

Bethany-Cedar Mill

By Esther Sandstrom

A party was given Tuesday afternoon by Miss Lorena Stoffer and Miss Betty Hogan at the home of Miss Stoffer. The afternoon was spent in playing games. A nice lunch was served also. Those present were Esther Sandstrom, Miss May Whitaker, Miss Evangeline Moshofsky, Miss Mobile Zucher, Miss Francis Litvin and the hostesses.

Mrs. Joe Levett and son of Seattle are visiting for a few days at the home of Mrs. Levett's parents, Mr. and Mrs. R. L. Jackson.

Mrs. Freda Hogan is employed at the home of Mr. and Mrs. Adolph Eggers at Portland.

Reverend and Mrs. Martin Larson and family of Portland visited at the home of Mr. and Mrs. Sivert Kippi Thursday afternoon.

The Ladies Home Economics Club of the Leedy Grange will have their annual picnic at Louie's Park Tuesday.

Miss Betty Jean Whitaker returned Tuesday after a ten day vacation a Reedsport with Mr. and Mrs. Irving Chase of Hillsboro.

Mr. and Mrs. Martin Schliecher and son Joe and Mrs.

Schliechers sister Mrs. Meana Hunkly of Phoenix Arizona attended a family reunion picnic at the home of Mr. and Mrs. A. Tractel at Leno, Sunday.

Miss Agnes Whitaker daughter of Mr. and Mrs. Algy Whitaker and Mr. Marion Bruce Northrop, son of Mr. and Mrs. Fred Northrup of North Plains were married at Vancouver, Washington, Thursday morning. The couple are residing at North Plains for the present.

FRESHMEN GIVEN OSC SCHOLARSHIPS

Twenty five freshmen students in agriculture will enter Oregon State college this fall with \$100 scholarships, as the result of an award made for the first time this year by the Sears Roebuck Company. The company has expressed an intention to make these permanent annual scholarships, the school of agriculture has announced.

Applications for scholarships accepted represented 17 counties in Oregon and were awarded to farm boys with outstanding high school records who might otherwise never have been able to enter college.

The Sears Roebuck Company stated that the scholarships were to be awarded by the college to worthy Oregon farm boys of good character and scholastic attainment, who have demonstrated leadership ability through participation in 4-H clubs Future Farmers, or other agricultural or community activities.

ART OF COOKING

Today the art of cooking is more than the production of a tasty dish attractively served; it also includes the conserving of food values. While certain vitamin losses during cooking are unavoidable, considerable quantities of these valuable protective substances are needlessly thrown away every day.

Under certain conditions, the oxygen in the air changes vitamins into other substances that do not have the protective pro-

perties of vitamins. This process of oxidation is accelerated by heat. Thus, stirring air into foods while they are still cooking or serving them while they are still hot is a frequent cause of vitamin destruction. An alkaline substance, like soda, frequently used to preserve green color in vegetables, also intensifies oxidation, which has a destructive effect on all of the vitamins. Acid, on the other hand either when added or naturally occurring, as in tomatoes and many fruits, helps to protect the vitamins in foods during cooking.

Water in which foods are cooked may acquire considerable amounts of vitamins. The more water used, the greater the amount of vitamin dissolved out of the food. It has been pointed out that the cooking water that remains after preparing certain vegetables may be as rich a source of ascorbic acid as tomato juice. It is recommended that cooking be done in as little water as possible, and that the water drained from cooked vegetables be served in gravies, sauces or soups; otherwise valuable food substances will be lost. The solubility of vitamins A, D, and E in water prevents loss of these vitamins in this way.

Either steaming, or the so-called waterless method of cooking dissolves out less of the water-soluble vitamins than the boiling. On the other hand, the more rapid process of boiling helps somewhat in preventing ascorbic acid destruction. These methods of cooking appear to have no significant destructive effect on the vitamins other than ascorbic acid, and, to a lesser extent, thiamin. Long cooking processes, such as stewing, permit greater vitamin loss. Frying is probably the most destructive of the ordinary cooking methods. Limited experiments indicate that baking causes somewhat less destruction.

Most of the foods of man receive some treatment before they reach his dinner table. It is from these cooked, canned dried frozen and stored foods that much of his vitamin requirement must be supplied. In order to

establish these requirements and meet them adequately nutritionists realize the great need for extending the present meager knowledge concerning the vitamin losses which occur as the result of these treatments.

Suggestions for Saving Vitamins

So far as the housekeeper is concerned, present knowledge might be summed up in the following practical suggestions for the preservation of the vitamin values in cooking and serving of foods:

Don't stir air into foods that are cooking.

Don't put them thru a sieve while they are still hot.

Don't use soda in cooking a green vegetable.

In boiling foods, raise the temperature to the boiling point as rapidly as possible.

Use as little water as possible.

Don't throw away the water in which vegetables have been cooked. Use in making gravies, sauces and soups.

Don't fry foods valuable for their content of vitamins A, B, and C.

Prepare chopped fruit and vegetable salads just before serving.

Start cooking frozen foods while they are still frozen.

Serve raw frozen foods immediately after thawing.

Truckloads of Cheer

Two heavily loaded big trucks rolled by and the customs officer was moved to ask—"Who gets all those Bibles?" "Chinese aviators, doctors wor-

king among the sick and wounded soldiers, Chinese officials and students in Government Universities" came the answer. The press in Shanghai turns out two Bibles per minute twenty-four hours a day, with 35000 unfilled orders at the end of October last. So does Asia absorb the Book of Books.

Gala Each Year

War, starvation, human misery poverty, only add to the demand. The American Bible Society sent 54,000 copies into Poland in 1938 and 135,000 in '39. Hungary doubled in '39 taking 138,000. Czechoslovakia gave 50 percent increase, as did the Balkan States. In all the Society printed 7 million copies in 200 languages for forty different countries and lacked the capacity to fill half the demand from Latin-America.

One Master Mind

And who wrote this Book that sits in judgement on every word thought and deed? From whence this voice that drives out despair and turns woe into cheer? It came through Farm Hand, King, Herdsman, Prime Minister, Doctor, Tax Collector, General, King's Cup-Bearer, Fisherman, and Paul the legal mind. Over a period of 1600 years these and others wrote the 66 books that when brought together are found to be the work of One Master Mind. The Bible is not a medley giving man's ideas for 1600 years, not a medley. Instead every part agrees with every other part in declaring God's purpose to make Himself Saviour Lord of Lords and King of Kings.

The Bible in whole or in part is now printed in 1083 tongues. "For God so loved the world that he gave His only begotten Son, that whosoever believeth in Him shall not perish but have eternal life." This, the Little Gospel may now be read by the millions of mankind. Seven Die Each Minute. When your minute comes will you go out to meet Christ as Saviour or will you go out to meet your sins and Christ as Judge? Not Sure? Then Cry Out For Mercy. "Who-soever Shall Call Upon The Name Of The Lord Shall Be Saved."

Glean Taylor.

Beaverton, Ore. Paid Ad.

NOTICE TO CREDITORS

Notice is hereby given that the undersigned has been duly appointed Executrix of the estate of August Henry Desinger, deceased, and any and all person having claims against the said estate are hereby required to present said claims, duly verified as by law required, at the law offices of Allen and Roberts 712 Swetland Building, Portland, Oregon in Multnomah County, Oregon, within six months from the date of this notice.

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Katherine L. Desinger, Executrix of the estate of August Henry Desinger, deceased.

A. C. Allen, Attorney for the Executrix, 712 Swetland Bldg. Portland, Oregon adv 36-40

The Youth in Business

By C. E. Johnston

Dean, Schools of Business International Correspondence Schools

SELECTION of people for jobs is in itself a job. Human nature being what it is, and being variable in both the interviewer and the person interviewed, it is no wonder that there are almost as many methods of selecting employees as there are employers. While it is possible to determine physical capacity, it is not so easy to penetrate within the individual and to learn what he has that will enable him to fill a particular position satisfactorily.

Many firms use questionnaires and tests of various kinds in the selection of employees. These tests and questionnaires are not devised to find fault with a person's knowledge, but rather to disclose how well he is prepared for a certain kind of work. The individual is the supreme consideration. Ten men with a similar educational and social background may apply for the same kind of position. If all are hired, it will be found that a few will not be suited to the work and that one or more will definitely turn out to be square pegs in round holes.

The matter of selecting employees, however, is not as important as the training of them. Many businesses frankly state that new employees need not be experienced in any particular line of work. These concerns prefer to train new workers themselves, provided the employees have certain desirable qualifications with which to begin. While it is true that many firms conduct group training plans, such plans only provide a limited amount of instruction. Extensive training is today as in the past the individual's own problem.

HOME OWNERS FORUM

By ABNER GORDON

PAINT solves the problem of redecorating shower and bathroom tile, providing limitless styling possibilities for the color-conscious home owner.

The paint applied must have a pigment and oil combination which forms an exceptionally adhesive, waterproof film to adhere firmly and prove durable on smooth tile under the severe washroom conditions of moisture and wear.

Before painting, wash tile clean with plain soap and water. Rinse the surface well. When thoroughly dry, apply three coats of high quality oil paint.

To produce durable work at low cost, mix the paint on the job from soft paste white lead and a flattening vehicle according to the following volume formula:

Priming coat: 3 parts soft paste white lead, 4 parts lead mixing or lead reducing oil.

For flat finish, follow with body and finish coats of equal parts soft paste white lead and lead mixing or lead reducing oil.

For semi-gloss effect, substitute for flat finish coat one composed of 12 parts soft paste white lead, 5 parts floor varnish, 3 parts turpentine. Add ¼ pt. drier to each gallon.

Q: A recently cleaned rug curls at the ends. What treatment do you suggest?

A: New rugs are usually flattened before delivery by back-sizing. This blue coating often disappears due to wear or cleaning, resulting in curling ends or corners.

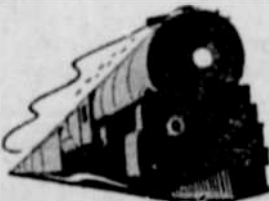
To resize, tack rug face down on floor and spray back with solution of ½ lb. chip glue in two qts. water. Allow to dry thoroughly before laying face up.

San Francisco

World's Fair

Closes Sept. 29th

This is your last chance to see the most beautiful World's Fair in history. Why miss it when you can go so quickly and inexpensively on the train?



S.P.

Southern Pacific

See your local S.P. agent or write J. A. ORMANDY, Gen. Pass. Agt., 622 Pacific Bldg., Portland, Ore.



Unbeatable GAS MILEAGE

Owners report gas savings of 15% to 40% with GMCs. These modern trucks get more mileage out of every gallon of fuel because of an advanced combustion chamber feature found only in GMC. What's more, any GMC can outpull any other light-duty truck.

THE TRUCK OF VALUE

Time payments through our own YMAC Plan at lowest available rates.

CARR'S AUTO REPAIR

BEAVERTON

OREGON

GMC TRUCKS GASOLINE - DIESEL

New York World's Fair Shows Corner in Japan



This could be a quiet corner in Japan, but it isn't. It's part of the classic symbolic Japanese garden surrounding the Japanese Pavilion at the New York World's Fair. The brilliantly attired girls posed upon the rocks are two of the many Japanese beauties who staff Japan's exhibit hall. The pavilion, which last year was among the most popular of the foreign exhibits, this year also is attracting large Fair crowds.

Advertising is ROMANCE

YOU READ THE ADS. As you read, visions come, and a desire for better things.

Do you see dresses? You picture yourself of a summer evening in this drifting white chiffon, softly printed with delicate blossoms.

Hats? Your mind's eye frames your face with a pastel shaded halo.

Foods? A cool, jolly dinner, with exciting news of the family's day.

Sporting goods? A slashing tennis game. A well-hit drive from

the tee. A hard-hooked fish and a screaming reel.

Some people say that all enthusiasm should be taken out of advertising. In books and speeches they crusade for bleak little ads that give nothing but thread counts, strength and chemical tests, dimensions and prices. What a pity if they had their way!

Advertising is one of the welcome voices that directs our eyes upward. It has worked wonders in raising our standard of living. Let's encourage it to continue on its inspiring way.

Courtesy Nation's Business