

BEAVERTON ENTERPRISE

H. H. JEFFRIES, Publisher

Published Friday of each week by Pioneer Publishing Co., at Beaverton Ore. Entered as second-class matter at the postoffice at Beaverton, Ore.

Subscription Rates

One Year \$1.50 Three months .50
Six months .85 Subscriptions Payable in Advance

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Portland Office—406-407-408 Dekum Bldg. Phone ATwater 5914

World War Veterans Urged to File Claims If Disabled

Even though a disabled veteran of the World War who carried War Risk Insurance has not paid any premium thereon since his discharge from the military service, if he makes claim in writing between now and July 3rd of this year he will thereby preserve his rights to resort to court action thereafter if such procedure is necessary. This letter should state plainly that the veteran desires to claim insurance benefits under the permanent and total disability clause of his contract from a date when his policy was in force, which is usually from the date of disability, if he was disabled while in the service. First, he should submit proof to the Veterans' Bureau to establish to the satisfaction of the Bureau that continuously since his disablement, he has been suffering from an impairment of mind or body which made it impossible for him to follow continuously any substantially gainful occupation and that condition has existed since his discharge from the service, and is likely to continue throughout the remainder of his life. Then, should the Bureau deny his claim, he is afforded an opportunity to go into court and establish his claim before a jury. Veterans who carried \$10,000 War Risk Insurance are entitled to the payment of insurance benefits at the rate of \$57.50 per month commencing with the beginning of disability (if it commenced at a time while his insurance was in force) and continuing as long as the veteran lives. Veterans whose conditions are described in this letter may be entitled to payment at the rate of \$5.75 per month per \$1,000 of insurance.

DAIRY SHOW TO BE HELD DURING ROSE FESTIVAL

The food value of dairy products, various ways of including them in the diet, and demonstrations of just how high quality milk is produced, cared for and delivered to consumers in a healthful and sanitary condition will be shown during the Rose festival in Portland, June 8 to 13 in one of the largest educational dairy food demonstrations ever staged in the Pacific northwest. The show will be held in the auditorium of the Meier and Frank building. It is being financed by all branches of the Portland milk and dairy products industry, and supervised by U. S. Burt, director of visual education, Oregon State college, schools and departments at the college cooperating in the demonstration will include dairy, home economics, bacteriology, agricultural engineering and veterinary medicine. Model dairy barns, milk houses, equipment and milk inspection

laboratory will illustrate just how the city of Portland supervises and controls its milk supply. The Pacific Northwest Dairy and Milk inspectors will hold their annual two-day convention in Portland during the show.

BIG INCREASE IN IRRIGATION SEEN

With the rapidly increasing interest in irrigation of pastures and other crops in western Oregon during the past year, the beginning of the 1931 dry season finds a large addition to the number of farmers who are prepared to supply their fields with much needed moisture by means of irrigation.

Figures gathered from county agents and compiled by F. L. Ballard, state county agent leader, show that during the past year county agents, with the help of the drainage specialist at the college, assisted in surveying irrigation layouts on 109 farms in nine western Oregon counties. These were designed to supply water for 1917 acres. To date, 55 of these, serving 1133 acres are either completed or in process of construction, according to Mr. Ballard. No other 12-month period he says, has ever seen such development in irrigation in western Oregon. County agents reporting irrigation work in other parts of the state bring the total up to 19 counties with projects involving 194 farms and 3451 acres.

Pastures, small fruits and vegetables are the principal crops to which the extra water is being applied in western Oregon. Irrigation of pastures has been given particular consideration by dairy farmers as a result of a recent study showing that although nearly 50 per cent of all producing dairy cows in Oregon are in the Willamette valley, the cost of butterfat production in this section is higher than anywhere else in the state. The short pasture period in the Willamette valley due to lack of rainfall during the summer months, is believed responsible for the high cost.

GRADE TURKEYS

The Oregon Turkey Growers Cooperative finds that federal inspection and grading of turkeys is profitable. Over \$200,000 worth of Oregon dressed birds graded and packed according to weight were marketed by this organization.

EGG PRODUCTION DECREASES

Egg production is showing a decrease throughout the nation. In the northwest the decline is slight but more pronounced than last year. Present storage is less than a year ago the shortage being estimated at 750,000 cases.

Sarah Ann's Cooking Class

There are people to whom time, place or company mean nothing. They eat, or should we rather say they open and close their mouths at regular intervals during the day on certain substances which seem to provide the necessary fuel for the body. These people eat mechanically. There are others to whom life is either a meal or time spent waiting for the next one. Between these two extremes one finds the majority of human beings to whom meals are sometimes a pleasure, at other times a bore but never a matter of habit. I know a lady who eats spinach because its good for her.

But why spoil a meal a day, if food she liked which would also be good for her, could be substituted? One ought to feel refreshed at the end of a meal but the pity of it is that most meals are so uninteresting and dull. Let us make our meals tempting. Eating isn't everything but should be one of life's pleasures. Try an entire change of menu once a week, all vegetables can be cooked more than one way. If we must eat spinach try a soufflé

Spanish Soufflé

4 tablespoons butter, 1-3 teaspoon pepper, two eggs, 1-2 cup grated cheese, 1-4 teaspoon salt, 3 tablespoons flour, 1 cup cooked spinach, 1 cup milk, onion sauce.

Melt butter, add flour and milk. Stir until thick. Beat eggs slightly and add slowly to the above mixture. Add grated cheese and onion juice. Grease baking dish in which place alternate layers of spinach and sauce. Bake in 375 degree oven for 35 minutes.

Carrot Fritter

Cook very small young carrots in boiling salted water until tender. Drain, dip in batter and fry in hot fat. Drain and serve with white sauce.

Corn Fritters

For six or eight large ears of fresh corn or one can of corn, use two eggs, half a cupful milk and as much flour as will make a good batter. Add one tablespoon of melted shortening, salt and pepper and let stand 2 hours, then add the corn. Drop from a spoon and fry in hot fat. Garnish with parsley. For a sweet, serve with powdered sugar or maple syrup. While one of these fritters make an acceptable entree, they really could be served in larger quantities as a meat substitute.

Stuffed Onions

6 medium onions, 1 cup milk, 1-4 cup chopped ham, pepper, 1-4 cup chopped greens, 1 teaspoon fat, peppers, 1 cup buttered bread crumbs, 1-2 cup bread crumbs.

Skin and cut a slice from the top of each onion and parboil the onions until most tender. Drain and scoop out the center. Chop the onion that was removed and combine it with the ham, pepper and bread crumbs. Add seasoning and dish, cover with buttered bread refill onion cups. Place in baking crumbs, add the milk and bake until tender.

ON OREGON FARMS

ROSEBURG—A number of Douglas county farmers are planting small acreage of alfalfa to provide green feed for their poultry flocks this year, report County Agent J. C. Leedy. Monroe Nance of Winchester has planted an acre for his flock of 3000 hens. Others are C. J. Lundeen and C. R. Holmquist Melrose; F. G. Albro, Ton Mile; H. E. Gurney, Winchester, and H. G. Mellon, Sutherlin.

HILLSBORO—George Biersdorf of Washington county, recently reported to County Agent W. F. Cyrus that by using alfalfa as pasture supplemented by skim milk from his dairy herd, he is producing pork at less than half the usual cost.

PENDLETON—Approximately 1000 cows are already signed up in the most extensive tuberculosis testing campaign ever carried on in Milion Freewater and more herds are being signed up in the county agent's office daily. It is expected that the test will include practically all the herds in the district.

DALLAS—A delegation of 82 Polk county farmers visited the Oregon experiment station at Corvallis recently under the leadership of J. R. Beck, county agent. This, according to experiment station men, was the largest group of farmers from any one county to visit the station in recent years. In addition to inspecting seed, cereal and forage crops and irrigation, they showed particular interest in the new experimental hop yard at the station in which methods of controlling downy mildew are being studied and attempts made to develop resistance

Health and Beauty

BY SOPHIA BRUNSON

HEART DISEASE

We have stated that heart disease is on the increase in this country and that the chief cause of heart disease in early life is acute rheumatism.

Parents can do much to prevent heart disease in their children by having each child given a thorough examination once a year. See that the children eat the proper food. Have them play out of doors in the sunshine. Keep them clean.

Have a dentist make an examination every six months. There should be careful medical supervision of children subject to tonsillitis, sore throats, growing pains, swollen painful joints or St. Vitus dance.

Do not expose your children to the infectious childhood diseases, whooping cough, scarlet fever, measles, etc. If they contract any of these diseases see that they have prompt medical attention. Do not send them back to school too soon after sickness of any kind. While rheumatism causes most of the diseases of the heart in the young, syphilis, arterio-sclerosis and high blood pressure causes a large percentage of heart disease in adults of forty or over.

Syphilis can frequently be cured. It is due to germs that swarm in the blood. The course of treatment is long and arduous. Syphilis often damages the heart, fifteen or twenty years after the infection was acquired. The prevention of syphilitic heart depends on not acquiring the disease itself, and next, early and complete treatment if it is acquired.

Arterio-sclerosis is a degenerative disease of the arteries. The blood-vessels lose their elasticity and the calibre becomes reduced in size. This causes diminished blood flow to the various organs which results in imperfect nutrition. The high blood pressure is an effort of nature to force the blood through all parts of the body. The task is rendered difficult by the crippled condition of the circulatory system, especially the weakness and inelasticity of the arteries.

Heart disease in adults can be caused by the imtemperate use of alcohol, coffee, tea and tobacco, improper modes of living, such as too little or too much and to excessive exercise, overeating and obesity, in-

sufficient rest, worry and aggravation. The writer inquired of an old man of ninety-three to what he attributed his health and longevity. His reply was: "Moderation in all things."

COOPERATIVE COUNCIL MEETS

At its meeting in Portland last week the Oregon Cooperative Council representing 34 of the leading farmers' marketing organizations of the state, pledged assistance to the new state department of agriculture. Mr. Gehlar outlined in a general way his policies and invited cooperation, suggestions, and criticism. He was received into membership as a public representative.

MEDFORD—Demonstration meetings

are being held in Jackson county by County Agent L. P. Wilcox to show growers the best methods of thinning apples and pears. Thinning will be an important factor in orchard management in the county this year due to the limited amount of irrigation water Wilcox believes.

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Missa's Letter

Manages to Get Good Jobs

...ing woman in our her job not long with whom she had for several years. ... It was only weeks before she someone made the no difficulty in tion when there of girls in town to get places

... information that her dependability to give a dollar for every dollar was talking about quished for me at uring that time I to let pleasure

terests, but she kept them outside. During business hours she was strictly business and she was never too busy to work overtime if it happened to be necessary.

Strange as it may seem only too few working girls have the above qualifications. A great many of them think it is clever to give just as little time and thought to their work as it is possible to get by with. Some of them use the office telephone for long social conversations and fall into a faint if an extra fifteen minutes is requested.

I don't suppose it is true of larger places, but the stenographers' in our small city do most of their shopping during their employer's time. I have always thought this a peculiar custom. Suppose a school teacher should decide to do her shopping during school hours—how long would she keep her job, I wonder?

So when you see a person who has a difficulty in securing a position even in these times of depression you may put it down that he or she is dependable, conscientious and pleasant to get along with.

Yours,
Miss M.

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