



OUT WITH THE OLD... IN WITH THE NEW...

EASTER TIME with its first suggestion of Spring means new clothes to most of us, or at least, some smart accessory to tone up last year's wardrobe.

By the same token, our families need some change from the old winter food stand-bys. It is not necessary to buy expensive delicacies. Merely dress up the staples in a new way, just as you would add a frill to your old clothes.

Take the lovely banana, for instance. It has been used sliced over cereals so long that it is no longer a novelty. The recipes below will revive faded appetites besides showing you new ways to serve this vitamin-rich fruit.

Besides using the old foodstuffs in new ways, it is good, at this time of year, to start your meals with an appetizer. Here are a few which undoubtedly will be new to your household. Try them, and watch the family finish the rest of its meals with zest!

Banana Griddle Cakes

3 cups flour, 4 1/2 teaspoons baking powder, 1/2 cup sugar, 1 teaspoon salt, 1 egg, 2 cups milk, 1/2 cup melted fat, 1 1/2 cups sliced bananas.

Mix and sift dry ingredients. Beat the egg, add the milk, and stir gradually into the dry ingredients. Add the melted fat, then the bananas, and drop by spoonfuls on a hot griddle. Cook on one side until full of bubbles, turn, and cook on the other side. Serves six.

Bananas with Bacon

6 bananas, 1/2 pound bacon. Roll half lengths of peeled bananas in strips of bacon. Secure with toothpick, if necessary. Broil under flame; or bake in oven-proof dish in a hot oven, 450° F., about fifteen minutes, or until bananas are tender and bacon is crisp.

Baste at least once during the baking. Whole bananas may be wrapped in bacon and cooked in the same way. Serves six.

Banana Bran Muffins

1 cup bran, 1 cup sour milk, 2 tablespoons butter or shortening, 4 table-

spoons sugar, 1 egg, 1 1/2 cups flour, 1/2 teaspoon soda, 1 teaspoon baking powder, 1/2 teaspoon salt, 1 teaspoon cinnamon, 1/2 cup banana cut very fine.

Soak bran in sour milk. Cream together the butter or shortening and the sugar. Add egg and beat well. Mix and sift flour, soda, baking powder, salt and cinnamon, and beat into creamed mixture alternately with soaked bran. Now fold in bananas and pour into greased muffin tins. Bake in moderately hot oven, 400° F., about twenty-five to thirty minutes.

Banana Charlotte

Line sherbet glasses with lengthwise quarters of bananas arranged to represent lady fingers. Fill center with sliced bananas. Top with a spoonful of whipped cream, and add a red or green cherry, mint leaves, or other colorful decoration. Banana Charlotte is a hurry-up dessert that has all the effectiveness of a "company" dish. Serves six.

Ginger Ale Fruit Cup

Cut peeled bananas into dice or into balls with a cutter. Fill cocktail glasses three-quarters full. Add a tablespoon of crushed ice. Fill glasses with ginger ale. Sprinkle with finely cut mint leaves or green garnishing cherries.

Anchovy Canapes

Cut large rounds of rye or whole wheat bread 1/2 inch thick and saute quickly in butter. Spread one side with anchovy paste and cover with a slice of tomato, surrounded by rings of stuffed olives. On the tomato place a thick slice of hard boiled egg, topped with a spoonful of very stiff mayonnaise. Garnish each plate with parsley and a lemon crescent.

Chipped Beef and Cheese

Cream 1/4 pound Roquefort cheese and add a little salt and tabasco sauce. Place a small amount in center of small circular piece of chipped beef. Roll and fasten with toothpick. Serve.

Chopped Beet Canapes

Mix one cup diced boiled beets, 1 tablespoon mayonnaise, 1/2 teaspoon salt. Spread on bread buttered with mustard butter. Garnish with anchovy and green pepper.

Spring Health Hints

A short time ago we had demonstrated to us how a badly managed banking system failed in an emergency. When the crisis came, it found the reserve low or not of the right kind to weather the storm. The sternest measures were resorted to, notably a banking holiday and an embargo on gold. If resources had been properly managed and conserved during prosperous times, the emergency could have been met in a normal way.

Pure red blood may be termed the currency by which we conduct the business of living. Plenty of this currency coursing through our blood vessels, carrying the organic minerals in the proper proportions to our cells and organs will build for us a splendid reserve fund of vitality. This will enable us to cope with adversities, accidents or epidemics and still have our body function properly. Nothing in life is of greater importance than that we live each day in a way favorable to health. We must husband our resources if we hope to forestall disaster in case of storm.

Exercise (which should always be taken out of doors when possible) is necessary to enable us to properly assimilate iron and utilize oxygen. These two elements have a great affinity for each other. They play a very important part in the organic world and stand in close relation to the fundamental processes of metabolism. The total amount of iron in our body is comparatively small. It probably does not exceed 75 gr. under normal conditions, but it is the most active element in our system. It, therefore, needs to be supplied daily at the rate of 1-10 gr. Without the combination of these two elements working for us night and day, we would soon become anemic and weak.

High iron foods are: yellow dock tea, strawberry leaves tea, stinging nettles tea, head lettuce, leeks, cabbage, (raw), swiss chard, spinach, blackberry juice, blueberry juice and blueberry powder.

Organic is the term applied to the mineral salts that are used by the organs and tissues. All of the organic salts constitute only a comparative amount of the body, about 5 per cent, but nevertheless, they are the key to nearly all of the material manifestations of life. They are the builders of sound and normal cells and tissues giving them firmness and form. They are important ingredients of the digestive juices. In short they are indispensable for the proper functioning of the organs, glands and nervous system of the whole body.

We should always draw a distinct line of demarcation between organic and inorganic salts. Only through the life processes of the plant and by means of the synthetic effect of the sunlight especially its actinic rays do the elements of air, water and soil become vitalized. A vital change effected by the actinic rays of the sun light is going on in all the elements as they pass into the structure of the plant. Separation of these elements means destruction of the living tissue. Man though he may be able to produce the elements in their due proportions in the laboratory cannot produce the bloom of life, we observe all about us in the vegetable and fruit kingdom.

Alkalinity is the magic word and the secret to health. Acidity is the cause of disease. Select from the following alkaline reacting foods to suit your special case—Apples, apricots, berries, beets, bananas, cherries, celery, cabbage, carrots, corn on cob, cucumbers, cod liver oil, cold water, dates, eggs raw, endives, figs, grapefruit, grapes, green peppers, greens of all kinds, garlic, honey, hot water, kale, lemons, lettuce, leek, melons oranges, olives, onions, pears, peaches, plums, pop corn, potato with peel, pineapple, green peas, parsnips, parsley, raisins, sea lettuce, spinach, tomatoes, watercress, string beans. Disease of course, should be treated as soon as possible, but by learning the rules of health we may avoid ill health and premature old age.

Local News Items

Mrs. Geo. Brown had as her house guest last week her sister Mrs. Mary T. Hayes, of Tacoma. Another guest was Mrs. R. L. Reed of Portland.

Mrs. Iva Martin has moved her family to the Berthold addition.

Mrs. Minnie Hanson, accompanied by Mrs. Ella Haden of Portland, visited her sister Mrs. Joe Keller Monday, Wednesday Mrs. Keller had as her guest her brother G. F. Simmerson of Seattle.

The Sorento club met last Thursday with Mrs. Carl Hansen. The afternoon was spent at needlework.

Mr. and Mrs. Henry Dessinger and Jimmie Lee, of Deep Creek, arrived Saturday evening at the W. F. Dessinger home. Mrs. Dessinger remained for the week, her husband having returned home Sunday.

Mr. and Mrs. J. W. Anderson of Portland visited Sunday with her daughter Mrs. Guy Carr.

Dr. and Mrs. Octave Goffin, Portland, called on her mother, Mrs. M. E. Pike and sister Mrs. John Summers Sunday.

Joe Keller is spending a few days in Southern Oregon.

Mr. and Mrs. Marvin Fager, of Colorado, are guests at the Zastrow home. Mrs. Fager and Mrs. Zastrow are sisters.

Misses Eva and Elsie Whitworth accompanied by Miss Reba Buckingham motored to Timber Saturday, where they spent the day Sunday fishing Wolf Creek.

Mr. and Mrs. E. R. Sheets spent Easter in Astoria with their brother-in-law and sister Mr. and Mrs. Neff-segur.

Mrs. Manly Underhill who spent the week end with her son, Milton, at Union, where he is teaching in the school there.

Mrs. Bert Stump is with her mother at Newberg for a week, during her absence Miss Alice Unis is caring for her sister Mrs. Roy Marlin.

Overnight guests at the J. S. Felsher home Saturday were the Archie Williams family. In the evening the group attended the White Shrine.

Mr. and Mrs. Floyd Tefft and Thelma were Easter guests of relatives at Hood River.

Phillip Maus, Portland, has purchased the Reed property near the Cooper Mt. school.

Miss Emma Schrader, who is teaching at Mountain Dale, spent the week end at home.

Miss Elva Rossi and Mrs. Katherine Dessinger attended a birthday dinner in Portland Monday evening honoring Mrs. Snyder.

Mrs. Doy Gray, Mrs. W. C. McKell, Mrs. Lee Richey and Mrs. F. H. Schoene attended the American Legion card party in Hillsboro Wednesday afternoon.

Mr. and Mrs. Robert Egelton, (Helen Hockens) are receiving congratulations on the arrival of a 4-1-2 pound baby born last Wednesday.

W. C. McKell and Mr. Schmuckl were fishing in the Metolius river over the week end and reports fishing good.

Miss Myrtle Johnson is nursing in the Spear home on the Canyon road. Mr. and Mrs. Ed Williams of Portland, visited at the home of Mr. and Mrs. V. Bixby Wednesday evening.

Herman Wilson spent the week end visiting friends in Seattle.

V. Bixby visited his mother Saturday, who is confined to the hospital with a dislocated shoulder.

Miss Margaret Schoffers of Eugene spent Wednesday visiting her sister Miss Marie Schoffers. In the evening they attended the show in Portland, seeing Hamlet.

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Church Services

CHURCH OF THE NAZARENE Rev. Willard P. Andersen, Pastor

Now that the Easter time is over, let us not forget what it has meant to us. Let us keep that spirit of worship and attendance to the House of Prayer. The Lord gave us very good services during the day with two definite conversions. We are glad for the revival spirit exists among us.

Sunday School 9:45 a. m. Morning worship 11 a. m. N. Y. P. S. devotional 7 p. m. Song and evangelistic 8 p. m. Prayer and praise Wednesday 8 p. m.

METHODIST CHURCH NEWS George F. Gordon, Pastor

Sunday, April 23, we will commence a series of sermons on "God The Greatest Poet—Man His Greatest Poem". The sermon Sunday will be "His Workmanship" Ephesians 2:10. The word originally used in this passage of Scripture was "poem". "We are His poem" To the Greek a poem was anything that was made—a house, a temple, a bridge—but gradually it came to mean a truth expressed in rhythmical form. Creation is a poem. The stars are poems of the sky. The sea is a poem. A river is a poem. Children are God's poems, noisy, unrhythmical at times, but poems just the same. The "Holy Catholic Church" is the true church of God, in all her branches, "whatever the name or sign." And that church is a poem, of varied tongues, of many minds, but a poem none the less.

You will enjoy the series of sermons and we cordially invite you to be present. You will enjoy the fellowship and good spirit of brotherhood found in our church.

Sunday School at ten o'clock, worship service at eleven.

Young Peoples service at five thirty

CHURCH OF CHRIST G. W. Springer, Minister

Our Easter drama which was to have been given last Sunday night, will be given next Sunday evening at eight o'clock. We hope there will be a large number present. We feel that all who attend will be well repaid. This drama will not only entertain but we believe it will inspire all who see it to praise God for the resurrection of our Lord from the dead.

Next Sunday morning Mr. Springer will speak on the topic "In the Hands of a Potter."

BETHEL CONGREGATIONAL Rev. Charles F. Clarke, pastor

Well friends: Lent with its crowning glory, Easter, may have been times of great refreshing to you, we hope they were, but you will have gained little if you do not go to church again till Christmas. Keep up the high level of spiritual life gained in this season of heart searching. The greatest revelations came to the followers of Christ in the hours and days just after the resurrection morning, our pastor will speak of one of them at the 11 o'clock services under the title "Jesus Came Walking." You will find much help by attending our Bible School at 9:45 whether child or adult and young people you have a meeting of your own, the Christian Endeavor at 6:30. There will be a very fine rendering of Lloyd Lewis "The Story of the Cross" at 7:30 by the excellent choir of the Highland Congregational Church of Portland. Every one most cordially invited to our services always.

This newspaper is a community publication. Local merchants are invited to use it to increase their volume of business.

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ADMINISTRATION TO SCRAP TARIFF POLICY

Continued from Page 1

reans and fields of activity will be eliminated for the reason that reorganizations first proposed will not bring about sufficient reductions in expenditures. Led by Director of the Budget Douglas and backed by the President, the Cabinet has been informed that "reorganization" is a mild way of saying "elimination," and that each department must operate within definite allotted amounts.

Those departments expected to be hit most severely are agriculture, interior, commerce and the post office. Others will be closely pruned and even the military departments will be ordered to curtail. Gnashing of teeth by politicians is certain because it is gradually sinking in that there will be record-breaking scarcity of jobs for the faithful. Moreover, the cuts will not be based on 1932 expenditures or on the lower expenditures of the present fiscal year, but on the budget-balancing plans for 1934 in which many reductions had been made. Including the \$400,000,000 saved in veterans' pensions it is expected to lower the Government's expenses nearly \$1,000,000,000.

FAIRVALE DIVISION Tualatin Valley Stages

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TIME SCHEDULES

Effective April 10, 1933

Subject to Change without Notice Leaves Portland 7:50, 9:00, 10:00, 11:00 a. m., 1:00, 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:00, 9:00, 10:30, 11:30 p. m.

Leaves Beaverton 10:30, 11:30, a. m., 1:30, 3:30, 5:30, 7:00, 9:30, 11:00 p. m. Leaves Lombard 6:45, 7:15, 7:45, 8:15, 9:32, 10:32, 11:32, a. m., 1:32, 3:32, 4:32, 5:32, 7:02, 8:03, 9:33, 11:03 p. m.

Leaves Lake Road, 6:47, 7:17, 7:47, 8:17, 9:33, 10:33, 11:33, a. m., 1:33, 3:33, 4:33, 5:33, 6:00, 7:03, 8:03, 9:33, 11:03 p. m.

S is Saturday only, L limited, Bertha Beaverton Highway.

SUNDAY AND HOLIDAY SCHEDULES ONLY

Leaves Portland 7:50, 9:30, 11:00, a. m., 1:00, 3:00, 5:00, 6:30, 7:30, 9:00, 10:30, 12:00 p. m.

Leaves Beaverton 7:15, 10:00, 11:30, a. m., 1:30, 3:30, 5:30, 7:00, 9:30, 11:00 p. m.

Leave Lombard 7:16, 8:30, 10:02, 11:32, a. m., 1:32, 3:32, 5:32, 7:02, 8:02, 9:32, 11:02 p. m.

Leave Lake Rd. 7:17, 8:33, 10:03, 11:33 a. m., 1:33, 3:33, 5:33, 7:03, 8:03, 9:33, 11:03 p. m.

Leave Scholl Rr. 7:20, 8:35, 10:05, 11:35, a. m., 1:35, 3:35, 5:35, 7:05, 8:05, 9:35, 11:05 p. m.

Central Stage Depot, Park and Taylor Streets. Phone ATwater 3171—Local 31

FLOWER SHOW PLANNED

The classification list for Portland's fifth annual spring flower show is now ready for public distribution and may be obtained for the asking at the information desk, central library. The blossom event will be held May 5 to 8 at Laurelhurst park, sponsored by the Portland Garden club and the city bureau of parks. Entries are open to everyone, and those interested should obtain a classification list as soon as possible. Various awards will be made in addition to blue, red and white ribbons in the different divisions. Tulips, narcissi, roses, carnations, pansies, sweet peas, lilies of the valley, lilacs, azaleas, rhododendrons and many other varieties of flowers and flowering shrubs are included.

Mrs. George N. Barker, BEacon 8967, is executive chairman.

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