

HI-WAYS TO HEALTH

by ADA R. MAYNE

OREGON DAIRY COUNCIL

CONSIDER THE BANANA

The possibilities for using bananas in everyday cookery are often overlooked. Most bananas are just peeled and eaten in the simplest way. But bananas may be used in many different forms and served to all members of the family.

Baked, boiled, steamed or cooked as fritters, bananas are very tasty. In salads or as desserts, sliced, with cream, in custards and ice cream, they add flavor and nourishment.

Like other fresh fruits, bananas should be used when they are ripe. Until they are ripe the pulp is almost all starch and indigestible, much as an uncooked potato. They are ripe when brown spots begin to appear on the golden-yellow peel.

Plus being high in energy, the banana is a source of the three vitamins, A, B, and C, and because of this can be considered among the protective foods.

A ripe banana along with a sandwich and a glass of milk is a good school lunch. Some other ways of using bananas are suggested in the following recipes.

Baked Bananas

Remove skins from bananas, allowing one banana per person. Cut bananas in halves lengthwise and place in a glass baking dish. Dot with 2 tbs. of butter, sprinkle with 1-3 cup of sugar and 2 tbs. of lemon juice. Bake about 20 minutes in a slow oven 275 to 300 degrees F. Five minutes before removing the bananas from the oven, add 8 to 10 pitted whole dates. Serve hot with cream.

Banana Cream Cake

2-3 cup butter
1 1/2 cups sugar
2 eggs
1 cup mashed bananas.
4 tbs. sour milk
2 cups flour
1 tsp soda
1/2 cup chopped walnuts
Cream butter, add sugar gradually and cream again; add unbeaten eggs one at a time, beating thoroughly after each addition. Then add mashed bananas with sour milk; stir well. Fold in sifted dry ingredients and bake in 2 layers in hot oven 375 degrees F, 20 to 25 minutes. When cool put layers together with sweetened whipped cream.

Banana Orange Fluff

1/2 cup milk
1/2 cup quick tapioca
Salt
2 eggs
1/2 cup sugar
3 bananas
1/2 cup orange juice
Grated rind of 1 orange
1 cup whipping cream
Scald milk in double boiler, add tapioca and salt. Cook 15 minutes until tapioca is clear, stirring frequently. Beat egg yolks, add sugar, and stir into tapioca mixture. Cook over hot water 3 minutes, stirring constantly. Cool slightly. Slice bananas into orange juice, add grated rind, and combine with tapioca mixture. Fold in stiffly beaten egg whites. Chill. Garnish with banana and orange slices. Serve with whipped cream.

Food Products and Service

The question has been asked when I visit Portland where is a good place to eat... and it is possible to secure a good lunch and dinner at reasonable prices.

Perhaps there is no time in our history as important as the present. Good merchandising is a great factor which will bring to our people good food products at reasonable prices. Recently the KNICKERBOCKER RESTAURANT located at 416 S. W. Broadway (Next to the Owl Drug Store) Portland, Oregon, announced lunches at 30 cents, served from 11 a. m. to 3 p. m. and also that dinner every day in the week, including Sundays, would be 30 cents. Served week days from 5 to 8:30 p. m. and on Sundays 12 to 8:30 p. m.

These prices are only made possible through the most careful planning. It is also of special interest to our readers to know that the Knickerbocker Restaurant since subscribing to the N. R. A. has increased its payroll 39% notwithstanding the fact that they have always paid their employees never less than 25% of its gross receipts and in addition have furnished them meals free of charge. Many of our people who spend two

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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.

BEAUTY PARLORS

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to three days each week here are especially invited to visit for lunch or dinner the KNICKERBOCKER RESTAURANT.

Grasses Seeded on Slash Land

CANYON CITY—A new series of grass nurseries has been arranged by County Agent R. G. Johnston on cut over pine lands owned by the Hines Lumber company, in which several varieties of grasses will be sown on slash land with no preparation whatever. Four different plots have been selected—two on land cut over for two years, one on one-year slash, and one on slash that has just been left. The plots run from one-half acre to two acres in size. Western wheat grass, slender wheat grass, crested wheat grass, quack grass, and perhaps a couple of others will be sown if seed can be obtained, Mr. Johnston says.

Builders of Oregon

When we speak of home manufacturers we are indebted to such organizations for the real upbuilding of Oregon. Not only do they furnish the necessary originality that helps develop a new country but it also furnishes the talent and ability to go forward and produce that which is necessary for the time in which we live. When you think of the strides that irrigation and the many products necessary to carry on our present day conveniences we naturally think of our home manufacturers.

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

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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.

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

For U.S. and Foreign PATENTS Trademarks & Copyrights See SAMUEL JACOBSON Patent Attorney Interviews Without Obligation Free Booklet on Request 805 Yeon Bldg., BE. 1424 Portland, Oregon

PERSONAL

LOST PURSE—Thursday, containing \$10, and driving license. Return purse, keep money, Louise Williamson, BR. 6704, 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, Chiropract. 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 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. 9339, 1014 S. W. Jefferson St., between 10th and 11th, Portland, Ore.

SCHOOLS

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WATCH REPAIRING

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A Suggestion to Our Readers

One of the most popular and important questions of the day is what can each of us do to make business better and thus advance us along the road to better times. The writer has for some time suggested that one way we can all help and that is to give preference to products that are manufactured at home. This will bring greater volume of business to the home manufacturer who in turn will be able to employ more heads of homes in his factory on a permanent payroll and thus our country will have far more money in circulation to bring about better buying power on the part of our people.

When you are in the market for shoes during the rainy weather give first consideration to the products of THEO. BERGMAN SHOE MFG., CO., located at 395 N. 28th St., Portland, Oregon. This organization is headed by its president Theo. Bergman and its vice-president Wm. Bergman. They employ better than 45 people and are home manufacturers of "Bergmans" Outdoor Shoes, Water Proof Oil, Logger Work and Sport Shoes. They have a capacity of better than 200 pair daily. The writer has found that the home manufacturer anticipated the demands of the home people better than those who live in far distant points. In event that your dealer does not have the above product ask him to call BE 2612 and be supplied with a needed home product.

Lake Men Control Liver Flukes

LAKEVIEW — Cressler Robinson, livestock man in south Warner Valley, and Ned Sherlock, East Side woolgrower, each report excellent kills of snails, which harbor liver flukes of sheep since treating their low meadows and marsh areas with copper sulphate obtained through the county agent's office last spring. Both plan to continue the practice next year.

Holds Friends



L. J. Hughson, Hughson's Service Station, Beaverton, believes public loyalty is reflected as Richfield sales climb on Pacific Coast. Claims Richfield's fight-back campaign won thousands of firm friends. adv.



PORTLAND, OREGON

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Make This 25c Test

Use this easy physic to drive out impurities and excess acids which cause irritation that results in leg pains, backache, burning and getting up nights. BU-KETS, the bladder physics, containing buchu, juniper oil, etc., works on the bladder pleasantly and effectively, similar to castor oil on the bowels. Get a 25c box (5 grain size, from your druggist. After four days, if not relieved of getting up nights go back and get your money. You are bound to feel better after this cleansing and you get your regular sleep.

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Beaverton, Oregon

CULTURAL ADVANCEMENT

Those who live in this district have the advantage of a large city with all its cultural direction. Many of our people have felt that it was necessary to go to parts far removed from this area to receive instruction when as a matter of fact we have in the Portland area some of the most gifted and thoroughly prepared instructors whose ability is available to our people. Then too it is far less costly and much more agreeable to take advantage of these opportunities at home.

Many questions have been asked about instruction in Music, Dancing and Dramatic Art and we take pleasure in giving the following information.

VERL BUTLER

is an accredited teacher of PIANO and ORGAN. She gives private and ensemble instruction. Many questions have been asked concerning instruction in this field and you will find your questions cheerfully answered if you will call at the studio at 505 Maegly-Tichner Bldg., 4334 N. E. 20th Ave., Portland, Oregon, or phone GA. 3865.

HANDZLIK

who was formerly cornet Soloist for INNES' and PRYOR'S BAND through his years of experience with America's leading musicians and his natural love for music is most able to teach you to become proficient on the Cornet. His studio is located at 721 S. W. 4th Ave., Portland, Oregon. To our readers who wish to ask questions may call Studio, ATwater 4095 or his residence TA. 8747.

AGNES PETERS

School of Dancing is located at East 33rd and Schuyler, one block north of Broadway. You may have either class or private instruction in Ballet, Toe, Tap, Spanish, Acrobatic and Pantomime. There is available Ballroom classes for High School, Adults and Children. To those of our readers who wish to avail themselves of the assistance of the above capable instructor may call Studio MU. 3334 or the residence GA. 6423.

PAUL K. HUTCHINSON

is a teacher of voice and piano. Many have asked the rates for this instruction and the following is given: Voice, \$3.00. \$7.50 and \$12.50 per month. Piano is \$5.00 and \$8.00 per month. Further questions will be gladly answered if you will call TR. 3844.

CARLSON VIOLIN SCHOOL

is located at 522 S. E. Alder near Grand, Portland, Oregon. Alex Carlson is director and to those who wish to ask questions concerning instruction in this field may call EA. 2259. This school is most thorough and its standing high, and they have been most successful in advancing their pupils rapidly.

WILLIAMS THOLEN STUDIO

NELLIE THOLEN instructor in private piano Class Theory. Bring to our readers the very best in this field of instruction. She may be reached by addressing 3937 N. E. Glisan St., Portland, Ore., or you may call by phoning TA. 7223. On Thursdays 517 Maegly-Tichner Bldg., classes are held.

OTTO WEDEMEYER

is a vocal teacher, and exponent of Yeatman Griffith. His studio is located at 613-614 Maegly-Tichner Bldg., Portland, Ore. If you wish to ask more questions concerning his work feel at liberty to call GA. 2440.

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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 Pointe 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 Pointe 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 plaintiffs' 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