

Summer Constipation Dangerous

Constipation in Summer-time is more dangerous than in the fall, winter or spring. The food you eat is often contaminated and is more likely to ferment in your stomach. Then you are apt to drink much cold water during the hot weather, thus injuring your stomach. Colic, Fever, Ptomaine Poisoning and other ills are natural results. Po-Do-Lax will keep you well, as it increases the bile, the natural laxative, which rids the bowels of the congested poisonous waste. Po-Do-Lax will make you feel better. Pleasant and effective. Take a dose tonight. 50c. at your Druggist.

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.

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Doings of Our Neighbors

BREEZY ITEMS CONTRIBUTED BY HERALD REPORTERS AT NEARBY POINTS

CORBETT

Mr. Henry Hewett and Mrs. Hope Farrell of Portland were the guests of Miss Ethel Smith, Sunday.

Chauncy Clark and wife moved into one of Fred Reed's houses recently.

Mr. and Mrs. Clarence Deverell visited relatives in Portland the first of the week.

Mr. and Mrs. Frank Reed and a party of friends made a trip in their fast launch to Multnomah Falls, Sunday.

Mr. and Mrs. Peterson chartered a party of young people to the dance at Washougal Saturday evening.

Fred Reed made a business trip to Warrendale, Thursday.

Mr. and Mrs. Albert Fox of Troutdale visited relatives here Thursday.

CHERRYVILLE

Everybody wishing for rain.

The small sprinkle of Sunday was an aggravation.

Fires and rumors of fires are on the program these days.

A big fire is raging around Kelso between Sandy and Boring. It has done a great deal of damage. It is estimated that over 1000 cords of wood have been destroyed for the Japs besides two of their dwellings. People guard their homes day and night with day and night shifts.

This fighting is serious business. It is a game two can play at.

Sugar and lemons are both going up out of sight. Cut out the lemonade.

A. B. Brooke has gone to Hood River for a short time to oversee some work on his ranch there.

A bunch of fire fighters went through town the middle of the week on a trip to the Bull Run reserve, where there is a fire which has been kept, so far, under subjugation.

Another wedding is on the sky line. It is an old saying oft told my mother, That one wedding would bring on another.

Dan Cupid is a marksman poor, Despite his love and kisses; For, while he always hits the mark, He's always naking Mrs.

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At The Churches

Arleta Baptist Church

1:45 a. m. Bible School.
11 a. m. Preaching service.
7:30 p. m. Evening services.
6:15 p. m. B. Y. P. U. meeting.
7:45 Prayer meeting.
Everybody welcome to any and all of these services.

Millard Avenue Presbyterian Church

10 a. m. Sabbath School.
11 a. m. Morning worship.
6:45 p. m. Y. P. S. C. E.
7:30 p. m. Evening worship.
7:30 p. m. Thursday, midweek service.
8 p. m. Thursday, choir practice.
Rev. Wm. H. Amos, Pastor.

St. Peter's Catholic Church

Sundays:
8 a. m. Low Mass.
10:30 a. m. High Mass.
8:30 a. m. Sunday School.
12 M. Chior rehearsal.
Week days: Mass at 8 a. m.

Seventh Day Adventist Church

10 a. m. Saturday Sabbath School.
11 a. m. Saturday preaching.
7:30 p. m. Wednesday, Prayer meeting.
7:45 p. m. Sunday preaching.

German Evangelical Reformed Church

10 a. m. Sunday School.
10 a. m. Saturday, German school.
8 p. m. Wednesday, Y. P. S.
11 a. m. Sunday worship.
Th. Schilcknecht, Pastor.

Lents Friend's Church

9:45 a. m. Bible School, Clifford Barker, Superintendent.
11 a. m. Preaching.
3 p. m. Junior C. E.
7 p. m. Christian Endeavor
8 p. m. Preaching.
John Riley, Pastor.

Kern Park Christain Church

Corner 89th St. and 46th Ave. S. E.
10 a. m. Bible School.
11 a. m. and 8 p. m. preaching service.
7 p. m. Christain Endeavor.
8 p. m. Thursday, mid-week prayer meeting.
8:45 p. m. Thursday, Bible Study Class.
A cordial welcome to all who will attend any all services.
R. Tibbs Maxey, Minister.

St. Pauls Episcopal Church

One block south of Woodmere station.
Holy Communion the first Sunday of each month at 8 p. m. No other services that day.
Every other Sunday the regular services will be as usual.
Evening Prayer and sermon at 4 p. m.
Sunday School meets at 3 p. m. B. Boatwright, Supt. L. Maffett, Sec. Rev. O. W. Taylor, Rector.

MT. Scott Center of Truth.

Meeting every Sunday evening at 8:00 p. m. Three doors east of 82d St., Grays Crossing, Portland, Ore.

Lents M. E. Church

Preaching 11 a. m. and 8 p. m.
Epworth League 7 p. m.
Sunday School and Bible Class 9:45 a. m.
The fourth quarterly Conference will be held August 30. Dr. James Moore will be present. W. Boyd Moore, Pastor.

Lents Baptist Church

Lord's Day, August 23, Bible School 9:45 a. m.
Morning worship, 11 a. m. Theme, "An Unfading Inheritance."
Elmo Heights Sunday School 2:30 p. m.
B. Y. P. U. 7 p. m.
Evening worship, 8 p. m. Theme, "The Unpardonable Sin."
Strangers always welcome.

Infection and Insect Bites Dangerous

Mosquitoes, flies and other insects, which breed quickly in garbage pails, ponds of stagnant water, barns, musty places, etc., are carriers of disease. Every time they bite you, they inject poison into your system from which some dread disease may result. Get a bottle of Sloan's Liniment. It is antiseptic and a few drops will neutralize the infection caused by insect bites or rusty nails. Sloan's Liniment disinfects Cuts, Bruises and Sores. You cannot afford to be without it in your home. Money back if not satisfied. Only 25c at your Druggist.

It Was Lincoln's Knife.

Lincoln was always ready to join in a laugh at his own expense and used to tell the following story with intense enjoyment: "In the days when I used to be on the circuit I was accosted in the cars by a stranger, who said, 'Excuse me, sir, but I have an article in my possession which belongs to you.' 'How is that?' I asked, considerably astonished. The stranger took a jack-knife from his pocket. 'This knife,' said he, 'was placed in my hands some years ago with the injunction that I was to keep it until I found a man uglier than myself. I have carried it from that time to this. Allow me to say, sir, that I think you are fairly entitled to the property.' "—"Everyday Life of Abraham Lincoln."

Grays Crossing

Mrs. J. E. Schenk has gone to Seattle for a short vacation.

Walter Locke is building a new home on Sixty-second avenue.

Mr. W. E. Smith has returned from a business trip to eastern Oregon.

Mr. and Mrs. Earl Beeson are home from an outing of two weeks at Bay Ocean.

Austin Westover has recently returned from a visit to his uncle's farm near Vancouver, Wash.

Mrs. Nettie C. Schlade from Pasco, Wash., is visiting her sister, Mrs. Kelleher.

Mrs. Lawrence, who has been living for some time in Estacada has returned to her home on Tenth avenue.

Mrs. Steffe entertained a large number of friends at dinner last Sunday, in honor of her husband's birthday. All agreed that it was an especially fine dinner.

The meetings at The Mt. Scott Center of Truth are being well attended. The sermons by Dr. Minard of Portland are enjoyed by all.

Quite a number are getting ready to go to the hop fields. Among these are Mr. Conners, Geo. E. Davidson and family, Edwin and Edgar Chamberlain and Mrs. Kays and sons.

Mrs. Blackburn of Gray's Crossing is doing a good work with her free employment bureau. She helps women to secure situations and secures boarding places for children whose mothers can not be with them during the day. All cases of distress that come before her notice are thoroughly investigated and help rendered if possible.

HANDLING BAGGAGE.

A System That Simplifies Matters For the Railroad Men.

Like most other mysteries, that of handling the thousands of pieces of luggage that come to a great railroad station has a simple solution. It seems to the layman that there must be confusion when incoming trains dump hundreds of trunks and hand bags into the baggage rooms for distribution to all quarters of the city. System, which has come to play an important part in all business nowadays, has made baggage handling a rather simple matter for the railroads. It is the use of a key number that does the trick.

Travelers have noticed that their check numbers run into six figures, if they pay attention to the figures on their checks at all. It is the third of these units, counting back from the final number, that is the key to the whole system of distribution. The expressman who handles the baggage for its home distribution hands in to the baggage agent his mass of collected checks, all sorted on that basis, and the baggage handlers bustle the stuff out with very little delay.

Suppose he has only a few checks from an incoming local train. They may read 384741, 384201, 384599, 384735, 384812, 384487, 384622, 384256, 384789, 384747, 384056 and 384123. In each case the first three figures are identical—384. The first variation begins with the fourth, or hundreds, unit. By means of this unit he separates his checks—all the 7's in one bunch, all the 5's in another, and so on.

In the baggage room the trunks and bags are distributed as soon as received in ten apartments, each bearing a unit number, from 0 to 9. That number invariably represents the hundreds unit of the claimant's check. The trunk with a 384543 check would go to the same compartment as one numbered 385543 or 383543 or 12543 or 987543. The figure 5 is the key figure, with the result that there is never any confusion or trouble in locating the baggage desired. It would be in the compartment numbered 5.

This simple plan solves the mystery as to the prompt location of a piece of hand baggage when a passenger rolls up to the baggage room door in a taxi to get the piece of luggage he has had checked and has to wait but a moment to obtain it. It is a very simple solution of the trouble that a few years ago annoyed all travelers who had to wait for baggage to be transferred from one terminal to another in their own conveyances.—New York Sun.

Greatest Song Writers.

The immortal quartet of song writers are Goethe, Heine, Burns and Beranger. Of the four Burns is by far the most popular. Goethe was at heart an "Olympian" and in all things a critic; Heine was in his deepest soul a pessimist and cynic; Beranger, while much more human, was a little bit too critical, while Burns, democratic to the core and of immense sympathy, threw himself into the common human life of the world with a whole heart and wrote the songs that will live and be loved while humanity endures.—New York American.

Blobbs—Why do those two girls both hate you?

Slobbs—I once innocently remarked that they looked alike.—Philadelphia Record.

Tremont, Kern Park and Arleta

F. A. Alvord has been sick for several days.

Arleta Oddfellows and Rebekahs are planning a picnic for Labor Day.

Jas. Frail and family of Sedro-Wooley, have been visiting Don Silkworth's for the past two weeks.

The Kern Park Christian Church gave a 15 cent lunch Friday noon, and a cream social in the evening.

J. U. Barrett is building a new home at East Forty-seventh street and Gleason.

Geo. Richards of Sixty-first street and Sixty-fifth avenue is working on a new home.

Miss Helen Humphreys will be assistant at the Lents Library on Tuesday afternoons while Miss Fisher is at the playground.

A fire at 4304, Seventieth street at 3:30 a. m. on the 15th, damaged the frame building and furniture belonging to Tim Broder about \$300.

The Arleta Young Campaigners will meet Monday evening at the home of Inez Knox, 4830 Sixty-sixth street, at 8 o'clock. All members are urged to be present.

E. F. Eddy is wearing a plaster cast while recovering from a badly sprained ankle and fractured shin bone that he got when the front wheel of his wagon ran off and threw him out at Fiftieth and Hawthorne two weeks ago.

Dr. McDougall will preach at the Laurelwood M. E. Church Sunday morning at 11 o'clock. Preaching in the evening by the pastor, V. E. Willings. Epworth League at seven o'clock. Topic, "Our Duty to European Countries."

A Silver Medal Contest was held at the Kern Park Christian Church Tuesday night under the auspices of the Arleta W. C. T. U. Those taking part were: Thelma Ward, Olive DeJarnett, Alva Duffield, Gladys Weakly and Lillian Schmidt. Gladys Weakly was awarded the medal. Other interesting numbers on the program were, a vocal solo by Miss Hannah Shaver and a piano solo by Iris Hewitt.

The Rose City Laundry resumed operations Tuesday under new management having been over-hauled, and considerable new machinery being added. It will be a good thing for the Kern Park district as it will afford work

for quite a number of people, and thus keep them nearer home. This laundry has an excellent lot of machinery and equipment, and with experienced managers will no doubt find a fine opportunity to succeed.

Mrs. Emma Ruttingh of Arleta was struck by a motorcycle ridden by H. Foster and his wife at 294 Jefferson street Sunday evening. Mrs. Ruttingh sustained a broken leg and Foster a broken shoulder. Both were taken to the hospital. Mrs. Ruttingh was crossing Broadway street and Foster came along riding too fast, blew his horn and they got excited and had a mix-up. Mrs. Ruttingh's injury was below the knee. Mrs. Foster was not seriously hurt.

USE POISON BRAN MASH TO CONTROL CUTWORMS

Cutworms are menacing various garden truck and field crops at points throughout the valley. The attack is so general and the cutworms are present in such numbers that drastic measures seem warranted to prevent the occurrence of an epidemic of the pest.

Arsenical sprays some times prove practical, according to A. L. Lovett, insect specialist at the Agricultural College. The best general treatment for this cutworm is, however, the poison bran mash. This material is prepared as follows:

Bran.....50 pounds
White arsenic or Paris green.....2 pounds
Salt.....2 pounds
Syrup.....2 quarts
Oil of lemon.....2 ounces

Mix these materials thoroughly and add sufficient warm water to make a coarse crumbly mash. Don't get the material sloppy; it should fall apart readily after pressing together in the hand.

This material should be sown broad cast over the field in the early evening. About five pounds to an acre is usually sufficient. Cutworms feed on this material in preference to vegetation. Some succulent crop such as hog weeds or alfalfa sprayed heavily with Paris green, then mowed and placed in small heaps about the field is of some value.

Letter heads, envelopes, cards, bill heads, auction notices and posters, dodgers, announcements, etc. at Mt. Scott Pub. Co., office, Lents.

Dr. C. W. Tidball

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