

THE FIGHT some of the political wire pullers of the city are putting up on Commissioners Bigelow and Brewster may win out but it is to be hoped that the people of the municipality will use appreciative judgement and stay with the men who have shown every indication of trying to manage the affairs of the city in a competent and conscientious manner.

Within the past two weeks a small element, claiming to represent a certain retail business, has made an unreasonable and vicious threat. Mr. Bigelow was informed that unless he placed himself in opposition to the maintenance of the Public Markets, he would be opposed solidly by a good sized block of voters.

Lents people are particularly grateful for the improvements made on the streets. The conditions as now provided should last for many months. Another matter worth noting is the efficient work done by all employed in the improvement.

GOOD ROADS.

Are you doing anything for good roads? Is your community doing anything? Is your county alive to the value of rock roads, roads of a permanent type? If you are a farmer you ought to be able to realize the value of better highways more keenly than any other citizen.

It is a fact that the chance visitor and the man who is looking for a location are likely to judge a neighborhood or a region by the kind of highways it maintains. Stretches of mud-holes blast a community's reputation. Bad roads kill church life and choke education. Churches and schools are dependent very markedly upon good roads.

When you find a farmer who opposes good roads and fights a reasonable taxation for building better highways you will find a man who is a drawback to his community. He should have been left behind somewhere in the nineteenth century. — Farm Progress.

One Coos Bay contract is for a \$9000 road from North Bend to Empire.

The parcel post system is being attacked as the destroyer of rural communities and the country merchant.

The paint mines located east of Creswell are to be developed.

FEDERAL INDUSTRIAL COMMISSION

By Peter Radford.

The recent investigation of the United States Commission of Industrial Relations brought together the extremes of society and has given the public an opportunity to view the representatives of distinct classes, side by side, and to study their views in parallel columns.

Capital and labor have always been glaring at each other over gulfs of misunderstanding and if the Federal Industrial Commission attempts to bridge the chasm, it will render the public a distinct service.

The farmer has been sitting on the fence watching capital and labor fight for many years and incidentally furnishing the stews of war and it is quite gratifying to find them talking with, instead of about, each other. When honest men smile and look into each other's souls, it always makes the world better and far more satisfactory to the farmer, who in the end bears the burden of conflict, than resolutions, speeches or pamphlets containing charges and counter-charges.

The love for justice makes the whole world kin. Understanding is an arbiter far more powerful than the mandates of government, for there is no authority quite so commanding as an honest conscience; there is no decree quite so binding as that of the Supreme Court of Common Sense and no sheriff can keep the peace quite so perfect as Understanding.

We suppose the time will never come when capital and labor will not be occasionally blinded by the lightning flashes of avarice or frightened by the thunder peals of discontent. But Understanding is a Prince of Peace that ever holds out the olive branch to men who want to do right. A man's income is always a sacred thing for in it are the hope, ambition and opportunity of himself, and family, but there is nothing in a human heart quite so divine as Justice and Understanding is its handmaiden.

His Consolation.

"Very fine, that tax on capital—the income tax!" "What is that to you?" "To me? It consoles me for not being rich."—Paris Illustration.

Society Note.

The ambition of some men is to live long enough to hear of a bride who is not "prominently known in the younger social set."—Cleveland Leader.

NOTES OF THE W. C. T. U.

With the closing of every day the time of the open saloon in Oregon grows shorter and the fury of the deposed element becomes more and more apparent. The determination to implant a taste and desire for liquor within the breast of every young person within the reach of possible entanglement appears to become irresistible. The number of youths staggering about late at night is appalling. It emphasizes the fact that parents and guardians face a time of serious responsibility. Various devices are resorted to by the liquor traffic. Just what their numerous decoy devices are would be difficult to state. The fact that looms boldly forth is that large numbers of boys and young men are seen staggering about, some of them supported by companions, some of them doing things they would scorn to do if they were in their right minds. The victims are to be pitied and parents should be warned. If ever there was a time when parents should make companions of their children, that time is the present. The seven months intervening between now and the first of January 1916, when the liquor traffic is to cease in Oregon, should be devoted to the young people. Save them from the taste that creates desire. Abandon your own pleasures, neglect your duties if necessary, but stay with the youth through this danger period.

The next meeting of Mt. Scott Union will be held at the home of Mrs. McKinley on 92d street (Main) on Tuesday, June 8th. This is Flower Mission Day.

On June 29th a Mother's Institute will be held at the Evangelical Church. Matters of special interest to mothers will be presented.

Judge Gatens spoke to an interested audience at the Friend's Church at the Mt. Scott Union meeting held this week. His work as judge of the Juvenile Court has brought experiences of great value to him. He freely discusses matters tending toward the uplift of delinquents, both adult and juvenile. Prevention of crime, not punishment of criminals is the object sought, in which the Woman's Christian Temperance Union earnestly co-operates.

Health In The Suburbs

BY LORA C. LITTLE

There are two distinct kinds of health talk talked these days by doctors and others, in the newspapers and magazines. One kind tells you to avoid disease by dodging it and coddling yourself. The other may be summed up in the old prescription—"Joy and temperance and repose slam the door on the doctor's nose."

The one makes the Disease Germ the controlling factor. The other holds the life within man to be regnant.

It is easy to guess which of the two is popular with the professional and business interests which are devoted to fighting germs. It is now held irrevocable, and they are trying to make it unlawful, to shut the doctor's nose out of any place whatsoever. Hence the advice to swat the fly, boil the water, sterilize the milk, quarantine persons with colds, cross the street when you see a small-pox sign, do not kiss, do not shake hands, carry your own streetcar strap, etc., etc., etc. In a word, keep the germ theory to the fore, it is one of the greatest revenue producers of the age and its pecuniary possibilities are not half developed. The germ theory must control every department of life. We are rapidly revising the statutes to make them fit it, and the Constitution of the United States will be remodeled to match, if the present trend continues.

All this because laymen, lacking microscopes, also lack imagination and logic. Stop and reason about it, and you will see plenty of refutation of the germ theory. Forget streetcar straps, if you like, and their contact with hands that have been everywhere and go everywhere—straps, the microscopists tell us, are loaded with microbes of every variety and degree of ferocity. Just take the single article of money, and see how its circulation knocks the germ theory silly.

You have heard of the woman with a dime in her teeth, who handed the coin to a conductor. At the same time he received a nickel which a Chinaman took from his ear. The woman got the nickel in change and held it in her teeth while she opened her purse. The incident may not exactly repeat itself, but consider where money goes and by whom it is handled—by quite everybody in fact. Hands infected with itch, with scurvy, with smallpox with great-pox, with leprosy, with every known and unknown disease, in every stage of disease—through all these passes this stream of coin and banknotes. Everybody is glad to get hold of some of it. It leaks from the foulest of receptacles—pockets of dirty trousers worn by filthy men—and shortly lands in perfumed reticules of dainty women of

fashion. Rarely the fumigator may get hold of a little of the stuff, but he is a negligible quantity. Why, if mankind were really the prey of the germ, the race would have become extinct through handling the medium of exchange if in no other way. How childish, in face of facts like these, to attach any value to the medical ingenuities which pretend to guard us from germs.

Flies are annoying, are to be banished on the score of comfort and cleanliness. But to charge the scavenging fly or the scavenging microbe with causing disease is ridiculous. In the South, there is a fine provided for shooting that larger scavenger, the buzzard.

I was in a farmhouse the other day where flies swarmed and dirt was plentiful, and yet there were growing up there half a dozen of the most robust and healthy youngsters imaginable.

Therefore if you are wise, you will pass up health advice based on the germ. If you are always "catching" things, look within. Your nervous system is run down. Your organs do not function strongly. Digestion and elimination are impaired. Get to work and build up your vitality. Let joy and temperance and repose be your medicines.

Joy excludes fear, worry, jealousy, gloom, hatred, all the brood of black emotions. Express joy in look, word and act, and so it comes back to you from others. Absence of joy saps your life. As well starve the body as starve the soul which gives life to the body.

Temperance prevents wastes of nerve force that weaken. Persons of great longevity have been noted for temperance, natural or acquired. See Louis Cornaro, plunged into excesses and a wreck at forty, his death warrant read by physicians; when he deliberately turned about, adopted temperate habits and lived in health and vigor to near 100, writing a book when past 80. He ate only the simplest foods and in unbelievable small quantity, and drank a little wine. Even the wine apparently did not injure him, so moderate was he in other things. Temperance is worth far more than alternate fasting and feasting. It should be applied in all departments of living.

Repose is an attitude as much as anything. It implies abundant sleep, sound nerves, a clear conscience and a mind of ease. People who enjoy their work earn repose and have it. Those who do not enjoy their work have to get pleasure out of indulgences that destroy health. Nothing pays better than to cultivate enjoyment out of the little things of daily life.

CORBETT

George G. Smith of Winterset, Iowa, enroute home after spending two months in California at the exposition, and other points of interest, arrived Saturday evening for an extended visit with his sister-in-law, Mrs. Clara Smith, and niece Miss Ethel Smith, whom he had not visited since the Lewis and Clark Exposition in 1905.

Miss Ethel Smith finished a nine month term of school at Trenholm, Columbia County, Friday and returned home Saturday evening.

The entertainment given by the Ladies Aid of the Presbyterian society at the Grange hall Saturday evening was well attended and was a success in every way.

Mr. and Mrs. Anderson of Lake County, who were returning from the San Francisco Exposition, visited the Leland and Lewis Reed families Wednesday and Thursday.

Mrs. Anna Reynolds of Portland was the guest of Mrs. Clara Smith several days last week.

Mrs. W. H. Reed visited her daughter, Mrs. Albert Fox, at Troutdale, Thursday and Friday.

Mrs. Blackhall of Portland was a guest at the Floyd Reed home Sunday.

Mr. and Mrs. C. V. McMonagle and sister, Miss Daisy Stites of Portland, were out on the former's land Monday, and were pleasant callers at Ferndale Place.

Fred C. Reed, accompanied by Mr. Schwarztraber, a secretary of the Y. M. C. A. of Portland, and the Misses Iva Reed and Helen Coulter, made a trip in his launch to Bonneville Saturday.

CHERRYVILLE

Cheer up! The rainy season will soon be over.

Tomorrow the sun may be shining although it is cloudy today.

Decoration Day exercises will be held at the cemetery here on Sunday afternoon at three o'clock.

The run of steelhead salmon is over at the dam and the big Chinooks are now coming up but will not be ready to spawn for a month.

R. C. Murray has gone over to Warrendale where he has a job.

We are now in the beginning of the end of the great war, which is the worst

in the history of all the dark and dreadful past. Germany and Austria can not long hold out against a world in arms. With Italy joining the allies and then Roumania and Bulgaria and later Greece, self-interest will cause these other nations to engage in this war. Roumania wants Transylvania and Bulgaria wants Adrianople and Greece wants a slice of Turkey also. The longer the Germans fight the harder they will fall.

Gen. Miles, although an old soldier and a very able one as well as mentally alert, said in Portland lately that war is nothing but barbarism and belongs to a by-gone age and it is just as absurd and criminal to settle disputes between nations with bloodshed as it would be to settle disputes between individuals with bloodshed. He says such disputes should be settled by a Federation of nations acting as a Tribunal as they will be hereafter. War will soon be a thing of the past. Gen. Leonard Wood, speaking before Chautauqua lately said "9 out of 10 wars are trade wars caused by rival nations seeking advantage of the other in a commercial way." In other words capital brings them about for their own selfish interests.

The Metropolitan, which is about the ablest magazine now printed, contains an illuminating article on the Republican administration in New York under Gov. Whitman and quotes a Republican newspaper, the New York Tribune, which says the present conduct of public affairs in New York state has been the most inconceivably stupid and absurd imaginable. Pretty hot shot from a party organ. And yet the foolish standpatters think to get back into full power in 1916. In this state, headed by Gus Mosier and Senator Day, both unblinking grafters, they expect to be feeding on the people's taxes and holding high carnival with loot and booty filched from the public.

PLEASANT VALLEY

Mr. and Mrs. Lewis Yann of Ridgefield, Wash., were visitors at the home of Mr. and Mrs. W. L. Rhoads last Sunday.

The Misses Bowman of Portland were entertained by Mrs. W. G. Rogers at her home Sunday.

Mr. and Mrs. U. T. Dickenson of Oswego were Valley visitors one day recently.



Men are wishing today that they had started a bank account ten years ago. A bank account started ten years ago would mean a substantial fortune today when property values are at a minimum. Almost any bank account could be traded for a good sized farm now.

But there will be other chances,—if you have the bank account. Begin in a small way now and as times improve, increase your savings. A few years will swell your reserve capital into a substantial fortune.

We Pay 4 per cent on Time Deposits

THE MULTNOMAH STATE BANK LENTS, OREGON

Mr. Milan of the Mt. Scott district attended Grange at this place last Saturday.

E. L. Bort was looking after business matters in Lents Tuesday.

Pleasant Valley young folks who attended the Gresham High School play put on by the pupils of the high school last Monday night were, the Misses Edna and Hazel Berke, Cleveland and Willard Bliss, Keith and Glen Kesterson.

Will Richey has commenced work on his new barn which he expects to have ready for the hay crop.

Pleasant Valley Grange held their regular all day session last Saturday. A good meeting is reported.

We heartily endorse the position the Editor in last week's issue of the "Herald" relative to sending money to foreign countries to aid in prolonging the war that is going on at the present time. This money might better be spent in promoting peaceful industries in our own land and thus provide work for the thousands of unemployed who are begging for an opportunity to earn their bread.

We believe that the government should provide homes for those unfortunate people who lost their all in the recent disaster—caused by the upheaval of Mt. Lassen in California.

Ironing Hints

In many households, ironing day is looked upon with dread. Yet half the drudgery is banished by the practice of better methods and the use of proper conveniences.

The first essential is well made starch. It should never be lumpy nor too thick. To put clothes through such starch means sticky irons and spotted clothes—and generally an irritated temper.

To make a perfect starch, dissolve the required amount in cold water, then stir in boiling water to the right consistency. To every quart of starch put a lump of butter or tallow about the size of a pea. This makes irons run smoothly and imparts a gloss to the clothes. If made before use, starch should be placed on the back of the stove and stirred frequently to prevent it from thickening and becoming lumpy. For fabrics, such as lawns and dimities, use thin starch; they will iron much more easily and look better.

The irons should be clean and free from ashes and soot. Soap wrappers and coarse salt are good to rub them with. They must be hot to do good work. The gasoline iron has come into great favor as a time, labor and back saver; and it is always clean. The height of the board should be regulated to suit the ironer. Good adjustable boards are easily obtained and are not expensive.

During spring and summer, when there are heavy dews, clothes left over night on the line and taken in before sun up are in fine condition for ironing. At other times sprinkle over night. Use warm water, as it insures a more even dampness and leaves the clothes stiffer when ironed. Table linens, pique dresses and heavy fabrics should be very wet and ironed dry with hot irons; woollens only slightly dampened and irons moderately hot.

Too much ironing will yellow thin garments. When a garment is yellowed, put it in the sunlight. As long as a garment remains damp it will not scorch. The secret of good ironing is ironing till the fabric is dry. No matter how smoothly clothes are ironed, they will wrinkle when put in trunk or drawer unless perfectly dry when taken from the board. Thin pieces dry out quickly and often the garment is dry before the iron has been all over the surface. In such case wring a clean cloth from bowl of water and dampen ahead of iron.

Take the early part of day, have best boards and irons available, and the one time ironing "bogy" will become a pleasant task.—Journal of Agriculture.

The O. W. R. & N. Company will commence work June 1, on the new shops in The Dalles. The work will be rushed to completion. The Company proposes to spend a total of \$200,000 for improvements in The Dalles. The new division terminals will be located in the eastern end of the city, east of the Wasco Warehouse Milling Company's plant. New and modern brick machine shops, large enough to accommodate 36 engines, a modern brick power plant and storeroom and two miles of additional yard tracks will be constructed.

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. 11308.

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. Kallioh Zollinger & McDowell, attorneys for administrator. Date of first publication April 29. Date of last publication May 27.

WHITE MAN WITH BLACK LIVER

The Liver is a blood purifier. It was thought at one time it was the seat of the passions. The trouble with most people is that their Liver becomes black because of impurities in the blood due to bad physical states, causing Biliouness, Headache, Dizziness and Constipation. Dr. King's New Life Pills will clean up the Liver, and give you new life. 25c. at your Druggist.

WHOLE FAMILY DEPENDENT

Mr. E. Williams, Hamilton, Ohio, writes: "Our whole family depend on Pine-Tar-Honey." Maybe someone in your family has a severe Cold—perhaps it is the baby. The original Dr. Bell's Pine-Tar-Honey is an ever ready household remedy—it gives immediate relief. Pine-Tar-Honey penetrates the linings of the Throat and Lungs, destroys the germs, and allows Nature to act. At your Druggist, 25c.

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.