

HI-WAYS TO HEALTH

by ADA R. MAYNE
OREGON DAIRY COUNCIL

THE VERY IDEA:

"The Very Idea for Parents of Children who Don't Drink Milk" is the name of an attractive leaflet just brought to my attention. The information in it is so good and given in such a concise way that I am passing it on to you.

All young children do like milk. Do not let them lose their taste for this essential food. According to this leaflet, the points to remember in milk are as follows:

1. Teach children to drink from the cup before completely weaned.
 2. Serve only whole milk which has been well mixed. Do not deprive your child of the essential food elements in both the top and bottom of the bottle.
 3. Help them with your own attitude. Let them see that YOU like milk.
 4. Never ask children if they want milk. Take it for granted that they will drink it.
- Do not argue about milk. Ignore the child who states that he will not drink his milk. All children like attention and often fuss over their food in order to get it.
6. If the child who usually likes it, occasionally refuses to drink his milk, it may be best to disregard this for a meal or two. Do not let it be prolonged to form a habit.
 7. Be certain that milk offered the child is fresh, sweet and cold.
- For the child who seems to dislike it, it is permissible to try ways to make the milk taste good to him.

Some of these methods which parents have found successful are:

1. Letting the child pour his own milk from a small pitcher.
 2. Drinking milk through a straw.
 3. Using a special cup or glass of unusual size, shape or color.
 4. Putting two or three raisins in the glass of milk.
 5. Adding some vegetable coloring.
 6. Adding a little chocolate syrup or a few drops of vanilla.
 7. Making an egg nog.
 8. Pasting a picture on the bottom of the glass to be discovered when the cup is emptied.
- Milk in the bottle, pitcher or glass will never make the child grow. It must be gotten into him. Nutritionists have set the standard of one quart of milk daily for every growing child. It takes this amount to furnish the amount of calcium or lime necessary to meet the demands of the growing child. Part of this quart may be eaten in custards, cereals, soups and other foods.

EGG NOG

- 1 egg
 - 2 tsp sugar
 - 2-3 cup milk
 - Few grains salt.
 - Few drops vanilla
- Beat egg, add sugar and salt. Add milk and flavoring and mix well. White of egg may be beaten separately with half the sugar and used to garnish the top.

CLASSIFIED ADVERTISING BUY AND SELL

10 CENTS A LINE PER TIME

INSTRUCTIONS

TEN CENTS a line per line. 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.

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

Construction Financing

W. F. Hart & O. C. Hart BR 4828 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—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. 2466.

FURNITURE REPAIRING, Finishing, Garvison, Multnomah viaduct.

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

BLACKBERRIES—Come and pick, 1c lb A. Beonkey, 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

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

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. Elina A. Sorenson, N. D., 418 Swetland Bldg., AT 0403.

PILES, RUPTURES

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

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.

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 Mothproofing.

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



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.

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.

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.



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

STUMPAGE WANTED—Write L. J. Saveried, Beaverton, Oregon.

WATCH REPAIRING

WATCH Plus cost of material, cleans and overhauls any 89c watch, ARNOLD E. SANDEN & Co., Jeweler & Importer 634 Wash., near REPAIRING Broadway, Portland

WATCH REPAIRING

WATCHES Cleaned and Oiled or New Mainpring 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.



PORTLAND, OREGON

BESTMADE House Paint

Pure linseed oil, white lead, zinc and pigments. 5 Gal \$9.30

BESTMADE Shingle Stain

Contains creosote, the best wood preservative known. Brown, tan and red in 5 Gal Cans Gal 75c Green and Gray slightly higher



POWER BOARD CHIEF



Frank R. McNinch of Charlotte, N. C., who has been vice chairman for the past several months, has become chairman of the federal power commission, succeeding George Utis Smith.

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 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 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

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

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.

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
1219 S.W. Third, above Madison. Made in Portland

LEGAL NOTICES

IN THE CIRCUIT COURT OF THE STATE OF OREGON FOR WASHINGTON COUNTY No. 10073 SUMMONS

Helen A. Clark and P. W. Clark, husband and wife, Plaintiffs

George Francis Rowe and Mrs. George Francis Rowe, husband and wife, Defendants.

To George Francis Rowe and Mrs. George Francis Rowe Defendants: IN THE NAME OF THE STATE OF OREGON: You are hereby required to appear and answer the complaint filed against you in the above entitled Court and cause, on or before the expiration of four (4) weeks from the date of the first publication of this summons, and if you fail to appear or answer the plaintiffs' complaint within said time; the plaintiffs for want thereof, will apply to the Court above named for the relief demanded in the complaint, to-wit:

1. Strictly foreclosing that certain agreement bearing date June 27, 1927, wherein the plaintiffs agreed to sell and the defendant George Francis Rowe agreed to buy the following described real property situate in Washington County, Oregon, to-wit: Beginning on the North line of the Pointer Estate at a stake, which stake is Sixty (60) rods West of the quarter section corner, on the Willamette Meridian, in the East line of Section One (1), Township One, (1) South, Range One (1) West, thence

running North Eighty (80) rods, more or less, to a stake near the road on the line between Thomas Duckett and Isaac Barnes; thence East Fourteen rods, to a stake on the South side of the said road; thence South Eighty (80) rods; to a stake on the North line of the Pointer claim; thence west Fourteen (14) rods to the first place of beginning, containing Seven (7) acres, more or less, being a portion of the James Barker Land Claim.

Also the following described property; being a strip of land lying by and adjoining above described tract of land, directly on the East side thereof, being Eighty (80) rods long and Three (3) rods wide, containing one and one-half (1 1/2) acres, more particularly described as follows: Beginning at the South-east corner of the tract of land above described; thence North, along the East line of the said tract Eighty (80) rods, more or less, on the Northeast corner of the said tract; thence East Three (3) rods, thence South and parallel with the East line of the said tract, as above described, Eighty (80) rods, more or less; thence West Three rods to the place of beginning.

and all rights, interest and equity of defendants in, to or upon said premises and every part and parcel thereof, save and except the rights of the defendant George Francis Rowe to redeem the same on or before a certain date fixed by the Court, and not exceeding sixty (60) days from the date of the decree herein, upon payment to the plaintiffs of the sum of \$2185.02 plus interest thereon at the rate of six per cent per annum from the 29th day of May, 1933, until paid and the costs and disbursements incurred in this suit.

2. That said decree provide that upon failure of defendant, George Francis Rowe to pay to plaintiffs said sum with interest, costs and disbursements as aforesaid on or before the date fixed in and by the decree herein said agreement of sale dated June 27, 1927, be held cancelled, set aside, void and of no effect; that defendant and all of them and all persons claiming or to claim by, through, or under them or either of them either

as purchasers, assignees, encumbrancers or otherwise be forever barred and foreclosed of any and all right, title, interest or claim in, to or upon said real property and every part and parcel thereof; and that plaintiff's title thereto be confirmed and forever cleared from the effect of said agreement.

3. For such other and further relief as to the Court may seem just and equitable in the premises. This summons is served upon you by publication thereof pursuant to an order made by the Hon. George R. Bagley, Judge of the above named Court, which said order was made and entered on the 29th day of August, 1933, directing that the publication of this summons be made in the Beaverton Enterprise not less than once a week for four consecutive weeks. Date of first publication August 31, 1933. Date of last publication September 28th, 1933.

WEINKE & AMSTUTZ, Attorneys for Plaintiffs P. O. Address: 207 Weatherly Bldg., Portland, Oregon

Jazz Time and Syncopation

There is no such thing as jazz time. Jazz is merely noisy rhythm. Ragtime is, however, popular music with syncopated rhythm. Syncopation means that a regular accent has been delayed or hastened beyond its usual beat. Generally, in common time, the accent comes on the first and third beats of each measure. When the second note of a measure is held over and not struck on the third beat, it is said to be syncopated. The same applies when the fourth beat is held over the first of the following bar and not struck. It was not invented by jazz writers but was in common use long before. Beethoven made effective use of it. A well known example is in the "Allegretto" of the popular "Moonlight" Sonata.—Montreal Herald.

Many movie magnates, says a report, are now millionaires. For which of course, they should thank their lucky stars.