

The Woman's Corner

By Mary Grace

Dear Mary Grace: Are proteins found only in meat—and, can you tell me of what importance they are to our daily living? Also, would you have a good 'holiday' protein recipe you could give me? Thank you. Mrs. F. M.

Dear Mrs. F. M.: Besides meat, proteins are also found in Eggs, Cheese, Fowl and Fish. Proteins are essential for vigor, strength, efficiency and sound nerves. Building your menus around proteins is satisfying and nutritionally correct. A protein rich recipe that will appeal on holidays as well as other days is **GOLDEN-CRUST BAKED HAM**:

Ingredients for 6 or 8:

1 whole or half of ham,

smoked or tenderized

2/3 cup brown sugar

1 tsp. dry mustard

1tblsp. flour (rounded)

Sauce:

1 cup water

1tblsp. cornstarch

1/2 cup sugar—1/2 cup raisins

1/4 cup mild vinegar

1/4 tsp. dry mustard

1/4 tsp. cloves—stick cinnamon

Serve hot.

Did you know that Eggs should be served at least four times a week—to children and grownups alike?

Method:

Heat oven. Place ham fat side up in roasting pan. Bake slowly. (30 minutes a pound for smoked, 15 minutes a pound for tenderized ham.) While ham is baking mix brown sugar, mustard and flour in bowl. 45 minutes before smoked ham is done, or 25 minutes for the tenderized ham, remove from oven. Pare off rind, spread flour mixture over ham. Return to oven to finish baking. Serve with mint jelly or Sauce.

Method for making Sauce to serve with ham: Mix dry ingredients together. Add water and vinegar, cook until thick. Add chopped raisins—heat another minute.

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Readers Say

Readers are welcome to use this section of the paper for comments on any topic. There is no restriction on subject matter, other than slander or libelous statements. If possible, letters should be made brief and to the point.

Writer Slashes At Bigness And "Keeping Ahead"

Dear Editor:

"Truth forever on the scaffold; wrong forever on the throne" wrote Lowell—Even these words are on the gibbet.

Falsehood and lies are more subtle and invidious today than ever despite modern education, science, radio, etc. Perhaps this is more flagrant in connection with modern man's universal credo that size, grandeur, numbers, power and wealth are PROGRESS.

No greater illusion ever engrossed man's mind more than this fallacy and at no time were men more religiously devoted to such an illusion. Progress and growth are not the same. This modern mania and craze for bigness (jumboism) is depriving us of our better sanity.

Such movements to "keep ahead" by endeavoring to increase the already overstocked population to some 6 millions more in this local area can only bring us more and greater grief and disappointment. Yes indeed, we may develop bigness and size in business, production, employment, etc., but also in labor strife, slums, poverty, crime, vice, etc.

This latter fact is strangely blindsighted by modern man particularly by the advantaging special interests that hope to profit enormously from such increases. Modern civilization is suffering from overweight and overgrowth—it needs reducing for better health. Disease breeds in excess.

Thomas Jefferson warned against great overstocked city populations and foresaw doom therefrom. But nothing can stop us—we are determined to plunge madly on to our own undoing, as the ancient Roman poet Lucretius put it: "Look round the habitable world; how few know their own good; or, knowing it pursue. To headlong ruin."

"George Orwell's interesting book "1983" plays this fact up by depicting teeming crowded populations crammed among colossal building structures but living in utter dejection, suspicion, fear, and despair. Is that progress? But this generation will hear none of this.

In connection with this modern illusion about progress these words from Emerson will stand continual repetition: "A political victory, a rise of rents, the recovery of your sick, or the return of your absent friend, or some other favorable event, raises your spirits, and you think good days are preparing for you. Do not believe it. Nothing can bring you peace but the triumph of principles."

"Reinhold Niebuhr perhaps one of the greatest thinkers America can boast puts it "History is creative but not redemptive". The kind of progress we think about is creative but it is also full of the possibilities of new and unthought-of evils.

Sincerely yours,

Paul Brinkman, Jr.,
1027 S. E. 57th Ave.,
Portland 15, Oregon

P.S. Thank you for editorial comment on last letter—I think we both agree—we want tolerance and freedom and that was what I was writing for.



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SUBSCRIPTION DRIVE

ENDS SATURDAY NITE

All subscriptions secured during Thursday, Friday and Saturday must be in the sealed ballot box at the Beaverton office when campaign closes.

CLOSING HOUR; 8:00 P.M. SATURDAY, MAY 6

The judges named below will add all votes for subscriptions that are found in the ballot box Saturday night to the total votes each candidate has earned up to and including Wednesday's report. Candidates and parents are urged to come to the office Friday and Saturday to check all votes and points earned up to Wednesday with the campaign manager. Those who do not come in to check are considered as having given notice they accept the campaign managers count as correct in every detail.

Advisory Board of Judges

In order to insure fair and impartial judging of all candidates votes at the close of the campaign, a group of leading citizens have been selected to act as judges. Members of the Advisory Board of Judges are as follows.

Marble Cook, pres. Beaverton Kiwanis Club.

Roy Briggs, pres. Aloha Chamber of Commerce.

Jack Weiby, Beaverton Junior Chamber of Commerce and City Councilman.

These gentlemen are well known in this vicinity and the result as given out by them will be beyond dispute.

VOTE SCHEDULE — SUBSCRIPTION PRICE

		Renewal	NEW
1 Year—	\$2.00	1,000	2,000
2 Years —	\$3.50	3,000	5,000

(In Washington and Multnomah Counties)

Subscriptions in Oregon out of Multnomah or Washington counties \$2.50 per year. Out of state subscriptions, \$3.00 per year. No subscription for more than two years will be accepted during this campaign.

50,000 EXTRA votes will be issued on every "club" of \$20.00 worth of subscriptions turned in. A "club" may be composed of large or small amounts totalling \$20.00. This arrangement will be in effect during the entire campaign. Votes will be issued on out of county subscriptions at the same rate.

5 Bicycle Prizes!

SEE THEM NOW AT THE BEAVERTON OFFICE

\$10.00 CASH PRIZE \$10.00

TO BE WON SATURDAY

Each Years Subscription Handed in Saturday Will Count 5 Points for the \$10 Prize

If your name is on the list of candidates as published today you are considered an active candidate and can still win any prize offered!

SET OUT TO DO YOUR VERY BEST WORK RIGHT NOW!

Candidates; This is our final word to you. The prize you win is up to you and you alone. There will be lots happening these last three days.

Beaverton Enterprise

Multnomah Press

Aloha News