the sermon is "Detours On The Hell-Bent Route". Special song by the choir. Evening sermon at 8:00 o'clock, subject, "The Authenticity Of Jesus."

A great song service led by Virgil Myers; come and enjoy these Gospel services.
BETHANY BAPTIST CHURCH
Rev. John C. Schweitzer, Minister
9:45 a. m.—Sunday school with classes for all ages. John Croent, superintendent.

11:00 a. m.—Worship service. Choir directed by Carl Eggiman.
7:45 p. m.—Evening service.

ALOHA ASSEMBLY OF GOD
Church on Wheeler and Alexander Streets.

Sunday School 9:45 A. M.
Young People 6:30 P. M.
Morning Worship 11:00 A. M.
Evangelistic 7:45 P. M.
Tune in on KWJJ each Sunday from 5:00 to 5:30 p. m. to the Assembly of God Broadcast.
F. J. Huntley
Pastor

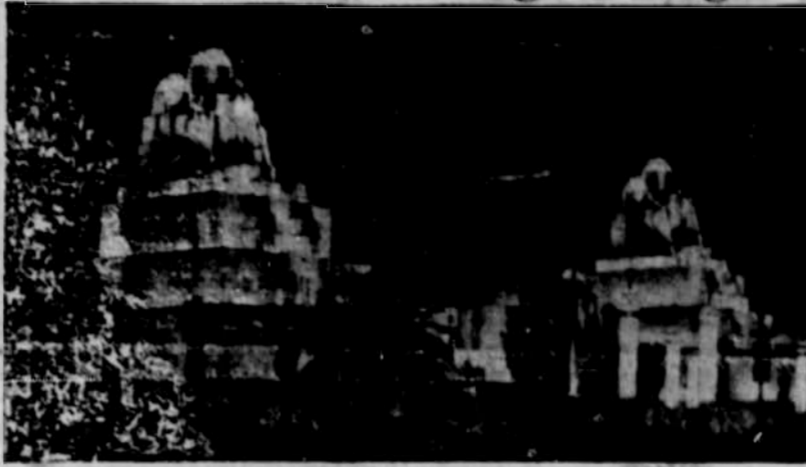
SEVENTH DAY ADVENTIST
The Huber-Aloha Seventh Day Adventist meets every Saturday morning at 9:45 at the Huber Commercial hall. Sabbath school meets at 9:45, church service at 11:00.
Leader, T. G. Edgington.
Superintendent, Mrs. F. E. Tuttle.

ALOHA COMMUNITY BAPTIST
Rev. E. Marcus Godwin, Pastor
Bible school 10:00; morning worship, 11; young people's meeting, 6:45; evening worship, 7:45; teacher training class and prayer meeting, Wednesday, 8:00
St. Cecilia Catholic Church
Rev. George O'Keefe, Pastor
Masses at 7:30 a.m. and at 9:30 a.m. Come early.

Studio Barber Shop
Frank Moore, Prop., Beaverton
CHILDREN'S HAIR CUT, 35c
UNION SHOP
Guaranteed Workmanship

SPECIAL DRINKS
For These Hot Days
PLAY SNOOKER HERE
In That Extra Hour
You'll Find All Your Friends At
La PORTONE

Treasure Isle's Night Magic



Millions will enter these portals this year. They are the "Elephant Towers" at the main entrance to the Golden Gate International Exposition on Treasure Island in San Francisco Bay. The entire Fair will be lit with light by General Electric.

Fair Folies Chorines



Five beauties from Clifford C. Fischer's "Folies Bergere of 1941," one of the leading attractions at the Golden Gate International Exposition, to be the mark on Treasure Island. Star entertainment feature during 1939, the "Folies" will be an all-new streamlined production with a cast of 65 international lovelies.

The Children's Party!



It does not take a great deal of time to prepare for a successful children's party. The cost is small when compared to that expended on festivities for adults.

But it is necessary to choose the foods wisely. If the party is held in the afternoon, the children will probably eat a hearty dinner at home. If it is an early evening party, the hearty dinner has been eaten already. In either case the foods served should be light, easily digested, and in fairly moderate portions. Then the party will be an enjoyable affair, without any lamentable after effects.

Serve simple, light sandwiches, fruit juice or milk, a small portion of birthday cake and a light dessert with ornamental cookies. Devote the rest of your party appropriation to table decorations, games and attractively wrapped, inexpensive "mystery" prizes. Children react to attractive visible things and mysterious hidden things. Bear this in mind as you plan.
Let the light dessert dish be the main dish. Something like a beautiful rennet-custard is ideal. It's easy to prepare in advance, healthful, easily digested and liked by all. The following recipe will furnish you with just what the

children want. No eggs are needed. No baking or boiling is necessary. In attractive orange baskets, and served with small animal or "design" cookies bearing the names of the guests, these desserts are a sure party "hit."

Chocolate Rennet-Custard in Orange Baskets

3 large oranges
1 pint milk (not canned or soft curd)
1 package chocolate rennet powder
Cut oranges carefully into halves in the usual way, squeeze the juice out, and remove membranes from shells. To make handles, cut a strip around the top of each half-shell about 1/4 inch wide, leaving it attached for about 1/4 inch on opposite sides. Lift up the strips and tie together with a ribbon.

Warm milk slowly, stirring constantly. Test a drop on inside of wrist frequently. When **COMFORTABLY WARM**, (120° F.) not hot, remove at once from stove. Stir rennet powder into milk briskly until dissolved — not over one minute. Pour at once, while still liquid, into the orange baskets. Do not move until firm — about 10 minutes. Chill in refrigerator. Yield: 6 desserts.

These Save the Ship

Frances Lee Barton

"A BOX of mixed biscuit and a mixed biscuit box is a twister that often wrecks tongues on the rocks. Try to prattle it quickly. Missed the target, eh? What? All right! Try these biscuits. They'll hit the right spot: Cheese Drop Biscuits

2 cups sifted flour; 2 teaspoons double-acting baking powder; 1/2 teaspoon salt; 4 tablespoons butter or other shortening; 1 cup grated American cheese; 1 cup milk (about).
Sift flour once, measure, add baking powder and salt, and stir again. Cut in shortening and cheese. Add milk gradually, stirring until soft dough is formed. Drop from teaspoon on ungreased baking sheet. Bake in hot oven (450° F.) 12 to 15 minutes. Makes 18 biscuits.

CHURCH ANNOUNCEMENTS

THE METHODIST CHURCH
Earl B. Horsell, Minister
Sunday school, 9:45 a.m. Superintendent, Chas. H. Reseman.
Morning worship 11:00 a.m.
Sermon Topic, "The Aesthetic-Emotional Approach to Religion"

ST. CECELIA'S CHURCH
Rev. George O'Keefe, Pastor
Mass, 7:30 a.m. and 9:30 a.m.
Bethel Congregational Church
Willard B. Hall, Minister.
9:45 A. M. Church School. E. G. Webb, Superintendent. An in-

Fine Printing

THE REVIEW