

L-I-N-E-R-S

MacCormac Snow, attorney-at-law, Beaverton... Office, Platt Building.

FOR RENT—3 acres 1/2 mile from Huber on Beaverton road, \$5.00 per acre. M. E. Smart, 1200 Northwick St., Portland, Ore.

PIANO MUST BE SOLD—Will sacrifice fine grade piano now in storage near here for immediate sale; can give easy terms if wanted to any established home. For full particulars address Wholesale Dept. Oregon Elvers Music House Elvers' Music Bldg., Portland, Oregon.

FARM WANTED—Wanted to hear from owner of a farm for sale, give lowest price, and full particulars. L. Jones, Box 551, Olney, Ill.

TEACHERS' EXAMINATIONS

Notice is hereby given that Emma Bryant, the County Superintendent of Washington County, Oregon, will hold the regular examination of applicants for State Certificates at Hillsboro High School as follows: Commencing Wednesday, June 14, 1922 at 9:00 o'clock a. m. and continuing until Saturday, June 17, 1922 to 1:00 o'clock, p. m.

Monday Forenoon, U. S. History, Writing (Penmanship), Music, Drawing. Tuesday Afternoon, Physiology, Reading, Manual Training, Composition, Domestic Science, Methods in Reading, Course of Study for Drawing, Methods in Arithmetic. Wednesday Forenoon, Arithmetic, History of Education, Psychology, Methods in Geography, Mechanical Drawing, Domestic Art, Course of Study for Domestic Art. Thursday Afternoon, Grammar, Geography, Stenography, American Literature, Physics, Typewriting, Methods in Language, Thesis for Primary Certificates. Friday Forenoon, Theory and Practice, Orthography (Spelling), Physical Geography, English Literature, Chemistry. Friday Afternoon, School Law, Geology, Algebra, Civil Government. Saturday Forenoon, Geometry, Botany. Saturday Afternoon, General History, Bookkeeping, Eighth Grade final examinations will be held June 8th and 9th, 1922. Program for Examinations. Thursday Morning, Arithmetic, Writing. Thursday Afternoon, History, Spelling. Friday Morning, Physiology, Language. Friday Afternoon, Geography, Civil Government, Reading. EMMA A. BRYANT, County School Superintendent.

FASCINATION IN AIR FLIGHT

Various Reasons Advanced Why People Will Pay High Price for Short Trip Through Space.

Why do people fly? Would you care for a spin in the air so much as to spend \$15 for a 20 minutes' flight? If so, what is your motive? Interviewing a half dozen commercial aviators along Miami's water front on this subject brought the following facts to light: About 90 per cent of all passengers carried on the short 20 minutes' sight-seeing flights are women. According to aviators the types to whom scraping the clouds appeals are: The wealthy man—the business man. He wants to see what flying is like. He sees the future of commercial aviation. The short flight offers also a novel method of entertaining friends. The "sport." He flies for the excitement of the thing. He usually insists on stunt flying. Then, too, an occasional flight provides a way of demonstrating to his friends his sporting self. The average man. He flies in the short flight at \$15 for himself or \$25 for himself and a companion a method of realizing the thrill and pleasures of the air. He is presented with an opportunity of realizing an overwhelming desire at a minimum expense. The large percentage of women passengers is considered something of a slip at that revealing in the thought that women were too timid to fly. According to pilots, in most cases women accept an offer of an aerial spin on the direct dare of their masculine companion.—Miami (Fla.) Herald.

SAFETY DEVICE IS INVENTED

Signal Lamp on Rear of Automobile Enables Driver to Signify His Intentions. The Scientific American illustrates and describes a signal lamp, invented by H. B. Andrews of Manila, P. I., as follows: The object of the invention is to provide a device whereby an automobile driver may easily signify from the rear of his car to following automobiles or other vehicles his intention to slow down and stop, or of changing direction by turning either to the right



Front View and Section of the Device. or left, without diverting his attention from the proper management of his own car, thereby materially contributing to the safety of his car and those of others following in crowded traffic.

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.)

PREVENTION OF TUBERCULOSIS

DR. GEORGE THOMAS PALMER, President Illinois Tuberculosis Association, Springfield, Ill.

THE prevention of tuberculosis consists first, in the avoidance of infection by the germ of the disease and second, in the prevention of active tuberculous disease after infection may have been acquired. Thousands of persons acquire tuberculous infection without succumbing to the disease. In fact, if one lives properly, it is possible for him to carry tuberculous infection throughout his entire life without developing tuberculous disease or consumption. The man with tuberculous infection, however, is always in more or less danger and consequently every effort should be made to avoid initial infection. To avoid initial infection and to prevent the development of later disease there must be team work on the part of the individual and the community. However careful the individual may be, he is not safe in a community where health regulation is disregarded, and on the other hand, the entire community is endangered by the carelessness of the infected person. The first problem of preventing infection must be solved not only by sane public regulation and control of all those things which may spread the disease, but by the regulation of all of those things which directly or indirectly affect the general public health. To prevent his own infection the individual must exercise care in his contact with known consumptives, must insist upon good hygienic conditions in all places where he works or plays, or joins with others in his recreation. The individual child must be rigidly protected from contact with any consumptive or possible consumptive. To avoid tuberculous disease or consumption on the part of the individual who is already infected—and at present about eighty per cent of persons acquire tuberculous infection at one time or another—the chief problem is that of maintaining individual health at its highest point. While the infected individual may avoid active disease at any time through the lowering of his physical strength or resistance. Hence, he must live a safe, sane, normal life with the right kind of food, with ample fresh air, with moderation in all his habits, including those of work and play and with avoidance of any unnecessary strain. He must also exact of his community those civic conditions necessary to good community health, including good housing, efficient general health administration, clean streets, proper ventilation of public places, safe milk supply and a reasonable measure of public recreation. It has been stated that if every man, woman and child would utilize our present knowledge of prevention, tuberculosis would be wiped out in a few generations. The gratifying reduction in tuberculosis during past years has not been due to epoch-making scientific discoveries, nor even to records of the activities of sanatoria and doctors and nurses, but rather to national, state and local campaigns of popular education through which people have been taught to live sane and wholesome lives. In spite of the success which has attended the educational efforts of the United States have not yet acquired the truth about this disease—the truth which will make them free from the greatest scourge with which mankind has ever been afflicted.

The KITCHEN CABINET

(© 1921 Western Newspaper Union.) Seldom, if ever, was any knowledge given to keep, but to impart. The grace of this rich jewel is lost in concealment.—Bishop Hall.

WHAT TO EAT.

It is not necessary to be a graduate of household economics to understand planning a well-balanced ration of palatable and nutritious food; but it is essential that study should be put upon the selection of foods for a small amount of food rightly combined will give more energy than a large amount of food. Hence one has to plan the selection and organization of food in the diet as an expert, but as the organization of an army. A properly disciplined force of soldiers is more effective than an untrained mob, so will agree. One of the essential things to remember is the different groups of foods: 1. Foods which provide protein which builds muscle; these are milk, eggs, cheese, meat, poultry, dried peas, beans and lentils, as well as fish. 2. Foods which furnish us starch and sugar; these are cereals, meals, flours, bread, macaroni, potatoes and such starchy foods; sugar in various forms such as honey, molasses, candies and sweet fruits, preserves, sweet cakes and desserts. 3. Foods which furnish fat. Supplied by butter, cream, olive oil, corn oil, bacon, salt pork, suet and other cooking fats. 4. Foods which supply mineral salts, vegetable acids and body-regulating substances. This is a most important group and has been slighted in the planning of the ration far too often. We find these substances in apples, pears, berries, melons, oranges, lemons and other fruits; in salads of green vegetables, such as lettuce and cress; in greens, like spinach, green peas, tomatoes and squash. When purchasing supplies for the family table think in terms of these groups. Some housemother will say: "My family will not eat such and such foods, or certain members of my family will not eat the kinds of food necessary for them to keep in perfect health." With rare exceptions this is admitting your own lack of properly training the children to eat the things that they should eat.

Girdle Reminder of Ancient Times. Girdles of metal, adorned with brilliant ornaments, now quite commonly used largely for purposes of ornamentation in women's dress, is a reminder, or the revival of a custom of ancient times, when they were worn by both men and women to confine to the person their long flowing garments. They were not always of metal, but often of linen or leather. The girdle also served as the support of weapons, utensils, bags or pockets, etc. In the Middle Ages hoods were sometimes bound with a strip of flexible stuff hanging from one end of the volume, which could be drawn through the girdle and secured. Among some people, even in this day, the girdle is put to practical use. Being large and loose, the scabbard of a sword or long dagger is passed through the girdle instead of being hung from it, a hook or projecting button serving to hold it in place.

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ATTORNEY-AT-LAW Suite 606, Gasco Building, Portland, Oregon.

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