

The Woman's Corner

By Mary Grace

Dear Mary Grace: Is fish good for older people? Does it have any vitamins and minerals? I must eat foods easy to digest and nutritious too, is fish one of these foods? Thank you. Mrs. J.

Dear Mrs. J: Fish is an excellent food—not only for oldsters—but for all ages. Easily digested, and delicious besides, it is a great favorite with many people. It is high in vitamin B, iron, iodine, calcium and protein. This recipe will delight you with its simplicity and flavor.

SALMON IN CASSEROLE:
Ingredients for 6: 1 (1-pound) can salmon, 2/3 cup rice, 2 eggs slightly beaten, 1/4 tsp. salt—pinch pepper, 2 2/3 cups milk, pinch paprika (optional). Method: Flake salmon. Cook rice in boiling water until tender—drain and rinse. Arrange rice and salmon in alternate layers in buttered casserole. Combine eggs, milk and seasonings, pour over fish. Bake in moderate oven 45 minutes or until firm.

Did you know that Eggs should never cook at high heat or boil violently? This method of cooking impairs digestibility. Avoid it.

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FRIDAY NIGHT, JULY 14

Beaverton High School Grounds



PARADE 7:00 P. M. | SHOW 8:00 P. M.

300 HORSES
13 BIG EVENTS

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Rexall Awards Local Druggist Honor Roll Note

Roy Mourer, co-owner of Dean's Rexall Drug Store at Beaverton, has been notified that he has made the 1949 Honor Roll of the International Association of Rexall Clubs.

This honor is awarded to the 10 per cent of Rexall druggists in the nation who set the highest records in furthering the sale and prestige of Rexall merchandise during the year. The druggists are ranked in 10 classifications according to population of their communities.

Besides Honor Roll buttons and pins awarded to Mr. Mourer and key members of his staff, the store has been given an Honor Roll emblem for display on its door.

The International Association of Rexall Clubs, whose current president is William L. Pullen of Turtle Creek, Pa., issued its first Honor Roll of Rexall druggists in 1912.

4H Garden Club Members Win Seeds and Plants

Seventeen Washington County 4-H Garden Club members have been named winners in the garden contest sponsored by the Sears-Roebuck Foundation, Joe Cox, county extension agent, announced this week.

Winners will each be awarded money for seeds and plants valued up to \$4.50. Contestants were required to submit a planting plan for their 1950 4-H garden and a story of their plans for their garden.

Those who have been given awards will be able to exhibit their vegetables in a special class at the Washington county fair and ten cash awards will be made to the top exhibits.

The winners who have been named are: Jack Michael, Gladys Michael, Route 2 Hillsboro; Betty Churchley, Junior Sorenson, Nancy Leopold, Howard Hinek, Route 3 Beaverton; Mary Jane Schmeling, Billy Schmeling, Dennis Schmeling, Rt. 2, Hillsboro; Darrell Allyn, Route 1, Aloha; Dennis Enger, 1179 S. W. Menlo Dr., Beaverton; James Blethen, Elaine Hanson, Harris Hansen, Rt. 1, Beaverton; Shirley Marugg, Stanley Marugg, Rt. 6, Portland, and Robert Borswell, Rt. 1, Beaverton.

Co. Assessors of Oregon Discuss Appraisal Work

Assessors of 12 counties and their staffs, will attend in-service training school to be held in Portland in September.

The dates for four such schools have been arranged by the assessment and taxation division of the state tax commission, which has been assigned the in-service training by legislative enactment. Other towns where the schools will be held are Baker, Burns, Coquille, covering the entire state.

The legislature authorized the in-service training with the object of enabling assessors to learn more about problems which develop in their work. As the assessment and taxation division is more intimately associated with assessing officers, and the services of the appraisal engineers are in constant demand, the engineers deliver the lectures on subjects of particular interest to the local appraisers.

This year the instructions will deal with methods of appraising lots, industrial plants, depreciation and appraisal of stock in trade. There will also be an explanation of the new loose-leaf records and system which several counties are installing.

County assessors listed for the two-day Portland meeting are E. E. Larkin, Benton; M. J. Cosovich, Clatsop; Leo W. Mickelson, Columbia; Rufus Wood, Clackamas; John W. Sheppard, Linn; Wilbur J. Fallon, Multnomah; R. Shelton, Marion; Ed C. Dunn, Polk; Vern L. Larson, Tillamook; Harry E. Greene, Wasco; J. E. Carpenter, Washington and Fred Muhs, Yamhill.

GARDEN CLUB TOPIC FEATURES TALK ON CARNATION SUBJECT

By Gladys Hesterlee

HAZELDALE-COOPER MT.—The Cooper-Dale Garden club meets Wednesday July 19 at the home of Mrs. Edith Anderson on Cooper Mt. with Mrs. Bloomquist as co-hostess. There will be talks on carnation with arrangements by Mrs. M. W. Collett and Mrs. Gertrude Mueller.

TWISP—GRAND COULEE
Mr. and Mrs. O. W. Hesterlee and daughter Diana returned home Friday July 9 after a week visit in Twisp, Wash. While there they visited the Grand Coulee Dam.

FOURTH OF JULY VISIT
Mr. and Mrs. Robert Salee and son of Ashland, Ore., spent the Fourth of July at Hazeldale with his father, Veri Salee and grandmother Sylvia Salee.

AUTO ACCIDENT VICTIM
Ralph Nute, son of Mr. and Mrs. Ted Brogen, was seriously injured in an auto accident July 5, and is at Jones hospital in Hillsboro.

TOUR TO ALASKA
Mr. and Mrs. Marvin Wright, their daughter Marlin and son Victor left Friday July 7, for an Alaskan tour.

SUNDAY IN CHURCH
Attendance at the Hazeldale Bible church Sunday School July 9 was 68. Those who observed their birthdays were Mrs. H. R. Redding, Vernon Slaughter and Mickie Finck, observing Ralph Gillenwater birthday in his absence.

AT TROUT CREEK CAMP
Those who attended Trout Creek Bible Camp last week were: Nadine Jensen, Charleen Redding, Marylee Hart, Ellen Wold, Peggy Lewis.

Mrs. H. K. Redding drove up Sunday July 9, and brought the girls home.

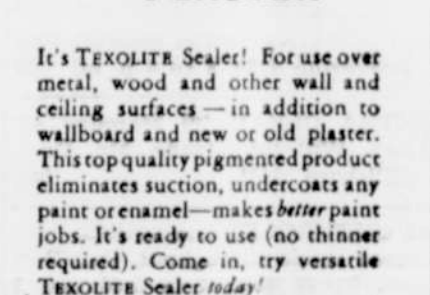
VISITING GRANDPARENTS
Sharon Surratt of Portland is visiting a while with her grandparents Mr. and Mrs. L. Markell.

GRANDMA'S GUESTS
Mr. and Mrs. L. E. Kommer and daughter Penny, spent the week end with her parents, Mr. and Mrs. O. W. Hesterlee.

BLUES WIN CONTEST
The Red and Blue contest which ran through the last quarter at the Hazeldale Bible church Sunday School came to a close June 25, with the Blues the winner. The Blues will be entertained by the losing team.

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HAPPY HOUR CLUB DATE

Hazeldale Happy Hour club will meet this Thursday evening. Mrs. Abe Wallace serves as hostess, at the home of Mrs. John Kolibaba.

JOB IN CALIFORNIA

Tom Parker, son of Mr. and Mrs. Thomas Parker left July 9, for Calif., where he has obtained employment.

NEW HOME IN EUGENE

Mr. and Mrs. Don Wright and son visited over the week end with her parents, Mr. and Mrs. Bert Rogers.

Mr. and Mrs. Wright are moving from Castle Rock, Wash., to Eugene, Ore., to make their home.

SPEAKERS FOR CHURCH

Sunday evening July 16, the Hazeldale Bible church will have as their guest, Alex Sauerwein of Portland.

On Sunday evening July 23, Dr. Bradley from the Multnomah School of the Bible will speak.

Everyone is urged to come out and hear these speakers.

CHOIR SUBSTITUTION

As there will be no more choir practice on Wednesday evenings for the summer, there will instead be a fun night every other week. The first one was to be held at the home of Rev. and Mrs. Joe Mitchell, July 12.

All young people and the choir are invited to these get-togethers.

CALIFORNIA VACATION

Mr. and Mrs. M. W. Wagenblast and her father, Geo. Althuis returned home, July 6, from their vacation in Calif., where they visited Clifford Althuis and family.

They also spent one day at Catalina Island, visited San Diego and attended the Mexican Festival. They came home the coast highway.

State Director Urges Eligibles To Sign In Draft

Returning from Washington, D. C. last Saturday, following a week's conference of State Directors of the Selective Service System, Colonel Francis W. Mason, Deputy State Director for Oregon, expressed great satisfaction over the recent action of the Congress in extending the Selective Service Act.

Enlistments appear to be maintaining our armed forces at their authorized strength, commented Col. Mason, but the Selective Service System must be in readiness to resume inductions whenever it becomes necessary to provide personnel for the Armed Forces.

"Oregon State Headquarters is busy formulating plans to make it as easy as possible for registrants to comply with their responsibilities under the Selective Service Act," continued Col. Mason. "The stringent economy made necessary by the small appropriation covering the fiscal year just ended made it necessary to consolidate Local Board Offices which worked a distinct hardship on both registrants and Local Board Members."

"The primary objective in the use of any funds that may be available will be to make compliance with the Selective Service Law as easy as possible."

Colonel Mason warned that every parent should make it a point to see that their sons register within five days after reaching his 18th birthday, and expressed hope that all registrants would immediately advise their Local Board if their current address is different than the one given at the time of registration, or as to their current marital and employment status, if there has been any change since filing their questionnaire.

"This is of utmost importance," emphasized Colonel Mason, "as failure to comply with any of the provisions of the Selective Service Act creates a delinquency that is subject to severe penalties."

Colonel Mason further commented that the splendid record made by Selective Service in Oregon was recognized by National Headquarters, and gave the credit to the some 120 civic minded men who have given so liberally of their time and effort.



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July 14, 15

"NANCY GOES TO RIO"

Technicolor
Jane Powell
Ann Southern

"DRUMS"

Technicolor
Raymond Massey

CARTOON - NEWS

Sunday, Monday
July 16 - 17

"FATHER IS A BACHELOR"

William Holden
Colleen Gray

"THE SUNDOWNERS"

Robert Preston
Robert Sterling

CARTOON - NEWS

Tues., Wed., Thurs.
July 18, 19, 20

"BUCK PRIVATES"

Bud Abbott
Lou Costello
The Andrews Sisters

"SCENE OF THE CRIME"

Van Johnson
Gloria DeHaven

CARTOON - NEWS

Friday and Saturday
July 21 - 22

"PALOMINO"

Jerome Courtland
Beverly Tylor

"DAUGHTER OF ROSIE GRADY"

June Haver
Gordon Mac Rae

CARTOON - NEWS



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