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PORTLAND now has a Public Market. Its effect in regulating prices has not been investigated to any considerable extent, and it is safe to say that in many instances the prices charged for produce were unreasonable. But it is also certain that the individuals who bought were not compelled to pay exorbitant prices. They should have held to their change. It is equally certain that people who produced the articles sold got the entire benefit of their labor. There were no speculators to absorb the profits of the farm labor represented on the market. All the profits went to the one to whom it was due. These profits have been utilized in improvements on the farm, better machinery, more home comforts, reduction in the mortgage, a few blessings for the tired housewife, and a renewed intention to grow something next year that would please the hungry consumer.

This was all for the individual who could come personally and offer his products to the public. How about the fellow who lived a little further away, and found it impossible to manage his farm and dispose of his products on the market in person. His ambitions are still at the mercy of the jobbers. Not all the evils of distribution systems are disposed of yet. The Eastern Oregon boy who shipped his potatoes via Walla Walla to the Seattle commission merchant was delighted to hear from a friend that his packages were bringing \$2.25 each. The friend had bought one and found his name on it. But his agricultural ambitions were permanently suppressed when he received his account of sales and found he had just \$2.25 to his credit for the entire invoice. That sort of thing has been going on since commission men were first born. It is going on here in Oregon now, and the city would do well to reserve a few of the new booths that are about to be established, employ managers, and retail consignments from points too distant for the producers themselves to be on the ground with their products.

ACERTAIN contemporary not long since spent a whole day and an entire page of manuscript in showing how much the state was losing by not dismissing the suits against the Oregon and California R. R., and thereby necessitating that organization to pay its annual taxes which have been held up while the suits are pending. These taxes amount to \$466,000 annually. If the suits are decided for the government the state will likely be compelled to patrol the forests and pay for it. The forests are likely to go into the reserve.

That would not be half bad. If the land reverts to the government, the state will share in any income from the land. That income ought to be several times what will ever be derived from it as farm land or taxable property. If the government takes this back it must in a short time provide some way to market the mature timber. Any reasonable plan will preserve the growing forestry, and secure an income from the portion marketed, and dispose of the leavings, brush and stumps. Of course we are not so much concerned. But it will only take a few trees to produce an annual income far in excess of any that might be derived from mere taxation.

Oregon's forests, if handled by the government wisely, will prove a far greater source for state and national wealth, than they could ever be if converted into farm land, farmed and productive as the average farm is. The more of these magnificent trees preserved for the future the wealthier we will be.

NOTES OF THE W. C. T. U.

The next meeting of Mt. Scott Union will be held at the home of Mrs. E. M. Scheurman, third avenue, near the car track, on April 13th. Mrs. Fankhauser is expected to give a paper on "Systematic Giving," Mrs. Drake on "Anti-Narcotics" and Miss Chapman on "Sailor's Work."

The Supreme Court of Oregon has decided that the personal liberty of a woman is not interfered with by ordinances barring women from places where liquor is sold. In this, Justice Eakin reversed the Circuit Court of Tillamook County. This decision of the upper court upholds city ordinances excluding women from such places.

On Friday afternoon of last week a most interesting series of contests were held in the Lents school. Three pupils won and were awarded silver medals by Mt. Scott Union. Mrs. Otto Katak, president of the Parent-Teacher Club presented the medals to the winning pupils and each pupil participating was presented with a lapel button bearing a portrait of Francis E. Willard, the great reformer and temperance worker. A class of twelve boys and girls of the fourth and fifth grades first recited the selections chosen from the contest books. The judges of this class were, H. A. Darnall, Mrs. Ward Swope and Mrs. C. S. Bradford. Out of the twelve they selected Irene Hollenbeck as the one most nearly filling the requirements of the contest. The sixth grades of the school presented a class of six girls. The judges were, Mr. L. D. Mahone, an attorney from Portland, Mrs. John Riley and Mrs. Prior. Of this class Sylvia Stephenson was awarded the silver medal. The seventh, eighth and ninth grades presented a class of six. The judges were, Mrs. Lilian Downing, Mrs. Cecil Horning and a gentleman from Portland. From this class Alexander Robb was chosen as the silver medal winner. The utmost good feeling prevailed throughout the contest and the winners were greeted with hearty applause by their fellow students. The large number of persons attested the interest taken in this work by the people of the community. With six silver medals to the credit of the school, some boy or girl is now entitled to be decorated with a gold medal and it is expected an opportunity will soon be given the holders of the six silver medals to try for a gold medal.

Arabs and Girl Babies.

It is a sad day in an Arab home when a girl is born. The musicians who have come to the house with their drums, their shepherd's pipes and all their strange musical instruments burst into wild wailing if the door is seen to open slowly and a head shake silently and sadly and then withdraw behind the closed door. All the rare food which has been prepared in the hopes that the new arrival is a boy is put away and the wailing guests turned from the house. For why, they say, should one feast and have music when another superfluous woman has been brought into the world? Though human nature is what it is, the little girl is not wholly unloved. She is given some pretty name, such as, translated, would be "star," or "dawn," or "pretty," or "pleasant." When a boy is born the rejoicing, on the contrary, is hilarious in the extreme. Welcomes are chanted by stringed instruments, the praises of the family are sung, and a forecast of the great deeds to be done by the son are recited.—Exchange.

In a Quandry.

In a foothill California district there is a man who runs a small ferry across one of the rivers, charging twenty-five cents for one transportation of a single team and forty cents for a double one. One afternoon in the early days of automobiling a city man drove up to the ferry in a touring car and attempted to go on to the boat, but was held up by the captain, who told him to wait. Finally, after the boat had crossed the river two or three times, the motorist began to get impatient. "Can't take ye over yet," answered the captain in response to the motorist's demands. "Ter the fust one o' them things that ever crossed here, an' I don't know what ter charge ye." "Don't know what to charge me?" "Nope; I've sized ye up fore and aft, an' I'm durned if I know whether to charge ye as a single rig or a double team."—Argonaut.

Health In The Suburbs

BY LORA C. LITTLE

Don't drift. Steer your own ship, instead of leaving it to wave and wind. In other words, get a purpose, and "hold to it with the tug of gravitation." Aimless people are mental and moral hoboes, little if any above the Weary Willie class. The world abounds with them. "Most of people are just one couple more," remarks Emerson.

The trouble is part timidity and part laziness. Timidity prevents a man from being an individual. He does not ask himself, he asks others—what to do, what he shall think, how he shall feel. He thus robs the world of a man and gives a shadow. It is the individual that counts; the vague, the uncertain and the purposeless are the no-accounts. We get our knowledge and many suggestions from outside sources, our judgments and decisions should come from within.

"Man, let me hear a living man That listens to himself." If one really desires to overcome timidity, it will be overcome, and the "living man" will step forth. Deal similarly with laziness. Cultivate desire. Grow ambition. Study people who accomplish things. Associate with those whose influence moves you to action. Then act. Get to work and keep working.

The state of health and the food one eats have their effect in producing laziness and incompetency. Systems clogged with imperfectly digested food—as in case of all fat persons, for example—have brains that do not work well. Such persons get "balled up" mentally. It is worth while to know how to feed oneself. Perhaps the greatest lack in the average dietary is in the direction of uncooked fruits and uncooked vegetables. These contain the salts that complete digestion and dissolve morbid accumulations.

I talked last week with a woman who weighs three hundred pounds. She filled a rocking chair—her usual station in life. She has "tried everything" to reduce herself to human proportions, and was discouraged. Show me a fat person with ambition and mental energy, and I will show you one who will melt down his tallow. It is all a matter of will and a level head. (The head can be borrowed.) It is of course easier to do in the early stages of the disease. It is possible in any stage.

I can understand how one of average size might accumulate twenty-five

Rheumatism Yields Quickly to Sloan's

You can't prevent an attack of Rheumatism from coming on, but you can stop it almost immediately. Sloan's Liniment gently applied to the sore joint or muscle penetrates in a few minutes to the inflamed spot that causes the pain. It soothes the hot, tender, swollen feeling, and in a very short time brings a relief that is almost unbelievable until you experience it. Get a bottle of Sloan's Liniment for 25c. of any Druggist and have it in the house—against Colds, Sore and Swollen Joints, Lumbago, Sciatica and like ailments. Your money back if not satisfied, but it does give almost instant relief.

DAIRY WISDOM.

Carelessness and cruelty go together. The cows should be petted and called by name. They quickly respond to such treatment.

If the cows must be let out to drink make a path for them through the snow. It will be money in your pocket.

Don't "guess so" or even "think" in feeding or otherwise dealing with your cows. Know; then you are on safe ground.

Don't let the dairy herd shiver in the barnyard.

Lying on cement is apt to bring lumps on the upper part of the legs of cattle. Either bed deep or plank the cement over.

Old Cures.

The antiquary took down a little gray book. "Here is a 'family doctor,'" he said, "that was published as far back as 1561. Talk about your quaint prescriptions!" The first prescription, a truly quaint one, ran: "If a man be greved with the fallinge sickness, let him take a he-wolves harte and make it to powder and use it; but if it be a woman, let her take a she-wolves harte." A 1561 jaundice cure was: "Take earthwormes and cut them small, and braye them with a little wyne so that ye may swallow it; drinke the same fasting." For toothache: "Seeth as many little frogges sitting upon trees as thou canst get, in water; take the fat slyowge from them, and when nede is, anoynt the teth therewith."

Constructive Criticism.

He—is your literary club progressing satisfactorily? She—indeed it is. At our last meeting we had a perfectly fascinating discussion of style. He—Fine. Shakespeare or Shaw? She—Neither. Skirts.—Richmond Times-Dianath.

pounds of superfluous flesh without taking warning; but long before an extra fifty or hundred and fifty have been added on, common prudence should suggest a right-about-face.

Fat folks above all others like to do easy things. Therefore one way to correct the fat tendency is to cultivate ambition and a love of difficult tasks. This prescription, however, will empty few rocking chairs. The fat are easily discouraged—or reconciled, it comes to the same thing. A fat rheumatic visited the office of a doctor friend of mine. "Go home and fast three days. Then come here and I will give you a treatment," was the doctor's order. "Do you think I am going to starve myself to death?" exclaimed the indignant patient, and he took himself home to stuff and nurse his rheumatism.

We all get what's coming to us. Nobody is cheated, in the long run. Health and success, happiness and prosperity, all the good things of life are to be had for the price. And disease and failure cost just as much—in the long run. It is all a question of whether we will discipline ourselves or let life discipline us later on; whether we will use the life and power given us, or abuse and lose them. Hence, the winners need sympathy less than plain talk.

I saw the father of a family sitting discouraged in his home, the other day. He said he had not had work since last July. I asked him if he had a garden. He replied that "he had planted a garden all right." How much? Oh, about 35x50 feet, all he needed.

All around him lay idle lots. Why was he not digging up more ground, planting more potatoes, cabbages, carrots, parsnips, onions. He had the tools, he had the time. He could surely get the seed in some way. That would be better than sitting around waiting for a job. If you will notice, moving bodies stir things up, set things going, draw things and events along in their wake. Therefore keep doing. Do the most worth-while thing you know, and you not only are never out of work, but your work will produce results that will pay you.

(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.)

Cave Spiders.

Spiders of several kinds are found in caves. They are uniformly small, weak and of sedentary habits. No webs do they spin save a few irregular threads sometimes. What they live upon is rather a puzzle, though it is supposed that they catch stray mites and other such small fry.

Burns' Poverty.

Robert Burns, writing only fourteen days before his death, implored his friend Cunningham to use his influence with the commissioners of excise in order to get his salary raised from £35 a year to £50, "otherwise if I die now of disease I must perish with hunger."

Very Much So.

"I saw young Jones do a touching act today."

"What was it? Did he rescue a human derelict or did he help a poor mother?"

"No; he borrowed \$5 from father."—Baltimore American.

Draft of a Vessel.

Draft is the distance in feet from the lowest part of the bottom of a vessel to the actual water line at which the vessel is floating.

Beware of Ointments for Catarrh That Contain Mercury as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free. Sold by Druggists. Price 75c per bottle. Take Hall's Family Pills for constipation.

NOTICE TO CREDITORS

In the County Court of the State of Oregon for Multnomah County.

In the matter of the estate of Thomas Preston, deceased.

Notice is hereby given that the undersigned, Naoma Jane Preston, has been appointed executrix of the estate of Thomas Preston, deceased, by the County Court of the State of Oregon, for the County of Multnomah, and has qualified as such.

All persons having claims against said estate are hereby notified to present the same properly verified to undersigned executrix at the office of her attorney, Harry E. Hall, 6510 Foster road, City of Portland, Oregon, on or before six months from date of the first publication of this notice.

Dated and first published February 4, 1915.
NOAMA JANE PRESTON, Executrix of the estate of Thomas Preston, deceased.
HARRY E. HALL, Attorney for said estate, 6510 Foster Road, Portland, Ore.

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