

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

ICE CREAM—A REAL FOOD

It is to Dolly Madison, charming wife of the fourth President of the United States, that credit is given for introducing and popularizing ice cream in this country. It is said that she served it first at a Presidential reception, thus giving it the stamp of social approval. At that time it was considered a delicacy but today the modern housewife knows ice cream to be one of the popular ways of serving our most wholesome and nutritious food. It is real food for all ages and at all seasons.

Because ice cream contains all of the food elements of milk it is classed among the protective foods. It is rich in bone building material in the vitamins essential to health, growth and protection against disease, and furnishes energy thru the butter-fat. It is both a nourishing food and a wholesome confection and should be considered another means of consuming the daily quart of milk recommended by noted food authorities.

A wide variety of ice cream is available. Between the simple milk sherbet at one extreme and the fancy and rich mousses at the other and the fruits, nuts and syrups for flavoring, there should be a kind suitable for every taste and for every food budget.

Commercial ice cream, meeting the state standards required for its composition, is a highly nutritious food. It affords a quick and economical dessert. The numerous fresh fruits now available make possible a variety of reasonable des-

serts which are sure to please the entire family. A delicious cream made with fresh peaches is as follows:

FROZEN PEACH CREAM

2 cups peach pulp, juice from ½ lemon, 1 cup sugar, 1 cup whipping cream, 1 cup thin cream, 1 tsp. vanilla.

Add lemon and sugar to the peach pulp. Add cream and vanilla and pour into freezer. Freeze using 3 parts of ice to 1 of salt. When frozen remove dasher, pack in salt and ice and let stand 3 to 4 hours. This cream may be frozen in an electrical refrigerator tray by the following method: Soak 1 tablespoonful of gelatin in 3 tablespoonsful of cold water for 5 minutes. Dissolve over hot water and add to the sweetened peach pulp. When slightly thickened add thin cream and fold in the whipped cream. Add vanilla and pour into the refrigerator tray and freeze 2 to 4 hours.

A milk sherbet, cool and refreshing, is made with peppermint stick candy.

MINT STICK SHERBET

1-2 lb. peppermint stick candy, one quart whole milk, pinch of salt, 2 eggs.

Crush candy fine, add milk and salt and heat in double boiler until candy is dissolved. Pour over slightly beaten eggs and cook for 5 minutes in the double boiler. Cool and freeze using 3 parts ice to 1 part salt. This makes 1 1-2 quarts.

P. T. A. ASSN TO CARE FOR CHILDREN AT STATE FAIR

Mrs. N. E. Abbott, State Chairman and Mrs. Dr. L. Wright, vice-President of the Oregon Congress of Parents and Teachers, state that their organization will again occupy their booth in the grandstand building. Educational posters made by the children from different schools of the State will be exhibited.

In addition parents and friends are welcome to come and rest. Also children will be cared for at a nominal charge per hour.

The booth will be in charge of State Chairman, Mrs. N. E. Abbott and Vice President, Mrs. R. L. Wright.

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

FREE ACCESS TO GOLF LINKS FEATURE OF CONVENTION

Portland, Aug. 26—Among the free entertainment features which Portland is offering to Convention visitors this year is free golf for all who register at the convention. The privilege of playing without green fees on Portland's eight splendid private club courses and the city's three fine municipal links goes with every registration.

Portland's club courses Multnomah, Waverly, Riverside, Oswego, Tualatin, Columbia Portland and Alderwood and the municipal courses East Moreland, Rose City and West Hills are all 18 hole courses with the exception of the last one named. They are the finest in the country and have brought to Portland the reputation of being the "Golf Capitol of America" with more golf courses available per capita than any city in the United States.

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 5 newspapers: Beaverton Enterprise, Tigard Sentinel, Multnomah Press, Aloha News, and Yamhill Journal.

OVER 17,000 READERS WEEKLY

ACREAGE WANTED

WANT 10 to 25 ACRES, within 30 miles of Portland improved with house, have \$1000 down payment, will assume Arthur L. Scott, 415 Commerce Bldg.

APARTMENTS

FURNISHED 3 ROOM APTS—with 2 beds \$1.50 per day and up. Cove Court, 3rd and S. Ave, East. Mrs. C. E. Nelson, mgr., Seaside

BEAUTY SCHOOLS

ONLY ONE BEAUTY SCHOOL in the Northwest offers real Marinello training. Send for FREE booklet "Beauty Culture, the Happy Way to Success." Nation wide free employment bureau National School of Cosmeticians, 1008 Broadway Bldg., Morrison at Broadway, Portland, Oregon.

FOR SALE

BARTLETT PEARS—40 lb box 25c, you pick, bring container. J. Wesch, Tualatin, Ore.

SEWING MACHINE

White, Electric \$32.50 Multnomah Furniture Exchange.

FOR SALE

Baled hay, weaned pigs, brood sows, male hogs. C. L. Johnston, Sherwood, Oregon. Telephone 362.

FOR SALE

Five Gallon Large, Young Holstein Cow. Fred Leuth, Walnut avenue, Tigard.

PIANO FOR SALE

Standard, Call Beaverton 2702.

BARTLETT PEARS For Sale

Bring Pear Boxes, 50c per box. Mrs Della C. Fisher, Beaverton

LOOKING AT WASHINGTON

Continued from Page 1

The conference will be opened by President Hoover at the White House. Mr. Baker insists that the task "is the greatest we have ever faced" and that hunger and destitution must be prevented throughout the country.

Senator Smoot, chairman of the Senate Finance Committee, believes that the new tax laws must be changed at the next session of Congress and suggests that a general manufacturers sales tax will be proposed. He admits that there are inequalities in the present law which must be corrected and thinks that business conditions when Congress reconvenes will offer opportunities for adjustments.

President Hoover's declaration in favor of a change in the Eighteenth Amendment receives varying reactions from the Dry groups. The W. C. T. U. meeting in Seattle, withholds any endorsement of candidates, and insists that the amendment is of immeasurable and increasing benefit to the people of the United States.

The President was openly proclaimed the candidate of the Allied Forces for Prohibition by Dr. Daniel A. Poling, who supported him in the ground that he is "opposed to naked repeal." The decision was generally accepted in political campaigns as marking the end of any worthwhile Dry opposition to the Hoover-Curtis ticket. It is thought that other Dry organizations will take similar action within the next few weeks.

Wet leaders declare that both candidates for the presidency have admitted failure of Prohibition since one advocates modification and the other repeal. While President Hoover's acceptance speech went further than his party platform. It is not easy to ascertain the reaction of the Wets, although the Crusaders, commends his stand and says it will bend every effort to elect congressmen in accordance with its principles, regardless of their party affiliation.

Certainly many Republican wets

HAULING

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

MISCELLANEOUS

ZARPENTER, Grinding and Saw filing. Phone Beaverton 7651.

WANTED—Cheap horses for fox farm. Telephone Beaverton 9853.

PERSONAL

DRUGLESS HEALTH INSTITUTE—Steam baths, massage, alcohol rubs, violet ray treatments for colds, rheumatism and constipation consultation free, nurse assistant, Dr. Elna A. Sorensen, N. D., 415 Swetland Bldg., AT. 0403

FOR CONSTIPATION, COLITIS and all Stomach troubles, use Dr. Abbotts Elimination Food, guaranteed to satisfy, \$1 a package, by mail postage paid. Correct Diet Institute, Room 409, 326½ Washington St., Portland, Ore.

PHYSIC READER—Circles Tuesdays and Thursdays 8 p. m. Private readings 1 p. m. to 9 p. m. daily. Dollie Clifton, 424 Jefferson St., near 11th.

DEPRESSION PRICES—\$2.50 for steam bath, massage and feet treated. Dr. Ethel A. Sacry, BE. 5676, 167 King St., near Washington St., Portland.

LAURA E. PEPIN—Naturopathic Physician, Electrotherapy, Diet, Manipulation and special reducing 194 12th St., cor Taylor, BE. 8237

CABINET BATHS, SUNLIGHT TREATMENT—Needle Shower, including massage \$1.00, regular \$2.00 treatment, depression special 9 a. m. to 9:30 p. m., Sundays by appointment. 610 Dekum Bldg., AT. 3433.

MADAM DENEL If you have any idea of doing anything any way, or any how, good or bad, consult this lady first, 435 Yamhill St.

COPALIS KERP SANATORIUM—Kerp Vapor Baths, connected with Sun Ray Treatments for Rheumatism and poor circulation, 413 Times Bldg., near 4th AT. 2561.

ELMA KALSCH Psychic Reader Circles every Tuesday and Sunday nights at 8 p. m. Private readings daily. 665 Johnson St. near 21st W. H. car. BR. 5345.

DR. ANNA M. FINSETH, 506-7-8 Dekum Bldg., Drugless Physician, including Chiropractic, Physiotherapy, Colon Treatments, Deep Therapy and Ultra Violet Lights Phone ATwater 6912.

MADAM MANZELLA PALMISTRY Not here to please the idle curious but to help those in need. She succeeds where others fail. Readings daily, 274 6th St.

MRS. DOWNING—Gifted Card Reading, daily 50c. Sundays included 533 Belmont near 12th, Apt. 2, E. Ast 0738.

MRS. M. L. LA'MAR, Psychic reader, Psychology Cards, Palmistry 289 South Broadway, near Jefferson. Hours 10 a. m. to 8 p. m. BEacon 9880. Licensed.

CARD READER, Daily including Sunday 50 cents for ladies. 410 5th Street, corner Hall, Westfalls Apartments, Apartment 9.

SUN RAY TREATMENTS—Neuritis, muscular and poor circulation treated. 166 North 18th, near Irving, BE. 4255.

HARRIETT MARSH—Psychic Card Reader, Appointments Daily 9 a. m. to 10 p. m. 271 Broadway, near Jefferson. Licensed.

MARTHA DELMAR—Gifted Spiritual Medium and Palmist, readings 50 cents to \$1. Gives readings on all affairs of life. See her tomorrow never comes. 464 East Couch corner 8th, EA 4006.

PROFESSIONAL DIRECTORY

J. E. BUCKLEY, M. D. Postoffice Bldg., Multnomah, Oregon Office AT 4756 Res. AT. 5048

SCHOOLS

BETTER TYPE STUDENTS Appreciated the personal attention, individual opportunity and recognized training at NORTHWESTERN SCHOOL OF COMMERCE, Day and Night School, Portland

RADIO SERVICE

RADIO SERVICE and Repairing. Modern equipment and expert workmanship Powder Radio Co., Multnomah AT. 2829, after 8 p. m., call AT. 3854.

ROOFING

ROOFING, Gutter Work of All kinds, patch work specialty, lowest cost, 533 Belmont St., near 12th, Apt. 2, EAst 0738.

WANTED

WANTED—BRICK OR CARPENTER WORK, expert Fireplace worker, day or contract BE. 9471

WOOD

CORD WOOD—No. 1, Old growth \$4.50 cord, S. D. Spiesz, N. Union Ave., Aloha.

FREE FIRE WOOD—At Gloss Wood Camp Cooper Mt.

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 5225.

IF YOU HAVE SOMETHING TO Sell and are in a big hurry to sell it, let the classified advertising department of this paper prove its ability as a speedy and efficient sales medium.

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

MICKIE SAYS—

ANY TIME YOUR COPY OF THIS GREAT FAMILY JOURNAL DOESN'T SHOW UP ON TIME, LET US KNOW AND WE WILL SEND YOU ANOTHER—WE GOT NO WAY OF TELLING WHEN YOU DON'T GET YOUR PAPER, SO PLEASE LET US KNOW

Advertising Is Not An Added Expense

ADVERTISING is an improved and modern way of distributing your merchandise. It takes the place of the old slow, costly and inefficient methods of the past

In olden days it was necessary to depend upon personal solicitation or gossip and hearsay—now you can tell your trade, through the columns of this paper, timely, interesting news about your merchandise and store

We can make these messages very attractive for you, and we can also furnish cuts to illustrate your message. Our rates are low and results should follow with our system

Our advertising man will be glad to call on you at any time

DOGS SHOULD VISIT DOCTOR TWICE A YEAR

For Well-Loved Dog, Call on Vet Is Safe Health Assurance.

More people every year are taking the common-sense precaution of having a licensed veterinarian give their dogs an annual or semi-annual examination, reports the Chappel Kennel Foundation, Rockford, Illinois.

The dog's anatomy is as complex as our own. Undermining influences may be at work which will eventually result in serious illness or death. The dog cannot recognize these symptoms until they cause acute pain, and then perhaps it will be too late for even the best dog doctor to save his life.

Do not wait until your dog is "down sick" to think about his health, the Foundation advises. But if he does become ill, do not "doctor" him yourself. Consult a trained veterinarian, licensed to practice in your state, and follow his advice, which is inexpensive and safe.

If a dog is fed properly, veterinarians say, the chances are four out of five he will never need treatment. Eighty per cent of dog ailments originate in the digestive system and most of them can be avoided by observing a few simple rules.

Pork products, soupy and starchy foods, fats, sweets, ice cream and the like will soon ruin the digestion of the soundest dog. "Table-scrap" feeding

SKIN ITCHING ENDS

when soothing Zemo is used!

Right from the first touch, antiseptic, healing Zemo takes the itching misery out of mosquito bites, rashes, and many other skin afflictions. Try it also for itching, peeling toes. Bathing and other outdoor folks thank cooling Zemo for relief from sunburn. Douse it on ivy-poisoning. Pimples and dandruff fade when safe, antiseptic Zemo is applied. It instantly eases razor-smart. Always have Zemo nearby wherever you go. Any drugist. 35c, 60c, \$1.00.

RHS more pets every year than accidents and all other causes combined. Pure, lean meat, lightly cooked, should form the basis of every dog's diet. Horse-meat is the best, and now that mass production has made it available to every dog owner, there is no reason why the humblest little mixed-breed cannot enjoy this food which was once reserved for only the proudest aristocrats of his race.

The meat should be balanced with certain cereals and minerals to provide a maximum of nourishment with a minimum of strain on the digestive system. Unlike most animals, the dog cannot balance his own diet.

Prepared dog rations, made under the supervision of the United States Department of Agriculture, offer a safe, simple way to insure balanced feeding, as they come in canned form, ready to serve.

Overfeeding should be guarded against, the Foundation states. One heavy meal a day, preferably in the evening, and a light breakfast, are enough for any dog.

CARE OF DOGS

Proper food, water and exercise should keep a dog free from all but germ diseases. A balanced ration, Doctor Little says, is best. "Lean horse-meat, lightly cooked, is the ideal basic food, because of its high protein content and ready digestibility. It should be "balanced" by whole cereals, minerals and cod liver oil."

Department of Agriculture, offer a safe, simple way to insure balanced feeding, as they come in canned form, ready to serve.