

THE Kern Park Fire Department is making a "clean up" investigation of property in the Mt. Scott district. They send out a man who takes a street at a time and examines every house from cellar to garret, and makes a report of the conditions he finds.

Then filthy cellars are disease breeders. They reek in slime, mould and decaying vegetation, roots and timber.

It is best to have clean surroundings, even if you don't want to be caught dirty.

THERE is a good deal of complaint about the road improvement that is going on on Foster Road and Powell Valley. It seems to be a little early to complain, yet it surely looks like a doubtful job.

Bits of Travel

Dear friends: Where did I leave off. Dear me, how time flies.

Talk about weather! Well the weather man at this end of the lead has been cutting up some queer pranks. For instance, yesterday morning at 1 a. m. the thermometer stood 72, at noon 50 and at midnight following, 30.

They are having a strenuous time at the state legislature, trying to find out what an immoral play is. "The Birth of a Nation," a spectacular moving picture show is the disturbing element and who knows but what it was the beam-bered moral atmosphere that caused such a terrific drop in the ozone.

The latest news from the great Woman's Suffrage Campaign that is on, is the opening of a "Suffrage Shop" on State street, where enthusiastic suffragists are aiming to convert the brokers and bankers. Have you heard of the "Campaign Kite" they are sending out to the 37 non-suffrage states for the famous May Day demonstrations.

Ex-governor Foss has jumped onto the water wagon. He may be the logical candidate for governor. The state of each party is now being made up and if rumor says right, there is something doing behind the scenes. We shall soon see. Ex-governor Foss declares sympathetically that the whole country is going dry. The labor element, connected with the liquor traffic, is organizing to oppose prohibition. The same old arguments are used here that were torn in shreds in the Oregon campaign. The fight is on and its development will be of interest by and by.

Some of my friends will remember how earnestly I have advocated an industrial bureau of national scope as the best solution of the unemployed problem. So it goes without saying that it is with great interest I note the plan of Caleb Howard to organize a "New Bureau"—a sort of a jobless exchange. This bureau is to include committee men in every large city, working in cooperation to help the worthy unemployed. It is a move in the right direction.

"Patriots Day" in Massachusetts is a great holiday. Formerly the April holiday was a "fast day" but as it had resolved itself into a "fare" day, it was blotted out and Patriots Day substituted. It is the very beginning of the history of our republic that is commemorated on this day. Verily it was a watering anew of the seeds of patriotism planted by the sturdy men of 1776. What sacred memories cluster round them.

The Woman's Forestry Club of Portland would have been delighted to have seen the Arbor Day exercises on Boston Common presided over by the Mayor of the city.

In the group of those that partici-

ated in the ceremony was Miss A. Gould, daughter of Dr. Augustus A. Gould, to whom is given credit for naming the tree on the Common and for placing tags on them so as to indicate their species.

Miss Gould was called upon to throw the first spadeful of earth around the base of the second tree.

Before planting the first tree near the Parkman Memorial bandstand, Mayor Curley addressed the 200 spectators. He named the tree "Liberty Tree" and said that he hoped that before the tree leaved, peace would be declared in Europe.

While the planting was going on the Mayor said:

"In conformity with a long-standing custom, I plant these trees on the sacred soil of Boston Common today. I sincerely trust that before the foliage appears on this tree, blessed peace shall replace the fearful old-world war of today, and that, before this tree shall have attained to full growth, free republics will spring into life where now monarchical forms of government and absolute despotism exist.

"May the Great Father of all mankind hasten the day when the spirit of tolerance, fraternity and justice replace the blood-lust that today holds forth among the warring nations across the sea."

But visions of a waste basket under the editor's desk looms up before me my letter is running to such a length and I have not told you of the delightful auto ride to Buzzard's Bay. When I viewed the Cape Cod canal and saw the herring run. What a sight. But I will tell you all about it later. Cordially,

Louis Addison.

ARSENICAL DUST VERY HELPFUL IN GARDEN NOW

An arsenate of lead powder is very helpful just now in controlling the biting insects that are now likely to attack several kinds of crops. Any standard arsenate of lead powder may be secured, mixed with an equal amount of sulphur, flour, sifted ashes or any finely powdered neutral substance. One of the best of these powders, according to Professor A. L. Lovett, insect pest specialist at the Oregon Agricultural College, is the sifted ashes. The mixture is put into a small sack, or bag of similar material, and shaken over the plants until the right amount has been applied. Being easily seen the operator can apply as much or as little as he wishes. If applied in early morning the moisture will cause the material to adhere to the leaves more closely.

"This powder is very effective in controlling flea beetles, spotted squash beetles—sometimes called yellow lady bird—slugs, and other leaf-eating pests that attack such crops as beans, lettuce, corn and squash," said Professor Lovett. "An application every ten days should keep the pests under control except when followed by a rain, in which case the new application should be made when the rain ceases.

"Another means of securing protection from the leaf eaters to be used in connection with the powder is the use of trap crops. If in planting beans, for instance, a few hills of squash are planted, some of the vines may be allowed to bear fruit while others are left unsprayed or unsprayed to attract the pests. The pests move about freely from place to place, and simply killing off or driving away a single infestation does not secure immunity from further attack. Protection can be secured only by repeated measures."

How's This?

We offer One Hundred Dollars Reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Toledo, O., Va., the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligations made by his firm.

NATIONAL BANK OF COMMERCE, Toledo, O., acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price 75 cents per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.

MAN TAKES HIS OWN MEDICINE IS AN OPTIMIST

He has absolute faith in his medicine—he knows when he takes it for certain ailments he gets relief. People who take Dr. King's New Discovery for an irritating Cold are optimists—they know this cough remedy will penetrate the linings of the throat, kill the germs, and open the way for Nature to act. You can't destroy a Cold by superficial treatment—you must go to the cause of the trouble. Be an optimist. Get a bottle of Dr. King's New Discovery today.

Health In The Suburbs

BY LORA C. LITTLE

Health and prosperity depend on obedience to the underlying laws dependent on playing the game of life according to the rules.

But we never get a clear practical understanding of the laws without knowing what is the root law from which all the rest grow. The great root law is the Law of Use. All other laws and rules of life that have any title to be called law are merely specific or limited expressions of the Law of Use.

The means service, means exercise. Opposed to it are love of rule, self-indulgence, laziness—all at-use and misuse.

In service, usefulness, your underlying motive in life? Do you have your work for the use it serves in the world? If your life is right on this point you have laid one great foundation stone of a successful and happy life. Love of the use in your work sweetens its drudgery. A burning desire to serve opens new worlds to you and keeps life interesting and progressive.

But this is not all. To obey the Law of Use implies the use, and not abuse or misuse, of all your gifts and powers. Coming down to the body, take those two abused organs, the lungs and the stomach; does your daily life so shape itself that these are used and not abused? Know that breathing corresponds to desire, aspiration, prayer. To use the lungs strongly is to do the one great thing given you to do to receive the inflow of life. Just as desire or prayer makes man receptive on the mental plane, so does breathing make him receptive to life on the physical. Breathe, then, use your lungs, get in line with the Law of Use in relation to the lungs and breathing; do it thoroughly and you cannot but grow in health and power.

Use of the stomach is a vastly different thing from the nearly universal abuse that at present is responsible for much disease. Appetite, the call for food, signifies in the healthy the need of nutrition. Eat for the body's needs and you eat to serve those needs and through

them the higher needs of the spirit. Plain and simple food, that does not tempt to overeating, is the food that meets the needs of the system. Do you obey the Law of Use here? Or, do you demand the things that gratify the palate regardless of the stomach's needs?

Here is a mere hint of the directions in which we may take advantage of this law. It runs everywhere, touches every phase of life and is obeyed or ignored every moment of life. No line of study and thought can be more practical or more interesting.

One good way to go about it, and an extremely practical way for most of us lawbreakers, is to begin with one's failures, pains, diseases and unhappiness generally. Ask yourself wherein they point to violation of the Law of Use. That is what pain is for. It is a warning of broken law. Follow up the pain to its source and you will find, if your search is sincere and honest, the cause is some willful violation of the Law of Use.

NOTES OF THE W. C. T. U.

The meeting of Mt. Scott Union last week developed into a house warming for the hostess, Mrs. Julia Scott. A gift of remembrance was presented to her by the president, Mrs. Sommerfeldt, and a speech of felicitation was made by the speaker of the day, Mrs. M. L. T. Hidden, who referred in terms of tender appreciation not only of Mrs. Scott but also of her mother, Mrs. Rand, who was the neighbor and friend of Mrs. Hidden back in Vermont. Mrs. Scott has for four years been the faithful secretary of Mt. Scott Union. "Temperance in the Social World" was the subject of the address by Mrs. Hidden. Among other things she made an application of conditions as cited by Mary Antin in her recent lecture in Portland and in her book, "The Promised Land." Mrs. Hidden spoke of the drift of the pulpit utterances of the popular preachers of the day, deploring their departure from the old accepted faith. She exhorted women to be steadfast in their adherence to that which she considered to be fundamental in religious thought.

Mrs. Sommerfeldt and Mrs. Richardson have been made captains of the membership contest to be taken up by Mt. Scott Union. Arrangements have been made with Rev. Nelson of the Lents Baptist church, to deliver a sermon on "Sunday Observance." The pastors of the different churches are to be asked to make this topic the subject of a special sermon on some stated Sunday, and every member of Mt. Scott Union, who can possibly do so is urged to be present at that particular church on that occasion. Announcement of the dates will be duly made public.

A consolidation of the programs of the two meetings in May has been made and the combined program will be given at the Friend's Church on Tuesday, May 25. This arrangement was made to permit of the acceptance of the invitation of the Arieta Union to meet with them in early May. The next meeting of Mt. Scott Union will be at the home of Mrs. Ward Swope in Arieta on May 11th. This is the date and place of the regular meeting of the Arieta Union of which Mrs. Stella Wilson is the president. Mrs. Wilson and Mrs. Swope have joined in extending an invitation to Mt. Scott Union to hold a joint meeting, which invitation has been accepted. As their part in the program Mt. Scott Union will issue a newspaper, the different departments being supplied by the several members.

Airing Mattresses. If you have a flat roof take every mattress in the house up there once a week and leave them in the hot sun for several hours. They will then be fluffy and sweet smelling. It would be well for the pillows and bedding to receive the same treatment.

A mattress will be easier to handle if straps are attached to the sides, and for this purpose pieces of old suspenders are very satisfactory, or strips made from bed ticking. Sew the straps or handles on firmly, two on each side.

Just So. "I don't know that I would have the nerve to appear in a monocle. My friends would probably give me to death. Still I like to imagine myself with a monocle."

Sure They Were. "Walter, are any of the compounds on this bill of fare of a deleterious nature?" "Oh, yes, sir. We have the latest things out."—Baltimore American

If fun is good truth is still better and love best of all.—Thackeray.



John Drew in the Romantic Comedy, "Rosemary," at Heilig Theatre, May 10-11-12. The famous American actor, John Drew and his splendid supporting company, will present the charming romantic comedy, "Rosemary," at The Heilig Theatre, Broadway at Taylor streets, for 3 nights, beginning Monday, May 10. A special price matinee will be given Wednesday.



People Delay the opening of a Bank Account when they could have been building up a fortune in reserve without feeling the small weekly portion they might have withheld from their careless expenditures.

Such an account once begun is watched with as much enthusiasm as the growth of a beautiful flower, or the development of an idolized child. The pleasure one gets in watching such a resource gradually enlarge is not an unworthy one. It ensures you of comfort and safety in maturer years, and is as commendable a resource as a home, beautiful grounds, or domestic animals.

Come in and let us tell you how to begin. Every wage earner should build up this insurance against future uncertainties and want.

THE MULTNOMAH STATE BANK LENTS, OREGON

Some Forms of Rheumatism Curable

Rheumatism is a disease characterized by pains in the joints and in the muscles. The most common forms are: Acute and Chronic Rheumatism, Rheumatic Headaches, Sciatic Rheumatism and Lumbago. All of these types can be helped absolutely by applying some good liniment that penetrates. An application of Sloan's Liniment two or three times a day to the affected part will give instant relief. Sloan's Liniment is good for pain, and especially Rheumatic Pain, because it penetrates to the seat of the trouble, soothes the afflicted part and draws the pain. "Sloan's Liniment is all medicine." Get a 25c. bottle now. Keep it handy in case of emergency.

NOTICE OF FINAL ACCOUNT

In the County Court of the State of Oregon for Multnomah County. In the matter of the estate of Henry E. Pease, deceased. No. 11326. Notice is hereby given, that the undersigned, administrator of the Estate of Henry E. Pease, deceased, has filed his final report and account and petition for discharge as administrator with the County Clerk for Multnomah County, Oregon, and that the above court has set the same for hearing and examination on Monday, the 31st day of May, 1915, at the hour of 9:30 o'clock a. m. of said date, at its court room in the County Court House in the City of Portland, said county and state.

Any and all persons interested are hereby notified to file objections, if any, to said final account at or before said hour of hearing. I. L. PEASE, Administrator of the Estate of Henry E. Pease, Deceased. Dated April 24th, 1915. "Kaloeb Zollinger & McDowell, attorneys for administrator. Date of first publication April 29. Date of last publication May 27.

NOTICE OF SHERIFF'S SALE

In the Circuit Court of the State of Oregon for Multnomah County. J. H. Nash, Plaintiff, vs. J. Crick and Rachel Crick, husband and wife, Frank E. Mason, Estacada Townsite Company, a corporation, and Estacada State Bank, a corporation, Defendants. E. 1905. And J. H. Nash, Plaintiff, vs. J. Crick and Rachel Crick, husband and wife, Frank E. Mason, Estacada Townsite Company, a corporation, and Estacada State Bank, a corporation, Defendants. E. 1905. And J. H. Nash, Plaintiff, vs. J. Crick and Rachel Crick, husband and wife, Frank E. Mason, Estacada Townsite Company, a corporation, and Estacada State Bank, a corporation, Defendants. E. 1905.

By virtue of an execution, judgment order, decree and order of sale issued out of the above entitled court in the above entitled cause, to me directed and dated the 20th day of April, 1915, upon a judgment rendered and entered in said Court on the 10th day of April, 1915, in favor of J. H. Nash, plaintiff; Estacada State Bank, a corporation, Defendant and Cross-complainant, and against J. Crick and Rachel Crick, husband and wife, and Frank E. Mason, Defendants, for the sum of \$7327.86 with interest at the rate of 7 per cent per annum from the 8th day of April, 1915, and for the further some of \$26.00 costs and disbursements, and the costs of and upon this writ; the further sum of \$222.46 with interest at the rate of 7 per cent per annum from the 8th day of April, 1915, and for the further sum of \$6.45 costs and disbursements, commanding me to make sale of the following described real property, to-wit: Lots Five (5), Six (6) and Seven (7), in Block Five (5), Hows Addition to the City of Portland, Multnomah County, Oregon.

Now therefore, by virtue of said execution, judgment order, decree and order of sale and in compliance with the commands of said writ, I will, on Monday, the 24th day of May, 1915, at 10 o'clock a. m., at the front door of the County Courthouse in Portland, Multnomah County, Oregon, sell at public auction (subject to cash in hand, all the right, title and interests which the within named defendants, (or either of them) had on the 18th day of February, 1913, the date of the three mortgages herein foreclosed, or since that date had in and to the above described property or any part thereof, to satisfy said execution, judgment order and decree, interest, costs and accruing costs. T. M. HURLBURT, Sheriff of Multnomah County, Oregon. Dated this 20th day of April, 1915. First issue, April 22, 1915. Last issue, May 20, 1915.