

## HI-WAYS TO HEALTH

by ADA R. MAYNE

### OREGON DAIRY COUNCIL

#### IDEAS FOR THE LUNCH BOX

Variety in the packed box lunch, whether it be a school lunch or one carried by the grown-up is one of the important principles to follow. Such simple fillings, a new milk drink, and occasionally a hot soup in the small thermos jug, are but a few of the ways to take the monotony out of the box lunches.

The noon lunch, no matter where eaten, should be planned to supply one-third of the day's food requirements. The amount of energy spent in work or play must be supplied through the food we eat. The amount and quality of work done then in the afternoon will depend much on the kind and quality of food eaten at the noon day meal.

A well-planned lunch should include the protective foods, milk, fruits and vegetables as well as sandwiches which are usually the main part of the box lunch. Milk may be included as a beverage, in a soup or in a pudding. Vegetables may be included in the sandwich filling or occasionally a raw carrot stick or celery will take care of this requirement. Fruit, fresh, dried or canned should be included. Cream or cottage cheese makes a good basis for sandwich fillings as they blend well with most anything and should be used interchangeably with eggs, meat or fish in some form. This pattern for a box lunch should be followed, and thought and consideration given to the variety and the packing of the foods.

A few sandwich spreads which hit the spot are:

#### Sandwich Filling No. 1

1/2 cup butter.  
1 cup cottage cheese.  
1 to 2 tablespoons cream (thick)  
1 cup cooked, pitted prunes.  
Cream the butter and spread on thin slices of wholewheat bread. Spread cottage cheese mixed with the cream on half the slices of bread. Chop prunes, but do not rub through a sieve. Spread prunes on other half of slices, then lay together. Yield: 8 sandwiches.

#### Sandwich Filling No. 2

1 package cream cheese.  
1 cup dates  
1/2 cup finely chopped nuts  
Enough orange juice to give a spreading consistency.  
Spread buttered slices of wholewheat bread with cream cheese. Chop dates fine and add other ingredients. Spread fruit-nut mixture over cheese and press slices firmly together. Yield: 6 sandwiches.

#### Sandwich Spread No. 3

1 cup salmon  
1 hard cooked egg  
1/2 cup finely chopped celery or lettuce.  
3 tablespoons salad dressing  
6 leaves crisp lettuce.  
Chop salmon fine, then add the other ingredients and mix to blend well. Spread on buttered slices of wholewheat bread. Place a leaf of lettuce in between. Yield: 6 sandwiches.

# CLASSIFIED ADVERTISING

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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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a weeks visit with her daughter Mrs. John Felsner.

Mr. and Mrs. A. C. Johnson and daughters Ruth and Ivy of McMinnville, spent the week end visiting at the Carl Hanson home.

P. M. Madden has sold the five acres Matthews place just north of Hazelade to Wm. J. Witte of Portland.

A marriage license has been issued to Edwin J. Meihoo of route 1 Hillsboro, and Emma B. Kehrl of route 2, Beaverton.

Mr. and Mrs. Carl Godfrey and family were recent callers at the Joseph Finnigan home at Cornelius.

A daughter Martha A. was born September 2 to Mr. and Mrs. M. R. Engle of route 3 Beaverton.

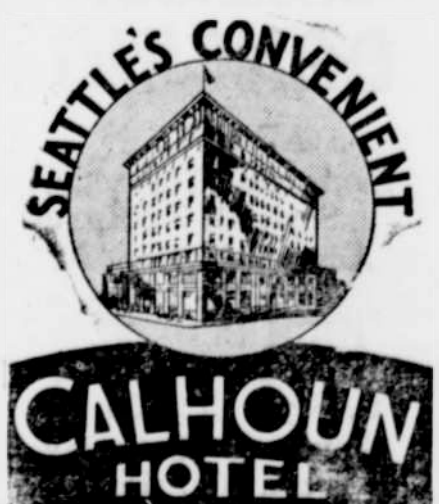
How a forest cover retards the melting of snow in Douglas fir woods was observed at the Wind river (Washington) branch of the federal forest experiment station this spring. In open cut-over land the snow had melted by April 20; in partly cut-over land some of it lasted until May 1, while in virgin woods it was not gone until May 12.

Figures prepared by the War Department for Robert Fechner, Director of Emergency Conservation Work show that the CCC boys put away 1,042 1/2 carloads of bacon, beef, coffee.

#### BRICK AND HOLLOW TILE

Will Solve Your Masonry Problems at the Lowest Cost . . . Expert Advice without obligation

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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.

#### 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.

Construction Financing  
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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. 5940.

#### FOR SALE

FURNITURE REPAIRING, Finishing, Garvison, Multnomah viaduct.

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

GOOD CIRCULATING HEATER \$25—Multnomah Furniture Exchange, Thomas Bldg., below P. O.

4 TONS Best OAT hay—Baled for sale \$15. Mrs. George Newman, Beaverton, Oregon.

#### 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.

and other food stuffs every thirty days. Each month this group of forest workers consume 1,125,000 pounds of bacon, 5,625,000 pounds of beef, 9,000,000 eggs, 5,625,000 pounds of potatoes, 2,250,000 pounds of pork, 6,750,000 pounds of flour, 1,125,000 pounds of coffee, 2,812,500 pounds of sugar and 1,125,000 pounds of onions. Army statisticians spent a few moments recently checking up on the number of hogs, steers, chickens, and acres of land it would take to produce the food needed to keep the Civilian Conservation Corps on rations for a single month. Their figures disclosed that it would require 281,250 chickens, 186,000 hogs, and 9,375 steers to furnish the beef, bacon, lard, and eggs needed over a thirty-day period.



#### Common Alfalfa Dead; Grimm Stays

LAKEVIEW—A large bare brown spot in the middle of a 40-acre alfalfa field on the Jack O'Keefe farm at Adel, visible from all parts of the valley, was causing considerable question and comment until inquiry brought out the fact that Mr. O'Keefe was planting the field to Grimm alfalfa, but ran out of Grimm seed and completed the seeding with Surprise Valley common alfalfa. The common alfalfa froze out last winter, leaving the bare patch in the middle of a fine field of Grimm alfalfa.

#### Water Increases Polk Hop Yield

DALLAS—Between 1000 and 1500 acres of hops are being grown under irrigation in Polk county, and the yield in these fields has increased from 300 to 500 pounds above that on acreages not receiving water, according to J. R. Beck, county agent. Some of the growers of the county who are getting good results from irrigating hops are C. A. McLaughlin, 375 acres, Horst company, 400 acres, Mitoma Ranch, 80 acres, Lloyd Master, 15 acres, and John E. Brophy, 20 acres.

#### Seed of New Grass Harvested

OREGON CITY—Johnson brothers, Canby dairymen, harvested 200 pounds of Meadow Foxtail grass seed from two acres of wet land this year, according to a report made to J. J. Inskeep, county agent. Meadow foxtail, a highly palatable pasture grass, is a new grass on the west coast, and this is the first seed to be produced commercially in the northwest, so far as there is any record, Mr. Inskeep says.

#### Phosphate Doubles Alfalfa Yield

GOLD BEACH—A small plot of alfalfa treated with treble phosphate practically doubled its yield on the farm of Z. J. Crockett, Pistol river. The phosphate was obtained through the county agent's office.

#### PERSONAL

LOST PURSE—Thursday, containing \$10, and driving license. Return purse, keep money, Louise Williamson, BR. 6904, after 7. p. m.

Anyone interested in playing golf at the Tualatin Country Club Golf course get in touch with Johnson at Club house.

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.

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.

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

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

LADIES! Don't let your large abdomen and double chin mar your figure; trial treatment 1/2 price. BE.

#### 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

vs  
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

9339, 1014 S. W. Jefferson St., between 10th and 11th, Portland, Ore.

#### SCHOOLS

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Fancy shaped unbreakable crystals 50c  
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261 Alder St., near Third, Portland

## LOCAL NEWS NOTES

Miss Barbara Cady and Elizabeth Huff started teaching in the Tualatin View school Monday.

Mr. and Mrs. F. S. Felsner visited at the home of Tom Miller Sunday also called on Mrs. Arthur Mills, latter visiting at the home of Art Williams, where the ninth birthday of Evelyn Williams was being celebrated by having a few of her little friends in for lunch.

Mr. and Mrs. James Whitworth moved from Battle Ground, Wash., to Beaverton Saturday.

Dr. J. R. Talbert is recovering from a throat operation which he underwent Friday.

The Home Economic club of the Aloha Grange meets Wednesday, September 20th at the home of Mrs. Norman.

Reedville school will open Monday, September 18.

Earl Evans spent the week end at the coast, his sister Lillian Evans and his mother returned with him after spending several months there.

Mr. and Mrs. Linn Hughes have returned from California where they spent the summer. Mr. Hughes is back in the high school again.

Mrs. M. C. McKercher and her son George spent the week end with friends at Willamette.

Mr. and Mrs. E. G. Webb and family who have spent the summer at Cornelius on the farm, moved back to Beaverton the latter part of the week to be on hand for the opening of the school.

Mr. and Mrs. A. C. Chinn spent Sunday with his mother in Portland.

Mr. and Mrs. Harry Venn and family have moved back to Portland, Harriett to resume her studies at Jefferson high and Howard at Benson Polytechnic.

Mrs. Elmer Stipe visited friends at Eugene Friday night.

Otto Wohlauf and his racing dogs are back and are being taken care of at the C. J. Shively farm. Mr. King also has dogs again at his barn. The dogs are competing at the races in Vancouver, Wash.

Katy Burch and Ione Whisel of Portland are spending the week with Mrs. Sam Olds.

Mrs. Otto Erickson is spending the week at the Tillamook beaches.

Mrs. J. E. Davis of Omaha, Neb., arrived in Portland Friday for a visit with relatives. She spent Wednesday visiting Mrs. W. H. Boyd.

Mr. and Mrs. Underhill of Albany visited their son and daughter-in-law Mr. and Mrs. Manly Underhill last week.

Mrs. Parkins of Forest Grove, spent the day with Mrs. Sarah - Butner Friday.

Mrs. Carrie Leonard visited her mother, Mrs. H. O. Stipe the latter

part of the week. She left for the East to visit relatives in various cities, also to visit the Chicago fair.

Miss Thelma Tefft entered Pacific University Monday.

Mr. and Mrs. Henry Erickson and Mrs. Carrie Hansen attended the state fair Wednesday.

Mrs. F. G. Donaldson was a dinner hostess Friday evening. Guests included Mr. and Mrs. W. C. McKell, Miss Juliet Carter and Mrs. W. H. Boyd. The occasion being in celebration of Mr. McKells and Mrs. Boyds birthdays and Mr. and Mrs. McKells 30th wedding anniversary.

Mr. and Mrs. Cyril Boile and family of Cooper Mountain have moved into the Treadwell house in Berthold addition.

Mr. and Mrs. Sam Doland and daughter Doris of Alameda, Cal., were week end guests of Mr. and Mrs. V. A. Woods.

Mr. and Mrs. V. A. Woods and Dr. and Mrs. Forest Howard were in attendance to a delightful party Monday evening at the home of Mr. and Mrs. George Rudberg in Portland in celebration of their 20th wedding anniversary. Members of the Daphne club and their husbands were in attendance. After a six o'clock dinner four tables of 500 were in play in which Mrs. Schrader won the ladies first prize and Mrs. Edlund the second. Chas. Ralph won the mens first prize and Dr. Howard the second.

Miss Faye Haines spent the past week visiting friends in Portland.

Mr. and Mrs. Monroe Shannon are visiting friends in Beaverton.

Rev. and Mrs. Anderson who have spent the past three weeks visiting relatives at Ada, Oregon, are returning to town the last of the week and will again fill the pulpit at the Nazarene church Sunday.

Mr. and Mrs. O. E. Lierman and family and George Baker visited at the home of Mr. and Mrs. August Dallman at Kinton Sunday. Also visiting at the home of August Obriet Monday.

Mr. and Mrs. Howard Hingley of Portland visited at the home of Mr. and Mrs. George Blasser Sunday.

Mrs. C. C. Triff attended the Presbyterian conference in Portland Tuesday.

Mr. and Mrs. Robert Harris are spending several weeks in the hop fields.

Mr. and Mrs. Walter Hughson of Carlton, visited at the home of Mr. and Mrs. Howard Hughson Thursday.

Rev. and Mrs. George Springer returned from Seaside Wednesday, they were accompanied by Mrs. Springer, Sr., and drove to Eugene with her Wednesday returning to their home Saturday.

Alfred Johnson was again among the students at the Oregon Normal school to be on the honor roll.

Mrs. Emma Johnson returned to her home in Portland Saturday after

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