

HI-WAYS TO HEALTH

by ADA R. MAYNE
OREGON DAIRY COUNCIL

SERVING SMORGASBORD STYLE

For summer night supper entertaining, try the friendly Swedish Smorgasbord system. It will fit into any type of entertaining facilities and will delight the family as well as guests. When the time for food comes, the guests are led to a table filled with interesting "makings" and are invited to butter their own and to help themselves to anything and everything that appeals to their eyes and appetites.

Everything on the Smorgasbord can be prepared in advance from the celery to the cheese tray. Cheese, by the way, is the big drawing card of this help-yourself arrangement. Usually several varieties are used, including a mild American cheese, a bit of Roquefort and perhaps a jar of Limburger or Liederkranz for those preferring a truly nippy cheese. These different cheeses may be arranged with their interesting colors and shapes on a tray with dried fruits for garnish or separate bowl or plate for each cheese may be used.

Several kinds of dark bread—rye, wholewheat and pumpernickel or crisp crackers and curled celery, sliced tomatoes a bowl of lettuce leaves or any other fresh vegetables comprise the Smorgasbord. A large pitcher of milk with a glass foreeveryone should be at the end of the table, or if the evening is cool or chilly, a hot drink should be provided.

A hot dish, such as a tongue roast, a macaroni loaf, creamed deviled eggs, or some other tempting entrees may

be served, if an unusually hungry crowd are anticipated. This is one which is always a favored one:

Macaroni Ham Loaf

- 1 cup of bread crumbs
 - 1 cup of hot milk
 - 1 1/2 cups of macaroni (after cooking)
 - 1/4 cup of melted butter
 - 1/4 cup of grated cheese
 - 1/2 cup of ground ham
 - 1 pimento cut fine
 - 1 green pepper cut fine
 - 1 teaspoon of onion juice
 - 1 teaspoon of parsley, minced
 - 3 well beaten eggs
 - Salt and pepper to taste
- Combine ingredients in the order given and put into a well-greased mold, a ring mold preferably. Place in a pan of water and bake in a moderate oven (350 degrees) about an hour. Unmold on a hot platter and serve with cream sauce.

Here is another quick dish for the Smorgasbord.

Florantine Eggs

- 2 cups cooked spinach
 - 1/2 cup grated cheese
 - 4 eggs
 - 1/2 cup thin cream sauce
- Put thin layer of spinach in bottom of buttered baking dish. Sprinkle with grated cheese. Put eggs on top of spinach, cover with thin cream sauce and bake in brisk oven until cheese is melted and eggs are set.

LEGAL NOTICES

SPECIAL TOWN ELECTION

There will be a special town election held at the town hall, Beaverton, Oregon, July 21, 1933, 8 a. m. to 8 p. m., for the purpose of voting on the adoption of a new city charter. Mr. C. J. Beach has been appointed chairman of the election board; Mrs. Walter Cavanass and Miss Mae Fisher judges; Mrs. Stella Boswell and Mrs. Laverne Reimer, clerks of said election.

By order of the Town Council.
LEWIS SMITH, Recorder
TOWN OF BEAVERTON, Oregon
Dated this 16th day of June, 1933.

NOTICE OF SHERIFF'S SALE

No. 9954
IN THE CIRCUIT COURT
OF THE
STATE OF OREGON
FOR WASHINGTON COUNTY

John Urfer and Anna Urfer, husband and wife, Plaintiffs, vs. Hugh Naldrett, a single man; F. D. Peck and Minnie C. Peck, husband and wife; V. A. Wood and Mattie Wood, husband and wife; George G. Hancock, and all other persons or parties unknown claiming any right, title, estate, lien or interest in the real property described in the complaint herein, Defendants.

By virtue of an execution, judgment order, decree, and order of sale issued out of the above entitled Court in the above entitled cause to me directed, and dated the 3rd day of June, 1933, upon a judgment rendered and entered in said Court on the 3rd day of June, 1933, in favor of John Urfer and Anna Urfer, husband and wife, plaintiffs, and against F. D. Peck, Minnie C. Peck and Hugh Naldrett, defendants, for the sum of Two Thousand Eighty and 66-100 Dollars (\$2,089.66), with interest at the rate of seven per cent (7%) per annum from June 3, 1933, and the further sum of One Hundred and Sixty Dollars (\$160.00) attorney fees, with interest at the rate of six per cent (6%) per annum from the 3rd day of June, 1933, and for the further sum of Forty and 10-100 Dollars (\$40.10) costs and disbursements and the costs and disbursements upon this writ, commanding me to make sale of the following described real property, to-wit:

That certain real property situated in Washington County, State of Ore-

gon, bounded and described as follows: Beginning at an iron pipe 1708-64 feet South and 195.60 feet North 89 degrees 59 minutes East from the Southwest corner of the William Lockerman D. L. C. in Township 1 South Range 1 West of Willamette Meridian, Washington County, Oregon; run thence North 89 degrees 59 minutes East 149.40 feet to an iron pipe; thence North, no degrees 20 minutes West 340.59 feet to an iron pipe; thence South 66 degrees 25 minutes West 190.80 feet to an iron pipe; thence South 276.40 feet to point of beginning containing 1.05 Acres more or less, all in Washington County, Oregon.

NOW THEREFORE, by virtue of said execution, judgment order, decree and order of sale, and in compliance with the commands of said writ, I will, on Monday, the 17th day of July, 1933, at 10:00 o'clock A. M., at the East Door of the Court House in Hillsboro, Washington County, Oregon, sell at public auction (subject to redemption) to the highest bidder for cash in hand all the right, title and interest which the within named defendants and each of all of them in the above entitled suit had on the 19th day of May, 1926, the date of the mortgage herein foreclosed, or since that date had in and to the above described real property or any part thereof, to satisfy said execution, judgment order and decree, attorney fees, interest, costs and accruing costs.

Dated at Hillsboro, Oregon, this 3rd day of June, 1933.

Date of first publication June 16, 1933.

Date of last publication July 14, 1933.

JOHN W. CONNELL,
Sheriff of Washington County, Ore.
SAMUEL B. LAWRENCE,
Attorney for Plaintiff

McNARY TO HELP SECURE MILITARY MANEUVERS

U. S. Senator Charles L. McNary has been appealed to in the attempt to secure the services of a military detachment from Vancouver Barracks for the Oregon State Fair this year.

The Puyallup fair has for a number of years made military maneuvers an important feature, and Oregon citizens are of the opinion that the presence of cavalry and artillery detachments at the Fair this year would be a dis-

CLASSIFIED ADVERTISING

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These Classified Ads appear in 4 newspapers: Beaverton Enterprise, Tigard Sentinel, Multnomah Press, Aloha News.

Classified ads produce results, use them.

ASTROLOGER

Mrs. Ray Smythe will be located in her residence studio after June 1. . . Have your horoscope cast now so that you may intelligently cope with your present problems and plan for the future. SEIWOOD 1529.

BEAUTY PARLORS

Ringlet End Permanent Wave, \$2.50 and Up
Special Lasting Rinse For Gray or Faded Hair
ACE BEAUTY SHOP
202 MERCHANTS TRUST BLDG.
618 Wash, bet. 6th and Broadway
New, complete equipment for beauty work in all its branches
ATwater 4429

PERMANENT WAVE
Reg \$5.95. Guaranteed 92c \$7.50 Wave \$1.42 Includes shampoo, finger wave and hair cut.
The coolest place in town, air washed ventilation
Morgan Bldg., Beauty Salon (Downstairs)—AT. 1504



CHRISTY'S BEAUTY PARLOR
Spec. in Fine and Dyed Hair
We succeed where others fail. Try and be convinced
Exc. agents for Luziers Spec. Form Cosmetics
505 Raleigh Bldg. AT. 7893 for app.

BUILDERS

W. F. Hart & O. C. Hart
BR 4825 BR 3756
"Builders of Personality Homes"
ATwater 4489
308 Woodlark Bldg., Portland, Ore.

DENTISTS
DR. A. L. GROOM DENTIST—Examination and care of the teeth is economy and promotes good health and appearance, 516 Dekum Bldg. Third and Wash. St., AT. 5940.

FOR SALE
FOR SALE—Piano, \$40. Multnomah Furniture Exchange.

tinct drawing card. The Oregon State Fairgrounds are well adapted to military drills and the reception planned, in the event of acceptance, promises to be in keeping with any effort expended in making the trip.

Advertising in this paper is just like letting the sunshine put your name in the spotlight.

MICKIE SAYS—

TH' BOSS SEZ SURE, WE GET THINGS WRONG ONCE IN A WHILE, BUT IF WE WUZ TO PRINT NEWS TH' WAY WE HEAR IT ON TH' STREET, WE'D ONLY BE RIGHT ONCE IN A COON'S AGE!



FOR SALE, 400, 10 wks White Leghorn pullets 50c each, Chris Leuthi, Portland, R2, Bx 199, 8 miles north of Beaverton, don't call Sundays.

BURBANK SEED POTATOES FOR SALE—Call or see William Holtz, Tigard, Oregon, Phone Tigard 0261.

MUCKLE WRECKING CO., East 9th and Lincoln sts., Portland. Used doors 50 cents each; sash 75 cents each; paint \$1.50 gallon.

PUMPS—WATER SYSTEMS AND IRRIGATION EQUIPMENT. Dairy Water Heaters and Sterilizers—also other electrical equipment for the farm. **RURAL ELECTRIC PRODUCTS CO.**, 211 Oak St., Portland, Ore., Phone AT. 2466.

There are opportunities in using our columns to broadcast your merchandise values to the public.

LOST

LOST—Between Beaverton and Hillsboro, 900-20 Goodyear Tire and Rim. Hillsboro Ice Works, Hillsboro, Ore.

LOST—Pair glasses at school grounds or street in Multnomah, gold rim, new style pink shell bows. Mrs. J. E. Malin, leave at Multnomah Bank.

MILLINERY

SALE OF IMPORTED HATS
\$6.50 to \$30.00
NOW 1/2 OR LESS
KING & CO.
FINE MILLINERY
147 Park, bet. Alder and Morrison

OPTOMETRISTS

Dr. Geo. B. Pratt
Dr. H. J. Maulbettsch
Reliable Optical Service, Reasonable Prices. Eyes thoroughly examined. Glasses properly fitted. 25 years in Portland. 201 Alderway Bldg., Corner Broadway & Alder.

PATENT ATTORNEY

PATENTS, Thomas Blyeu, Registered Patent Attorney, United States and Foreign Patents. Free booklet and disclosure sheets, interview without obligation. Corbett Building, Portland, Oregon.

PERSONAL

MEN Miraculous increase in vigor for 97 per cent of users of our little gold device. No drugs or medicine. Sold on seven-day free trial. 100 per cent money refunded if not satisfied.
VOY STIMULATOR CO.
517 E. BURNSIDE ST., COR. GRAND
Correspondence Confidential
Write or Call for FREE Booklet

TRUE DIET LABORATORY

Specializing in Corrective and Balanced Diet
Sanitarium in Connection
818 Dekum Bldg., Third & Washington
Telephone ATwater 8875

LAURA E. PEPIN, Naturopath, Electrotherapy, Medicated Steams and Massage. Reducing. Specializing in glandular treatments. Consultation free. 404 Jefferson near 10th, Portland. Phone BEacon 9339.

BEAVERTON HOME LAUNDRY—Call and Delivery, 2nd and Lombard Beaverton 8135.

LEG TROUBLES, so-called incurable, varicose veins, ulcers, pains, numbness, cramps, and phlebitis successfully treated without operation or injection. New Veinotone method gives immediate relief. You walk and work in comfort while being treated. Exam free. **Dr. Laurance and Andrews, AT. 1453 or 612 Broadway Bldg., Portland.**

DRUGLESS HEALTH INSTITUTE
Steam Baths, Massage, Violet Ray Treatments for Colds, Rheumatism and Constipation. Consultation Free
Dr. Elina A. Sorenson, N. D., 415 Swetland Bldg., AT 0403.

RUPTURE PILES

Successfully Treated Without Surgery
Lasting Results
No Pain—No Loss of Time
DR. CLARENCE W. HINKLEY
Chiropractic Physician
2108 N. E. Schuyler St. TR. 1500
One block from E. 21st and Broadway
Portland, Oregon

FLIES, BUGS, ROACHES, ANTS, Earwigs, Silverfish exterminated successfully with Snow's Insect Spray, DEATH TO INSECTS, Banish Moths forever, Moth Crystals, Spray and Cakes.

SNOW'S INSECTICIDE CO.
239 Stark St., Portland, Oregon, C. M. Snow, State Distributor AT. 0938, Kildew Permanent Moth-proofing.

DR. E. ALBERTA SACRY, Chiropractist. Both feet treated \$1.00. Instant painless relief, Steam massage \$1. Open evenings, 607 Raleigh Bldg., BEacon 5676, Portland.

HEALTH can be established through right eating habits, and our nature cure system, when all others fail. Satisfaction guaranteed. **Dr. Cora V. Getty, Naturopath & Chiropractor, 602 Times Bldg., Cor. 4th & Wash. Portland. Phone BE 3665.**

BESSIE V. HAYES
When tired or suffering from Rheumatism, take a mineral steam bath bath for rest and health. 705 Dekum Bldg., BE. 2614.

SCIENTIFIC HEALTH BUILDER
Nervous and Chronic Diseases
DR. D. E. CHRISTIANSEN
Chiropractor Physician
210 Times Bldg., 4th and Wash. St.
Portland Phone ATwater 5931
Residence Phone STafford 0254

HOLLYWOOD FROCKS—\$1.00
Just received a new shipment of famous Hollywood frocks. New styles, puffed sleeves, organdie trims. All colors, sizes 14 to 46 1/2. Mail orders filled. State size and color desired.

The Needle Craft Shop

343 Alder St., near Portland, Oregon.

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

Colds and Influenza respond to Chiropractic wonderfully. Don't hesitate to see Dr. Redmond. Consultation Free.
705 Dekum Bldg. Portland 2-10-34

PHOTO DEVELOPING

PHOTO DEVELOPING Free Snap Shot Frame with each Roll Developed, 1-3 off on All Films when brought back to **TED PREBLE KODAK STORE, 512 S.W. Broadway, bet. Wash. and Alder Sts., For Developing In By One Out By Five.**

SCHOOLS

MOLER BARBER COLLEGE Students earn big Money, some Pay while Learning. Master Barbers employ Graduates, Nation Wide System. 71 3rd. Street, Portland.

OREGON and MODERN BARBER COLLEGE pays you while learning Good JOBS are coming. Write or call 234, First St., or 233 Madison St., Portland. COSTS NOTHING TO INQUIRE.

OREGON SCHOOL OF MASSAGE offers a 4 weeks course with DIPLOMA. Graduates from a reliable school always in demand No State Examination. Call or write Dr. Ella Herman, 612 Dekum Bldg., Portland, Oregon.

SECURE YOUR FUTURE IN BUSINESS, begin your course in accounting, bookkeeping, shorthand, typing or any commercial subjects this summer. Expert guidance in making your selection. Send for catalog now.

Behrke-Walker BUSINESS COLLEGE
ELEVENTH AND BROADWAY STS.
PORTLAND, OREGON
BEacon 3138

SHADES

WINDOW SHADES
ACME FIBER WINDOW SHADES—36 inches by 6 feet on your own roller, special, 4 for 98c, complete with new rollers, 3 for 98c (tan). 10% discount with this ad until July 31st. 211 Stock Exchange Bldg BE. 4893.

STAMPS

STAMPS Do you Collect Stamps? We have the Largest Stock of Stamps, Albums, and Supplies in Portland. Mail Orders Filled Promptly. 1000 all different \$1 Postpaid. 1000 mixed (on paper) 25c. **JOHN C. ADAMS, 512S. W. Broadway, Portland, Oregon.**

WANTED

FRUIT JARS WANTED—At Multnomah, Welfare Bureau. BR. 5125, will call.

WATCH REPAIRING

WATCH Plus cost of material, cleans and overhauls any watch, **ARNOLD E. SANDEN & Co., Jeweler & Importer 634 Wash., near REPAIRING Broadway, Portland**

\$1 **WATCH REPAIRING**
Watches
Cleaned and Oiled or New Mainspring
Fancy shaped unbreakable crystals 50c
HARRY DEPP
261 Alder St., near Third, Portland

KILL THE FOOD TAX!
VOTE 317
MO
ON JULY 21
PROTECT YOUR POCKETBOOK
ANTI FOOD TAX LEAGUE

IF THIS ONE MAKES THE GRADE

OREGON HOME

FOOD TAX WOLF.

VOTE 317 NO