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tired, aching or burning
aches and pains in the heel
or forward part of the foot
as the ankle, calf or knee
quickly disappear.
Cramped toes and cal-
louses are promptly
relieved. Dull aches in
the calf of the leg,
knee or thigh are
quickly overcome.
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uncomfortable. That
tired, broken-down
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PORTLAND BUSINESS AND PROFESSIONAL GOSSIP

Bring the baby—if it is under three years old—and Mr. Hofsteater of the Hofsteater Photo Studio, Port-land, will give you a picture of that baby absolutely free.

You are going to want to give your picture away as a Christmas gift. He gives you 13 fine photos for the one price, as given in his ad in this week's issue. To secure this bargain, it will be necessary for you to cut the ad out of this paper and present it at the studio at the time you get your sitting.

Mr. Hofsteater is one of the best known photographers in the country, and his work has won him attention and praise from every section. His clients recommend him to you for the best of service.

Don't forget to bring the baby to the studio. When you are looking for something that's different, you will find it at the Basket Grocery, Portland. They have many delicacies from far distant shores. Their endeavor is to search the world for the best in all brands.

Their Health Food Center has the most complete selection of Health Foods in the Pacific Northwest. A fine line of books on healthful living and diet, together with many other Health Accessories are worth your investigation. Also, their Dietitian will be glad to assist you in selecting the Health Food, or suggest the best book, and is anxious to co-operate with your physician in solving your Health problems.

Their mail order department gives the purchasers by mail all the ad-vantages of a personal visit. Remember, whether you need some-thing unusual, or everyday staples, they have them, reasonably priced, consistent with high quality; you will therefore save time and effort by al-ways trying the Basket Grocery first. They never close.

The removal of the Decker Busi-ness college, of Portland, to new quarters marks a step in the progress of the institution. On visiting the college, with its modern equipment and facilities, one will note the growth of the school in the last few years. From a school started in 1913 with two students and two type-writers, Mrs. Maude Decker White has built up an organization that is preparing many young people for their business lives.

The courses offered are designed most practical for the student and arrangements can be made for special subjects such as shorthand, book-keeping, typewriting, etc., individual instruction being given. This is the day of business efficien-cy, and the young man or woman who is not prepared is not able to keep the pace. Decker College spe-cializes in the work of equipping you

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for a successful career. The able faculty are alert and utilize every new and practical idea for the ad-vancement of the student and with the bestowal of special care and at-tention the college has the reputation of graduating the most capable of young business people. An invita-tion is extended to anyone who may want to view the class rooms in session. For enrollment the business office is open during the business hours.

The West Coast College of Music of Portland is already one of the leading music colleges of the country. In this week's issue of our paper this college announces the opening of new classes in a number of different courses.

Several hundred young people have availed themselves of the courses of instruction rendered by this college since its opening some years ago. Pupils are taught to play a variety of instruments, and under a system that fits them to perform in the most creditable manner within a very short time. The instructors give every per-sonal encouragement to their student, in order to advance them as rapidly as possible.

Enroll now for the advantages of fall study, and to get the benefit of class connection.

The Motorcycle Supply Co. are of-fering some remarkable prices on all used motorcycles. This month, as is the case each year they reduce the regular price on every motorcycle in stock, including the entirely re-built and repainted machines.

They have been in business in Portland for 22 years, specializing on motorcycles. Just recently the Port-land Police bought a fleet of New Hendersons. The Motorcycle and Supply Co. are Northwest distribu-tors for the Super X and 4-cylinder Henderson Motorcycles.

INDUSTRIAL REVIEW

Sheridan—Planing Mill Expanding.
Prosper—Mill destroyed by fire to be rebuilt.

Corvallis—Corvallis Lumber and Man-ufacturing Company changed hands.
Beaverton—Work on high school pro-gressing rapidly.

Cascade Development Company pro-poses \$1,500,000 construction pro-gram for Cloud Cap Inn, if secre-tary of agriculture favors petition for tramway to summit of Mt. Hood.

Portland—Plans underway for con-struction of \$200,000 two story build-ing on the site of old Weinhard brewery.
Salem—\$50,000 municipal airport de-icated.

4-H CLUB MEMBERS TO JUDGE CATTLE

4-H livestock club members will have another judging trip Saturday, August 24. W. F. Cyrus, assistant county agent, has arranged for some work with Jerseys, Holsteins, hogs and sheep for that day. The work will begin at 9:00 a. m. at the Geo. Biersdorf farm. A. J. Evers' Hol-steins and hogs will be used, and E. A. Rueter will supply the sheep.

The people attending will bring a lunch and they will have dinner to-gether at the park in Forest Grove.

COUNTY AGENT NOTES

Seeding burned over slashings with grass seed mixtures before the early fall rains gives greater success than waiting until the ashes become settled or packed.

An upland slashing mixture recom-mended by the Oregon Agricultural college is as follows:

Italian or Western Rye Grass 4lbs
English Rye Grass, 4 pounds.
Orchard Grass, 4 pounds.
Tall Oat Grass, 3 pounds.
Kentucky Blue Grass, 3 pounds.
Italian or Ladino Clover, 2 pounds.
Seed at rate of 15 or 20 pounds to this mixture per acre.

Fifty-six potato growers of Wash-ington county have entered potatoes for seed certification inspection this year. Practically all of these grow-ers have passed the first field in-spection, reports O. T. McWhorter, county agent.

"Washington county again heads the list of Oregon counties with entries for potato seed certification, and has nearly as many growers en-tered as the balance of the State of Oregon."

This past year Washington county grew more certified Burbank seed potatoes than any other county in the United States, and easily disposed of the crop at a premium to commercial growers for seed purposes.

Washington county will be repre-sented at the Oregon state fair Sep-tember 23 to 28 by an exhibit of agricultural products selected and placed by County Agent O. T. Mc-Whorter with the assistance of F. C. Fluke of Progress community.

The exhibit is planned to represent the general agriculture of the county rather than to feature some one product, however, dairying and grain raising will be prominently displayed.

During the past week P. Patton of Gaston unloaded a car of ground limerock for use on his farm.

For best results a ground limerock should be applied in the Autumn previous to seeding alfalfa; therefore land to be seeded to alfalfa in the spring of 1930 should have the lime-rock applied during the next two or three months.

Order lime now for fall use. Pooled orders for ground limerock may be placed now. The State Lime plant can ship on short notice to any part of Washington county. The cost of limerock ground and in paper sacks is \$5.75 per ton f. o. b. Salem, Oregon. Washington county stands second in the list of Oregon counties in the amount of ground lime used.

HOME POINTERS

For making jelly, a half and half mixture of under-ripe and ripe fruit gives the best results, as the under-ripe gives the texture and the ripe the flavor. If the fruit is all over-ripe, one tablespoon of lemon juice, added to each cup of fruit juice just before it is combined with the sugar, will improve the flavor, texture and clearness of the product, particularly of blackberry jelly.

The nutritive value of vegetables is easily preserved by care in cooking. Over-cooking greatly increases loss of vitamins and minerals, and is harm-ful to color, texture and flavor. Soaking vegetables in cold water be-fore cooking also tends to cause loss of minerals.

The best sources of Vitamin B are tuber and root vegetables, leafy veg-etables, milk, fruits, cereal grains,

yeast, nuts and glandular organs, such as liver and kidneys. Lack of Vitamin B is often responsible for loss of appetite and lowered resist-ance to disease.

It is best to wash thoroughly all fruits and vegetables that are to be eaten raw for even though they look

clean, harmful bacteria may cling to skins and leaves.

Left-over cooked food is best kept cold and covered, used promptly, es-pecially in warm weather, and if pos-sible, heated thoroughly before being sometimes develop in such foods, without making noticeable changes in taste or smell.

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