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Deacon Hopeful's Idee

Dear friends, when I am dead an' gone
Don't have no woful takin's on;
Don't act so tarnally b'reft
As if there wa'n't no sunshine left.
Don't multiply yer stock o' woes
By sorry looks an gloomy clo'es,
An' make the trouble ten times worse
By allers follerin' a hearse.

When I depart, it's my idee
The most consolin' thing to me,
Would be to hear the ones I tried
To comfort here afore I died
Say, sort o' smilin' through their tears,
"Well, anyhow, fer years an' years
We had him here, so let's be glad
An' thankful fer the joy we've had."

It ain't no use to make a fuss
When death comes after one of us,
The way o' Providence, I 'low,
Are as they should be, anyhow.
Things suit me purty middlin' well,
An' even at a funeral
I'd sing, amid the grief an' woe,
"Praise God from whom all blessin's flow."

—Nixon Waterman, in Merry Mood.

THE movement has begun which has for its object the bonding of the county for $1,250,000 for hard-surfacing the Columbia River Highway. According to roadmaster Yeon the amount will surface 71 miles of road, namely the Columbia River, the Sandy, the Base Line, Powell Valley, Slavin, Linnton, and Canyon roads. If we are not mistaken that makes about 100 miles. Some section of road is going to get disappointed. A good many others just about as important will not be touched. For instance, Foster road, which is all but impassable. But then people along Foster road are to be punished for not falling in with road construction plans of last year. The Foster road was scheduled for repairs by the commissioners, in January. Instead of following directions Mr. Yeon proceeded to improve the Powell Valley road. He is the whole thing when it comes to spending the money.

In listing the roads for improvement Mr. Yeon mentions the Columbia River road first. That is what Mr. Yeon is holding his job for. As soon as that road is safely done and covered with a coat of slippery Warrenite, Mr. Yeon will be ready to turn his job over to some one else.

In the meantime that road will be finished and if there is anything left of the proposed bond issue it will be spent on improvements connecting the upper river road with the lower. But it is not probable there will be anything left.

The people of the county who will be taxed for the road, except a few of the independents, will use it once or twice each year. If it were any one of the other roads of the county where the taxpayers must use them almost daily, the attitude might be different. Just what the public cannot see is why Mr. Yeon is such a sticker for Warrenite.

The way the counting was done on that Journal contest is giving quite a distessed feeling to a number of its participants. It will take some time for Journal readers to forget these criticisms and eventually the paper will suffer for the complaints.

They are still setting the date for the opening of that automobile facory in Gresham.

Some one please tell us where "Porkrose" is located.

Beards In Russia.

It is curious to note that in Russia the beard has always been an object of repute. An ordinance which Yaroslaf, son of Vladimir and legislator of Novgorod, then the capital of Russia, published in 1015 exemplifies this. By this law any one plucking a hair from a neighbor's beard was subjected to a punishment four times more severe than that inflicted for cutting off his finger.

NOTES OF THE W. C. T. U.

Mrs. Elliott, president of Mountain View W. C. T. U., Benton County, attended the meeting of Mt. Scott Union this week.

The next meeting of Mt. Scott Union will be held at the home of Mrs. Donaldson on First avenue and Marie street on Tuesday, March 23d. Those who go by the printed calendar will please make a note of the fact that the place of meeting has been changed and will be as above stated. At this meeting Mrs. Mary Mallett will present a paper on "Loyalty to the Work and Plans of Leaders." For a number of years Mrs. Mallet was president of the county union and is therefore widely known. It is expected that all her friends in this section, who can possibly do so will be present to welcome Mrs. Mallet. An address of unusual interest will be given by Mrs. Alice Wiester on "Purity in Art and Literature." Mrs. Wiester is a Chautauqua worker and art organizer, the head of art clubs and with all a popular woman. In addition to this refreshments will be served. There will be a silver offering.

Mrs. McKinley has had charge of the devotional services of the meetings since the departure of Mrs. Esther Fankhauser for California where she is spending the winter with her mother.

Mrs. Bradford and infant son attended the meeting of the union this week. It is the first time Mrs. Bradford has been with us for many months. There have been quarantines, accidents and various other causes which interfered with the even tenor of her ways, but her smile is as bright and genial as ever, making her sunny presence a joy to all.

Enthusiasm and earnestness marked the address given by Mrs. Swope at the meeting held at the McKinley home this week. Considering all that has been accomplished, her inquiry was "Have we done as much as we might?" Could we not, with a little more effort and a little more persistence have brought about later results at an earlier day? She impressed upon her hearers the possible value of the small deed left undone, the little word left unspoken.

Upon the advice of three physicians the J. Allen Dunbar family departs in a few days for residence at Long Beach, California. This will leave Mt. Scott Union without a president as Mrs. Dunbar has for the past three years been serving in that capacity. At the close of a most interesting meeting of the union the members presented Mrs. Dunbar with a gold coin as an expression of their appreciation and affection. Mrs. Inez Richardson said:

"They tell me I should make a speech;
Now why I cannot tell.
It really needs our president
To do this thing up well.
And then you know, good people dear,
A speech I cannot make,
But I'll try to give their message,
To you for friendship's sake.
You're going to California—
We hope you'll make it dry—
But we shall miss you sadly here,
'Tis hard to say good-bye.
But as you leave us, sister dear,
To seek a fairer clime
We hope you'll find there health and wealth and happiness sublime.
And as we wish you these good things,
A small gift we bring to you;
Please accept this token of the love
Of your own W. C. T. U."

BITS OF TRAVEL

Abington, Mass., Feb. 22.

Dear friends.—If for a moment you imagine that snow and ice, cold weather in general abounds back here, just divest your minds of the thought at once. for a more ideal February could not be easily found. A 40 mile auto ride yesterday without even chilled toes is worthy of note.

In my former letter I mentioned comparing the legislative doings here with our own in Oregon. Well the legislature is in session here, but as yet I can not do justice to any comparative stunt. Among the interesting matters so far none will have a greater bearing upon the future of New England than a bill asking for a $200,000 appropriation for a few years to provide for growth and extension of the state agricultural college. In this connection let me quote from an editorial in a leading daily: "President Butterfield, of the Massachusetts Agricultural College, asks that the State agree to appropriate $200,000 a year for the next few years, to provide for the growth of that institution. The request is perfectly reasonable and is logical enough, surely. If the State is going to enter upon the education of its farmers in modern methods, if it is going to introduce those methods into the farms of New England, it must realize that the money it puts out now is going to come back tenfold—perhaps a hundredfold, in another generation.

"We are getting illuminating evidences about this time of the fact that there is money in farming. In the west especially the farmers are making fortunes. A similar opportunity will not present itself every year, but there is a fine chance to clear a neat profit on a good farm every year if the farmer understands farming and also knows a little about the business of buying for his farm and selling the farm products. There would seem to be an especially good opening for the man who farms with keen and educated brains. The farming business was once rather more of a hit or miss proposition than it is today. It is being made by the best farmers rather more of an exact science than was once the fact, and so agricultural colleges that turn out fellows well grounded in books and with a knowledge also of the best scientific methods of farming would seem to be worth while to the State." Oregon legislators might with profit, perhaps, "set up and take notice.

It goes without saying that a bill to tax all the bachelors five dollars per head to support the spinsters of the state failed to pass, yet we can but query whether or no the very fact that such a bill was presented, and may like "Banquo's Ghost," not down, may result in increased activity in the marriage market. I wonder.

One bill before the legislatnre which is of common interest to all patriotic Americans, is in regard to the proper method of celebrating the "Pilgrim Tercentenary." Five different bills have been presented, all pertaining to the matter of suitably celebrating the three hundreth anniversary of the "Landing of the Pilgrims." The one universal opinion seems to be it must be something BIG.

Imitations of the "meowings" of "pussie" in distress and of feline battles upon a backyard fence were injected into the debate at a recent hearing in the legislature on the "cat license bill." It was surely the animal frolic as a "daily" expressed it, and they made a field day of fun over it. The House refused to take the bill seriously. According to the bill which is being lobbied for, the cats must have a license, and wear a collar. So far it is unsuccessful but the end is not yet.

It will be of interest to the temperance forces to know that old Massachusetts is awake to the possibilities of prohibition. They have tried local option these many years, only to find out that the drink bill in the "Hub" increases. Wm. Snaw of Christian Endeavor fame will doubtless run for governor, with a strong backing.

The woman suffrage situation here is interesting. The legislature has voted to let the question be submitted to the people at the next November election. The forces for, and against, are lining up for the battle. One factor that is made much of by the "anti's" is the fact that there are over fifty thousand more women than men in the Bay State. We will note the progress of the campaign with interest and tell you about it later.

The discussion of the Initiative and Referendum led off by a Harvard professor shows marked lack of actual knowledge of existent facts resulting in states where such a voter's method is used.

There used to be a saying oft quoted: "A fair exchange is no robbery." We are reminded of it when we learn that in 1913 two public school teachers of Brockton, Mass., exchanged with two from an Oregon city. The experiment seems to have met with favor. This week the school board voted to "do as much more." Six from Brockton schools are ready to go west and exchange with Oregon. More anon,

Lucia F. Additon.

Health In The Suburbs

BY LORA C. LITTLE

Little School of Health

Success in self-care of the health taught.
Saves money, saves suffering, saves life.
All diseases reached by my natural methods.
I see consultants only by appointment.
Phone mornings, Tabor 1673.

"What is the cause of my little girl's inflamed eyes?" The question was asked at a Parent-Teachers' meeting last week, after I had spoken to the meeting on Food in Health and Disease.

"Too much heating food in proportion to the oxygen the child gets," I answered. "Just what mistake you are making in feeding her it is impossible to say without knowing the conditions of her daily life and habits. It may not be merely want of air and excess of food, but instead deficiency of oxygen-bearing materials in her food. Sugar, too much bread and potatoes, and too little of such things as raw apples and onions, may be the trouble."

The mother hastened to insist she was careful about diet and showed considerable pride over the management of her children—pride too obviously without justification.

Such is the usual termination of what looks on the surface like sincere lightseeing. People who bring on themselves and their children the diseases from which they suffer, scout the advice they ask for and get.

A conversation later with the same mother disclosed the fact that both pie and cake form a part of even the breakfasts in her household. Learning this, the other two meals did not interest me.

An extreme case this, and yet the prevalence of diseases which are due to defective nutrition proves that we pay heavily for being badly fed. To be well fed would cost far less. It would, however, take some reading and study to acquire the necessary intelligence, and it would need the law-obeying spirit. Here is the rub. It is too much trouble; we prefer rheumatism, paralysis, heart disease, kidney disease. We prefer to have our children afflicted with enlarged tonsils and adenoids and swollen glands and rotten teeth. If we did not, these and other diseases would become so rare as to be curiosities.

Wrong eating is not the whole cause, but it is intimately connected with all other causes of disease. Correct this and other mistakes are likely to be corrected also. In the words of Dr. Charles E. Page, "One appetite controlled aids in controlling every other, making all serve the man instead of the man them; while every one let loose tends to overwhelm the man under the feet of all."

Slaves to appetite are criminals in embryo, needing only sufficient temptation to add breach of civil law to their constant breach of divine law. How are we bringing up our children?

One of the charms of Portland is her gardens. We suburbanites in this splendid climate are a lucky lot. Even the time spent getting to town and back can be turned to advantage by carrying something we need to read—at this season seed and nursery catalogues are timely.

A garden well tilled can be counted all gain and no loss. It may be to a family the foundation of character, health and fortune. The work put into it comes back in wealth of countless forms. Besides its vegetables, fruit and flowers, it yields by-products of firm muscle, sound sleep, healthy thinking—a sum total of health and prosperity. Its edible products are worth many times their market value measured in the cost of manufactured foods now used in such excess. Better health will inevitably follow where people consume more vegetables and fruit and less of flour, meal, rice, sugar, tea, coffee and canned stuff. Gluttony is chiefly due to the consumption of unnatural foods. Few will hurt themselves eating lettuce, onions, green peas, strawberries and cherries. Whenever such foods are blamed for sickness, you may put it down that factory foods were also eaten and they and not the fruit and vegetable are the cause.

An important point in garden making is to prepare for an abundance of green vegetables for the winter and early spring. Curled kale, field lettuce, spinach, onions, cabbage and the like should stand through the winter in every garden. When you want a cabbage, cut it off leaving the stump standing. These cabbage stumps will grow a crop of tender sprouts which cannot be excelled as spring greens. At this time of year a green salad or dish of greens should be served at least once a day in every home, and in restaurants and hotels the most important item on the bill of fare is this same appetizing blood purifier.

(Mrs. Little will answer questions of general interest pertaining to health and cure. Name and address of inquirer must be sent but will not be published.)