

BEAVERTON ENTERPRISE

H. H. JEFFRIES, Publisher

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"My Friends Have Faced It"

William Allen White, well-known Kansas author, is gradually growing older. He contributes this philosophical viewpoint on death:

"As one grows into one's middle sixties death seems more reasonable than it does in childhood and youth. The thought of death used to terrify me. Now it seems a natural thing, a part of life, just another experience, whatever it is. So many of my friends have faced it, why not I? In the meantime, why fret about it? I have been shaving this funny old face every Sunday, Tuesday, Thursday and Saturday for years and years. I have come to look on it as a mask behind which lies the reality that it has to hide. It is getting a bit battered and shopworn. Perhaps it would not be such a bad idea to cast it off and let dust return to dust."

Newspaper Advertising Saved Him

Harvey S. Firestone, tire manufacturer, recently told an audience in Miami, Florida, how newspaper advertising helped to meet the depression of 1920 and pay off a debt of \$45,000,000.

Declaring that when he returned from a visit to Europe in 1920 to find business in a slump, he told his sales manager to "go on a vacation" and "placed full page newspaper advertisements in every city in the United States. Within two months, he says, he sold 18,000,000 tires and reduced his indebtedness to \$32,000,000. Then, he readjusted his business, cut some expenses and in less than four years did not owe the banks anything.

Tax Reductions Temporary

While this paper sympathizes with all citizens who feel that reduced taxes are essential, we view tax reduction as a temporary expedient to help meet a present problem.

There should be no misunderstanding on the part of our people and they should not conclude that taxes in the future are to be less than in the past. In fact, there are such inequalities of wealth in this democracy that it will probably be necessary to use the weapon of taxation to afford certain social services to the bulk of our people. Included in this category is education, child welfare and adequate care for the age.

Along this line, Professor Felix Frankfurter, professor of law at the Harvard Law School, expects increases in taxation and even adds, "I hope for it." He says inequalities of wealth have been characteristic of this country to an increased degree in these last few decades and believes that it is essential to use the taxing power as a social instrument in order to provide necessary and adequate social service.

World prosperity can arrive only when world commerce is revived. People must understand that two nations can buy and sell to each other to the advantage of both.

Baseball training camps are resounding with the whams of bats against balls and the dope writers are getting set for their annual guess at the outcome of the pennant races.

Nearly every citizen believes he could solve the world's problems without assistance.

A large mail order and chain store company has had its first loss since 1921. Does that mean that people in thousands of places like this place, are buying at home, or merely not buying?

After losing considerable revenue the government will probably go back to the two-cent first class postal rate next summer. This result was predicted before the recent increase and was predicated upon past experience. It is often heard that wise men learn from experience, etc.

New Chicken Mite Found To be 24-Hour Parasite

Most mites are satisfied to prey on chickens at night and then retreat to hiding places around the roosts during the day, but a new type of particularly persistent mite has just been identified by the entomologists at Oregon State college who were appealed to for help by a distracted Oregon poultryman.

This new breed is a close relative to the common chicken mite, says Dr. Don C. Mote, head of the entomology department. When present on fowls these mites multiply rapidly and congregate at certain spots on the body, where feathers become rough and dirty from the effects of the parasites. English sparrows and blackbirds have been known to carry these mites.

Preliminary tests indicate they are fairly easy to control once discovered, as dipping in liquid louse killer or dusting with very fine sulfur are effective, while use of nicotine sulfate on the roosts has killed many of them. Further observations are still being made of best control

ON OREGON FARMS Home-mixed Spray to be Used

Medford faced with limited finances for orchard operations this year, many local growers who in former years always used commercially mixed spray material are now planning on making their own liquid lime-sulfur and dormant oil emulsion sprays. Recent publications of the experiment station give the method of making home-mixed oil sprays, while the county agent is giving personal direction and assistance to many.

Ashland Herd Leads Again

ASHLAND—For the second consecutive month J. R. McCracken, local dairyman, had the high producing herd among all cow testing associations in the state during January. His herd of 12 cows averaged 52.6 pounds of butterfat each for the month, exceeding their December record by more than five pounds. This is the highest average made by any herd since last July, past tests reports show.

Antiques Not

Always Antique

Fad For Old Furniture Causes Them to be Manufactured

You antique hunters, here's a little hint for you

If you have been indulging in the exciting indoor sport of collecting old furniture, bric a brac and the like, just you go home and check up on the stock you have paid your good money for. It's a pretty good bet you don't own the rare old piece you thought you did.

The "Mayflower" may have brought over a few pieces of furniture on her maiden voyage with the Pilgrims aboard, but is a dead certainty she did not bring all the pieces which she is credited with having brought across.

May be that old Chippendale, or that Fiddle back or whatever else you may have a fancy for and put your good money into is not the real thing after all.

If the story a traveling furniture repair man who recently blew into town is correct, there have been a lot of counterfeit antiques put on the unsuspecting purchasers.

He declares he has worked in furniture factories. He also declares he has worked in places which made a specialty of turning out antiques.

According to his statement, various pieces of old design in conformity with all the better and most sought after antiques were made up in these shops. They were put up just as carefully as possible. They were then polished and stained. Much care was taken with them.

Then after they were finished, they would deliberately scratch them all over, knock a piece off here and there. This gave them the ear marks of having been long in use. After this they were again gone over and carefully polished. When this was completed the various pieces were ready for second-hand dealers. Away they went to some obscure shop in some city. After that it was easy enough.

The antique bugs take great delight in hunting out these little out of the way places. They plunder through their stock of old second-hand chairs, tables and the like. After a while they discover just the rare old piece they are looking for. The dealer agrees to part with it at a figure, and off it goes to adorn some modern home.

Then when visitors are entertained they are asked to admire their latest addition to the collection of rare old furniture.

So when you go home, just take a look at your collection and see if you can determine if you really have what you thought you were buying.

Water Quota Increased

R. E. Wiley, Hillsboro manager of the Oregon-Washington Water company announces that twice as much water can be used under the new minimum rate at the same cost. The minimum has been increased from 1500 to 3000 gallons a month for \$1.25. The rate is effective May 1st and will save Hillsboro householders about \$3000 a year.

Turkey Mart Brighter

A steady improving turkey market is anticipated by Herbert Beyers, manager of the Northwestern Turkey growers who conferred recently with Douglas county turkey growers.

Low prevailing prices and increasing consumption is strengthening the market, Mr. Beyers states. Prices to producers will probably not advance immediately, however, due to the fact that increased retail prices will be absorbed in the accumulation of storage charges, he declares.

Would Eliminate Curve

The Forest Grove City Council passed a special ordinance recently at a called meeting, to aid in the elimination of the "S" curve at the east entrance to the city.

Two-Headed Lamb Born

A two-headed lamb, alive and with both heads perfectly formed and joined to a single neck, was born to a ewe owned by Charles Jones of North Myrtle.

The animal, a male, lived for nearly an hour. It will be stuffed.

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YOUR HEALTH AND MINE

Vitality and Natural Law

By Dr. Cora V. Getty

The instant we are ushered into this world we are confronted with the Vital necessity of obeying one of Nature's Laws. We do not know that it is Nature's Law, we are concerned only with the process of breathing. Thus we obey the first demand of our body for that most important of all elements, Oxygen. Then follows a demand for food, water, sleep, light, rest and proper temperature and if the right relationship of these necessities is maintained, normal growth and health follow.

There is an abundance of true life giving agents all around us and when we stop this shocking indifference to these truths, we will lengthen our span of life many fold and do away with much ill health.

Our body is a most wonderfully constructed organism which we must inhabit as long as we remain here. Is it not of the most vital importance that we keep it fit. Why should we consider it more important to pursue most every other line of study and yet neglect to acquaint ourselves with the original design of our Creator.

Pure air is needed for inhalation at the rate of about 500 pounds a year. Air is one of the greatest essentials to health. Do we make it our business to fill our lungs each day to their capacity?

The value of sunlight is much talked about these days. Do you know that rickets, that most dread disease in children may be stamped out with Sunlight Vitamin "D" and the proper amount of foods containing calcium and phosphorus. Pure cod liver oil and fresh raw goats milk are very high in these elements. Other phosphorus foods are whole wheat, raw egg yolk, sea foods, corn and nuts.

Due to the great strain upon the nervous system with our present day mile a minute way of living, we should have at least 9 hours sleep a day with an hour or so of rest and relaxation besides, for it is while we sleep that our whole organism does most of its maintenance and renewal of its tissues.

There is nothing more devitalizing as uncontrolled emotions, and yet how many of us allow our emotions to be overstimulated to the point of nerve exhaustion. Magnesium is the Nerve Mineral. It relaxes, cools and refreshes. It relieves brain fog. Lettuce, tomatoes, celery, cucumber, parsley, grapefruit and oranges are among the very highest magnesium foods.

Health should mean more to us than freedom from pain. We should work to attain that mysterious principle we call Vitality. This is the principal that enables us to meet the adversities of life squarely and still be in possession of all our faculties and our health. It is Health supreme. The living organism has the power to transform certain substances into

itself. This is the way the various parts of the body are preserved. There is nothing else like it so far as we know unless it be life itself but it is up to us to furnish these substances.

Organized force within our body seizes, utilizes and appropriates and out of the materials we furnish, it creates us. Is it not worth while and interesting to study the foods and other agents for proper growth and development.

We should supply our family with an abundance of non-acid forming foods. There is a long list of these. Among the most valuable is dried fruits. They take the place of bread and meat which are often acid

forming. They are laxative in a natural way. They are also high in Vitamins and the general Mineral Salts. They have a fuel value of an average of 1,400 per pound while bread, as generally used on our diet, has only 1,200 per pound.

Vitality has another office to perform when harmful things affect the health of the individual. It defends, protects and in disease helps to heal. It resists the things injurious to life and if possible rejects them. In this capacity Vitality is the healing power of Nature. Why not attain it.

A list of non-acid forming foods and answers to questions will be furnished by the author through these columns upon request.

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

Cheese to the Rescue

During the Lenten season when some housewives are anxious to plan meatless meals and most housewives are looking for ways to put pep into family lunches, dinners and suppers, cheese provides the inspiration. Now that many delicious foreign cheeses are produced in this country the housewife can choose from the German, Italian, Swiss, French, Dutch and American varieties.

Besides tasting good, cheese has many nutritional qualities which recommend its frequent use. Cheese in the menu makes important contributions to the daily protein, calcium, phosphorus and vitamin needs of the body. It is also a good source of energy and supplies a high quality of iron.

Used as the main dish, for seasoning, or as the always popular 'cracker and cheese' dessert, cheese always meet with favor with other members of the family.

The following recipes are sure to please:

Cheese Noodle Ring

1-4 cup melted butter, 3 eggs, separated, 3 cups cooked noodles

Stir the butter into the freshly cooked noodles. Add the well beaten egg yolks, and fold in the whites, beaten stiff. Pour into a ring

mold, set in a pan of water, and bake in a moderate oven (350 deg) for 20 minutes, or until a knife thrust into it will come out clean. Unmold on a hot platter and pour the following sauce over it

Cheese Sauce

2 cups milk, 4 tablespoons flour, 4 tablespoons of butter, 1-2 teaspoons salt, dash of pepper, 1 cup finely cut cheese.

Melt the butter in top of a double-boiler and add the flour, salt and the cold milk and stir constantly until thick. Cover and cook without stirring 2 minutes. Add cheese and pour over ring

Cottage Cheese Ring

With Fruit Filled Center
1 tablespoon gelatin, 1-4 cup cold water, 2 cups cottage cheese, 3-4 teaspoon salt, 1-8 teaspoon paprika 1-2 cup milk, 2 cups diced fruit, dried or fresh, 1 head of lettuce.

Soak gelatin in cold water and dissolve over hot water. Mash cheese fine; add seasonings, cream and gelatine. Turn into border or ring mold. When firm unmold cheese ring on a bed of lettuce and fill center with fruit, which has been cut in small pieces and mixed with salad dressing, to which has been added a few spoonfuls whipped cream.

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But it's pleasant enough in our shop, where we do a lot of good printing for people who understand and demand that class of work—regardless of the weather.

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