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GRADE CROSSINGS MUST GO ON FEDERAL-AID HIGHWAY SYSTEM



Grade Crossings Will Be Eliminated to Save Human Lives.

(Prepared by the United States Department of Agriculture.)
The grade crossings must go and they will be eliminated wherever possible on the roads of the federal aid highway system, which will be built as a result of the passage of the federal highway act. When the roads which form the primary or interstate system are constructed, no grade crossing will be allowed to remain that is at all practicable to avoid. Every effort will be made to make the roads of the secondary system equally safe, but in this case it is recognized that elimination may not be practicable in all cases at this time.

Policy Meets Approval.
In making this announcement the bureau of public roads, United States Department of Agriculture, under whose supervision the fund is allotted and construction is undertaken, is putting into effect a policy which it has long advocated in principle, and whose adoption it has urged with increasing effectiveness upon state highway officials for some time past. The policy is meeting with hearty co-operation on the part of the states, and the American Association of State Highway Officials by resolution has pledged its best efforts to co-operate to eliminate grade crossings on new construction.
In addition, the policy finds favor among the railroads, some of the lead-

ing carriers already having lent cheerful aid in avoiding the construction of more grade crossings.

Instead of grade crossings there will be constructed, wherever possible, in the future either a bridge or an underpass where roadway and railway intersect. Important roads, which now cross and recross railroad lines at grade, hereafter will be located entirely on one side of the railroad, even though to do so may increase the cost of construction.

Where crossings are unavoidable, or where local interests justify construction of highways to cross railroad lines, the road will be so located as to pass over the track or under it. In most instances of this sort the railroads bear one-half of the cost of building the bridge or underpass.

Saving of Human Lives.
The prime object of the department's policy to eliminate grade crossings on federal-aid roads is the saving of human lives. This policy probably will involve increased expense of construction in the case of some roads, but it is believed this is justified by the saving of life. During the three years ending with 1930, according to the best records available at the department, 8,686 lives were lost at grade crossings in the United States and 10,644 persons were injured.

TRACK MEET HELD AT FOREST GROVE

The Annual Washington County Track and Field Meet, held on the Pacific University Athletic Field, Saturday May 6, was a success from every standpoint.

By nine o'clock the campus presented a gala appearance, as the contestants with their many friends and adherents, began to arrive from all parts of the county. At ten o'clock the schedule of events for grade schools began. Much interest and enthusiasm was shown. Hillsboro Grade School with 41 points in their favor walked off with the big pennant for "points." Cornelius was a close second with 33 points and Metger came third with 31 points. At noon basket dinners were spread on the tables provided for that purpose. Hot coffee furnished by the merchants of the town, proved a welcome addition to the dinner.

In the afternoon the high school events attracted keen interest. The high schools were divided into two classes, class A and class B. Class A consisted of all high schools with an enrollment of over 50. Class B of all high schools with an enrollment of 50 or less. Forest Grove High School, with 58 points to their credit, won the beautiful silver cup awarded by Pacific University to the high school in class A with most points. Hillsboro came second with 54 points. The Washington County Track and Field Meet Association presented a silver cup to the winning high school in class B. This was awarded to Buxton High School, which had 48 points. Gaston came second with 56 points to its credit.

In connection with the meet, an oratorical and declamatory contest was held in the evening at Marsh Hall. Beaverton won first place in class A and Hillsboro won second place.

The success of the meet was largely due to the untiring efforts of the committee in charge, and to the efficient handling of events by Coach Frank and the Pacific University students, who so ably assisted him.

HUBER NEWS.

(Too late for last week.)

On Tuesday of last week Mrs. J. A. Erickson entertained at a luncheon for Mrs. George. Later on the same afternoon a farewell reception was given for Mrs. George by the Ladies Social Improvement Club. Mrs. George was presented with a handsome cut glass vase. Mr. and Mrs. George have sold their Huber property and intend making their home in Oswego.

S. F. Wray and family spent Easter Sunday with Mr. Wray's parents. Mr. and Mrs. James Wray of Portland. Mrs. Wray was celebrating her 71st birthday. Mr. and Mrs. Wray his 78th, which occurred a few days before.

Mr. and Mrs. Jackson are happy over a hatch of chickens just hatched out.

Mr. Erickson has sold his new house and intends building another one in the near future.

A farewell reception was given on Tuesday by the Ladies Social Improvement Club, for Mrs. Peschhaus who has sold her Huber home and intends going back to Oklahoma.

Can Keep Busy Somehow.
"When a man gettin' else 'r do," said Charcoal Eph, in a mood, "he kin fix 'em some way 'r git into trouble about a woman."—Richmond Times Dispatch.

BUSINESS GOOD AT ERICKSON'S GARAGE

Business is better this season with the Otto Erickson Company. Since the first of April they have sold 14 tractors equipped with plows and disc harrows; three trucks; five sedans; three coupes; seven touring cars and two roadsters and the season for Fords has scarcely begun.

All that Henry Ford needs to do is to get a hustler like Otto in every county and there soon would be nothing in use but Fords. The only drawback to that which we can see is that the Ford factories would soon be swamped with orders and then everyone would have to wait for his new Ford.

ROY, OREGON HOLSTEIN

LISTED IN TEST RECORD

Local Holsteins are continuing to make good milk and butter production records as is indicated by the official tests reported from the office of Malcolm H. Gardner, Delevas, Wis., Supt. of Advanced Registry of the Holstein-Friesian Association of America.

This week's bulletin reports the purchased registered Holstein-Friesian cow, Columbia Imkje De Kol 2d, owned by J. F. Peerenboom of Roy, Oregon, as having made at the age of two years and seven months, a record of 18890.7 lbs. of milk and 654.85 lbs. of butter fat, in 365 days, equivalent to 318.5 lbs of butter.

The State Championship in the Senior two year old class is credited to Twin Fir Oakhurst Soria, whose 365 day record is 21446.1 lbs. of milk and 695.08 lbs. of butter. This record was made at the F. W. Connell Farm, Hillsboro, Oregon.

WOMAN BREAKS RECORD SAN FRANCISCO TO PORTLAND

Mrs. Kathleen Ayres is at great booster for gasoline service of the Standard Oil Co. Mrs. Ayres is the woman who last week broke the San Francisco-Portland record by piloting her four cylinder Buick Coupe between these cities in 22 hours and 43 minutes. Her time cut down the best previous motor car record by 3 hours and 5 minutes, and best of the Southern Pacific's crack train "The Shasta" by 5 hours, 47 minutes.

Mrs. Ayres, in describing her record-breaking run, was particularly zealous in her praise of the Standard Oil Company's Service along the road. Stops were made at Corning and Roseburg for Red Crown and Zerolene, and the prompt attention given by the attendants cut many minutes off the running time. "And minutes are valuable little things, especially in establishing records," said Mrs. Ayres.

The Buick's record is official in every respect, as the Coupe and its nifty little driver were checked out of San Francisco and in at Portland by members of the press in both cities, while the timing was done by officials of the Western Union Telegraph Company.

Mrs. Ayres is Chairman of the Reception Committee of the California Federation of Business and Professional Women's Clubs for their Convention to be held in San Francisco June 22nd, 23rd, and 24th. She made the trip by way of showing that the women of today can keep pace with the men.

Send in your news items early each week and they will appear.

How to Be Healthy

The Crusade of the Double-Barred Cross
Practical Talks on Disease Prevention
Prepared by the OREGON TUBERCULOSIS ASSOCIATION

(Practically every adult person is infected with tuberculosis. This infection need not be a source of danger. To keep the latent infection from becoming disease, bodily resistance must be kept at its best. This series of articles shows you how to keep healthy.)

HOW NOT TO CATCH COLD AND HOW TO MINIMIZE ITS EFFECTS WHEN CAUGHT

By S. ADOLPHUS KNOPP, M. D., New York.

EVERYBODY knows what a cold is by its effects, but perhaps not everybody knows that it is due to a germ sometimes called micrococcus-catarrahalis. We may get this germ from the careless cougher, sneezer, or excited talker, through his droplets or sprays. The cold may develop at once, or it is quite possible that we also carry the germs for some time within us. When our system is rendered less resistant by chills, overeating, or intemperance acts of some kind or other, or by being badly nourished or overworked, these germs have a chance to multiply and then produce the symptoms of a cold.

To prevent infection, it is of course best to avoid the close proximity of a careless sneezer, cougher, spitter, or excited talker who expels small particles of saliva (droplets) when speaking. If one is on familiar terms with the individual, he can advise caution such as sneezing or coughing in a handkerchief, or at least holding the hand before the mouth during a so-called dry cough, which is in reality never dry, for droplets are expelled whenever there is a cough.

The individual who expectorates should, of course, always try to deposit his sputum in a receptacle (spittoon, canteen, or handkerchief) when indoors and in the gutter when out-of-doors. In crowded assemblies, street cars and subways, the dangers of becoming infected by others with the catarrh germs of course always exist.

What can we do to protect ourselves by making our system less susceptible when we are exposed? It must be remembered that when we are in good health, the germs of a cold coming from one afflicted with the disease have little effect on us, nor will those which may lurk within us have much chance to multiply and do harm. In the healthy individual the white blood corpuscles in our blood stream take care of the invading microbes. They swallow it; hence the name "phagocytes." Thus the best way to protect oneself from catching cold is to keep in the best physical condition.

In order to make the body resistant to contracting colds, breathe as much good, pure air as possible all the time, breathing quietly and deeply, particularly when out-of-doors. When indoors try to be in a well ventilated room. Whenever convenient, take special breathing exercise every hour or two, raising and rolling the shoulders upward and backward during the act of a slow and deep inhalation, retaining the air for about 5 seconds while holding the shoulders backward, then exhaling a little more rapidly than it took for the inhalation, during which act the shoulders move forward and downward.

Accustom the body to a daily application of cold water in the form of a plunge, shower bath, or a cold sponge. One unaccustomed to the use of cold water must of course begin gradually. This can best be done by standing in water at a temperature of about 100° F. and squeezing out a sponge soaked in cold water at a temperature of 50° over the back of the neck, in front of the neck, and over the left and right shoulder, so that the whole body receives the stimulation, the head remaining dry. Should the individual not react, that is to say, feel warm after the bath, he should return to a warm bed for a few moments. In a few days reduce the temperature of the cold water to 50°, then to 75°, until he comes down gradually to 45°, which is the average temperature as it comes from the faucet.

The judicious use of cold water, as just indicated, is the best means to guard the system against what is commonly called "catching cold." The circulation will be improved, the respiration will become deeper and more regular, the skin more resistant, and the whole system less susceptible to chills.

Besides the external use of cold water, always bear in mind that the drinking of five to six glasses of cold water a day between meals, will materially help in the preservation of good health. The constipated individual produces an auto-intoxication, that is to say, creates a poison in his system which renders him below par and more susceptible to the invasion of the germs of common colds.

REMOVAL OF TIGHT WHEELS

Simple but Often Effective Expedient is to Loosen Nut and Drive Car Short Distance.

Sometimes one needs to remove a stuck wheel on an occasion when no wheel puller is available. As a simple but often effective expedient: Jack up the wheel in question, put the car in gear, and after removing nut, key, etc., shake the wheel back and forth, pulling at the same time. If this does not work replace the key, drive car a short distance. This method will loosen a wheel even when a puller won't budge it.

VALVES ARE NOT REVERSIBLE

Can Be Inlet on Engine Operated by Piston's Suction Downward—Exhaust is Mechanical.

An automobile valve cannot be either an inlet or an exhaust. It can be an inlet only on the engine, operated by the piston's motion downward. The exhaust valve must be forced open against pressure of the burned gases in the cylinder and therefore must be mechanically operated.

Bride Stands on Plate of Milk.

At a marriage ceremony in India the bride stands on a large plate filled with milk and rose-colored sweets.

WHERE FROGS ARE CHICKENS

Tariff Laws of the United States Bay They Are Same and Alike in "Three Counts."

To one not versed in tariff law, or familiar with the devious and tortuous channels of reasoning followed only by convoluted legal formalities, some of the decisions at first appear to be rather odd. Frogs have become chickens for tariff purposes, venison has been held to be beef and live stalla have solemnly been declared to be nonenumerated unmanufactured articles, rears the San Francisco Chronicle.

Reason begins to totter on its throne and completely tumbles off when one learns that a firebrick weighing under five pounds is a firebrick weighing over five pounds. Reason, however, can pick up its scepter and climb back to its easy chair with a sigh of relief after reading a wonderful paragraph in the law known as the statute of chills. If an article is not provided for, either by name or material, and has one of four characteristics of an article that is provided for, it takes the same rate of duty. If the homines article resembles any other article either in material, quality, texture or in use to which it may be applied it becomes that article for tariff purposes. Frog meat is similar to the white meat of chicken in three counts, venison scores on one for the reason that both venison and beef are eaten and firebricks weighing under five pounds are used in exactly the same manner as those weighing over five pounds.

	1918	1919	1920
CASUALTIES KILLED	1652	1784	1731
INJURED	4683	4616	5077
TOTAL	6335	6400	6808
PEDESTRIANS	778	698	687
OCCUPANTS OF AUTOMOBILES	4240	4790	5250
OTHER VEHICLES	1517	512	931

Distribution of Highway Grade Crossing Casualties.

A Friendly Tip.
A young woman tells of dining out and being seated next to the six-year-old daughter of the house. When her mother left the table for a moment the little one leaned toward their guest and said in a low, admiring tone, "Now, do be careful, 'cause these are our very best table glasses."—Boston Transcript.

Cause of Real Harm.
Josh Billings once said: "It ain't so much ignorance that does harm as their knowing so darned much that ain't true."

Blame it on the Girls.
Mother love is wonderful, and we have no doubt that Bathsheba always felt and told that her boy, Solomon, would never have carried on the way he did if the girls hadn't dressed so immediately.

That English Weather.
"Lady Morden was a weather-beaten woman in the dew. No doubt the weather of the British Isles is detestable at times but Lady Morden always seemed to have been out in the worst of it."—From "Mr. Pim" by A. A. Milne.

MICKIE, THE PRINTER'S DEVIL

By Charles Squire

Our Boy is a Hard Snoozer!

