

HI-WAYS TO HEALTH

by ADA R. MAYNE
OREGON DAIRY COUNCIL

MAIN DISH SALADS

This is the season for chilled dishes and on very warm days it is permissible to make exceptions to the usual routine of menu planning and to serve the protein or main dish in the form of a salad. To most of us, a salad consists usually of fresh chopped vegetables, preferably green vegetables, plus a dressing made especially for it. Fresh fruits served with a generous portion of crisp lettuce are also suitable salad ingredients.

But on the very warm days exceptions are made, and meat, eggs and cheeses of all kinds may parade to the table as salads. To accompany this type of salad, carrot sticks, celery and sliced tomatoes are served along with a pitcher of cold milk or a tempting milk shake for everyone. Instead of fried chicken for your Sunday dinner, try this delicious chicken salad. It will be much cooked for the cook and the family.

Chicken Salad

- 1 boiling chicken
 - 1 cup diced cucumber
 - 3 stalks crisp celery
 - 1 dozen stuffed olives
 - French dressing
 - 3 hard cooked eggs
 - 1 cup whipping cream
 - 3/4 cup mayonnaise
- Prepare chicken as for roasting. Wrap the chicken in several folds of cloth and boil gently in salted water until tender. When tender, remove chicken from broth, and let cool in cloth. Boiling the chicken in cloth makes the dark meat almost as white as the breast meat. When cold, remove the chicken from the

bone in as large pieces as possible. Remove skin and cut the meat into half inch cubes with sharp scissors. Combine the chicken cubes with the cucumber, and celery then add enough French dressing to moisten and place in the refrigerator to chill. When ready to serve, add the halved olives and the sliced eggs. Toss to gether lightly and place on lettuce leaves. Top with mayonnaise dressing into which has been folded the whipping cream.

Cottage Cheese Loaf

- 1 1/2 cup cottage cheese
 - 4 olives (chopped fine)
 - 1 tsp green pepper (chopped fine)
 - 1/2 tsp Worcestershire sauce
 - 4 tsp creamed butter.
 - 1 pimento (chopped fine)
 - 2 sprigs parsley (chopped fine)
 - 1/2 tsp paprika
 - 4 tbsps butter
 - 1/2 cup cottage cheese
- Mix cottage cheese with olives, green pepper, pimento, parsley, paprika butter and Worcestershire sauce. Shape in a roll 2 inches in diameter, place on a small platter and chill. Decorate with 4 tablespoons cheese mixed with 2 tablespoons butter and chill again. Garnish with water cress or lettuce.

Iced Chocolate

- 2 tbsps cocoa
 - 3 tbsps honey
 - 1 cup milk
 - Few grains salt
- Heat milk to boiling point. Mix cocoa and honey and add to hot milk. Stir well and add salt. Pour into iced tea glasses filled with cracked ice and top with whipped cream. This makes two servings.

On the first night of a new production, Oscar Hammerstein was heard to observe that a play is like a cigar. "How's that?" asked a friend. "Well," was the ex cigar maker's explanation, "if its good everybody wants a box, if its bad, no amount of puffing will make it draw". —New York Morning Telegraph.

Some Important "Firsts"

The first coal mined in North America was at Minto, N. B., and was shipped to Boston. The first wood paper was made at Upper Sackville, N. B. The first compound steam engine was invented by Benjamin Tibbets of New Brunswick and used in a boat on the St. John's river. The first submarine cable was laid between New Brunswick and Prince Edward Island in 1852; the first wireless message sent across the Atlantic was from Glace Bay, N. S., in 1902, and the first steam foghorn was invented by Robert Foulis of St. John, N. B., and placed in the St. John harbor in 1859.

Errors in Postage Stamps

Errors have been made at various times in the printing of postage stamps. Sometimes they are printed in the wrong color, or wrong paper, or the artist may have made an error in his design, only discovered after the stamps had been put into circulation. Usually when an error of any kind is discovered the stamps are withdrawn from sale and destroyed, and new plates made. In the meantime collectors the world over are busy buying errors.

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 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. Sellwood 1529.

BEAUTY PARLORS

Wanted: 50 Women Whose Hair Won't Take a Permanent
If you've been disappointed, time and again with a permanent that "won't take" . . . then this is your special news. . . The Christy Beauty Parlor specializes in just such difficult cases. . . Christy's Scientific Conditioning Treatment given just before the permanent assures you a beautiful permanent with deep, lasting waves. . . and the price is very small. 505 Raleigh Bldg., AT. 7893.

BUILDERS

W. F. Hart & O. C. Hart
BR 4826 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. 3940.

FOR SALE

FOR SALE—Or Trade—Laghorn Ban tam hens and chicks by Mrs. Mary E. Carson R 5, Box 450, Portland Scholls road by Raleigh school.

FOR SALE—60 lb Porcelein lined Ice box, good condition \$10 cash. Beaverton 7251, Box 18, Aloha.

SEWING MACHINE—Rotary White, \$25 or will trade for chickens P. L. Schultz, 1 mi S Watson St.

FOR SALE—Standard make Piano near Beaverton, will sacrifice for unpaid balance. A snap. Easy terms. Write Tallman Piano Store, Salem, Oregon.

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.

BRICK AND HOLLOW TILE
Will Solve Your Masonry Problems at the Lowest Cost . . . Expert Advice without obligation
SYLVAN BRICK CO.
Old Canyon Road at Sylvan
Phone BE. 4449

SEATTLE'S CONVENIENT



CALHOUN HOTEL

To enjoy Seattle's Hospitality most you should stay at the Calhoun— Comfortable spacious lobby, restful rooms, all outside with marine view within five minutes of all shops, stores and attractions—also NEW COFFEE SHOP—good food at low cost. "The Friendly Hotel to the Traveler" FREE Garage Included.
2nd and Virginia Sts.

FURNITURE REPAIRING, Finishing, Garvison, Multnomah viaduct.

FOR SALE—Comb Wood & gas Range good condition, bargain. Also used Hotpoint Electric 18 inch automatic, only \$30. H. A. WEST CO., 10th & Washington, Portland, also a few used Ice Boxes, cheap.

PATENT ATTORNEY

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

PERSONAL

LADIES! Don't let your large abdomen and double chin mar your figure; trial treatment 1/2 price. BE. 9339, 1014 S. W. Jefferson St., between 10th and 11th, Portland, Ore.

LEG TROUBLES, so-called incurable, varicose veins, ulcers, pains, numbness, cramps, and phlebitis successfully treated without operation or injection. New Veinotome 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. Elna A. Sorenson, N. D., 418 Sweetland 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

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.



Larger and More Conveniently Located Offices
The Dr. Chas. J. Dean Clinic is now located on East Burnside at Grand Avenue where our steadily increasing numbers of patients find us better prepared than ever before to treat all Rectal and Colon ailments. And as always, we offer our WRITTEN ASSURANCE OF PILES ELIMINATED OR FEE REFUNDED.
Call, phone or write for FREE booklet on Rectal and Colon ailments.
DEAN RECTAL & COLON CLINIC
N.E. CORNER, EAST BURNSIDE & GRAND AVE
PORTLAND, OREGON. — EAST 3918
MENTION THIS PAPER WHEN WRITING

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

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

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

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.
289 Stark St., Portland, Oregon, C. M. Snow, State Distributor AT. 0938, Kildew Permanent Moth-proofing.

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

PHOTO DEVELOPING

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

SCHOOLS

MOLIER 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.

Behrns-Dalmer BUSINESS COLLEGE
ELEVENTH AND CALHOUN STREETS
PORTLAND, OREGON
BEacon 3138

SHADES

There's No Harm in Truth
So here it is: Dirty window shades are out. . . Take a sidewise glance at yours. . . and if your conscience isn't exactly clear afterwards. . . send them to the Acme Window Shade Service to be cleaned. . . repaired. . . 211 Stock Exchange Bldg., BE. 4983 Portland, Oregon

"Now, this is going to hurt just a little."
Customer—To what do you owe your extraordinary success as a magazine salesman?
Salesman—To the first five words I utter when a woman opens the door—"Miss, is your mother at home?"

Census Reports
Minister—So you attend Sunday School regularly?
Little Eve—Yes, indeed.
Minister—Can you tell me what's in the Bible?
Little Eve—Sisters young man's photo, mothers recipe for face cream, a lock of my hair cut off when I was a baby, and the pawn ticket for papa's watch.

Smith—Before I married my wife made me promise to quit smoking.
Jones—And you kept your word?
Smith—Yes Now I'm doing my best to get her to promise.

Monument as Sun Dial
Airmen flying near the Washington monument don't have to look at their clocks or consult their appetites in order to tell what time of day it is. That is, if it's daytime and the sun is shining. The monument casts a huge, sharply marked shadow, and this shadow makes nearly two-thirds of a complete circle from sunrise to sunset. After a little experience in noting where the shadow strikes, a person can tell the time very closely, as the "dial" of this record-breaking clock is in a general way a thousand feet in diameter. Hence an hour causes a movement of some 150 to 200 feet, and even a minute will make a change of something like 3 feet.—Pathfinder

When Rome Wretched
Pausanias—I hear that Nero was torturing the Christians again last night.
Demeter—Someone ought to take that fiddle away from him.—Boston Transcript.

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, 5123, W. Broadway, Portland, Oregon.

WANTED

FRUIT JARS WANTED—At Multnomah, Welfare Bureau. BR. 5129, will call.

WATCH REPAIRING

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

WATCH REPAIRING

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

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

Many Towns of Same Name

Cause P. O. Much Trouble
There are 22 post offices in the United States named Dayton, and if ever a correspondent omits to give the state in writing his address, we are quite sure to find that the postmark on the envelope is so blurred that it cannot be deciphered, says the Rural New Yorker. That is what philologists call the innate depravity of inanimate things. There are 11 Deerfields, but if you think this shows a lack of originality, consider Dime Box; there is only one post office of that name, that being in Texas. Eagle occurs in nine places, and our national bird is commemorated in 41 other post offices, in which it forms part of the name. There are 11 Ethels, but only three Marys, though Mary forms part of the name of 29 other post offices. There is only one Snook in the postal guide, which seems quite enough; there is one Zag, one Zero, one Ynot, and one Whynot.

We do not know why a place in Texas should be called Whon, or another Tom Bean, and we question the taste which named Sodom, N. Y., or Ink, in Arkansas and Missouri, or Brandy, Va., but no doubt there was some local reason for all those names. It seems a pity to name 27 post offices Troy, and 18 Trenton, or 23 Warren. It is not surprising that 28 places are named Washington, or 18 Windsor, but these duplications sometimes cause trouble and delay in answering correspondence. There is one safe rule in writing to strangers; use black ink, write distinctly, spell out the name of the town without abbreviating, and never omit the name of the state.

Velocity of Tennis Balls

If a tennis ball were an airplane it could fly across the Atlantic in 35 hours, for it covers 93.3 miles an hour when in action. That is the speed which the ball attained when one of the players volleyed in the Davis cup match between Germany and England. Service balls sped across the net at "only" 68.5 miles an hour. Even the slower balls sailing from base line went at a rate of 31 miles an hour.—Montreal Herald.

WORLD RECORD MAKER



Jack Lovelock of Oxford university, England, who broke the world's record for the mile run at Princeton, winning the event in 4 minutes 7.0 seconds. The Princeton-Cornell team won the meet from the Oxford-Cambridge team.

When Rome Wretched
Pausanias—I hear that Nero was torturing the Christians again last night.
Demeter—Someone ought to take that fiddle away from him.—Boston Transcript.

Patronize the Advertisers in This Paper

AUTO SALES & LOAN CO.
DEALERS IN NEW & USED CARS
Fine Used and Reconditioned Cars
We Satisfy Our Customers . . . Over 80 Cars to Choose From
PRICED FROM \$30 to \$1250
SALESROOM: Eighth and Hawthorne Ave. East 7457
BIG LOT: Grand Avenue and Madison Sts. East 2669

W. E. PEGG
MORTICIAN
BEAVERTON, OREGON
WE SERVE, REGARDLESS OF THE TIME DAY OR NIGHT

IT'S YOUR STATE FAIR
So be there
VASTLY DIFFERENT this year

A New Deal—Admission to the grounds reduced from 50c to 25c, and this 25c includes free general admission (usually 50c) to the combined Night Show at the grandstand—but everybody pays—no passes printed. Attend daily, help break attendance records.

Agriculture, Horticulture, Livestock, 4-H Clubs, Industry.

Thoroughbred Racing, sport of kings—afternoons. Grandstand admission reduced from 50c to 25c—reserved seats and boxes 25c and 50c extra.

Free Double Night Show, McCleave's Gymkhana plus a Contest Rodeo (Re-day-e)—Society Horseshow and Nature-in-the-Raw combined—World's record high jumpers (5 feet, 4 inches) and High School Horses mingled with the West's worst outlaw buckers and Brahmas. General admission to Night Show (a 50c value) FREE. Reserve seats 25c. Boxes 50c. Three thousand free seats. Standing room for 10,000.

Admission to Grounds reduced from 50c to 25c. Children under 10 free. Car admission including parking, 25c. No passes printed. No pass out checks. Everybody pays the reduced rate—Employees, Concessioners, Exhibitors, Contestants, Friends, Patrons—all alike.

LABOR DAY—The Big Opening Day, Sept. 4-9

BRICK AND HOLLOW TILE
Will Solve Your Masonry Problems at the Lowest Cost . . . Expert Advice without obligation
SYLVAN BRICK CO.
Old Canyon Road at Sylvan
Phone BE. 4449

SEATTLE'S CONVENIENT



CALHOUN HOTEL

To enjoy Seattle's Hospitality most you should stay at the Calhoun— Comfortable spacious lobby, restful rooms, all outside with marine view within five minutes of all shops, stores and attractions—also NEW COFFEE SHOP—good food at low cost. "The Friendly Hotel to the Traveler" FREE Garage Included.
2nd and Virginia Sts.

WILL YOU SMILE



Proof of the Ailment
A Chinese was telephoning a dentist to make an appointment to have a tooth pulled.
"Sir, what time you fixee tooth fo' me?"
"Two thirty all right?"
"Yes, tooth hurtee all right but what time you fixee?"

Cajoling Lizzie
One hears a great deal about the absent minded professors, but none more absent minded than the dentist who said soothingly as he applied the pliers to his automobile:

flowers TOMMY LUKE
Phone BE. 7215
PORTLAND, OREGON

FINLEY & SON
Funeral Directors
Montgomery St. 4th to Fifth
Motor Equipment, Staff & Facilities for Serving Portland and its Suburbs