

THE BEAVERTON REVIEW

YOUR OWN LOCAL PAPER
Telephone 9415

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ISSUED FRIDAY OF EACH WEEK AT BEAVERTON, OREGON

J. H. HULETT Owner

Subscription Rates
One year (in advance) \$1.00
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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."

ALIENS REGISTER AT POSTOFFICE

Oregon is said to have more than 25,000 aliens and this section certainly must have its proportion though just now the exact figures are not available.

However, if you are not a citizen of the United States and over fourteen years of age, you will be required to register with the United States Government. You may do so at the postoffice in Beaverton, Hillsboro or Forest Grove.

According to the sample form, the information required includes name, address, place and date of birth, citizenship, height, and weight description manner of arriving in country, years lived in this country, occupation and employer, military or naval service, relatives and organizational associations.

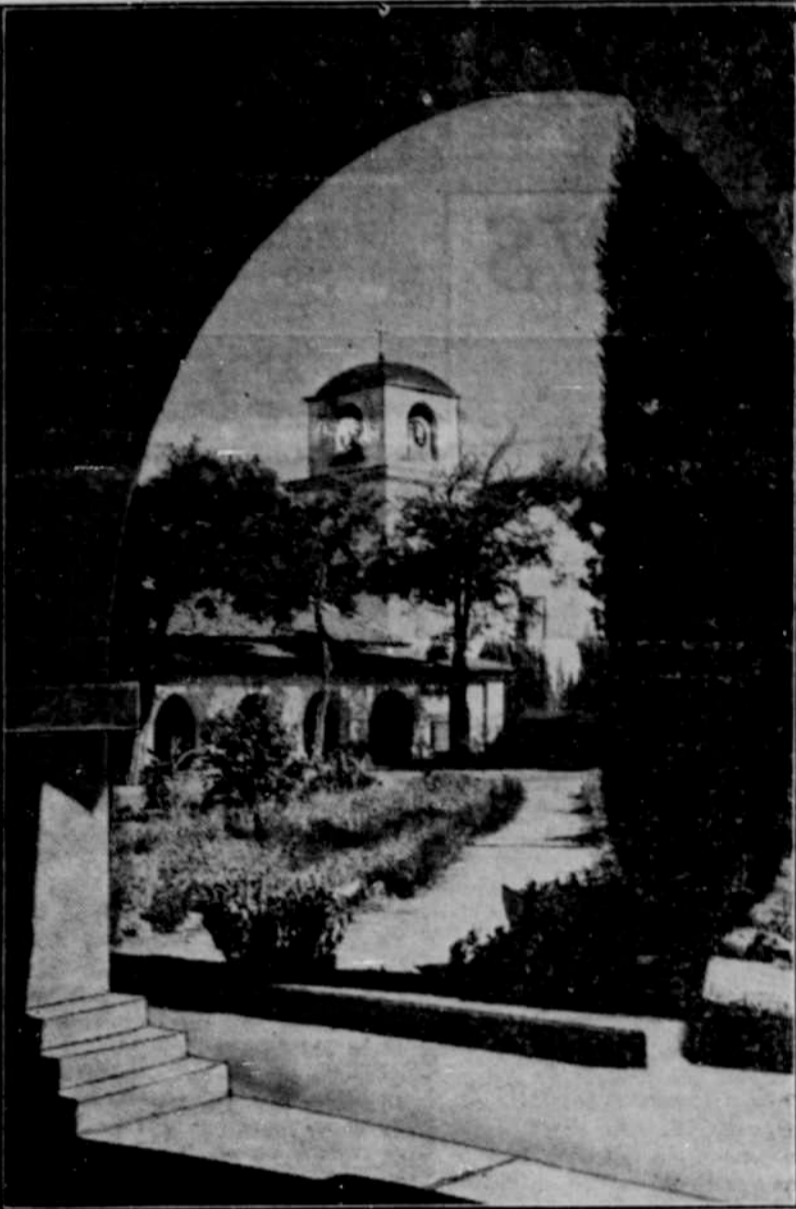
Registration must be completed by December 26. Regular post office employees will handle the work. Failure to register within the stated period will subject the offender to six months in jail and a fine of \$1,000. There is nothing harmful about registering and the records will be kept secret.

TO SATISFY MEN

Is choice of food related to intelligence? In modern civilization many people have gradually conditioned themselves to expect and demand a much more complicated dietary than is needed to satisfy nutritional needs. So fit as people can afford these habits, they should enjoy them. Enjoyment, however, is only relative—as soon as new opportunities arise, dietary habits may become more elaborate. On the other hand, where enjoyment interferes with the acceptance of an adequate dietary, the individual is faced with the dilemma of containing his habits or accepting something that appears to him to be less interesting and

The SNAPSHOT GUILD

"FRAMING" YOUR PICTURES



A natural frame adds interest to your pictures. Note how the archway in this shot focuses attention on the mission building.

FIND a natural "frame" for your picture subjects—and as a rule, you'll get pictures that are more interesting. This is especially true when the subject is a landscape, a scenic view, a building, a street scene, or similar material with quite a bit of detail.

Your frame can be a doorway, a window, an arch, a garden gateway surmounted by a trellis, or any other opening of suitable size. It need not always be complete; for example, a tree framing one side and the top of a scenic view may be sufficient.

After you choose a subject, look about and see if there is not some suitable framing device at hand. Often it will not be evident at once—but it is usually worth a search. A silhouetted frame, or one dark in tone, generally gives the best effect. To insure sharpness, use a small lens opening in taking the picture, especially if the framing material is quite near the camera.

You'll find that framing adds a lot to the pictorial value of your outdoor and scenic shots, and helps make this part of your collection more interesting to all who view it.

John van Gulder

of hunger. Appetite stimulates the flow of digestive juices but is not essential to the digestion of food, since once in the stomach, food is equally well digested whether it was palatable or not, providing no serious or continuous emotional disturbances are involved.

Habit plays an important role in the acceptance as well as the refusal of certain foods and thus is useful in efforts to provide an adequate dietary. Habits are paradoxes. A man will eat the same breakfast year in and year out, but will rebel if his dinners or suppers are the same or even if they are repeated at weekly intervals. In New England, hot baked beans are or were traditionally necessary for Saturday suppers and cold baked beans for Sunday breakfasts. In the South boiled beans are often a customary second dish for both dinner and supper. In other parts of the country, if beans are served for two meals in succession there is likely to be trouble.

Modern psychology has shown how many of our actions, including attitudes toward food, are the result of conditioning or involuntary reactions to stimuli. Poffenberger favorably conditioned a group of students to music they did not like by playing it while they ate attractive meals. Most of us can explain an intense aversion to a particular food by its association with some painful event, or remember first discovering that we liked a new food when it was eaten on a gala occasion. Conscious use of such methods of modifying established habits or creating acceptance of desirable foods offers a valuable means of improving dietary habits.

Man's instinct or ability to select a satisfactory diet from a number of foods or to modify the diet to meet changes in nutritive requirements has also been demonstrated. There is a careful report of three young children who were allowed complete freedom of choice from among a wide variety of natural foods over a long period of

time. The diets selected met all their nutritive requirements and resulted in excellent growth. But these are experimental conditions. Under the normal conditions of everyday life, the instinct of man is so overlaid by conditioning that he cannot be trusted to select his food with any relation to his physiological needs.

At present sufficient evidence to determine the exact manner in which the body recognizes nutritional deficiencies and determines the choice of food is lacking. One suggestion is that nutritional deficits cause physiological changes in the body and that these changes alter the taste mechanism and set up a craving for a specific food.

CHURCH ANNOUNCEMENTS

THE METHODIST CHURCH
Sermon topic "The Redemptive" Earl B. Horsell, Minister
Sunday school, 9:45 a.m. Superintendent, Chas. H. Rosema. Morning worship 11:00 a.m. Approach to Religion"

ST. CECILIA'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 interesting class for every age group.

11:00 A. M. Morning Worship. The sermon subject will be "Receiving Without Giving" 7:00 P. M. Christian Endeavor

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. Couiter, Minister.
Morning worship, 9:45 a.m.
The subject of the sermon is "In the Name of Jesus Christ" Bible study at 11:00

Evening service at 8 o'clock Subject of the sermon will be Arise and Walk"

BETHANY BAPTIST CHURCH
Rev. John C. Schweltzer, Minister
9:45 a. m.—Sunday school with classes for all ages. John Croast, 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. at 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. B. 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

Studio Barber Shop
Frank Moore, Ppop., 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

HOWDY ALL—SEE YOU AT SALEM



And it's Montie Montana, no other! He's bringing his troupe—and his horses—to the Oregon state fair, September 7 to 8. Montie, the youngsters will tell you, is one of the best roped horses.

satisfying. Man likes what he is used to, but he also likes a change. In any practical attempt to improve nutritional status, therefore, use should be made of instinct, appetites, habits, and any other devices to condition him favorably to desirable food can be made valuable aids in securing the acceptance of food. Hunger, which is due to actual contractions of the stomach, stimulates the seeking of food. Appetite, on the other hand, is associated with the presence, or even the memory, of pleasant odors and flavors of food, and may occur even when the stomach is full. When hunger contractions or pangs occur, people show irritability and restlessness even when the attention is so occupied that the contractions are not recognized. When three meals are eaten a day, at regular hours, the contractions are seldom noticed, and when only one or two meals a day are eaten, a certain amount of indifference to them may be built up. Excitement, pain, or anger inhibit hunger and may thus create resistance to new foods. Outdoor exercise, physical work, or insufficient food stimulate hunger and lower the level of discrimination thus creating a situation favorable to the acceptance of new foods that may be utilized when there is need to modify dietary habits.

People often take food as a result of appetite rather than

Advertising IS Good News

Specially now, when the world is so full of strife, misery and anxiety, it's good to be able to get the pleasant news that comes in the ads.

About a light-hearted summer turban... sports wear coolly stolen from the men... a refreshing hot weather beverage...

A pipe that promises a smoke-treat... a light straw hat for the steaming brow...

The ads are reminders that life can't all be woe... reminders to be as normal and comfortable as possible... reminders to which you can sensibly respond. For the ads lead you to sound values.

Courtesy Nation's Business

Fine Printing - -

"Do your Christmas shopping early" is good advice—if you must shop. But most of us do more shopping than is necessary. You can make Christmas or any other giving easier and pleasanter by remembering that everyone writes letters, and that fine writing paper, therefore, always makes a practical and useful gift. Properly packaged it makes an attractive and impressive gift.



THE REVIEW