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Shiloh Circle No. 19, Ladies of G. A. R. meets 1st and 3d Saturday evenings in I. O. O. F.
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Premiums Arrive

The fine stock of alumium 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 arriv
and depart as follows:	
Arrive	Depart
6:00 A. M.	8:20 A. M 12:45 P. M
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THE GROWING CHILD NEEDS SULPHATE OF LIME.

riod 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 must be paid. The penalty is some form of congestion in the body which we are pleased to call disease.

Three Other Laws of Diet.

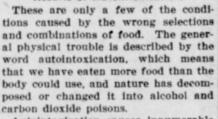
When we learn how to select, combine and proportion our food it should be partaken of according to our age, climate (time of the year) and the work we do.

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 beating value at a time when the sun is giving us this beat direct, thus building a fire inside while the sun is giving us the same beat 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 partäking of foods of a high caloric value.

Balanced Diet Essential,

We should select and proportion our in food according to the work we do. by because eating is a process of mak



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 feed ing 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 hot mean difficulty. deprivation or dieting. It means simplicity, good living, deliclous 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.

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Lumber Yard 6924 Foster Road Phone Taber 619 teurs 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

propitious, there are two or three ama

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 appailing. For instance, take this record, which might be made in any photographer's account books:

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 unsightly.

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 to match, but turn with rough edges and without any definite shape. Then paste over and the patch will not be noticeable.