

MT. SCOTT HERALD

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THIS is a time for careful considerations of any important public matter. On next Wednesday a bond election will be held in this county, deciding the question of bonding this county for \$1,250,000 for the purpose of building roads. The financial conditions throughout the county have not been worse within the past fifteen years than they are right now. Not in fifteen years have so many people been out of work and driven to the verge of destitution as may be found right now. The tax collection officers admit that altho the assessments this year were about 20 percent less than last year, less than half of the taxes to be collected have been paid. Now when we recognize that a considerable number of people have paid in full, and others have paid half, it will appear to us that a very large number have not been able to pay anything. Tax delinquency has been estimated at between a million and a half and two million dollars. It is an open question whether people who have not been able to pay their taxes are going to be anxious to vote more burdens on themselves, be they ever so small.

Another view of the distress in our midst is seen in the estimate of nearly \$900,000, possibly some more, of delinquent street assessments to be found throughout the city. A delinquent assessment is a mortgage, virtually against one's property. People who cannot pay the assessments on the streets before their homes are not going to be so unreasonable as to vote upon themselves the duty of helping to pay for a road in front of some other person's home.

The levy for road purposes in the county last year was \$716,583.77. At that the county tax for general and improvement expenses were less than they were the year before. With this \$716,583 all the \$600,000 of improvement has been made on the Columbia River grade and a considerable amount of repair work in addition. If the roads of the county are to be hard surfaced they might be completed by direct taxation in two years at a similar rate, and still have \$150,000 left for repair work.

Thus would just \$584,000, the approximate interest on \$1,250,000 for the fourteen years which this bond issue will run, be entirely saved. The county court has signified its intention to make the improvement even should the bonds fail. Very few people in the country will oppose the expenditure, but a lot of them will not look with favor upon a plan that will require the expenditure of \$584,000 just for interest on something that can be raised with comparative ease by direct tax.

NOTES OF THE W. C. T. U.

The March Institute of Multnomah County Woman's Christian Temperance Union was held in county headquarters Thursday, the twenty-fifth. The morning program was in charge of Mrs. Neal B. Inman, evangelistic superintendent, and Mrs. DeLong, assistant pastor of the White Temple, was the principal speaker. "Our Present Need," was her theme, and she made it plain that one of the greatest needs of today is training, Christian training, patriotic training. Miss Bradley read a paper written by her grandmother, Mrs. Despain, of Pendleton, over twenty-years ago. The noonday prayer, by Mrs. Unruh, closed the morning session. The topic for the afternoon program was "Peace," Mrs. Alice Hanson in charge. Mrs. Blanchard opened the service by reading from John 16, and commenting briefly on the scripture lesson. She was followed by Mrs. Ward Swope, who gave a short talk on

"How will the Present European Conflict Affect the United States?" Mrs. Mattie Sleeth gave the address of the afternoon, taking for her text Proverbs 16:7; and Leviticus 28. Dr. Nina Wood, representing the World Peace Association, outlined briefly the plan of the organization. The question of military drills in schools and colleges came up for discussion, as well as the Boy Scout movement, and its relation to militarism.

The next Institute will be held April 16, in the Anabel Presbyterian church, and will be in charge of the Superintendent of Temperance in the Sunday School. Sunday School workers will find this both interesting and helpful.

All Mothers' Clubs are interested in the rules laid down by Mrs. Stoner, mother of the twelve year old girl who speaks eight languages, writes stories which are printed in magazines accompanied by her own illustrations, teaches Esperanto at the Carnegie Institute at Pittsburg and does various other things usually accomplished by adults. There are numerous fine specimens of babyhood in the Mt. Scott district but nothing has been reported, so far, approaching the advancement of this New York girl. "Every mother," says Mrs. Stoner, "may have as bright a child," and then she gives the simple rules which she has followed. There are ten of them each beginning with "Thou Shalt Not" but which briefly are: No physical punishment; no scolding; no don'ts; no musts; no occasion to disrespect parents; never frighten; permit no "I can't"; always answer questions; never tease; make home the most attractive place a child can find. In short educate, restrain, control thyself and permit the child to live its own life unhampered by the ungoverned temper and selfishness of the parent. If it is in this way the super-man and super-woman is to be produced it is worth while trying.

Out of the great evil of the war in Europe some good is coming as witness the awakening in Great Britain to the evil effects of the rum habit. The King of England banishes all spirituous drinks from the royal table and prohibition is to be enforced throughout England. This step has been taken because of the inefficiency of alcoholic drinkers which makes failures where success would otherwise follow the steady hand, the quick mind and the clear eye of the abstainer.

The next meeting of Mt. Scott Union will be held at the home of Mrs. E. M. Schenman on Tuesday next, April 13. Papers from three department workers will be presented. All are invited.

The J. Allen Dunbar family have arrived at their new home in Long Beach, Calif. The ocean voyage did all for them an ocean voyage is expected to do—they were all seasick.

All superintendents of the Mt. Scott W. C. T. U., are requested to be present at the next meeting, as important business is to be brought before the Union.

An electric line planned up Mill Creek is to tap the timber belt at The Dalles.

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.

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.

Health In The Suburbs

BY LORA C. LITTLE

It is all so simple and easy and cheap, this matter of health; and we have got into the habit of thinking it costly and complicated and difficult. That is really the whole trouble. Here are a few cases, lately observed by way of illustration.

A slender, hollow chested school girl of twelve has had pneumonia twice. Her voice is a mere thread of sound. Her whole appearance indicates delicacy of organization and feebleness of constitution. Her mother is anxious, but beyond employing a doctor and worrying, she knows not what to do. Here is a prescription, which, applied, will with certainty save from the impending doom of consumption and enable the girl to become a healthy and passably strong woman.

She should practice a blowing exercise daily. Just pucker up the mouth as if to whistle and blow for dear life. Do this twenty-five times a day for the first week, fifty times daily the second week, and thereafter one hundred times a day. The diet should be the simplest possible. Brown bread and vegetables in variety should form the chief part of the rations. In summer, one meal a day should be of uncooked fruit and a cup of milk—or of fruit alone. Absolutely no tea, coffee, cocoa, sugar or candy. An hour or two a day in the garden barefoot will help. Clothing so loose as not to touch the body, waist and chest, and as light as consists with comfort.

A man of sixty has a "game leg," has been laid up for two years, owing as he thinks to a strain of the leg in 1913. Like all the chronics, he has had doctors of many kinds, without result save a depleted purse. He spends his time sitting around the house and limping about the yard, never failing to appear three times a day at the family board, where he enjoys the usual over-cooked, over-seasoned conglomeration of edibles.

He needs precisely the kind of treatment he would give a stiff old horse if he had one. He wants to be turned out to grass and made to rustle his own fodder. Translated, this means, he should live on the vegetables and fruit he himself raises and gathers in his own garden. If he works a bit, he may have a small grain ration daily, in the form of rye, wheat or corn bread. Not for him are cake, pie, pickles, preserves, sugar, coffee and tea.

Very likely he would prefer to hobble around and pamper his appetite. Let him, but he is then entitled to no sympathy.

A woman sixty years of age, paralyzed two years ago, is now able to walk about and has partial use of hands and arms. She happens to be a vegetarian who would rather die than eat flesh. Her

diet has been bad, and the hot bath habit has helped to put her where she is. She has will power and mental capacity.

She can greatly improve her condition by following these directions. Morning and night, on rising and retiring, take an air bath. At first of fifteen minutes duration, gradually increasing to an hour or more. While the weather is cool, her airing should be by the fire, later in the season it should be a sun bath. Friction of the entire surface with a brush or mitten of rough material, should be applied by the patient herself—power to do this will come with practice. Water should be drunk freely. The food should be chiefly of uncooked fruit and vegetables in as great a variety from day to day as the season affords. Rye-Krisp, or unleavened graham bread may be eaten once a day and nuts once a day. Cooked vegetables may be eaten occasionally. Sugar not at all, and salt only in the smallest quantity. She must avoid tea, coffee, and all warm drinks, vinegar and pepper, as well as drugs of every kind.

A rosy-cheeked girl of fifteen is hobbling on crutches, one foot and ankle and one wrist and forearm in plaster. Why? Oh, she had a swollen arm and a medical man says it is tuberculosis, and she sprained her ankle a year or more ago and it has never got strong.

I make no bones of saying the treatment is one to destroy rather than save. Her cure lies in food. She should live wholly on uncooked vegetables and fruit, with the single exception of unleavened bread three times a week. This diet will purify and strengthen and renew. By this means she will exchange her weak and rotting tissues for plaster healthy ones. Those wretched plaster casts should come off forthwith. The affected parts should be bathed three times a day in cool water and gently rubbed and massaged. The young woman should have some garden work to do, and should stay outdoors all day long, working all she is able, and when tired resting at full length on the ground. Strictly and faithfully carried out, this will cure her.

Self-cure is the only cure worth while. All others leave you a weakling and a dependent. Why not run your own machine? It is inexpensive, it is self-respecting, it is educational, it is great fun. It requires neither drugs, surgery nor serums. It requires the medicines of sunshine, fresh air, water, simple food, exercise and rest.

(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.)

A HOUSE WITH INDIVIDUALITY.

Design 829, by Glenn L. Saxton, Architect, Minneapolis, Minn.



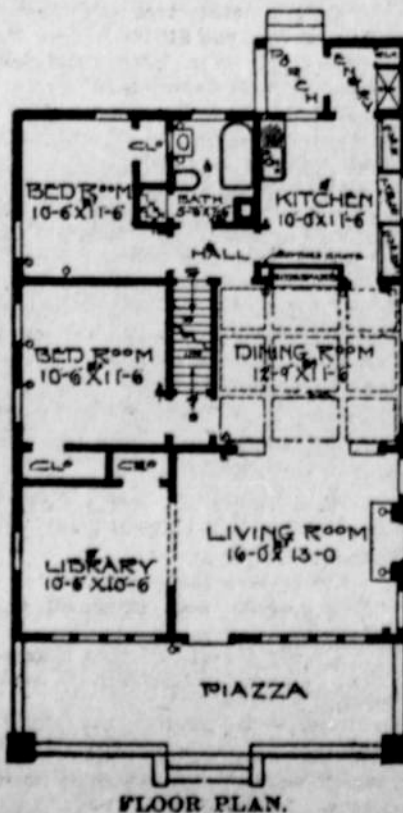
© by Glenn L. Saxton.

PERSPECTIVE VIEW—FROM A PHOTOGRAPH.

Beginning with the cobblestone piers every feature about this house has individuality. Can be built for \$2,735, exclusive of the plumbing and heating. The hot water plant can be put in for \$325, complete open plumbing can be put in for \$345, making a total, including the plumbing and heating, of \$3,400.

The floors in the library, living room and dining room are clear quality of one and a half inch face red oak. The floors for the balance of the house are clear quality maple, one and a half inch face. The finishing for the front rooms is clear quality of red oak; the balance of the house is finished in clear birch stained with a brown stain.

Upon receipt of \$1 the publisher of this paper will supply a copy of Saxton's book of plans, entitled "American Dwellings." The book contains 254 new and up to date designs of cottages, bungalows and residences costing from \$1,000 to \$6,000.



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