

# BEAVERTON ENTERPRISE

H. H. JEFFRIES, Publisher

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### THE DOCTOR KNOWS

We happened to be present a few days ago when a local physician was asked by a local man what, in his opinion, contributes mostly to illness during the summer months. The medical man did not hesitate in giving his answer. "Over eating" was his reply. He explained that the system is not in condition to properly assimilate heavy meats, or a big quantity of grease as quickly in summer as in winter. The digestive organs function better on vegetables and lighter meats, like chicken and fish, in summertime, he said. But, he explained, too many people believe that to sustain strength they must eat as liberally of beef and pork in hot weather as they do in cold. The result is such foods serve to increase body temperatures by heating the blood, the system is weakened, and illness results. "Too many people dig their graves with their teeth" the doctor asserted. And his statement is worth studying over, now that hot days are here in earnest.

### THE LAST HOPE LEFT

Advertising isn't meant to be reasonable; advertising the year 'round will help business the year 'round. There may not be a direct rush, but it draws a steady trade, and makes transient customers permanent ones. Advertising will build a constant and steady trade that cannot be built by any other method. But it will not sell goods of an inferior quality and it will not improve business in a musty store where goods are displayed unattractively. It will not hold trade at a store where clerks are not polite and considerate. It will not hold customers where service is not reasonably

### More About Oregon Industries

#### Canned Vegetable Salad Made by Eugene Fruit Growers Ass'n Is New Oregon Product

Eugene Register: Canning of vegetable salad, a new product of the Eugene Fruit Growers Association, is now under way at the local plant. This product is composed of potatoes, carrots, dry and green beans and peas. It is ready to serve and needs only the addition of dressing. The demand has been so great that next year the product will be made in a much larger way.

#### Miles Linen Mills Pays Dividends on Both Common and Preferred Stock; Large Payroll

Salem Statesman: H. H. Crawford, president Miles Linen Mills announced a 4 per cent semi-annual dividend, payable July 1, on common stock. Preferred stock has received dividends regularly. The 1929 payroll was \$75,000 and it uses about 200 tons of fibre yearly. It is one of Salem's profitable enterprises and is in excellent condition.

#### Big Shipment Coos County Cheese by Boat to California Markets; 50 Tons Weekly

Marshfield Times: Fifty tons of cheese and butter left the McGeorge Terminal here on one day for San Francisco by boat. The cargo was valued at \$22,500. From this one terminal alone, shipments are going out at the rate of 30 tons per week and California absorbing it all. Efforts to increase the volume of shipments are being made.

#### Manufacture of Wood Cores from Waste in New Dallas Industry Fined Ready Market

Dallas Itemizer-Observer: Using a machine specially constructed, Randall Buell of Dallas is manufacturing wood cores from waste material which are widely used in many adding and calculating machines. Small two-inch cores are made at the rate of 7000 per day. His entire output is taken by one Salem paper company.

#### Creamery Installs Drying Plant Capable of Handling 50,000 Pounds of Milk Daily

Eugene Register: Installation of equipment for drying milk at Farmer's Creamery is completed which enables them to handle 50,000 pounds

prompt. Competition is keen, but the business man who keeps his eyes open to new ideas and puts those ideas into practice—which includes a steady and liberal use of printer's ink—is bound to get his share of business. The home paper is the last surviving hope of the home merchant in a day when mail-order catalogues and house-to-house salesmen are as thick as flies in this and every other community.

Incidentally, the radio gives the country a line on the number of fellows in America who think they are funny.

The honeymoon is over when he asks her what she has cooked for supper before he has kissed her. When all is said and done, a back-seat driver is no worse than an arm-chair housekeeper.

One reason why prisons are so popular is that the lawyers are making it extremely hard to get to them.

Any little boy around can become president. But if he wants to become a senator he had better start saving his money early.

Now that there's getting to be a gas station on every corner, where would the saloons go if they did come back?

When clocks are run down they are sometimes wound up. And pedestrians are a good deal that way, too.

If science is as wonderful as it claims, why doesn't it cross the rubber plant with a steel plant and grow tires with metal rims?

of milk daily. A separator just installed will enable the plant to skim milk and make 92 score butter; the skimmed milk will then be dried, the equipment being able to make 20,000 pounds daily.

### NATIONAL CANNING CONTEST STIRS INTEREST OF WOMEN

Six hundred dollars for a quart of canned food! Can one jar of food be worth that?

This is the question that is agitating home-makers since word got around that six hundred dollars in cash would be paid for the best jar of fruit, vegetables or meat entered in the second National Canning Contest which is being held at Shenandoah, Iowa, under the auspices of the Household Science Institute.

The contest seeks to further the work of the U. S. Department of Agriculture and the home demonstration agents throughout the country by focusing the attention of American housewives on the economy and healthfulness of home canned goods. First prize winner in the National Canning Contest last year was Mrs. May Hvass, Kennan, Wisconsin, farm woman whose entry of a quart jar of green peas was chosen as the best entered by the girls and women from all sections of the United States.

The holding of the contest in Iowa this year is due to the influence of Henry Field, Shenandoah farmer, merchant and K F N F announcer whose career is one of the romances of American life. Imbued with the spirit of thrift, he readily agreed to serve as president and to oversee the innumerable details connected with a project of such size and scope. OFFER \$4,250 IN PRIZES

Four hundred and seventy prizes, totalling \$4,250 in cash, loving cups and ribbons, will be distributed to the winners in the contest, which comprises three major divisions: fruits, vegetables and meats. The best entry in each division will be awarded \$100. One of these will also receive the five-hundred dollar sweepstakes prize. Second prize in each division will be \$50, the third prize \$25 and the fourth \$10. The winners will also receive a loving cup and ribbon. There will also be 30 prizes of five dollars each, 75 prizes of \$2.50 each and 300 prizes of one dollar each. In addition, five hundred dollars in cash will be awarded to the home demonstration agent whose county sends in the largest number of entries, \$250 to the agent whose county sends in the next largest number, and \$100 to the agent of the county sending in the third largest number. The contest is open to every wo-

man and girl in the United States. There are no restrictions as to the nature of the food sent. Contestants may enter one, two or all three divisions. Entries should be sent in as soon as possible after canning. These will be placed and kept on exhibition at Shenandoah until after the closing of the contest, which will be on October 1.

### CONTEST CLOSES OCTOBER 1

Fruit and vegetable entries in the contest will be judged for clearness, color, pack, neatness and flavor. Judges each one a recognized food authority, will be Dr. Louise Stanley, director bureau of home economics, U. S. Department of Agriculture; Dr. Margaret Justin, president American Home Economics Association; George Farrell, director of extension for the north central states for the Department of Agriculture; Mrs. Josephine Anquist Bakke, director of home economics for Iowa State Agricultural College; and Miss Elaine Massey, leader of girls club work for Mississippi.

Contestants are free to use any method of canning they prefer, according to Grace Viall Gray, nationally-known canning expert and secretary of the Contest. However, the use of steam pressure cooker is recommended by the U. S. Department of Agriculture, especially in the canning of meat, since this method not only saves time and fuel and assures absolute sterility, but also preserves the natural flavor and texture, which, of course, are important considerations in contest judging.

That the judging may be thoroughly impartial and the display of jars absolutely uniform, contestants are requested to submit their entries in standard glass jars of the quart size. A sample Ball mason jar and carton together with prize entry labels for use in sending entries may be had without cost by writing the National Canning Contest, Shenandoah, Iowa.

### PUZZLE EXPERTS SOLVE "MYSTERY"

Emerging triumphant from a long struggle with crossword puzzles, college questionnaires and intelligent tests, the advanced class of puzzle-solvers has just scored another victory!

This became known today with announcement that the mystery of the enigmatic combination of letters and numerals painted on the sides of Southern Pacific locomotive cabs has been cleared up at last! Take for example:

22 127  
A-81 — — S. F.  
28 B-64

Of course, anyone could figure it

out. But to save time, here's the answer:

The prefix "A" indicates that the locomotive is of the company's so-called Atlantic or 442 type.

The figure 81 shows the diameter of the drivers in inches.

The fraction 22 over 28 indicates that the cylinders are 22 inches in diameter and the stroke is 28 inches.

The next fraction, 127 over B-64, indicates that there are 127,000 pounds on the driving wheels, and the B-64 tells that the engine has a "booster" and that there are 64,000 pounds on the trailing truck wheels to which the booster is geared.

The suffix letters, S. F. indicate that the locomotive has a superheater and feed water heater—"S" designating the former and "F" the latter.

And that's all there is to it. Man wants but little here below—and if he lives in Russia that's about all he gets.

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By using our Chinese Remedies, disorders of the Lungs, Stomach, Liver, Kidney and Bladder, or Asthma, Bronchitis, Catarrh, Piles, Rheumatism, and Female troubles can be alleviated.

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### 666

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### Did You Ever Stop to Think

By Edson R. Waite Shawnee, Oklahoma.

Gordon Miller, Managing Editor of the Sherbrooke (Quebec) Daily Record says:

THAT people who persistently buy from door-to-door peddlers admit their lack of faith in the home city.

It does them no good and they usually get articles inferior to what can be bought at the stores of the home city.

Quality and price go hand in hand. Local merchants aim to handle only merchandise of standard quality. If any manufacturer puts over inferior

quality on them and they pass it on to you, they are easy to find and make quick adjustment. When you buy from a peddler, there is no adjustment.

When you buy from peddlers, you brand yourself as a failure in building to build the home city.

If all citizens patronized peddlers there would be no home city.

Citizens who persistently buy from peddlers serve notice to their neighbors that they are helping to wreck the home city. They admit their failure as good citizens.

Buy from the merchants of your home city! Don't pull down the business of your city by sending your money away to build up business in some other city!

**Furnace Coils Costly**

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To enable you to be up-to-date we offer this week and next week

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**GAS SALESROOMS**  
Sixth and Salmon

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**July 20**

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**Long Rides \$2 per Person**

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