

L-I-N-E-R-S

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

FOR RENT—3 acres 1/4 mile from Huber on Beaverton road, \$5.00 per acre. M. E. Smart, 1500 Borthwick 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 Eilers Music House Eilers' 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 561, 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 Certification 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 4:00 o'clock, p. m.

Wednesday Forenoon. U. S. History, Writing (Penmanship), Music, Drawing.

Wednesday Afternoon. Physiology, Reading, Manual Training, Composition, Domestic Science, Methods in Reading, Course of Study for Drawing, Methods in Arithmetic.

Thursday 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 60 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 finds 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 those reveling 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. R. Andreas 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.)

EXERCISE FOR ADULTS

GEORGE J. FISHER, M. D.

THE history of man is that he has always been accustomed to vigorous bodily exercise. Consequently his muscles are numerous and large. About half the body weight is made up by the muscles. Thus they constitute a large part of his being. Furthermore, in his development the muscles came first. Heart, lungs, liver, nervous system, all came later. They came as a result of muscle contraction. When muscles were used in a greater variety of ways then there was need for richer blood, more elaborate digestion, and a nervous system to control them. Half the brain in fact is given over to the care of the muscles. Thus we see that muscles are exceedingly important organs. They are related to all the organs of the body. They are most closely connected with the nerves of the body and are very directly related to the brain.

Well-toned, active muscles mean a good heart, strong lungs, good digestion, fine circulation, nervous control, and mental vigor. When the muscles get flabby and lose their tone the blood gets sluggish, the lungs lazy, the nervous jumpy, and the brain dull. You cannot neglect the muscles without feeling the results at many important points.

Now unfortunately most of our work today does not make sufficient demand upon our muscles. A great deal of it is done sitting still or standing still, and we were never made to sit still or stand still. We were made to be physically active. Most of the big muscles are quite closely related to the legs. We should concern ourselves with leg activity. Walking, slow running, leg bending, and body bending, and twisting from the hips are necessary. Note how quickly rapid walking or body bending affects our breathing, the heart rate, and if more prolonged, the digestion. Most of our ailments such as indigestion, short wind, dullness of the head, are due to muscle inactivity. Provide the activity and these will disappear. A brisk walk several times a day, indulgence in some favorite physical game once or twice a week, some muscle calisthenics in morning and evening, a dolly sponge bath with a brisk rub will put most of us in excellent condition if practiced regularly.

On the other hand to neglect this practice may result in a tendency toward sluggishness, occasional bilious attacks, chronic colds, increase of weight so characteristic now of mid-life, and shallow breathing.

Some of us too are in lines of work which tend to contract the chest, round the shoulders, bring the head forward, or push the lower part of the abdomen downward and forward, and thus lower the tone of muscles and the bodily organs which are closely related to them. In such cases exercises should be taken to counteract these conditions. All exercise should be taken with the head up, shoulders high, chest raised, and back slightly arched; when this is done it helps to keep the body in these positions.

People who may be in occupations which overexercise certain parts should by relaxation rest the parts affected. Those who stand a great deal should lie down when resting with feet slightly elevated. Rubbing of the tired parts in the direction toward the heart after a hot bath of the parts followed by cold will relieve the tension and the fatigue.

Most adults need vigorous exercise of the muscles located between the shoulders and the knees. Those who wish a special set of exercises I should advise to secure a copy of the Boy Scout Handbook. The chapter on Health and Endurance contains a good drill for daily use.

The KITCHEN CABINET

(© 1921, Western Newspaper Union.)

Seldom, if ever, was any knowledge given to keep, but to impart. The grates of this rich jewel is lost in concealment—Hishop 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 hly combined. Some one has said that the selection and organization of food in the diet is as important as the organization of an army. A properly disciplined force of soldiers is more effective than an untrained mob, we 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 housemothers 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.

Nellie Maxwell

Chinese Wear Slaves.

Chinese women wear practically the same clothes in winter as in summer. In the most severe weather, however, they wear heating baskets under their cloaks.

These baskets are plain wicker ones such as we use for trash. Inside the baskets charcoal burners are placed. They will radiate heat for hours.

The charcoal is mixed with chemicals that generate oxygen, and thus the charcoal will burn constantly, even though it is sealed in the containers.

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 of 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 books 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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43c. RECORD SALE 43c.

Now 10-inch double disc records, Columbia and Phantasia, on this special sale at 43c. to reduce stock until May 1st. The Excellent, a small size photograph at \$12.50, is just the thing for summer cottage and outing. It has a tone that will surprise you. Must be seen and heard to be appreciated. Write for circular.

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