

# HI-WAYS TO HEALTH

by ADA R. MAYNE  
OREGON DAIRY COUNCIL

## A DOUBLE PROBLEM IN WEIGHT CONTROL

Summer affects people differently when it comes to the question of weight. Because some are less active in the summer months than during the cooler season, they will put on weight, while others begin to lose as soon as warm weather comes.

To most of those who are interested in their weight, the question of weight control becomes one of self-control and exercising the intelligence will be the most effective way to lose the surplus pounds or to gain them as the case may be. Without altering the usual meals served to the family, it is possible to curtail or increase the calorie intake of the individual members.

If a person lives a well-regulated life and eats a diet adequate in every other essential except calories, weight reduction can be accomplished with no injury to health. The important point to remember in any diet, whether it be a reducing, a normal, or a building-up one, is that each day it contain the following essentials: Milk—a quart for children and at least a pint for adults, at least two servings of vegetables, one green or yellow; two servings of fruit, one citrus or tomato; a serving of meat, fish, cheese or eggs; one serving of a whole grain cereal and enough other foods to satisfy the appetite. It is in this last class that the person wishing to reduce, limits his choice. Likewise the person wishing to gain in weight should increase the amount of high calories value.

The quality of both diets will be equally good if based on the above meal planning pattern. It is the calories that make the difference. A low calorie recipe which will fit

into the typical family menu is:

**Baked Tomatoes**  
6 firm medium tomatoes  
½ cup well seasoned French dressing  
2 tlb. cracker crumbs  
2 tlb. melted butter  
½ and up tlb. grated cheese

Wash and cut a thin slice from the top of each tomato, then hollow them out slightly. Place 1 tablespoon French Dressing in the hollow of each tomato. Combine the cracker crumbs, cheese and melted butter and use to fill in each tomato. Arrange in a baking pan. Bake in a moderate oven of 375 degrees for about 20 minutes, or until tender. Two or three times during the baking, baste them with some of the dressing.

**Baked Cucumbers**  
3 cucumbers  
3 tlb. fine bread crumbs  
3 tlb. grated American cheese  
2 tlb. minced parsley  
2 egg yolks  
1-3 cup milk  
½ tsp salt  
Few grains black pepper  
3 tlb. butter

Peel cucumbers and cut into cross-wise slices. Parboil and place in one cup of water for 3 or 4 minutes. Drain, place in buttered baking dish. Combine beaten egg yolks, milk, salt and pepper. Pour over the cucumbers. Cover with bread crumbs that have been mixed with cheese and parsley. Place butter cut into bits over the top. Bake in a low oven (350 F) until crumbs brown and butter melts. This requires about 25 minutes.



PORTLAND, OREGON

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### Many Kinds of Jumps for Horses at Society Shows

The various jumps featured on horse show programs include brush jump, post and rail, board fence or gate, worm or snake fence, in-and-out, stone wall, chicken coop, water or Liverpool jump, picket fence, pole jump, triple bar, oxer or double oxer, Aiken fence (post and rail with brush at the base).

Why do harness horses have docked tails? So that their tails won't interfere with the reins. The old excuse was that it strengthened their backs. Why do they use bearing (check) reins on them? To make them carry their heads high.

Doesn't that hurt their mouths? Not if the bearing rein is properly adjusted. Do people bet on horse shows as they do on races? Apparently not, but there is no reason why they shouldn't, counting the blue ribbon straight, red place and yellow show.

In hunting classes why do men wear bright scarlet and the women dark colors? Because hunting is a sport, and for years it was not shared with women. Male birds wear bright plumage, and fox-hunters are rare birds.

# CLASSIFIED ADVERTISING BUY AND SELL

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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.

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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.

### WHEN IN PORTLAND

come to the Esther Reed Beauty Shop where cordial and courteous service awaits you. Best of materials used. Lovely permanents given with out over head machine. Special attention given to each customer and remember  
**ESTHER REED BEAUTY SHOP**  
205 Columbia Bldg.  
Between Park and West Park, on Washington or AT. 4573 for appt.

### BUILDERS

**W. F. Hart & O. C. Hart**  
BR 4826 BR 3756  
"Builders of Personality Homes"  
ATwater 4489  
308 Woodlark Bldg., Portland, Ore.

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**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.

### Tree of Knowledge

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Marion—You don't play a gondola. You throw it over your shoulder like a shawl.



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.**

### FOR SALE

**FOR SALE**—Black Gelding 1500 lbs; one fresh cow. Alfred Buecher, Rt 5 Sherwood

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

**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. 2465.

**FURNITURE REPAIRING, Finishing, Garvison, Multnomah viaduct.**

**PIGS FOR SALE**—White Chester, 6 weeks old, Steve Topich, Rt 3, Bx 354 Huber road

**BLACKBERRIES**—Come and pick, 10 lb A. Bronkey, Beaverton, near Allen ave.

**FRESH COWS**—For Sale. Geo. F. Davies, Beaverton, Rt 3, Phone 7018

**ATWATER-KENT Electric Radio**—\$12. Multnomah Furniture Exchange, Thomas Bldg., below P. O.

**BARTLETT PEARS FOR SALE**—bring boxes, pick them yourself, price 50c per box Mrs. D. C. Fisher Beaverton.

### PATENT ATTORNEY

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### 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.**

### PERSONAL

**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.

**DRUGLESS HEALTH INSTITUTE** Steam Baths, Massage, Violet Ray Treatments for Colds, Rheumatism and Constipation. Consultation Free Dr. Elma A. Sorenson, N. D., 418 Swetland Bldg., AT 0403.

**PILES, RUPTURES** Successfully Treated Without Surgery Lasting Results No Pain—No Loss of Time  
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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.

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PORTLAND, OREGON BEacon 3138

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**FRUIT JARS WANTED**—At Multnomah, Welfare Bureau. BR. 5126, will call.

### WATCH REPAIRING

**WATCH** Plus cost of material, cleans and overhauls any watch, ARNOLD E. SANDELL & 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

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**MORTICIAN** BEAVERTON, OREGON WE SERVE, REGARDLESS OF THE TIME DAY OR NIGHT

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So be there VASTLY DIFFERENT this year

**A New Deal**— Admission to the grounds reduced from 50c to 25c, (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.**

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**Free Double Night Show**, McCleave's Gymkhana plus a Contest Rodeo (Ro-day-o)—Society Horseshow and Nature-in-the-Raw combined—World's record high Jumpers (8 feet, 4 inches) and High School Horses mingled with the West's worst outlaw buckers and Brahms. 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, Constantans, Friends, Patrons—all alike.

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

Needs firing only twice a day! Clean ashes only twice a year!  
YOUR cheapest fuel is the most satisfactory fuel with the new grate-less Clark Furnace. Burns twice as long—leaves almost no ash! Phone BEacon 5345 for a Free Fuel-Saving Survey of your home.  
**SAVE 20% to 50% on FUEL**  
**CLARK Improved FURNACE**  
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**Sitting Bull Not Chief, but Influential Leader**  
Sitting Bull, whose Indian name was Tatanka Yotanka, was a Sioux, born in 1834 (or 1837) in what later became South Dakota.  
His father was a warrior, but never a chief. Sitting Bull was not himself a war chief, though he led his people in some of the most sanguinary fighting of the plains wars. He was in his youth a medicine man, and afterward a preacher and politician—even a prophet, for he claimed the power of divining the intentions of the Great Spirit, and gave to the conflicts in which he figured something of the character of a holy war.  
In 1876 he commanded the band of hostile Sioux which ambushed Custer and massacred his troops on the Little Big Horn river, Montana.  
Following the battle, Sitting Bull fled to Canada, where he remained for four years. He then returned and surrendered himself and his followers to the white man under promise of amnesty.  
Although apparently submissive, he cherished an unyielding hostility, and was one of the first to join the new outbreak of the Sioux in the early winter of 1890. It was in this conflict, on December 1890, that he was killed near Fort Yates, North Dakota, while he and other rebellious Sioux were resisting arrest by the Indian police.

**Natives Believe Everest Is Goddess of Mountains**  
To the natives, Everest is the goddess-mother of the mountains, the abiding place of a great spirit, and to disturb its guarded sanctuary is to brave the wrath of the gods. All the higher peaks of the Himalayas are the home of spirits, some good, some evil, and the loftiest of them are reserved for the principal deities of the Hindoo religion.  
Nanda Devi, one of the highest mountains in the British empire, towers to a height of 25,500 feet in the province of Garhwal, and the snow which is continually being blown off its summit is the smoke from a god's kitchen. Beneath the peaks of Badrinath and Kedarnath, which are among the holiest of the heights, lives a Hindoo high priest, who from his rocky residence, is in communion with the gods. He is so holy that only the highest caste Brahmins can approach within five feet of him, and the entrance to the temple over which he presides has three doorways, in succession—of copper, silver, and gold, respectively.

### Prayers on a Rosary

The Christian practice of repeating prayers is traceable to early times. Sozomen mentions the Hermit Paul of the Fourth century, who threw away a pebble as he recited each of his 300 daily prayers. It is not known precisely when the mechanical device of the rosary was first used. William of Malmesbury says that Godiva, who founded a religious house at Coventry in 1043, left a string of jewels, on which she had told her prayers, that it might be hung on the statue of the Blessed Virgin. Thomas of Cantimpre first mentions the word "rosary," using it in a mystical sense as Mary's rose garden.

### The Automobile

The automobile was not a one-man invention. Hundreds of persons, in the last half of the last century, worked on schemes for self-propelled vehicles, and others on the internal combustion engine. The discoveries of many of these people are incorporated in every car today. On April 19, 1892, the first gasoline automobile in the United States was operated by its inventor, C. A. Duryea. Another of the first was a gasoline car invented by Elwood Haynes.

**IF YOU HAVE SOMETHING TO sell**, let the classified advertising department of this paper prove its ability as a speedy and efficient sales medium.

### Mexico's Government

Mexico is a federated republic of 28 states, each with a large measure of home rule and with a governor, legislature and judiciary elected by popular vote. There are also two territories and a federal district. Legislative power rests in a congress, consisting of a chamber of 185 deputies and a senate of 68 members, two for each state, all elected for two years by universal suffrage. The President is elected for four years by direct popular vote and cannot be re-elected until after an intervening term. He appoints a cabinet of ten secretaries.

### MICKIE SAYS—

OUR JOB PRINTING SHOP AIN'T ACTING HUMBLE ABOUT TH' WORK WE TURN OUT, BECUZ WE GIT SO MANY COMPLIMENTS THAT OUR JOB WORK JEST SIMPLY MUST BE SOMEFIN EXTRY GOOD!

