

Sand and Gravel at Reduced Prices
 Prompt Delivery
 Call Telephone Tabor 2063
R. Heyting
 82 St. and 45th Ave., S. E.

Watches Clocks and Jewelry
 Repaired and Made to Order

J. P. Nordin
 Main Street Lents, Oregon

Rose City Van
 and
Storage Company
 Makes all points between Portland and Lents on Mt. Scott Line.
 Freight, Express, Baggage and all kinds of Transfer Work.
 Lents Office - - - Foster Road
 Lents Phones - - - Tabor 1424 Home B 6111
F. W. Tussy, Manager
 Ask for Rose City Van

LENTS FUEL COMPANY
 Cor. Main and Foster Road
PHONE TABOR 1688
Wood and Coal Slab Wood a Specialty
 Orders Delivered Promptly

PROFESSIONAL CARDS

DR. JOHN FAWCETT
 Diseases of Women and Children a Specialty
 Pacific Tabor 3214 Home Local 2111

A. D. KENWORTHY & CO.
Funeral Directors
I. O. O. F. BUILDING
 Tabor 5267
 Lents, Oregon

Phones: Main 430, Home A 4558
Dunning & McEntee
FUNERAL DIRECTORS
 Seventh and Ankeny Streets
 Portland Oregon

Alvord Undertaking Company
 Lents and Kern Park
 G. E. GREENLEAF, Manager
 Res. 4510 70th St. S. E. Cor. 45th Ave
Funeral Directors and Embalmers
 Calls answered day or night in any part of the city. Quick Auto Service, Fine Equipment, Lady Assistant.
 Night Phone B 1188 Day Phone Tabor 2822
 Day Phone Lents 3521

LODGE DIRECTORY.
 Shiloh Circle No. 19, Ladies of G. A. R. meets 1st and 3d Saturday evenings in I. O. O. F. hall, Lents. Lillah Maffet, Pres., Carrie Ingles, Sec'y.

Premiums Arrive
 The fine stock of aluminum premiums ordered by some of our subscribers has arrived. All persons ordering these premiums are requested to call at the earliest convenience and take the same away.

Daily Mails
 Mails at the Lents postoffice arrive and depart as follows:
 Arrive Depart
 6:00 A. M. 8:20 A. M.
 12:40 P. M. 12:45 P. M.
 3:10 P. M. 5:20 P. M.

JONSRUD BROS.
 BORING OREGON
 Phone 53x
 Mill 1.14 miles southeast of Kelso
CEDAR POSTS SHINGLES MOULDINGS TURNED WORK
LUMBER \$6 AND UP
 Large stock of Dimension Lumber on hand Rough and Dressed Lumber for all purposes
 send order to JONSRUD BROS. Boring RD 2



WHAT, WHEN AND HOW TO EAT

The Importance of Selecting, Combining and Proportioning Food.

By EUGENE CHRISTIAN, F. S. D.

[Copyright, 1913, by American Press Association.]

THERE are three common laws that govern all forms of animal life—namely, nutrition, motion, oxidation, or, in other words, eating, exercising and breathing. Both exercising and breathing are automatic processes; therefore they are done in accordance with nature, but it is different with our food.

Man has put into his stomach in some form or other nearly everything on the face of the earth, and his efforts have been crowned with a series of mistakes that are largely responsible for a condition of universal disease and a woeful shortening of life.

As this series of articles will deal largely with these mistakes and how to correct them, I will first take up the subject of nutrition—man's food. I will subdivide this subject into three parts—selecting, combining and proportioning.

In order to get the best results the diet must be selected so as to contain all the elements of nourishment the body needs. It must be combined so as to be chemically harmonious when mixed in the stomach, and it must be proportioned so that one is not overfed on some things and underfed on others. In other words, the diet must or should be balanced.

Man's Life is Too Short.
 Man has existed a long time on this earth, and he thinks he has done fairly well without knowing or caring anything about these laws, but when we examine the mortality tables of all civilized countries we realize that there is something radically wrong. The life period of mankind, reckoning from an age of six, is only a little over thirty-eight years, and if we take him from his infancy it brings his period of existence down to less than thirty-four years. He barely gets grown before he drops into his grave.

Nature does not demand exactness in eating. If one eats a little too much or the wrong proportions the surplus can be worked off, but the work must be done or the penalty will be paid. The penalty is some form of congestion in the body which we are pleased to call disease.

Three Other Laws of Diet.
 When we learn how to select, combine and proportion our food it should be partaken of according to our age, climate (time of the year) and the work we do.

If we wish the best results we must select and proportion our food according to age, because the growing child or youth needs much structural material—sulphate of lime—with which to build bone, teeth and cartilage. This is found in cereals and all starch foods. The middle aged person needs but little of these, just enough for repair, and the aged person needs practically none.

In selecting and proportioning our food we should observe the laws of temperature or time of the year. We should not partake of foods of a high caloric or heating value at a time when the sun is giving us this heat direct, thus building a fire inside while the sun is giving us the same heat outside. The violation of this simple law is the cause of all sunstroke and heat prostrations. On the contrary, if we are going to be exposed to zero weather we should build the fire inside by partaking of foods of a high caloric value.

Balanced Diet Essential.
 We should select and proportion our food according to the work we do, because eating is a process of mak-

ing energy, while work is a process of expending energy, and we should make these two accounts balance. When they are balanced we are healthy; when they are unbalanced we are diseased.

Health is our natural condition, and the nearer we obey the laws of nutrition as above subdivided the more perfect our health will be and the more automatically all functions of the body will work. Correct eating, exercising and breathing, therefore, cure disease by establishing normal conditions, by removing its causes, thus permitting nature to give us our birthright, which is health.

Results of Wrong Food Combinations.
 There are hundreds of chemicals so opposed to each other that they produce violent action when mixed together, and so it is with food. Every article of food we eat is composed of a definite chemistry; therefore to get the best results or the highest value (energy) out of what we eat our meals must be composed of things that are chemically harmonious.

The stomach serves two purposes—first, a mixing and testing crucible; second, a storehouse or depot.

It is estimated by the highest authorities that about 90 per cent of all human disease originates in the stomach; therefore if people knew how to select and combine their food so that every article composing the meal would be both nutritious and chemically harmonious it would do more to promote health and raise the standard of life than any other one thing known to science.

When several foods are eaten at the same meal that are not chemically harmonious nature pours into the stomach a large amount of hydrochloric acid, which produces fermentation. This is nature's way of neutralizing and getting rid of these opposing elements. Then we say the foods did not agree with the stomach when the facts are they did not agree with themselves.

Cause of Heart Trouble.
 When there is too much hydrochloric acid in the stomach foods digest too quickly. This causes congestion in the upper intestines. The food, being supercharged with acid, undergoes a process of fermentation which generates gas. This gas accumulates in the transverse colon, and the pressure in this distended colon often causes an insufficient blood flow into the heart; hence the faint heart action, now and then skipping a beat. At other times it causes an excessive blood flow or arterial overflow, and then we have palpitation, dizziness and sometimes complete heart failure and death.

In addition to congestion and irregular heart action the excess acid causes irritation of the mucous membrane or intestinal lining, and the millions of little nerve fibers that lead out from these irritated surfaces to every part of the body also become irritated and cause what we call nervousness.

The brain and the stomach bear the same relation to each other that a balloon bears to a basket. They are connected by thousands of nerves and capillary vessels; therefore when the stomach becomes irritated by acid the brain is the first organ to suffer. Then we have insomnia, nervousness, melancholia, lack of concentration, etc.

Results of Autointoxication.
 These are only a few of the conditions caused by the wrong selections and combinations of food. The general physical trouble is described by the word autointoxication, which means that we have eaten more food than the body could use, and nature has decomposed or changed it into alcohol and carbon dioxide poisons.

Autointoxication causes innumerable symptoms, such as anaemia, languor, drowsiness, impure blood, indicated by pimples or acne; melancholia, a lack of interest in things. That is, where we should be normally cheerful we are melancholy. Instead of being mentally bright and quick to comprehend, our mind is disturbed, wandering and dull, and we undergo a sort of general mental and physical let down.

There are a number of other conditions caused by the wrong selections and combinations of food which, named in the order of their importance, are rheumatism, Bright's disease, gout, lumbago, diabetes, hardening of the arteries, enlargement of the liver, etc.

Inasmuch as the true remedy for all diseases must be found in the field of their cause, it is obvious that the cure for these disorders lies in food. When I say cure I mean that scientific feeding will remove the primary causes, and nature will do the curing.

Disease is the Penalty.
 Just as the state punishes people who violate her criminal laws, so all disease is merely the penalty for violating natural laws. Nature, however, is more merciful than the state. She will forgive and cure if you will turn and obey her laws. This is the reason why the greatest living scientists are gradually turning toward the food question to find the causes as well as the cure for a majority of human disorders.

In this series of articles I shall endeavor to point out the various combinations of food that cause many common diseases and show how their causes can be removed and cures made by the scientific use of food.

Health is our natural condition, and the nearer we obey the laws of nutrition as above subdivided the more perfect our health will be and the more automatically all functions of the body will work. Correct eating, exercising and breathing, therefore, cure disease by establishing normal conditions, by removing its causes, thus permitting nature to give us our birthright, which is health.

Results of Wrong Food Combinations.
 There are hundreds of chemicals so opposed to each other that they produce violent action when mixed together, and so it is with food. Every article of food we eat is composed of a definite chemistry; therefore to get the best results or the highest value (energy) out of what we eat our meals must be composed of things that are chemically harmonious.

The stomach serves two purposes—first, a mixing and testing crucible; second, a storehouse or depot.

It is estimated by the highest authorities that about 90 per cent of all human disease originates in the stomach; therefore if people knew how to select and combine their food so that every article composing the meal would be both nutritious and chemically harmonious it would do more to promote health and raise the standard of life than any other one thing known to science.

When several foods are eaten at the same meal that are not chemically harmonious nature pours into the stomach a large amount of hydrochloric acid, which produces fermentation. This is nature's way of neutralizing and getting rid of these opposing elements. Then we say the foods did not agree with the stomach when the facts are they did not agree with themselves.

Cause of Heart Trouble.
 When there is too much hydrochloric acid in the stomach foods digest too quickly. This causes congestion in the upper intestines. The food, being supercharged with acid, undergoes a process of fermentation which generates gas. This gas accumulates in the transverse colon, and the pressure in this distended colon often causes an insufficient blood flow into the heart; hence the faint heart action, now and then skipping a beat. At other times it causes an excessive blood flow or arterial overflow, and then we have palpitation, dizziness and sometimes complete heart failure and death.

In addition to congestion and irregular heart action the excess acid causes irritation of the mucous membrane or intestinal lining, and the millions of little nerve fibers that lead out from these irritated surfaces to every part of the body also become irritated and cause what we call nervousness.

The brain and the stomach bear the same relation to each other that a balloon bears to a basket. They are connected by thousands of nerves and capillary vessels; therefore when the stomach becomes irritated by acid the brain is the first organ to suffer. Then we have insomnia, nervousness, melancholia, lack of concentration, etc.

Results of Autointoxication.
 These are only a few of the conditions caused by the wrong selections and combinations of food. The general physical trouble is described by the word autointoxication, which means that we have eaten more food than the body could use, and nature has decomposed or changed it into alcohol and carbon dioxide poisons.

Autointoxication causes innumerable symptoms, such as anaemia, languor, drowsiness, impure blood, indicated by pimples or acne; melancholia, a lack of interest in things. That is, where we should be normally cheerful we are melancholy. Instead of being mentally bright and quick to comprehend, our mind is disturbed, wandering and dull, and we undergo a sort of general mental and physical let down.

There are a number of other conditions caused by the wrong selections and combinations of food which, named in the order of their importance, are rheumatism, Bright's disease, gout, lumbago, diabetes, hardening of the arteries, enlargement of the liver, etc.

Inasmuch as the true remedy for all diseases must be found in the field of their cause, it is obvious that the cure for these disorders lies in food. When I say cure I mean that scientific feeding will remove the primary causes, and nature will do the curing.

Disease is the Penalty.
 Just as the state punishes people who violate her criminal laws, so all disease is merely the penalty for violating natural laws. Nature, however, is more merciful than the state. She will forgive and cure if you will turn and obey her laws. This is the reason why the greatest living scientists are gradually turning toward the food question to find the causes as well as the cure for a majority of human disorders.

In this series of articles I shall endeavor to point out the various combinations of food that cause many common diseases and show how their causes can be removed and cures made by the scientific use of food.

Health is the one thing we all desire, and, as this great prize is a matter of obeying or disobeying natural laws, let us examine man with some care and if possible ascertain some of these cosmic rules.

Scientific feeding does not mean difficulty, deprivation or dieting. It means simplicity, good living, delicious food; it means knowledge of and obedience to the natural laws of building up and maintaining the human body, which are overlooked probably on account of their simplicity.

Tremont, Kern Park and Arleta

G. A. Morrison of the Lumber Co., is recovering from a serious illness.

E. W. Gubser, the genial Tremont barber is completing a new residence.

Arleta library will be closed Friday afternoon, due to the Rose Show.

Mrs. Agnes Fortner of 4901, Sixty-second street died this week of a cancer.

The Millard avenue Presbyterian Church sent two autos to swell Wednesday's parade.

C. C. Liewallen of Sixty-second street and Foster road is building a new store room.

C. L. Williams is working on a new home at Fifty-ninth street and Fiftieth avenue.

All W. C. T. U. women should vote for Alan Welch Smith, for school director Monday June 15.

Simola & Davis made the only special decoration on the street in honor of the Rose Show.

Mrs. Lull of Firland is recovering from a very serious operation undergone on June 8th.

C. A. Hunt is finishing a new house at Sixty-first avenue and Seventy-fifth avenue.

The White Queen's Court held in the Arleta Baptist church was well attended, considering the steady rain all day and evening. Every one present expressed themselves as well pleased with it. There has been several requests that we give it again soon. A modest sum was realized for the campaign work for "Oregon Dry."

LEABO'S FURNITURE HOSPITAL
 5902 72 ST. S. E.
 Upholstering Repairing, Finishing, New and Second Hand Goods Bought and Sold.
 PHONE TABOR 920

Chas. F. Parker
 Real Estate—Notary Public
 Houses, Lots and Acreage for Sale or Trade
 6521 Foster Road, Arleta, Oregon

Spring Building
 We have, the Lime, Brick, Cement, Plaster, Gravel or Sand, all good as the best at prices to suit
 and Quality for all purposes

And Don't Forget Us
 when in need of Feed, Wood or Coal. Grades and Quality for all purposes

Kern Park Feed & Fuel Company
 6840 Foster Road, opposite former location

A Smile of Satisfaction
 will come if you buy your interior finishing lumber from us. We furnish soft yellow fir of the kind that suits.

Let us Show You Our Stock of
 Lumber, Lath, Shingles, Sash, Doors, Mouldings, Paper, Roofing and Builders Hardware

Lowest Prices consistent with worth while qualities

The Square Deal Dominates all Our Business Transactions

Wilberg-Oppegard Inv. Co.
 Lumber Yard
 6924 Foster Road
 Phone Tabor 619

Real Estate Office
 Broadway Building
 Phone Main 6199

Mr. and Mrs. H. G. Ross of Issaquah, Wash., are visiting at the home of Thos. Popham, near Kendall station.

Rndolph Iseli is building himself a new residence at Sixty-first avenue and Seventieth street.

Kern Park Feed and Fuel Co., is moving its barns and sheds across the street so its new home at 6840 Foster road.

Allen Woods, son of J. F. Woods of Fifty-fourth avenue and Seventy-fourth street recently had a bad fall and broke his nose.

Frank Lejoye and wife of Fortieth avenue and Sixty-ninth street lost an infant child Monday, death due to pneumonia. The mother is in poor health.

J. P. Finley & Son
 Funeral Directors
 Montgomery and Fifth St
 Experienced Woman in Attendance
 Main Office
 Phone Main 9

Phone East 781 Home B-1888

LERCH
 Undertaker
 Hawthorne Ave. and East 11th. St.

Mrs. Lerch Assistant
 Branch Office
 Carters Building
 Kern Park

OF REAL INTEREST.
 How to Make Your Camera Worth While.
 If you have a camera make it worth while. Perhaps you cannot make it worth while so far as actual money is concerned. But you can at least learn to take pictures that are worth taking. More money is wasted each year on films that never produce a picture, probably, than each photographer in the amateur class in the land spends for films that are productive of really good pictures. For every amateur who is careful to see that light and distance regulators are set correctly, that the pose is good and the time of day is propitious, there are two or three amateurs who just blindly "snap" their cameras at anything and everything about them.
 So, if you have a camera, determine not to be a wasteful photographer. Have a little book in which you can make entries about all the films and supplies you buy. The result in black and white of a few wasted supplies and films is appalling. For instance, take this record, which might be made in any photographer's account books:
 For two rolls of films..... \$1.00
 For a bottle of developer..... .20
 For hypo..... .05
 For other chemicals..... .10
 For paper..... .40
 For toning preparations..... .20
 Results.—Out of two dozen films two were really good, three were out of focus, the camera moved in four, five were thin, two were too thick, and the rest were passable.
 And the rest of the chemicals spoiled because the photographer was discouraged.
 How to Use Dried Fruit.
 Take the required quantity of the dried fruit, rinse well under running water, then soak in fresh water for about fourteen hours. Next prepare a sirup to taste by adding best white sugar to boiling water. When the sirup has come to the boil place the soaked fruit very carefully in the sirup and allow it to simmer for fifteen minutes. On no account let the sirup boil when once the fruit is in it, as if you do it will become pulpy and un-sightly.
 Serve cold or hot, as required, as stewed fruit or in pies and tarts.
 To make jam prepare the dried fruit as for stewing. Place the required quantity of soaked fruit in a preserving pan and add one pound of the best white sugar for each pound of soaked fruit. The time is as with the fresh fruit, but it is necessary to add more water.
 Moreover, one pound of dried fruit will make four pounds of jam.
 Rich Strippings.
 When the farmer understands that the last strippings of a dairy cow are over 500 per cent richer in cream than the first few pulls he may be a little more thorough in his work during the milking hour.
 How to Patch Wall Paper.
 Tear a piece slightly larger than the portion to be covered so match, but turn with rough edges and without any definite shape. Then paste over and the patch will not be noticeable.

The C. E. of the Christian Church was given a social Tuesday evening at the home of Phil Fishburn, 4627, Seventy-first street S. E.

Lee Carmen has returned from several months experience in North Dakota and Chicago, where he has been engaged as foreman in a printing plant and later attending a linotype school.

The South Mt. Tabor and Arleta W. C. T. U. will hold a joint picnic next Tuesday all day at the home of Mrs. John J. Murry, 3126 62 Street S. E. Every body is invited a good programme and discussions of Campaign plans will be given in afternoon. Come and enjoy your self and learn something of the work besides.

HOW TO RESCUE THE CARBOLIC VICTIM.
 One of the most frequent irritant poisons used for suicidal purposes is carbolic acid, and a more agonizing death could not be selected. Why anyone should select this poison, it is hard to understand, unless on account of the fact that it is cheap and easily obtainable. This form of poisoning can usually be easily recognized by the odor, which is well known, and by the white burns or marks on the lips and mouth which are typical of carbolic acid poisoning.
 Send for the nearest physician, and in the meantime, as carbolic acid kills quickly, the first aid treatment must be prompt in order to get results. If possible cause the patient to vomit, by giving an emetic, such as ipecac or salt and water—a tablespoonful to a pint of warm water. This, however, frequently fails to work on account of the irritated condition of the mucous membrane of the stomach. One of the best chemical antidotes is epsom salt in solution. Another good chemical antidote is alcohol—the only trouble with this remedy being that it cannot be given in a pure form. It has to be diluted with water, and for that reason loses its efficiency. Just exactly why alcohol counteracts the effect of carbolic acid is not known, but if, for instance, carbolic acid is splashed on the hands, if they are at once immersed in absolute alcohol there will be no resulting burn. Dr. H. H. Hartung, in National Magazine.