MT. SCOTTHERALD STRENGTH IN EXCITEMENT.

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people signed petitions recalling three of the city officials. ter that seriously cripples the efficiency dominal regions into the heart, lungs. Does any one think that half of of the schools. clined to support these recalls are going to visit my sister." with their signatures it would When parents make such requests as excitement the adrenal glands are have saved the city several she very well knows that if Robert does "train billity" in three minutes. The thousand dollars of useless ex- not study in school he will not study at pense. Looking at it now there all, and although she has her own ideas the proposed candidates to be about taking days from school to visit muscular energy. Fear, rage and path elected. Compared with the knows that many of the excuses origicles to enable us to use our physical present officials they fall away nate wholly with the pupils, and that powers to their fullest extent in the short. Other names may ap- the parents realize when they write the crisis that produces the excitementpear but that will only split the notes that the reasons are insufficient. Los Angeles Times. opposition and serve to help the present incumbents. While it Even the brightest and most earnest might be possible to defeat pupils cannot get back all that they lose And Why Clean Shaven Men Became either of the commissioners at a if they are frequently late, absent, or regular election with competent dismissed, although the bright and opposition, it will take a tre- earnest pupils are better able to stand mendous sentiment to oust them bright or less earnest, have lower with a recall.

official who pleased everyone would be a wonder. He might do it for a week, but at the end of that time he would be scrap- nal virtue, the habit of which is formed ed divine honors upon suitable occaping with the looters. The people who promoted this recall did it because they could not loot the city treasury. It is up to the ly necessary. honest people of the city to throttle such ambitions, and no better purpose than in promoting to the honorable labor of defending they will do it.

In addition to the above named aspirants, two other candidates for positions as commissioners have appeared by virtue of a second recall petition. One of

gerald was repudiated at the polls and paign. now a new victim is selected. With On Tuesday of next week Mt. Scott Hurlburt elected Sheriff and Rushlight Union will meet at the home of Mrs. elected Mayor the organization is abso- Additon. sultely complete except for the District Attorney's office. Rushlight would then which registration can be made, the have the appointment of the Chief of

which Rushlight had a hand in framing date of closing. when he himself expected to be elected of a commissioner does not quite suit him he can arrange it so that the commissioner is left practically helpless. operation the Mayor would have a cinch efficient. on the administration that in a little time would be very hard to jar loose. In the meantime there would be massed back of the central machine a combination so eager for the jobs that a huge, fore the spirit of reform inaugurated a Get a bottle to-day! It is a family medinew system.

face, and it is well for it to take a square Prevents infection. Mr. Chas. H. look at it from the start.

contains so much of truth in it that we hope every person who

call attention of others to it. "Every teacher knows the value of \$4.00 per year.

NINE Thousand eight-hundred punctuality and regular attendance at school, but parents sometimes show an age to the liver and bring it into the

this number were really inter- after his recitations are over." runs the to irritability and enable unusual effort ested in the recall. They signed note that the teacher receives. Or, to be made simply because some one asked "Please excuse Mary for her absence simply because some one asked riese excuse stary for her absence ply the stimulus required to set the them to sign. The best way to yesterday: she had to go to the dress-adrenal glands into action. When a maker." Or, "Please excuse Elizabeth muscle is fatigued without any ackill senseless propositions is to for tardiness: she was out late at a companying degree of excitement it kill them before they hatch. Had party last night." Or, "Please excuse may take a couple of hours for it to about 4800 of the signers de- my children the rest of the week; we recover its normal condition, but if

these, the teacher is helpless, although stimulated to discharge and secrete. is no chance whatever for one of about late hours for school children, and dressmakers and aunts. Moreover, she are thus given us by nature as agen-

Nowhere in life does being "on the job" count more than in school work. the loss than those who, being less scholarship marks. A perfect, or nearly their bair was their glory, and if they And, after all, what is the perfect, record in school attendance is had occasion to swear, which must basis of this opposition. A city one of the best recommendations that a have been infrequent, their hardlest boy or a girl can offer a prospective em- and readlest oath was "By the beard

the whole story. Punctuality is a cardi- early times and was probably accordand fixed in early life or not at all. Parents do their children a positive incondoning tardiness that is not absolute-

prompt and regular attendance on the their chins. part of the children.

NOTES OF THE W. C. T. U.

The Mt. Scott delegates to the state these is ex-mayor Rushlight. convention have returned happy over pattle clad in heavy false whiskers, Just why Rushlight thinks he is the results of the convention and pleased which, when an enemy seized hold of in demand is not evident to most with the efforts of the citizens of The them, came off instantly in his hand, of us. He was badly beaten at the last city election and there is.

Dalles in behalf of their entertainment. and the ancient Egyptian was enabled to dispatch him while in a trance of the last city election and there is forced by the local young campaigners no occasion for a change in sym- formed a procession and marched down pathies since that time 'He will to the station to meet the 'Georgia have at least one news aper in Cyclone." Mrs. Armour, who was the opposition to him from the start principal speaker of the convention. as evidenced by the following passed each one of the several saloons of On the way to the station the procession paragraph from the Telegram: the city and the young campaigners "It looks like a revival of the same sang their songs and voiced their yells. old fight. With Hurlburt for Sheriff The informal ballot for state president and Rushlight for Mayor the city would brought out the following names: Mrs. have again the same old system that a Henrietta Brown of Albany, Mrs. little over a year ago it repudiated. We Jennie Kemp, Mrs. Mary Mallet, Mrs. do not believe Portland wants a new Russell of Yamhill County and Mrs. castiron political machine. With these Ward Swope. The final election resulttwo men elected that is precisely what ed in the choice of Mrs. Kemp for presiwould follow. Hurlburt is the Rush- dent; Mrs. Russell, corresponding secrelight candidate. Rushlight has always tary; Mrs. Madge Mears of Linn County wanted control of the Sheriff's office. At recording secretary. A pledge of \$1000 Most puzzling of all is "Germans," the last election it was Fitzgerald. Fitz- was given for the Oregon Dry Cam-

There are but six days remaining in books being closed on the 15th. It is quite in order to try to get every known breaking off the blossoming twigs of Under the present commission charter, dry voter to the courthouse before the

In order to increase the efficiency of Mayor, it is so arranged that if the his army the Czar of Russia has enforced said she. Mayor wants to take advantage of the the total prohibition of vocks, the nasituation he can make himself absolute tional intoxicating drink, thus making autocrat of the city affairs. If the work prohibition a war measure. The government derives a revenue from the sale of vodka, yet so desirous is the Czar for success at arms that the revenue is sac-With the proposed little combination in rifleed that the men may become more

Rheumatism Pains Stopped

The first application of Sloan's Liniment goes right to the painful part-it well oiled political machine would be penetrates without rubbing-it stopes the created almost instantly and the city Rheumatic Pains around the joints and It forms the basis for a momentary would be back again where it was be- gives relief and comfort. Don't suffer! cine for all pains, burts, bruises, cuts, This is what the voting public has to sore throat, neuralgia and chest pains. Wentworth, California, writes:-"It did wonders for my Rheumatism, pain is THE Following selection from gone as soon as I apply it. I recom- be ready in a minute."-Baltimore a recent Youth's Companion mended it to my friends as the best Linentitled, "Please Excuse Mary," iment I ever used." Guaranteed. 25c.

Subscriptions to the Herald and the reads the Herald will read it and Evening Telegram will be taken for a of limited time at a combination offer of Baltimore Sun.

Either Fear, Rage or Pain Starts the Adrenal Glands to Work.

Many a person has wondered where be obtained the strength that enabled him to undergo some emergency that called for anusual physical exertion when under ordinary conditions he would be unable to control 2 tithe of that strength. It was from the adrenal glands, two little glands situated above the kidneys which secrete what is known as adrenatine and when stimulated discharge the same into the blood. The effect of this addition to the blood is to release sugar from storignorance or an indifference to the mat- blood, drive the blood from the abcentral nervous system and limbs. The "Please let Robert come home today resulting effect is to excite the muscles

Either fear, rage or pain will supadrenaline is injected, or if through "irritability" in three minutes. The sugar set free from the liver and circulated in the blood stimulates the

BEARDS IN BATTLE.

Prized as Warriors.

The habit of shaving is not of a very ancient origin. According to James Stephens in "Here Are Ladies," when humanity lived a quiet, rural and unambitious life men did not shave; of my father," showing clearly that The actual loss in school work is not this feature was held in veneration in

With the advent of war came the habit of shaving. A beard offered too jury when they belittle this virtue by handy a grip to a foeman who had got to close quarters; therefore, warriors who had no true hardihood of Parents and teachers can cooperate to soul preferred cutting off their beards

Many ancient races effected a compromise in order to retain a fitting military appearance, for a barefaced warrior has but little of terror in his aspect. The ancient Egyptians, for example, who had cut off or could not cultivate or had been forcibly deprived of their beards, were wont to go into

Clean shaven men became by this cowardly stratagem very much prized as fighting men, and thus the foundstion of the shaving habit was laid.

Names of Nations.

The names of the great nations of Europe set many puzzles to the philologist. There is no doubt that France is the country of the Franks, the free men, or that Austria is the eastern empire. But one would not so easily guess that "Russians" means rowers or seafarers-a word of Swedish origin commemorating the Scandinavian vikings. The Britons have been supposed to take their name from a word signifying variegated, in allusion to their staining their skins with word. which is not the Latir "germanus," own brother, but of Celtic origin, and has been variously interpreted as meaning "the people" or "the shouters."-London Chronicle.

Taken at Her Word. Bloomfield womas looked across her lawn to where passersby were her favorite quince tree

"We might as well cut the tree down as let it stand for people to destroy."

Half an hour later the tree lay on the ground beside a little batchet, while around behind the house the small boy of the family was getting a switching with one of the branches.

This teaches us that we should be sure of our audience before we employ hyperbole in our speech. - Newark

A Means of Approach.

Though I am not a smoker I like to carry matches in my pocket. One is always liable to be accosted on the street by some one in need of a light. To be able to give a match is a great luxury. friendship - Atlantic.

That Feminine Minute "Sit down and let's have a good talk,

I have a free hour." "Aren't you going out with your

"Yes, but she just called down she'd American.

Feminine Touch. "Pa, what is meant by a feminine

touch? "A feminine touch, my son, is a bow plnk ribbon on a fly swatter."-

Dizzy? Billous? Constipated?

Dr. King's New Life Pills will cure you, cause a healthy flow of Bile and rids your Stomach and Bowels of waste and fermenting body poisons. They are a Tonic to your Stomach and Liver and tone the general system. First dose will cure you of that depressed, dizzy, bilious and constipated condition. 25c. all

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Bad Blood, Pimples, Headaches, Bilicusness, Torpid Liver, Constipation, tc., come from indigestion. Take Po-Do-Lax, the pleasant and absolutely sure Laxative, and you won't suffer from a deranged Stomach or other troubles. It will tone up the Liver and purify the blood. Use it regularly and you will stay well, have clear complexion and steady nerves. Get a 50c bottle to-day Money back if not satisfied. All Druggists.

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

At The Churches

Arleta Baptist Church

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

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. Sund y 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. Schildknecht, Pastor.

Lents Friend's Church

9:45 a. m. Bible School, Clifford Barker, Superintendent. 11 a. m. Preaching 3 p. m. Junior C. 7 p. m. Christain Endeavor.

8 p. m. Preaching. Lents Evangelical Church

Sermon by the Pastor, 11 a. m. and p. m. 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 cordia! welcome to all. F. R. Hornschuch, Pastor.

Kern Park Christain Church

Corner 69th 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 8:45 p. m. Thursday, Bible Study

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 vices 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.

Lents Baptist Church

Bible School, 9:45 a. m. Morning worship, 11 a. m. Elmo Heights Sunday School 2:30

B. Y. P. U. 7 p. m. Evening worship, 8 p. m. The Sunday School will furnish an interesting missionary program at the evening service. All are welcome. J. M. Nelson, pastor.

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 reception of Rervices at Bennett Chapel 3 p. m.
Preaching 7:30 p. m.
Prayer meeting Thursday, 7:30
Sunday School, 9:45 a. m.
These services are for the public and you will have a good time if you come and help along the good work.

W. Boyd Moore, Pastor.

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ERADICATE THE RAT!

A Disease Breeder and Carrier That Serves No Good Purpose.

Rats are dangerous. They have no legitimate business, nor can they serve any good purpose in any community. Sanitarians are well agreed that rats are a serious menace to health. They are so filthy in their habits as tenants of the sewers and as feeders on everything dirty and diseased that it is no wonder they are carriers of disease,

parasites and plague infection. That rats are afflicted with many diseases more than bubonic plague is confirmed by Dr. Rupert Blue, surgeon general of the United States public health service, who, speaking on this point, says: "Other infections of the rat are trematodes, or flukes; cestodes, or tapeworms; nematodes, or round worms; protozoa, insects and vegetable microbes." Of the rats examined in San Francisco 34 per cent were in-

fested with tapeworms.

Plague is primarily a disease of the rat. It is communicated from the plague stricken rat to other rats and from rats to man by means of fleas, as the principal agent, yet it has been determined many times that handling a rat that has been dead of plague only a few hours gives the infection simost instantly. Two small boys while playing in an unused cellar found the body of a dead rat. The corpse was buried with unusual funeral honors. In fortyeight hours both were ill with bubonic plague. A laborer finding a sick rat on the wharf picked it up with the naked hand and threw it into the bay. He was seised three days later with plague. But the dea is the chief in-oculator. Fleas absendor a rat dead of plague and go in search of living beings who still have warm blood circulating in their veins. Bitting man they inoculate into him the living virus

which starts the disease. Since plague is a disease due to rate and rat flees and not to fith or dirty habits, there's only one thing to do to avoid plague, eradicate the rats. This can be done by making war on them with traps, poison and starvation, and by "rat proofing" against them; that is by building them out. As a result of the Chinatown plague epidemic in 1907, so efficient was the ratproof constructions that followed, that rats and plague were entirely "built out" of that part of the city.

FIRST CATCHER'S PAD.

It Was Worn by Charlie Bennett of the Old Detroit Team.

Charlle Bennett, the noted catcher of the famous Detroit team of 1886-7, often told with delight the story of

sity of some kind of armor to prevent the hot shot sent through by these speedy slabmen from caving in a rib or two which belonged to her better

After much deep thinking and con siderable labor the Bennetts shaped out something that had a faint resemblance to the protector worn today.

in a private trial it worked fine, and in the tryout Charile would let the ball alip through his hands and bang up against his chest without experiencing the slightest jar. After Bennett got used to it he wore it in a regular contest, and, with the eyes of thousands of spectators upon him, he would let a fast one bit bim square on the chest. The ball would rebound back almost to the pitcher.-New York World.

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