

THANKSGIVING

The most typically American of our feast days is Thanksgiving. Although manifestations would lead us to believe that many of us actually consider nothing but feasting on that day, there are actually few Americans who do not recall the spirit of our forefathers and bring to mind that Thanksgiving day was established as a day on which to give "Thanks." There are still many this year who will give "Thanks" simply because they have something to eat.

Others will again follow the usual custom and gather around the table loaded down with typically American dishes of turkey, cranberry sauce, pumpkin pie and all accompanying "fixins."

In making plans for the Thanksgiving menu the hostess is always confronted with certain problems. When all is said and done, it is not so much a question of whether it should be turkey for dinner, as what to serve with the turkey. After all, Thanksgiving dinner is usually a family affair and is presented to much the same audience year after year. Therefore, it is well to plan the dinner with the view of achieving variety without too much richness. In other words, the hostess attempts to balance the essentials of such feasting in a manner to do the least harm. And what are the essentials? Even on Thanksgiving day we aptly center the meal around the three most essential food stuffs . . . milk, green vegetables and fresh fruits.

So much attention has been centered upon the turkey and again upon the dessert appropriate for a

Thanksgiving meal that we are offering some recipes for in-between dishes that may not sound as festive and alluring as roast turkey or mince pie, but contribute just as surely to the success of a Thanksgiving dinner.

Giblet Gravy

1/2 cup fat
6 tbsp flour
2 cups milk
1 cup water

Cover giblets with water and simmer until tender. Let stand in liquid until ready to use. Measure out the fat from roasting pan and put in skillet. Add the flour and stir until smooth paste. Add slowly the milk and 1 cup water in which the giblets were cooked. Stir until mixture thickens. Add chopped giblets and season to taste.

Brussels Sprouts and Celery

1 1/2 tsp butter
3/4 cup diced celery
1 1/2 tsp flour
1 pint cooked Brussels Sprouts
1/2 cup milk

Buttered crumbs
Melt butter; add celery. Cook two minutes. Add the flour, then slowly add the milk and bring to boiling point. Add the cooked brussels sprouts. Season. Turn into buttered baking dish, cover with buttered crumbs, and bake until crumbs are brown.

State Wide 4-H Club Competition

A statewide competition for achievement and leadership among Oregon's 25,000 4-H club members

will be sponsored next year by The First National Bank of Portland, it was announced recently by E. B. MacNaughton, president. Awards of a three-day trip to Portland as guests of the 1937 Pacific International Livestock Exposition will be given the outstanding boy and girl from each of the 36 counties, according to the plans of the bank which sponsored a similar contest this fall in the 21 counties where the bank has branches.

The statewide competition was decided upon by bank officials when this year's contest proved highly successful and evoked many letters of appreciation from 4-H club members, their parents, friends and club leaders.

The purpose of the plan will be to give further recognition to the work of the 36 4-H clubs in the state and to promote discussion and exchange of ideas among representatives of the various groups when they attend the Pacific International as guests of the bank.

H. C. Seymour, Oregon 4-H club director, who served as general chair-

man of the 1936 competition will again cooperate by acting in the same capacity in the state-wide project. County Chairmen and judging committees who will work with him will be announced later.

The following counties participated in this year's competition and sent winners to Portland: Multnomah, Clatsop, Tillamook, Coos, Klamath, Morrow, Marion, Jackson, Linn, Wasco, Lake, Umatilla, Walla, Malheur, Deschutes, Gilliam, Washington, Sherman, Wheeler and Union.

Read all the ads, they are worth it

Tract Purchased Under Resettlement Plan

Under the Government's Resettlement Program, the first deed in Washington County to be filed for record Saturday, was from Fred L. and Jennie Beach to the United States of America. The consideration named is \$4,365 and the property 48.5 acres in the John Dobbins Donation Land Claim No. 47 is located six miles North of Hillsboro.

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The annual dinner and bazaar at the Congregational Church will be held Thursday evening, Dec. 3. Dinner from 5:30 to 7:30 followed by pictures of Alaska taken by F. H. Scheone. Dinner Southern style, baked ham, etc. Adults 50c, children 25c.

Beaver Social club are holding a card party in Masonic hall Saturday evening, Nov. 21, Pinochle and 500. Admission 25c.

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In such a period as the one through which we are passing, manufacturers and merchants are confronted with many problems. In seeking the solution there is often strong provocation to resort to expedients that in normal times never would be considered. One cause of this temptation is the appearance on the market of sub-standard products put out to create so-called "price competition."

Every successful business in America—the ones that have endured year after year—started from a small beginning and are built on an ideal. That ideal has always included a self-imposed obligation to keep faith with the public by maintaining quality and service the year around regardless of conditions.

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In making this review of the progress of Portland and vicinity we are glad to call the attention of the people to the advantages accruing to the public by the location of The Barde Steel Co., here, the high quality of their pipe, and the commanding position they occupy in the industrial world, by determinedly living up to their original ideal—to furnish the public with their products at a fair price—they have won and retained the respect and confidence of their many satisfied customers.

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This section of the country, as a whole, has added business advantage by having in its midst such a very well known concern whose commendable policies and inherent honest dealings have gained them an ever increasing business.

How's Your Health

By Dr. Virgil MacMickle
Health fads! How easy it is to dismiss health ideas that may run counter to our own with that smug credit the proponents of those ideas with the appellation "faddist". True such labels and appellations are sometimes right. Often health fads are started and health faddists are garnered into organizations and a splendid profit reaped by shrewd commercialists. Also true, it often happens that faddists so grossly exaggerate the merits of the fads as to discredit such genuine merit as they may embody. But often, also—at least often enough to make it worth while to maintain an open mind—what is described by the smug and self-satisfied as a fad turns out to embody some really important occasionally some life-saving, truth or principle. Take the old "raw food fad" of twenty or twenty-five years ago. Doctors, especially, but "sensible people" generally, were quite sure that the idea of the necessity of eating at least some raw food daily as a health-protection measure was just a fad and nothing more. But every well-informed person, lay or medical, today knows that the daily intake of some of the uncooked fruits and vegetables, especially the latter, is one of the very best safe-guards of health.

Again there was what was called the "physical culture fad." True enough of virtues of physical exercise were extolled to an unjustified degree. But the fact remains that as a result of this fad the value of sane exercise was driven home to almost every thinking person, with the result that today it is the person who advocates inactivity and the abstinence from healthful exercise who is regarded as the faddist.

And so we might go on at some length. But the point is obvious.

Health Talks

1:15 Daily KWJJ
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Dr. Virgil MacMickle

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