

The Weather begins to taste like roast turkey.

Late hours and a spicy breath are bound to tell on a man.

The barber's idea of a miser is a man who shaves himself.

Serbia started something that it could not finish when it took to assassination.

Most men get married before they are old enough to know better.

Common sense is plentiful, but it is the uncommon kind that counts.

At least King Peter of Serbia and Pancho Villa of Mexico will qualify as men who "died game."

It looks as if John Bull is grimly determined to save his little ally, if it takes the last Servian to do it.

It's an awful temptation to a man to stay away from home when they dry clothes in the kitchen.

Probably there are few things in this world more tiresome than listening to some old codger telling how he made his first dollar.

The Pacific International Live Stock Show is inviting us—all to its exposition which will be held Dec. 6 to 11, at the North Portland Stock yards.

This country it is said will be in a state of military preparedness by 1925, and it is probably true, as our boy scouts will be ripe by that time.

Although the railroads are prospering they are not offering prizes to the pedestrians who trespass on the right of way and thus get themselves mangled.

The Portland Trade's School gets a three page notice in the December Illustrated World, all very commendatory. It says this school is unique in the manner it handles the school cafeteria. The idea prevails throughout the article that Portland's school fads are real educational advances.

ONE of the best things ever offered to the HERALD as a clubbing offer is "Seeing America," a 350 page book with a six by eight leaf, printed in excellent reading type, beautifully illustrated. The Herald will accept subscriptions or renewals with this book at a dollar and a half for both the book and paper, and the book is worth \$2.50. It is especially valuable for children. The description is well written, not overdrawn as frequently occurs, and bears a style that will stamp it authentic. Views and descriptions on hundreds of America's most popular points of interest are treated concisely yet fully enough to be attractive. We feel we are doing the public an actual benefit in offering them a chance to secure such a work.

There are full page pictures of New York, Chicago, Philadelphia, Boston, San Francisco, New Orleans, Washington, Portland, Tacoma, and Pittsburg, among the cities illustrated. The scenes range from the wonders of Glacier National Park to the Grand Canyon, Rainier to Gettysburg, with Yellowstone, Royal Gorge, Crater Lake, Yosemite, Salt Lake, the cotton fields of the South, the hotels of Palm Beach, Niagara, Mammoth Cave, Betsy Ross' House, West Point, Boston Common, Natural Bridge, the Pueblo Indians, the Cliff Dwellers, Garden of the Gods, Panama, and scores of other celebrated places between, making it a very entertaining book to have

on your table, and it is particularly a book for children. It will make an ideal present or birthday offering. You are invited to come and see it.

"We Thank Thee, Lord."

(H. W. NOYES.)

Now gracious plenty rules the board,

And in the purse is gold; By multitudes, in glad accord, Thy giving is extolled. Ah, suffer me to thank Thee, Lord,

For what Thou doth withhold! We thank thee that how'er we climb

There yet is something higher; That though through all the reach of time

We to the stars aspire, Still, still beyond us burns sublime

The pure sidereal fire! We thank Thee for the unexplained,

The hope that lies before, The victory that is not gained— O Father, more and more

We thank Thee for the unattained— The good we hunger for!

We thank Thee for the voice that sings To inner depths of being;

For all the upward spread of wings, From earthly bondage freeing;

For mystery—the dream of things Beyond our power of seeing!

What Is Thanksgiving?

(By W. B. Ashley.)

To arrive at eminence without arrogance;

To achieve distinction without aloofness;

To succeed without sneers;

To accept power without pomp;

To win wealth without wariness;

To have friends without cliquishness;

To be brave without boasting;

To be pure without prudity;

To be strong without strutting;

To be true without taunting;

To be generous without gestures;

To be courteous without condescension—

This is thanksgiving.

Sir:—To have started in life humbly; to have been thrust into the strife unprepared; to have endured the stings of contempt; the repulse of greed; to have struggled and saved and worked and won without the help of a human friend; to have come through this and now to be to a weaker friend you missed—this is thanksgiving.

Madam:—To have known only happiness; to have been surrounded always by friends and beauty; to have had your heart's desires; to have all these still and to continue pure and gentle and considerate and unselfish—this is thanksgiving.

Anyone:—To have been stopped suddenly by the hand of disease; to have lain helpless, conning the grim record of past failures to do the right thing, say the kind word, smile instead of snarl, cheer and help and forgive and believe those who loved you; to have seen distinctly the true proportions of little things in life; to have realized how you still could live if only—if only despairing tears did not blot out the vision. To have passed through this into new health and opportunity, and now to live the new years as the visions showed—this is thanksgiving.

Sir, again:—To have faced ruin, the loss of everything, even the home gained by her sacrifices—doing without, mending, making over, staying in—because, somehow, you had fallen short. To have felt the chill of friendlessness creep about your heart, beaten, unmanned; and then to have had someone drop in and ask how things were going, draw the whole story out, rebuke you for not coming to him, and then stand by—and now, years after, at the drooping of your brother's shoulders to hurry in—this is thanksgiving.

Madam, again:—To have dressed your little child in its prettiest gown; to have folded its white hands gently over its breast and turned stricken away; to have gone about the empty house for weeks, numb. And now, in memoriam, to carry clothes and medicine and toys into homes of many children and but few loaves—this is thanksgiving.

Anyone, again:—To have had and to have lost; to be old and helpless and de-

Health In The Suburbs

BY LORA C. LITTLE

Something for nothing, that is what most sick persons are looking for. They want somebody to cure them while they continue the lives that have produced their afflictions.

Self-discipline has a harsh sound to slipshod minds. Nevertheless it is by the road of self-discipline that everything worth while comes to us.

Nobody admires the lout who shambles and shuffles through life. He plainly needs physical drill and training. Yet he is every bit as admirable as the moral lout, the person with an infirm and wabbling will. The latter shrinks from self-denial. When he gets sick he has a hundred excuses and defenses. He is not honest with himself and so cannot be honest with his doctor. Knowledge being useless to him, since he refuses to put into practice what he knows and what he is told, he fattens the bank account of the patent medicine man or the surgeon. Unwilling to cut out his bad habits, he lets the latter cut out his organs, perhaps after a course of self-dosing has failed.

Health costs effort. Disease costs suffering, money, life. You have your choice.

We all desire freedom. God gives it to all of us, but we only fit ourselves to receive and possess it through self-discipline. Again take the loutish person to illustrate. He is not free in walk or carriage. What seems to him like interference with his freedom, in the shape of physical drill, really enables him to come into freedom. Once he has acquired a good easy carriage he is free—free from conscious restraint, master of himself.

So do we come into all freedom. We

pendent, facing uncertain tomorrows; to feel in the way, of no interest, an incumbrance; to experience this and smile, forgiving, forbearing, softly remembering past joys—and those to come, soon—this is thanksgiving.

To pass on somewhat enriched the smile, the hand clasp, the aid, the gift, the word, the forgiveness, the welcome, the opportunity, the faith, the hope, the charity which has helped you—THIS IS THANKSGIVING.

A Suggestion To Country Mothers

All intelligent mothers want their daughters to be modest and pure, their sons to be clean and noble. Sanitation and hygiene are found in text-books and are supposed to be taught in schools, but text-books knowledge is dead stuff until it is put into practice. The next step is to bring this information down to earth and connect it up with the daily lives of the children, and these lessons must be so thoroughly taught that they will stick, not only by precept, but even more by practice.

Physicians used to treat symptoms, now they try to locate the cause of the disease. They used to dope patients for malaria and yellow fever, now they kerosene the mosquito. They still prescribe for typhoid, but at the same time they "Swat" the fly. Most teachers give some attention to dress, cleanliness and personal appearance of their pupils while in the school-room, but in most cases it ends with that.

The most unspeakable spot on the school grounds or in the district is the privy. A few schools have none. Some have but one for both boys and girls. More have the two joined together and separated only by a single board partition, while many are partly "caved in" or "caved out," or with doors off, and very few are screened and so separated as to insure any privacy. Most of them are reeking with filth and covered with obscenity, breeders of disease and corruptors of the morals and manners of innocent children.

Teachers may pay little attention to this subject, school boards pay less and parents scarcely any at all. Yet it is far more important to know what a teacher will do to protect the child from a foul closet, with floor and seat covered with human filth and wall with lewd words and pictures, than to know how she will grade in arithmetic, or what is the grade of her certificate. It is more necessary for the school board to properly look after this matter than to buy dustless crayons and felt erasers, for scars on character do not erase. And it is even more important for parents to guard the morals of their children from the evils of the school privy than to protect their health in the school-room.—C. G. Sargent.

Coughs and Colds Are Dangerous

Few of us realize the danger of Coughs and Colds. We consider them common and harmless ailments. However statistics tell us every third person dies of a lung ailment. Dangerous Bronchial and Lung diseases follow a neglected cold. As your body struggles against cold germs, no better aid can be had than Dr. King's New Discovery. Its merit has been tested by old and young. In use over 45 years. Get a bottle today. Avoid the risk of serious Lung ailments. Druggists.

must learn and obey the laws governing each act, and in obedience we are free. But suppose we try to be free by following our own desires or whims, and hold that to be no freedom which says, Thou shalt not. Then we are precisely like the individual who should choose to ignore the law we call gravitation and deliberately walk off a two-story building. We come to grief, and it is our own fault. Freedom is the result of obedience to law. There is no other.

There is a clue to the laws of life. Once get hold of that and nothing is simpler than to decide which is the right course in any given exigency. Let everything be determined by the Law of Use.

We go far astray in diet habits, and studies along this line seem complicated, only because we have lost that clue. So with all our difficulties. We have no understanding of the great fundamental law. Nor is this for lack of teaching. The light comes to those disposed to obedience. The commonest underlying motives are pleasure, vanity, love of rule; when the great motive should be desire to serve. The questions we ask are, Do I like it? Will it pay? Will it give me fame? The question we should always ask is, "Is this the most useful thing I can do?"

Try it. Ask yourself that question for a day, for a week, a month, a year. See how it revolutionizes your life. If you are sincere in the asking, it will clear up all your doubts, it will simplify and enrich life. No day and no task are ever dull and uninteresting to one who lives to serve.

GILBERT

Prof. Ager and about fifteen young men of this community met at District forty-five school house Tuesday evening to organize a Gilbert Athletic Club. The following officers were elected: President, Fred Heiman; Vice-president, Walter Steiger; Secretary, George Burns; Treasurer, John Linden. Further plans for the organization will be made in the near future.

A very successful entertainment was given by the Sunday School Friday evening in the Gilbert school house. The program of songs and recitations were greatly enjoyed by all present. After the program a cafeteria supper was served, the proceeds of which will be used to get new song books for the Sunday School.

A. D. Boyer of Abilene, Kansas, is spending the winter with his daughter, Mrs. G. S. Kauffman of East Foster Road.

The new resident of John Conrad on East Foster Road and Buckley avenue, better known as the Regan place, was completely destroyed by fire Sunday evening.

Mr. and Mrs. A. Labbie of Portland expect to spend Thanksgiving with Mr. and Mrs. G. Kauffman.

WAR UPON PAIN!

Pain is a visitor to every home and usually it comes quite unexpectedly. But you are prepared for every emergency if you keep a small bottle of Sloan's Liniment handy. It is the greatest pain killer ever discovered. Simply laid on the skin—no rubbing required—it drives the pain away. It is really wonderful.

Mervin A. Soister, Berkeley, Cal., writes: "Last Saturday, after tramping around the Panama Exposition with wet feet, I came home with my neck so stiff that I couldn't turn. I applied Sloan's Liniment freely and went to bed. To my surprise, next morning the stiffness had almost disappeared, four hours after the second application I was as good as new." March, 1915. At Druggists. 25c.

Administrator's Notice

Notice is hereby given that the undersigned has been appointed administratrix of the estate of Hermanna Dykstra, deceased, by the County Court of the State of Oregon, for Multnomah County, and has qualified. All persons having claims against said estate are hereby notified to present the same, duly verified, to me at 314 Spalding Building, Portland, Oregon, within six months from date hereof.

First publication October 28, 1915. MARIE D. MILLER, Administratrix. JOHN VAN ZANTE, Attorney.

Administrator's Notice

Notice is hereby given that the undersigned has been appointed administratrix of the estate of Jean Dykstra, deceased, by the County Court of the State of Oregon, for Multnomah County, and has qualified. All persons having claims against said estate are hereby notified to present the same, duly verified, to me at 314 Spalding Building, Portland, Oregon, within six months from date hereof. First publication October 28, 1915. MARIE D. MILLER, Administratrix. JOHN VAN ZANTE, Attorney.

Thanksgiving Greetings:

As the season of "Good Cheer" approaches we wish to express to the good people of Lents and vicinity our appreciation for your loyalty during the past year.

We have passed through some very trying times, but thanks to your faithful support we have been able to surmount the difficulties and rise stronger and safer than ever before.

We shall try to merit your continued confidence and good will.

THE MULTNOMAH STATE BANK

C. F. Hendricksen, President, H. E. Bloyd, Cashier.

President Wilson

has designated

Thursday, November 25, 1915

Thanksgiving Day

Round trip tickets will be on sale at reduced rates on Nov. 24 and 25 between all Southern Pacific stations in Oregon. Return limit Monday, November 29th. Also between Oregon and California points

Here is an Opportunity

to visit your friends for a week end. A fat roast turkey and pumpkin pie awaits you.

GO!

Information as to rates, etc., can be obtained from nearest agent

SOUTHERN PACIFIC

John M. Scott, General Passenger Agent, Portland, Oregon

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