

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.

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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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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.

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Doings of Our Neighbors

BREEZY ITEMS CONTRIBUTED BY HERALD REPORTERS AT NEARBY POINTS

CHERRYVILLE

The summer is nearly gone. Old-timers say not to look for any rain until about the middle of September.

Sam Cox returned from Keep's camp last week over near Wapinitia. They are building an irrigation ditch over there to run down from the mountain streams.

Howard Watkins lost a horse last week from blind staggers, supposed to have been caused from too much dust on his feed.

Sam Miles has a dog that has formed a triple alliance with an old cow and calf and goes with them every day up and down the foot-hills and valleys. Whenever anything threatens his allies Fido turns out with air-ships, machine guns and first class battle ships.

John Freil's auto caught fire and burned up while running on the road one mile east of town last Sunday night. The occupants, three in number, barely had time to escape from the burning machine.

They call it war but it is nothing but murder and old General Sherman use to say it was hell. Either definition fits all right. Kings and priests call it patriotism and fighting and dying for your country. James Russell Lowell, the great American poet, puts in the mouth of one of his characters this verse:

"If you take a sword and draw it,
And go stick a feller through,
You can't charge the account to Glory,
God will send the bill to you!"

Let us quit being cannibals trying to eat one another up in business deals or else quit pretending to be christians.

There is a big chance for improvement in the human race. They must learn to be less scrappy and less greedy. If one-hundredth part of the money that is spent in efforts to destroy human lives was spent in efforts to preserve human life, there would be a happy home, free from debt and worry for every family in the world.

Geo. Oaks returned from Montana last week and says Oregon looks all right to him.

George Curtis, a U. S. postal carrier or railroad mail agent on the S. P. railroad from Portland to Eugene was in town over Sunday. Like many other

intelligent men Mr. Curtis is a socialist. If we were a member of a triple alliance we would have to "kick in" by this time and send scrappy little Fred Funtler over there to knock the "stuff" out of somebody. Washington however told us "to avoid entangling alliances with our country."

This war game makes a rich harvest for the newspapers and also for the powder trust, the gun and army contractors and to the victors big accessions of territory, but think of the awful death of thousands on the battlefield and countless widows and orphans. None of the fellows that brought this on, however, will go near the battle-lines but will "holler" their heads off about patriotism and the Father-land and all that kind of buncombe, and the horrid blasphemy of praying to Almighty God for help in murdering your neighbors.

DAMASCUS.

Miss Nettie Traxler of Portland is in Damascus visiting friends.

Jack Meaghen and sister, Helen, of Cornelius spent last week visiting at the home of their aunt, Mrs. John McConnel. A pleasant surprise party was given on Mary Thoms last Wednesday in honor of her thirteenth birthday. A dainty luncheon was served and all had a good time. Those present were the Misses Agnes Norton, Ruth Ingles, Barbara Burr, Ruby Burr, Jessie Bird-entine, Edna Hoffmeister, Mary Hall, Mrs. J. A. Carlson, Mrs. C. Wolphagan and Mrs. Thoms.

Pete Thomsen and brother, Sieg, returned Friday from eastern Oregon where they have been busy in the harvest fields.

Miss Lottie Wihlon and Marion Martyn of Gresham were the Sunday guests of Mr. and Mrs. H. T. Burr.

CORBETT

Rev. W. F. Reeder went to Mosier Friday to visit Rev. and Mrs. Fagan, who are holding an evangelistic meeting there.

Miss Laura Reed visited her sister, Mrs. Albert Fox, at Troutdale last week. Mr. and Mrs. Chas. Sites from Beaverton were the guests of Mrs. Clara Smith Sunday.

Miss Ethel Smith spent the week-end in Portland and Park Rose visiting the Pullen and Henderson families.

KELSO

A baby girl was born to Mr. and Mrs. Harry Bickford last Friday. School will open Monday, Sept. 21.

Mrs. Sophie E. Barnum who will be principal of the school has moved into one of Robert Jonsrud's cottages.

Miss Stella Jonsrud left Tuesday for Pasco Washington where she will be employed as stenographer for the Northern Pacific Co.

Miss Engstrom, a cousin of Ned Nelson is visiting at the latter's home this week.

Monday afternoon the wind caused the smouldering fires to blaze up again but with plenty of help no damage was done except the destruction of 150 feet of fence between Ned Nelsons and Bert Jonsrud's land.

GILBERT

R. A. Gibson of Buckley avenue was favored with a boy baby last Friday. Mother and baby are doing well.

Mrs. J. H. Anderson is ill, owing to a general run down condition of the blood. Mrs. Anderson's mother of Los Angeles is here to care for her.

Mrs. Burns, who suffered a broken arm, is doing nicely. The band boys of Gilbert gave a dance at Belrose Saturday evening. It was well attended.

The Gilbert White Sox gave a picnic at Canemah Park Sunday. The Foresters of America also gave a picnic at the same place. Many prizes were carried off by Gilbert people. Miss Lucy Linn received three prizes for running; Miss Amy Jones received first prize for driving nails. The prize waltz was won by Miss D. Stamper. Everyone enjoyed themselves.

Mr. and Mrs. M. C. Calkins of Gilbert avenue are going to try hop picking for a change.

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 Lintiment. It is anti-septic and a few drops will neutralize the infection caused by insect bites or rusty nails. Sloan's Lintiment 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.

At The Churches

Arleta Baptist Church

4:45 a. m. Bible School.
11 a. m. Preaching service.
7:30 p. m. Evening service.
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. Sabbath School.
10 a. m. Saturday, German school.
8 p. m. Wednesday, Y. P. S.
11 a. m. Sunday worship.
Th. Schildknecht, 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.
Dr. East, a medical missionary from India will speak at Lents Friends Church, Sunday evening, August 30th at 7 o'clock. Everybody welcome. This will be a treat you cannot afford to miss.
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. Christian 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 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.

Lents M. E. Church

Preaching 11 a. m. by Dr. James Moore, District Superintendent.
Services at Bennett Chapel M. E. Church 3 p. m.
Evangelistic services in the evening conducted by the pastor.
Sunday School and Bible Class 9:45 a. m.
Epworth League 7 p. m.
The annual conference will be held in Centenary M. E. Church, Portland, beginning September 23.
W. Boyd Moore, Pastor.

Lents Evangelical Church

Sermon by the Pastor, 11 a. m. and 8 p. m.
From 7:45 to 8:15 p. m. is devoted entirely to music of which the choir and orchestra has charge.
Sunday School 9:45 a. m., C. S. Bradford, Superintendent.
Y. P. A. 6:45 p. m. Lowell Bradford, President.
Prayer meeting Thursday 8 p. m.
A cordial welcome to all.
F. R. Hornsby, Pastor.

Weight of a Gallon of Milk.

"What is the standard weight for sweet milk?"
A quart of milk weighs 2.153 pounds and a gallon 8.612 pounds, or a quart 2.15 pounds and a gallon 8.6 pounds. It is understood that the temperature of the milk and the relative proportions of the butter fat and solids not butter fat cause the weight of milk to vary, but the weights stated above are those generally used.—Progressive Farmer.

"Pop."
"Well."
"What's a fortification?"
"A big fort."
"Well pop, is a ratification a big—"
"Willie, go to bed at once."—Troy Press.

Tremont, Kern Park and Arleta

Ezra Freeman of Welches is visiting acquaintances at Woodmere.

E. W. Arnold of Tremont is taking his vacation at Elk Creek.

R. C. Nichols has opened up a new real estate office at Tremont.

Mrs. Rossal, wife of Mr. Rossal of Tremont is reported very sick.

Mrs. Dripps has reopened a grocery at 59th Ave. and 69th St.

H. E. Potter spent his vacation at Wilhoit Springs.

Mrs. Curtis has returned to Woodmere after a lengthy visit to her farm near Welches.

Mrs. Hand has returned from a visit to her father's in Seattle. Mr. Hand is at Corvallis.

Geo. A. Morrison is away from home on sick leave, having been indisposed for some time.

Some mischevous boys set the grass on fire near the Lewis and Leach homes on Kindorf Road one day this week and nearly burned out several people.

The F. H. Pounder home at 7720 58th Ave. entertained the Millard Ave. Presbyterian C. E. Tuesday evening. Their S. S. is growing fast.

C. W. Johnston, plumber, and Arthur Cambridge, Sheet Metal Worker have formed a partnership and will run a business at 6342 Foster Road.

Mr. Thorpe, formerly a resident of the Tremont District died last Saturday at the Asylum in Salem. He was at one time one of Portland's leading tailors.

Mrs. Dawson, recently held pending the investigation of the death of her husband, has suddenly left her place of abode over town and she has not been located.

Miss Sue Frances of 350 51st St. S. E., suffering from a mental break down escaped into the woods last Wednesday week and was lost a whole day. She was found and returned home.

The Endeavors of Kern Park Christian Church gave a delightful social at the home of Verna Brady, 6724 45th Ave., on Wednesday evening. Some of the most interesting featured were a Baby Show and a Musical Romance. Delicious refreshments were served by the social committee.

The Arleta Young Campaigners will have a picnic at Oak Grove, Labor Day. Campaign songs and yells, with other suitable stunts for a picnic and general good time. All campaigners are invited to join us. Bring your Lunch.

The Arleta Union of the W. C. T. U. will have a Booker Memorial meeting at the Congregational Church Tuesday afternoon, Sept. 1, beginning at 2 o'clock and continuing through the afternoon. There will be several prominent speakers. Mrs. Jennie Kemp, the National Supt. of the Literature Dept. will be the principal speaker. Good music will be furnished. Ice cream served after the Program, everybody invited. Admission free, collection taken.

The Arleta Young Campaigners will meet at the home of Mrs. Wilson 4135 64th St., next Monday evening, Aug. 31. A debate will be the program, subject: Resolved that the Prohibition Amendment if passed will reduce the taxes. Affirmative, Stella Wilson, Principal and two seconds. Negative, Rowley Metcalf with two seconds. The debate is to be by the young Campaigners. Come and hear them debate this important subject.

\$100 Reward. \$100

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.
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