

FIRE ALARM BOXES

Boyle's Corner	22
Harberford's	23
Boyle's	24
City Hall	32
School	33
C. Gray	34
Central Grocery	42
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Boyle's	52
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St. Helens	54
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S. P. & S. TIME TABLE

From Portland		
Leaves	Arrives	
Portland	St. Helens	
21	8:10 a. m.	9:12 a. m.
25	12:35 p. m.	1:33 p. m.
27	5:15 p. m.	6:23 p. m.
28	6:15 p. m.	7:09 p. m.
To Portland		
Leaves	Arrives	
St. Helens	Portland	
24	7:59 a. m.	9:15 a. m.
22	11:16 a. m.	12:20 p. m.
25	3:31 p. m.	4:40 p. m.
28	8:52 p. m.	9:50 p. m.

Buses leave for station about 20 minutes in advance of above time.

SONG OF AMERICAN RAILROAD MAN

We are the wings of the eagle, spread to the scarlet sky. Steady and strong, we speed along heeding our master's cry. The eagle's beak is the army, the navy its curving claws and both may fight through day and night, and the wings will never pause.

We are the wings of the eagle and our steel-tipped tips are spread from shore to shore where the oceans roar; from north to the Gulf stream's bed.

Let the soldier look to his rifle, and the sailor look to the sea. And what they need, with an eagle's speed be sure they will get from me.

We are the wings of the eagle, flecked with our labor's foam, With freight and mail we blazed the trail for a mighty nation's home. As in peace we have been your servant, so in war we will be your slave. And our wings will hum, and our pulses drum till the flags of freedom wave.

We are the wings of the eagle, eager to prove our worth; Fitted by skill to do your will with the best trained men on earth. Then load us with the burden and fire the opening gun. And remember, Sam, the railroad man, is ever your loyal son. —Southern Pacific Bulletin.

"LEND A HAND"

That is What the Public is Invited to Do in a Good Work.

The following letter from George Palmer Putnam, private secretary to Governor Withycombe, is self explanatory. Those who know anything of conditions at the penitentiary will agree that anything which will furnish inmates with useful employment is greatly to be desired, and the publication referred to does this, even if in a small degree. It is probable, therefore, that the small sum it costs will be well expended and may accomplish more real good than many other dollars given as outright charity.

"Editor St. Helens Mist: I am writing to you as a newspaper man, asking your help for a little newspaper which is published in Oregon under peculiar difficulties and which, it seems to me, deserves the encouragement of our state press.

"Lend a Hand" is the paper in question. It is edited, printed and published monthly by inmates of the state press.

"The little magazine is doing good work. Inside the walls it helps make life worth living, recording incidents of interest and offering prisoners opportunity to express themselves. On the 'outside' it performs a useful function in telling people about prison happenings and prison hopes. The subscription rate is \$1 per year. The men who create the magazine want to make it a little larger and better. They can do this if the income increases, and subscriptions are the only revenue.

"No one makes a cent from the publication; it simply tries to be self-supporting and there is no profit in it for anybody.

"This letter is to ask if you are willing to 'lend a hand.' If you are, won't you run a little story about the magazine, telling your readers what it is and asking that some of them send in subscriptions, which should be addressed to 'Lend a Hand,' Box 1, Route 6, Salem, Oregon? Or won't you collect a few subscriptions yourself and send in the list? Fraternally, G. P. PUTNAM."

A deep sea cable costs \$1,000 per mile and has a useful life of 30 years.

The longest high-voltage transmission line conveys electric light, power and energy from the Sierras to Los Angeles, 225 miles away, and to San Francisco, 250 miles away, at a pressure of 150,000 volts.

ALIEN ENEMIES MUST SURRENDER FIREARMS

Letter From District Attorney Clearly States Requirements.

April 12, 1917.

"Editor St. Helens Mist, St. Helens, Oregon.
"Dear Sir: I beg to inclose you herewith a copy of certain notices which I have this day mailed to all postmasters in Columbia county to be posted in their respective localities. Since sending out these notices I have received from the United States district attorney for Oregon a copy of the president's proclamation referred to in said notices, from which I find that the proclamation applies to 'alien enemies' only, and defines them to be 'all natives, citizens, denizens or subjects of Germany being males of the age of 14 years and upwards who shall be within the United States and not actually naturalized.' The persons referred to and designated in said notices, therefore, include and mean only such male Germans residing or being within Columbia county who are of the age of 14 years or over and who have neither been born within the United States nor received their full naturalization papers.

"The United States district attorney has requested me to cause a notice such as the one inclosed to be published in all the papers of this county. I shall appreciate it, therefore, if you will publish the inclosed notice together with this letter, as explanatory thereof, in the next publication of your paper.

"Yours very truly,
"GLEN R. METSKER,
"District Attorney."

Notice

To All Alien Residents and Inhabitants of Columbia County, Oregon, and to the General Public:

Whereas, the president of the United States did on the 6th day of April, 1917, proclaim and publish a proclamation making it unlawful for any alien thereafter to have in his or her possession any of the following articles, to-wit:

"Any firearm, weapon or implement of war, or component part thereof, ammunition, maxim or other silencer, bomb, or explosive, or material used in the manufacture of explosives; any aircraft or wireless apparatus, or any form of signaling device, or any form of cipher code, or any paper, document, or book written or printed in cipher or in which there may be invisible printing."

and which said proclamation was on that date published in all the newspapers of the state of Oregon.

Now, therefore, by the direction of and under the authority of the United States government, all foreign subjects or aliens residing or being within Columbia county, Oregon, are hereby notified to forthwith deliver up and surrender within twenty-four hours of the date of the publication of this notice to the nearest peace officer, sheriff, deputy sheriff, constable or police officer any and all articles, apparatus, documents or materials hereinbefore enumerated.

A detailed receipt for such articles surrendered will be given to the owner by the proper officer to whom surrendered and said articles will be returned to the owner at the close of the war.

Failure to comply strictly within twenty-four hours with the mandates and terms of this notice will subject the person or persons coming within the terms of the foregoing proclamation to summary arrest, and any and all such articles found in his or her possession to seizure and forfeiture to the United States.

Dated and posted this 21st day of April, 1917.

GLEN R. METSKER,
District Attorney for Columbia County, Oregon.

PERMITS ISSUED BY STATE ENGINEER

One hundred and five permits to appropriate water and ten permits to construct reservoirs, including the irrigation of land aggregating 15,778 acres, the development of 2,006 horsepower and water supply for 7 municipalities, with an estimated cost of construction totaling \$366,191, were issued by State Engineer John H. Lewis during the first quarter of the year 1917.

During this period 4 permits were issued in Multnomah county as follows: To F. N. Averill, of Portland, for domestic and power for home use; to S. M. Davis, of Troutdale, from Big Creek for the development of 19 horsepower; and 2 permits in the county of Multnomah, both in connection with water supply for the Vista House along the Columbia River Highway, the cost of constructing the works being estimated at \$15,000.

During this period one permit was issued in Columbia county, that to the city of St. Helens from Milton Creey for a municipal supply.

Solled dishes accumulating in the average home may be washed, dried and sterilized in an electric dish washer at an average cost of five cents a week.

An automatic typewriter operated by electricity is used in many business offices to turn out circular letters which cannot be distinguished from those written by hand.

HOW TO SELECT FOODS

Specialists Offer Suggestions for Getting Most for One's Money.

The following suggestions on getting the most for one's money are from the United States Department of Agriculture Farmers' Bulletin 898, "How to Select Foods."

Use cereals (flour, meal, cereal breakfast foods, etc.) freely, taking pains to prepare them with great care and to vary the kind used from day to day if necessary to keep people from tiring of them.

Remember that a quart of whole milk a day for each child, to be used as a beverage and in cookery, is not too much.

Plan carefully both in buying and in serving. Do not be ashamed to plan closely. Thrift in food means providing enough food, neither too little nor too much.

Notice carefully how much of such staples as flour, sugar, milk, cooking fat, etc., is used each week for a month, and see if there are any ways of cutting down the quantity needed.

Buy nonperishable materials in quantities if better prices can be secured and there is a good storage place in the home. Neighbors can sometimes club together to get lower rates.

Estimate carefully how much of any material will be needed before laying in a supply, then see that none is wasted by careless handling.

Try to make the dishes served of such size that there will be enough to satisfy the appetite of the family and no unnecessary table and plate waste.

Do not be above noticing whether any thing usable is thrown away with the garbage, which always shows how thriftily food is used in a household.

Many inexpensive materials can be made attractive and the diet can be pleasantly varied by a wise use of different flavorings.

"Finicky" tastes in food often prevent the use of many valuable materials which might be the means of saving money.

Good food habits are an important part of personal hygiene and thrift. Children get such habits by having suitable amounts of suitable foods served to them and then being expected to eat what is set before them.

True economy lies not only in buying wisely but also in making the fullest possible use of what is bought.

NOTICE OF ADMINISTRATOR'S SALE OF REAL ESTATE AT PRIVATE SALE.

IN THE COUNTY COURT OF THE STATE OF OREGON FOR COLUMBIA COUNTY. In the Matter of the Estate of Martin Carnif, Deceased.

Notice is hereby given that in pursuance of an order of the County court of the county of Columbia, state of Oregon, made on the 10th day of April, 1917, in the matter of the estate of Martin Carnif, deceased, the undersigned, the administrator of the estate of Martin Carnif, deceased, will sell at private sale, in one parcel, to the highest bidder, upon the terms and conditions hereinafter mentioned, and subject to confirmation by said County court, on or after Saturday, the 12th day of May, 1917, all the right, title, interest and estate of the said Martin Carnif, deceased, at the time of his death, in and to the real property hereinafter described, and all the right, title and interest that the estate has by operation of law, or otherwise acquired, other than or in addition to that of said deceased, at the time of his death, of, in, and to the following described real property, situated in Columbia County, State of Oregon, to-wit: The NW 1/4 of Section 32, Township 4 North, Range 2 West of the Willamette Mer. and containing 160 acres, more or less.

Terms and conditions of sale: Cash in Gold Coin of the United States; ten per cent of the purchase money to be paid at the time of sale; balance on confirmation of sale by the County Court. All bids or offers must be in writing, and mailed to said administrator at Seapooose, Columbia County, Oregon, at any time after the first publication of this notice and before the making of the sale.

Dated April 12th, 1917. First publication April 13, 1917. Last publication May 11, 1917.

JAMES LEONARD, Administrator of the Estate of Martin Carnif, Deceased.

W. A. HARRIS & G. A. GORE, Attorneys for Administrator, St. Helens, Oregon.

In 1909 the value of sugar beets per acre was exceeded by four other crops—hops, tobacco, sugar cane and sweet potatoes. The acre value of beets was nearly four times the value of corn or wheat, and more than four times the average acre value of all cereals.

Amateur wireless operators recently relayed a wireless message from the Atlantic to the Pacific coast in less than three hours.

Factory made butter in the United States increased from 627,145,865 pounds in 1909 to 786,013,489 pounds in 1914, and factory-made cheese increased from 311,175,730 pounds in 1909 to 377,506,109 pounds in 1914.

YOUR PHYSICIAN'S PRESCRIPTION

When brought to our store, will be accurately and carefully filled and none but the best of drugs used. So both you and he will feel perfectly safe.

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a large line of Toilet Articles, Stationery, Magazines and Druggist's Sundries

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A Full and Complete line of General Merchandise — The Dependable Kind —

Dry Goods, Shoes and Groceries

Free Delivery

Give us a trial and you will be satisfied

Phone 34 WEST ST. HELENS, ORE.

Your Spring Suit

You should order it now. Come in and look over my line of woollens. During the past month I have made suits for some of the best dressers in the city, and they were

ENTIRELY SATISFIED

Let me demonstrate to you that for Style, Fit, Workmanship and Good Material, my tailored garments are above the standard.

J. F. RYAN

MERCHANT TAILOR St. Helens, Oregon

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RAY MORTON

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The Market of Purity and Quality of Meats both Fresh and Cured. Greatest assortment of Lunch Meats in town. Highest cash price paid for Hogs and Veal.

A trial will be appreciated. Prompt Delivery

Stimulates Without Reacting—

Dependable Coffee

"Tastes Better—Goes Further"

At Your Dealer's—40c Lb.

"Country Club," 35c—"Hespo," 30c

Spring Goods Are Arriving

CHILDREN'S GINGHAM DRESSES, 75c to \$1.50

Dainty and seasonable patterns in all Dress Goods. Shoes for each member of the family.

DRY GOODS, NOTIONS AND NOVELTIES

Children's Middies and Ladies' Lingerie Waists

M. ROSENTHAL

WHY EXPERIMENT?

DRIFTED SNOW FLOUR

in competition with ALL OTHER FLOURS received the highest possible award, the GRAND PRIZE at Panam-Pacific International Exposition

Use the best and you are always satisfied

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NOTICE OF SALE

IN THE COUNTY COURT OF THE STATE OF OREGON, FOR COLUMBIA COUNTY.

In the matter of the Estate of Andrew J. Rupert, Deceased.

Notice is hereby given that pursuant to an order of the above entitled Court made April 12, 1917, in the matter of the estate of Andrew J. Rupert, deceased, authorizing the sale of all the real property of said estate at private sale, the undersigned, the executor of said estate, will from and after Saturday, May 12, 1917, sell at private sale to the highest bidder for cash, subject to confirmation by said Court, all the following described real property belonging to said estate situated in Columbia County, Oregon, to-wit: Lot 19, in Block 11, in the City of St. Helens; Lot 20, in Block 11, excepting therefrom a strip of land 4 feet in width and 100 feet in length, in the form of a rectangle, off the entire south side of said Lot 20, in the City of St. Helens. Terms of sale, cash, ten per cent to accompany bid, balance on confirmation of sale. All bids to be directed to Andrew King, at St. Helens, Oregon. Dated at St. Helens, Oregon, April 13, 1917.

ANDREW KING, Executor of the Estate of Andrew J. Rupert, Deceased. 17-5

NOTICE OF APPOINTMENT OF ADMINISTRATOR.

In the Matter of the Estate of Jacob Lengacher, deceased.

NOTICE IS HEREBY GIVEN that the undersigned has been appointed administrator of the estate of Jacob Lengacher, deceased, by the County Court of the State of Oregon for Columbia County, and has qualified.

All persons having claims against said estate are hereby notified to present the same to me at 1225 N. W. Bank Bldg., Portland, Oregon, with vouchers duly verified, within six months from date hereof.

Date of first publication March 23rd, 1917.

Last publication April 20, 1917.

IDA LENGACHER, Attorney.

Electricity is expected to play an important part in the defense plans of the naval advisory board of which Thomas A. Edison is chairman.

Practically all of the new United States silver coins are being stamped out by electrically-driven presses in the Philadelphia mint.

A Los Angeles farmer has equipped a specially prized mule with an electric tail lamp to prevent accidents from automobile traffic at night.

Dr. Stone's Heave Drops cures heaves. Price \$1; for sale by all druggists.

Be Fair to Your Wife

Save her the Wash Day Drudgery. Let us call for your laundry.

Our work will satisfy you

St. Helens Steam Laundry

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A Home Industry

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STEAM, TURKISH AND SHOWER BATHS

Every Day

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Courteous treatment and sanitary arrangements.

Visitors to inspect will be welcomed

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FRESH AND SALT MEATS

PHONE 48 Prompt Service