

BEAVERTON ENTERPRISE

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REDUCE DROWNING

Vacation time is here and judging from the experience of other years 3,500 lives will be lost by accidental drowning during the next few months. This represents only one-half of the total number of people drowned each year but they are crowded in the three summer months.

The annual death toll in the United States from drowning grows larger each year. More than one-half of those dying in this manner are young persons under twenty-four years of age. The largest single age group of persons drowned is the group of youths between fifteen and nineteen years of age.

Every vacationist should be careful this summer. A period of rest and relaxation from work is fine and necessary but carelessness should not accompany it. To venture too far in the surf or to take chances in a swift current means swimming the risk of drowning. Swimmers should be extremely careful.

CLERGYMEN AND WAR

Not long ago Mr. Kirby Page, editor of The World Tomorrow sent out a questionnaire to more than 19,000 preachers asking their viewpoint as to bearing arms in case of future war. We have not seen the figures showing the nature of the replies received but a large number is said to have replied in opposition to the idea.

General Douglas MacArthur, Chief of Staff of the Army, was asked to comment. "I am surprised that men of clear and logical minds confuse defensive warfare with the disease which it alone can cure when all other remedies have failed," Gen. MacArthur said. "Should not these

clergymen turn their attention to the individual sinner and rid the country of crime rather than attack the national keepers of the peace, the most potent governmental agency yet devised for that very purpose? The discussion is probably of little value. The General refers to "defensive warfare," and it is interesting to note that, with few exceptions every nation has claimed its wars to be "defensive." On the other hand, while a large number of the preachers opposed the idea of bearing arms (which they would not be asked to do) the General need not be alarmed because, if history is any guide to the future, practically all of the preachers will patriotically support any war in which the country becomes engaged.

Our advice to farmers is to stop trying to outguess the markets and plan a balanced farm program for the next five years.

When the average worker gets off for half a day the wise boss realizes that a lot of things can prevent him from getting back to work.

Twelve pilots are waiting for favorable weather to hop over the Atlantic; we said "over" but it will be "into" for some of them.

It's funny. A newspaper man, who does not "bull" everybody is considered high-hat, and the editor who taffies the crowd is called a sap.

Just because the newspapers give a lot of space to some man who cops \$150,000 in a racing-lottery you needn't forget the 13,567,892 fish who put up the money without having a return.

A Health Diet

Domestic science in the hands of the theorists often "takes on the aspect of black art" says Dr. Wayne Health Commissioner of New York City, but cookery still remains the science of preparing a varied diet of fresh fruit, fresh vegetables, meats, eggs and milk.

Dr. Wynne says, what many know, that a wholesome diet is an effective weapon against disease, and that this can be secured without any great expense. The problem of eating has been complicated, he thinks with the term, "calorie." He reminds us this is nothing but a measure of heat.

Dr. Wynne gives ten rules for a wholesome diet, as follows:

1. Don't bore your stomach with a monotonous diet.
2. Don't despise the lowly turnip and onion.
3. Don't scorn the cheaper cuts of meats; when properly cooked with vegetables they are better diet than a diet of steak and chops.
4. Buy fresh vegetables when they are plentiful.
5. Allow a quart of milk a day for each child and a pint for each adult.
6. Don't be afraid to try new dishes.
7. Adopt a cosmopolitan menu; become acquainted with minestrone, goulash, Irish stew, pigs knuckles, and sauerkraut, and a ragout with vegetables.
8. Don't eat too much sweets.
9. Drink several glasses of water daily.
10. Do real cooking. Good health will not last with last-minute meals.

The famous fossil beds, near Hagerman, Idaho, are said to be used by archaeology students of that state for first hand study of prehistoric life.

When neighbors became displeased with the unpleasant aroma that emanated from the Brooklyn (N.Y.) apartment of Mrs. L. R. Hyam, 50 mice, 75 rabbits, 25 poodle dogs, 3 birds and 4 gold fish were found to be living in the rooms occupied by the woman by police who made an investigation.

Mrs. Grace Evans who owns and operates a large stone quarry employing 52 men, at Monon, Ind., can also operate any of the modern machines with which the quarry is equipped.

Sarah Anne's Cooking Class

A French chef always keeps on hand a supply of white sauce and a supply of brown sauce, for from these he is able on short notice to concoct other sauces innumerable. Spinach, boiled cabbage and cauliflower are made more appetizing by serving them with a cheese sauce. Many of the cheaper cuts of meat, left-overs and certain kinds of fish are made delicious by a well-blended sauce.

White Sauce

2 tablespoons butter,
2 tablespoons flour,
1-2 teaspoon salt.
Melt butter in a saucepan, add the flour and mix together thoroughly. Do not let it get brown. Add the milk all at once and stir vigorously, cooking until smooth. Lastly add salt.

Cheese Sauce

To one cup of plain sauce, add 1-2 cup of cheese, cut in small pieces. Keep over a low heat until the cheese melts and blends with the white sauce.

Brown Sauce

2 tablespoons butter,
2 tablespoons flour,
1 cup meat stock,
1-2 teaspoon salt.
Put the flour in the frying pan and stir it over the heat until it browns. Mix the butter with it and add the salt. Then the meat stock all at once and stir constantly until it thickens.

Sauce Piquante

To one cup of brown sauce add one tablespoon chopped onion, one tablespoon chopped parsley, two tablespoons vinegar, one-half tablespoons chopped pickle and one-eighth teaspoon cayenne pepper. This is a good sauce for roast beef.

Rolls

Yeast dough may be kept covered in a refrigerator or an electric refrigerator. By making a lot of dough and using a portion each day for hot rolls one may have hot rolls every day with less effort than preparation of any other hot bread.
1 cake compressed yeast,
7 cups flour,
1-2 cup sugar,
1 teaspoon salt,
2 cups lukewarm water,
1 egg,
5 tablespoons shortening

Crumble yeast into bowl, add sugar, salt and water. Add well beaten egg. Sift flour once before measuring. Add half of flour and beat well. Add melted shortening and mix in remaining flour. Let rise to double its bulk. Punch down and cover and place in refrigerator. About an hour before baking remove desired amount of dough, shape into rolls. Let rise to double their bulk slowly on greased pan. Bake in hot oven (325 degrees) for twenty minutes.

Louisa's Letter

NAGGING WOMAN ON HER OWN IS SURELY A PEST

Dear Girls:

Of all pests in this world one of the worst is the nagging woman or man. I have in mind a woman who nags her entire family. Fortunately they have become so accustomed to her complaining whine that they pay very little attention to it.

Her husband is her chief object of attack and from morning until night she is speaking her grievances aloud to whomsoever will lend an ear.

Some naggers are content to belabor their victims in private but this woman is not satisfied to do that but must grasp every public opportunity to take him to task about one thing or another.

If someone mentions the fact that their husband remembered their anniversary date with a gift she immediately goes into detail about Jim's forgetfulness of such occasions. She tells how hurt she is over it but that she has learned not to expect anything and infers that even if he remembered it he would be too stingy to buy anything for the occasion.

She has to tell you how little she has to spend on clothes—how every body in the family uses the car with exception of herself; how nobody helps with the housework and that she cannot afford to pay a real good servant.

Then she starts on the children—the girls never consult her about their clothes—they buy expensive things and strange to say father pays the bills—she can't get them to the dentist—they refuse to practice their music—they won't do this and they won't do that, etc., etc.

Now these are well-to-do people—not poverty stricken as you would suppose after hearing the wife talk for a half hour. I happen to know that she has the privilege of writing checks on her husband's account.

I have come to the conclusion that she gets a big kick out of playing the martyr's part and that she does without many things in order to keep up the farce. Her enjoyment of such a condition is, however, entirely beyond my comprehension. The wonder of it to me is how the family has stood for it all these years.

Yours,
Louisa

Phone 3603

Beaverton Res. 3602

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Folks Enjoy Much In This Day Despite Talk of Depressing Times

Notwithstanding the period of depression which has engulfed every section of the country within the past several years, there are still those in this town who can, or fancy they can, catch a glimpse of the silvery lining of this dark cloud of business adversity.

Thanks too these residents who have faith in the future. Thanks for the ones who hold the same views who are scattered in every nook and corner of the country. These are the folks who make it possible to keep things moving.

Faith is a wonderful virtue and the lack of it would have long since wrecked the nation, yes the world, and possibly the civilization which those who have lived to 1931 to witness would have dropped completely into collapse, and the entire structure would have to be erected once more.

But for this faith, perhaps in the ages yet to come, those who will live after would some day in the dim distant future unearth here in this land of ours evidences of the present day's high peak of civilization and marvel at what attainments this—our people—had risen to before the fall, and the reenactment of the cycle of history.

There are these optimistic-minded folks in this town and all over the nation, and there will, sometime, and possibly not so far distant in the future, be a return to conditions regarded as normal and the factories will be running on full time once more, and money will find its way back into the channels of commerce and trade, and the dinner pail which has in some sections been empty so long, will once more be filled, men will be at work, and there will be happy households.

Notwithstanding the hardships which many have undergone, it is doubtful if there are any who would like to see the order of things turned back thirty or more years and a new start made from a point that far back in the past.

There has been talk of burdensome taxes, of extravagance in government, of lack of confidence in the business world. Yet no one would want to see conditions as they were thirty years ago. Some have suggested that if it were possible to start over with conditions as they were then, the nation would be able to move forward and times would be better.

Let your memory run back over that period of thirty years. What was there then and what are the people enjoying today. How many automobiles were there in this town thirty years ago? How many paved streets? How many homes had radios? How many boasted of an electric refrigerator? How many housewives knew the joy of preparing a meal on an electric stove? How many homes had housecleaning time lightened by means of a vacuum cleaner?

While there are those who talk of a return to the days of the good old times, how many folks living in this town today, and who have experienced the pleasures of the modern inventions would want to forget about these conveniences as though they never existed, and return to the methods of the good old days? Not one it is ventured, would agree to such a thing.

44th Annual Convention Oregon Newspapermen To be Held at Salem

Salem, Ore., June 18—Publishers and newspaper workers of Oregon will gather in this city on June 26 for the 44th annual convention of the Oregon State Editorial association. An outstanding program for convention sessions and entertainment has been provided by the convention program committee that is headed by George Putnam, publisher of the Salem Capital-Journal.

Among the speakers for the convention will be Don Gillman, vice-president of the National Broadcasting company and in charge of the western division of that organization; H. R. Judah, publisher of the Santa Cruz (California) News and president of the California Newspaper Publishers association; John B. Long of Los Angeles, general manager of the California Newspaper Publishers association; Ford Chatters, co-publisher of the Lindsay (California) Gazette; John Laing, Portland attorney and director of On-to-Oregon, Inc.; David H. Smith, circulation manager of the Oregon Journal, Portland; William M. Tugman, managing editor of the Eugene Register-Guard; and Harris Ellsworth, editor of the Roseburg News-Review.

Women attending the convention will be entertained on two afternoons by the Womens Press club of Salem. The Advertising club of Salem will be host at a dance on Friday for the visiting newspaper folk.

Safety Glass

Ford cars are now equipped with safety glass in all doors and windows at a small extra charge

\$15 for the Coupe, De Luxe Coupe, Sport Coupe or Convertible Cabriolet

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THE Triplex safety glass windshield has always been an outstanding feature of the Model A Ford. By reducing the dangers of flying glass, it has saved many lives and prevented countless injuries in automobile collisions.

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