

Sarah Anne's Cooking Class

Cheese is one of the oldest and most nutritious of foods. There was a time when cheese was considered indigestible. We now know it to be a food of great value, especially for growing children. It is economical as well as rich in food values. Cheese can be deliciously prepared for any meal.

Bacon and Cheese Omelet

1-2 cup finely cut bacon.
6 eggs.
1-2 cup milk.
1-4 cup water.
Paprika and pepper to taste.
1 cup grated cheese.
6 slices broiled bacon.
Beat eggs slightly and mix with milk, salt, paprika and pepper. Cook the diced bacon in a hot frying pan until brown. Pour in the egg mixture and cook slowly until firm. Spread the cheese over the omelet and place in a hot oven for two minutes, fold turn on hot platter and garnish with broiled bacon.

Cheese Carrots

1 tablespoon flour
1-2 cup grated cheese
1 cup cooked diced carrots.
1-2 teaspoon salt
3-4 cup milk
Blend the flour cheese and salt. Add the milk. Add carrots and bake in a moderate oven. Cover the dish during baking. Serve hot.

Swiss Fondue

1 cup grated cheese
6 eggs
4 tablespoons butter
Salt and pepper
Beat eggs well in a saucepan, add the butter and cheese. Cook over boiling water, stirring until the cheese is melted and the mixture is thick and smooth. Add salt to taste and season well with pepper. Serve on slices of hot buttered toast.

Sanatied Sandwiches

Cut bread in thin slices and spread with softened butter, then a thick layer of cream cheese and then with grape jelly. Beat one egg, add one cup milk and mix well. Dip sandwiches in the mixture and fry in a little butter until a delicious brown. Serve at once.

Stuffed Apples

6 baked apples
2 packages cream cheese
2 tablespoons cream
1 cup cream whipped

Core and bake medium sized apples. Follow to cool. Cream the cheese with two tablespoons of cream and beat until light. Fill the hollow center of the apple with the cheese mixture and garnish with whipped and halved pecans.

BRIEF: VERY BRIEF

Assassin wounds President of Peru in church.

League orders Japan to withdraw troops from Shanghai.

Japanese compel critic of militarism to apologize.

Melvin A. Traylor declares that he is not a candidate.

Bank failures drop and hoarding declines.

Britain sees in Panama a precedent for Japan in Manchuria.

Government deficits totals \$1,781,017,400 for eight months.

Gen. Butler, as dry, will oppose Davis in Pennsylvania primaries.

Japan, eager to quit Shanghai, seeks security for interests.

Viscount Grey of Falodon condemns Japan for starting war.

Dewey predicts a third party if Democrats name a "Tory."

Four killed, 50 injured in riot at Ford's main plant.

Brian dies suddenly of a heart attack in Paris.

Hoover summons hoarders to aid war on depression.

50 YEARS WITHOUT FOOD

Bayonne, N. J.—Whether a toad can live for fifty years without food or exercise is the question before Daniel Boyle, bricklayer, who discovered one wallowed in a narrow vault which he tore down. He said there was no way for the toad to get in or out of the space after the wall had been built. Apparently dead, the toad revived and within two hours was hopping around.

HOLDS COURT IN ROADHOUSE

Philadelphia—Magistrate W. M. Emerich went with detectives when they raided a roadhouse and while officers gathered beer bottles from the tables, sat as a Court and collected \$10 fines from 58 patrons and let them go.

CLASSIFIED ADVERTISING BUY AND SELL

10 CENTS
A LINE
PER TIME

INSTRUCTIONS

TEN CENTS a line per issue. Count five words to the line. Then count your profits. Cash should accompany the order. When a statement is required the charge is 15c per line, minimum 50c.

These Classified Ads appear in six newspapers: Beaverton Enterprise, Tigard Sentinel, Multnomah Press, Aloha News, Yamhill Journal and Gaston Herald.

OVER 17,000 READERS WEEKLY

PERSONAL

ANY GIRL in need of a friend write Elsie H. Alleman, the Salvation Army White Shield Home, 565 Mayfair Avenue, Portland.

MISCELLANEOUS

FOR SALE—Sand, gravel, crushed rock and road gravel. P. E. Hagg.

Phone Tigard 46.

ORDER YOUR RUBBER STAMPS and Seals from Pioneer Printing and Stationery Co., 407-8 Dekum Bldg., 3rd and Washington Sts., Portland, Oregon.

PRINTED SIGNS FOR SALE—10c each. For Rent. For Sale. Rooms for Rent, etc., Pioneer Printing Co., 407-8 Dekum Bldg., Third & Washington Sts., Portland, Oregon.

FOR RENT—3 furnished rooms, reasonable. Mrs. M. A. Peterson, Aloha.

MAMMOTH PEKIN Setting Eggs—Canyon Rd at Sunset. BR9897-R-6

GENERAL HAULING—Long and short Distances, Robert Johnson, Phone Beaverton 3152.

ZARPENTER, Grinding and Saw filing. Phone Beaverton 7651.

FOR SALE—Tree roses, fine stock, yearling \$1, 2 and 3 years \$1.25. English Holly grape plants 2 & 3 years old 10c each, 11 for \$1. Fruit trees and shrubs, no delivery. Come and see me or write to A. Weber, Rt 5, Bx 371, Portland.

WANTED—Cheap horses for fox farm. Telephone Beaverton 9855.

WOOD FOR SALE—Partly dry 16-inch slab \$4.50 cord; 16 inch old growth \$5.50 cord; 2nd growth \$4; Coal and Sawdust. Phone Beaverton 3225.

EARLIEST OF ALL Burbank Seed Potatoes, weaned Pigs, Brood Sows, Male Hog, for sale by C. L. Johnston, Sherwood, Ore., Phone 362.

FOR SALE—Standard make of piano near Beaverton. Will sacrifice for unpaid balance. A snap. Easy term. Write Tallman Piano Store, Salem, Oregon.

RADIO SERVICE and Repairing. Modern equipment and expert workmanship. Powder Radio Co., Multnomah AT. 4066, after 8 p. m., call AT. 3854.

FOR SALE—Fresh milk goat \$5, 1 ton Buick truck, set dual wheels and hubs for 1 ton Chev. truck, etc. S. D. Spies, N. Union Ave., Aloha.

FOR SALE Or Trade—14 inch John Deere Walking plow. Want one section iron frame harrow. Tel. Tigard 196 or write Box 275, Rt 1, Tigard, Oregon.

BIG ORCHARD in Apples, Pear and Grapes for rent. Extremely low price. Inquire for conditions, Antone Weber, Portland, Rt 5 Bx 371.

APPLES 25c box, bring boxes, also cider. Hildebrandt Tigard Heights

WANTED to Board—Children in my home. Mrs. M. A. Peterson, Box 16, Aloha.

2 BOTTOM PLOWS \$20; Drag Saw \$25; Brooder Stove \$3.50; Plows, \$4.50 up; Chest Drawers \$5.50; roll top Desk \$13.50; Kuehne Barn, Tigard, Oregon.

WANTED—Team, with or without harness, 1300-1400 lbs each, or trade in my team 1100 lbs each, write, giving age, weight and cash price. S. Hayashi, Rt 2, Bx 1, Beaverton No dealers.

2 1/2 CENTS PER EGG For Custom hatching at the Tualatin Chickery. Mammoth electric used with separate hatcher. Good hatch guaranteed from fertile eggs. Started chicks, White Leghorns, R. I. Reds, Barred Rocks. Seven weeks old roosters 15 cents each. April chicks 10 cents. May chicks 9. Tualatin Chickery, E. C. Richardson Tualatin, Oregon. Phone Tigard 04152.

MINERAL CONDITIONER for Livestock, Poultry. Free veterinary service. Ewer, Beaverton 4255.

CIRCULATING HEATERS—\$45 to \$85 Wood or Coal. Multnomah Hardware Store, Multnomah



Might Advertise

Hibbs—Well, how is your companionate marriage working out?
Gibbs—Terrible! I've lost my wife's address.—Judge.

An Inducement

"Please, I tell your fortune?"
"No, thanks, I've just had it told."
"But I tell you a better one."—Punch.

No Break Up

Suitor—I—er—want to ask for your daughter's hand, sir.
Auctioneer Father—It's no use, young man. She's going in one lot or not at all!—Boston Transcript.

But Uses The Kitchen Matches

Lady (to prospective cook)—Are you economical?
Cook—Oh, yes, ma'am, I always roll me own cigarettes.—Punch.

Tongue Hung in the Middle

"My wife can talk for hours on one subject."
"My wife doesn't even need a subject."—Passing Show.

A Lone Merit

The best thing we know
Of the popular song,
Is the fact that doesn't
Stay popular long.
—Boston Transcript

Those Cynical Orientals

Times of India—When he is in trouble a man always goes to a woman—and gets into more trouble.

Eat a Few Snails

"The doctor says I need iron in my blood."
"You're lucky; all the metals are cheap now."

Different Methods

Badger—Do you put up your summer duds with camphor balls to keep the moths away?
Brokeleigh—No, I usually put them up with three gilt balls to keep the wolf away.

It Pays To Advertise

Dorothy had been praying each evening at bedtime for a baby sister. The other day her mother, while reading the paper, exclaimed "Well Mrs. Blank has a little daughter."

"How do you know that, mamma?" Dorothy asked.
"It says so in the paper, dear."
"Read it to me."
Her mother read: "Born, on Sept. 2, to Mr. and Mrs. Blank, a daughter."

Dorothy thought for a moment and then said: "I know what I'm going to do: I'm going to stop praying and begin advertising."

Dubs On Diphthongs

"I see, Miss Pounder, that you have spelt 'receive' with an 'ei' in one place and an 'ie' in another."
"I'm sorry, sir, one of them was a slip."
"Well, correct it."
"Certainly, sir. By the way, which one shall I correct?"
"M'm—er—why the one that's wrong of course."—Passing Show.

Sick Of Seeing It

Justwedd—Do you understand about this installment business?
Oldwedd—Yes. They send you new furniture and you pay so much a month on it. By the time you hate it, it's yours.—Boson Transcript

Film Folk's Philosophy

Elsie Janis—Men are funnier than dogs.
Jeanette MacDonald (anent a ru-

mor)—If I'm dead, it's lots of fun.
Phillips Holmes—Youth is really something to get over as quickly as possible.

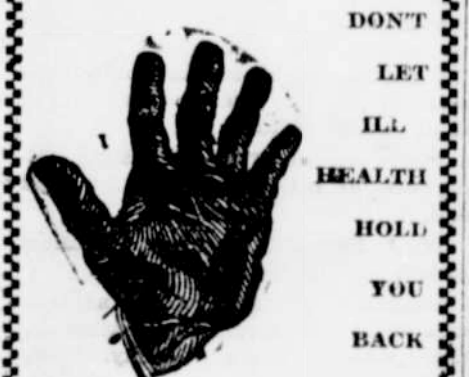
Warner Baxter—The best way to beat gloom is to call it an adventure and hail it with a cheer.

Asked if they didn't get tired of being Amos and Andy year in and year out, Mr. Coaden replied: "I don't believe we get as tired of being Amos and Andy as we do of being ourselves."

RUN-AWAY TRUCK KILLS 2

Attica, N. Y.—When a large truck got out of control on a mile-long hill, it crashed into the home of Mrs. Frank Lincoln, 72. She was instantly killed. The driver of the truck was also killed.

Has Your Subscription Expired? Come in and renew it next time you are in town.

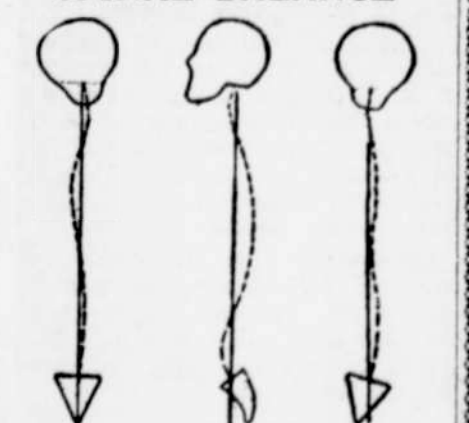


Learn About
Osteopathy

Call or Phone for Literature

DR. R. B. NORTHRUP
Osteopathic Physician
305 Morgan Bldg.
Portland, Oregon

DEFECTS OF SPINAL BALANCE



In 20 or more types are now recognized as the Cause of Disease

SCIENTIFIC DIAGNOSIS plus

CORRECTIVE ADJUSTMENTS will prevent Disease and Promote your Health

X RAY SERVICE

Consult

DR. ERNEST G. WIESE
CHIROPRACTIC SPECIALIST

520-521 Morgan Bldg.
Office BE. 5964 Res. Sunset 3022

PAWN ALL CLOTHES

Shanghai—The Associated Press reports that the clothing problem has reached a crisis. The Chinese have a habit of pawning their winter clothing in the summer and their summer clothing in winter. Hardships of the war caused many to pawn both sets to get food. A moratorium on pawned clothes has been suggested.

Largest Assortment, and Lowest

Prices in

WALLPAPER

Visit

SMITH'S WALLPAPER HOUSE

108-110 Second Street Portland

DIES TO SAVE SISTER

Franklin, N. C.—Trapped in a field of blazing sedge, Elizabeth Boston, 8, was burned to death and her sister, Melvin, 6, was badly burned attempting to rescue her.

SPECIAL

One or More 6x8 Photos
Nicely Mounted for \$1.00

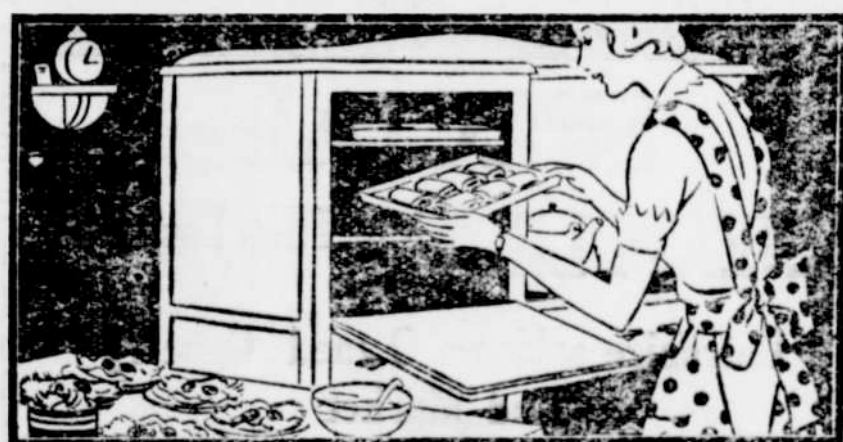
Make Your Appointments Today

HOFSTEATER STUDIO

153 1/2 Third Street

Between Morrison and Yamhill

New Tips on What to Serve With Various Salad Courses



By JOSEPHINE GIBSON
Director, Heinz Food Institute

DECIDING what to serve with salad is often a more perplexing problem than choosing the salad. This is a matter that always confronts the hostess, whether the occasion is luncheon, dinner, afternoon or evening party. The accompaniment varies with the type of salad, and the time at which served. Below are listed—according to type of salad with which they should be served—simple, easily prepared, attractive and flavorful salad accompaniments. The less substantial should be chosen for luncheon or dinner menu and the heartier for party meals in which salad is the main course.

1. Vegetable Salad Accompaniments

- Very crisp crackers, spread with Peanut Butter and bordered with Fresh Cucumber Pickle Relish.
- Rounds of bread, toasted on one side and the untoasted side spread with Sandwich Relish and garnished with strips of pimiento.
- Sandwiches spread with cream cheese combined with Evaporated Horseradish and French dressing. Use white or whole-wheat bread.
- Toasted Cheese Rolls.*

2. Meat or Fish Salad Accompaniments

- Sandwich Relish in Whole Wheat bread sandwiches.
- Lettuce, sliced Stuffed Spanish Olives and Mayonnaise Sandwiches.
- Lettuce, chopped Preserved Sweet Gherkin and Mayonnaise Sandwiches.

3. Fruit Salad Accompaniments

- Sandwiches of Peanut Butter and thinly sliced banana in white bread.
- Sandwiches of Peanut Butter and chopped Dates in white bread.
- Ripe Mission Olive sandwiches.*
- Chopped nut, celery and Mayonnaise sandwiches.
- Peanut Straws.*

(*) Indicates recipes are given below.

Toasted Cheese Rolls: Slice fresh bread thinly, trim crusts and place in a damp tea towel for 1/2 hour. Spread generously with 1 cup grated American cheese blended with 3 tablespoons Tomato Ketchup. Form into rolls, toast and serve hot.

Ripe Olive Sandwiches: To one cup minced Ripe Mission Olives, add 1 cup diced celery and 1/2 cup chopped nut meats. Moisten with

Salad Cream — spread between slices of buttered bread and cut into small fancy shapes.

Peanut Straws: Roll pie crust to 1/4 inch thickness. Spread with layer of Peanut Butter, having Peanut Butter about 1/16 inch thick. Fold all four of outside edges into the center, roll to 1/4 inch thickness again and cut into strips 1/4 inch wide and from 4 to 6 inches long. Place in a hot oven (425° F.) and bake until delicately brown.