

# MT. SCOTT HERALD

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**THE** Domestic Science Department of the Agricultural College has just issued a bulletin devoted to school lunches that ought to be of interest to mothers throughout the state. Relative to mothers and this subject there are three classes: Mothers who know how to prepare a school or cold lunch; mothers who think they know how and yet fail to make good, and mothers who either do not know how, or do not try, to serve good lunches. Very clearly the last two classes include far more than two-thirds of the mothers. They include all the ignorant, lazy, dirty, or impoverished mothers in the country. Mothers who send their children to school with lunches composed largely of cake pie, doughnuts and other dainties; mothers who provide a lunch of bread and molasses and raw cucumbers, in season; mothers who never thought of the necessity of sterilizing the dinner pail by scalding it out; mothers who provide their children with a nickel or dime to buy something at the confectionery; mothers who put up cold coffee, fat meat, half-done biscuit and jelly soaked bread, and all of whom wonder why their children have headaches, sour stomachs, poor nutrition, and are pale, apathetic, inattentive and stupid, fail to pass and always tag along at the end of the class, the shame of their parents and the despair of the teachers. Children who develop permanent indigestion and dyspepsia before they reach the age of ten.

Before buying and preparing food every mother's problem should be what to buy economically and healthfully. Feeding the human body is like feeding a furnace. It is a process of developing heat units. Some furnaces are adaptable to all sorts of fuels. All sorts of fuels will burn in them without serious damage to the furnace, though some fuels give out more heat than others. But there are fuels so abundant in strong acids that they eat out the materials of the furnace, and yet produce only a minimum of heat. Other fuels are productive essentially of heat. Feeding the human furnace successfully is a problem to be studied carefully. The food that will give the maximum of heat and nutrition at the minimum of cost, waste, and injury to the body is the rational food for the wise mother to select. If you are not informed to attain the end, you should be happy in accepting the views of some one who has devoted himself to the subject, and such information may be secured by the study of the bulletin mentioned.

Further evidence of the inability or disinclination of the jitney men to comply with the requirements of public service are shown in their attitude and conduct during the past week. First, failure of a large proportion to operate; second, failure to operate until a competitor had cleared the passage; third, piratical charges for service; fourth, blocking their competitor's right-of-way after he had cleared it at his own expense. That ought to be enough, and other things might be said.

We haven't heard of any (blank) fool getting out in the street this week in his shirt sleeves, bareheaded, with a palm leaf fan. The aerial circulation has been most too active this week for such displays of mendacious imbecility.

It is really enough to make a brass man smile to note the singular interest the Telegram has developed in Wood Block Paving. It closes an appeal to the people of Oregon in its issue of the 7th as follows: "Meanwhile what word of encouragement do we have in Oregon for wood block pavement." We would just like to know what word the Telegram offered for wood block pavement last spring, when it had the only really worth-while opportunity that has been offered in this state, for the promotion of the article for which it now attempts to show such solicitude. It would be safe to bet a farm, or even a lot on Washington Street, that the Telegram could not show one line from its own columns of that date in advocacy of the "home product" in which it now sees so much merit. There must be some way to explain this, for the Telegram is nothing if not sincere.

The Newberg Graphic says: As the Oregon law stands the young man who insists on hieing himself off to Vancouver, Washington with his bride-to-be to get married puts a question mark after his name." We think his real motive, however, is a smart alecky notion that he is beating the law and saving some change.

Armor plates as produced by the Bethlehem, Midvale and Carnegie Steel Companies cost the government on an average of \$439 a ton. Government factories have turned out this armor at \$251 a ton. This is the reason for the "Navy League," an organization interested in developing a demand for an increased navy.

Medford, Oregon, boasts a population of 12500, and supports 18 manufacturing enterprises. Astoria beats that with 57 factories to 10100 of population.

Some of those editors who are snickering so loudly over prohibition in South Carolina would be speedily undeceived if they'd go to Charleston and try to get a drink.

Sombody says that Billy Sunday says that Jonah was the captain of the first submarine. To be technical, we would say he was the first captian of a submarine.

How do you think it would feel to be sued for \$50,000 on the charge of breach of promise—if you were holding a \$50 per week job?

T. R. calls for "sound Americanism," and it must be said that his brand is sound—all sound.

It must be admitted that Caranza is one of the most promising statesmen Mexico ever had.

It certainly looks as if the short-skirters are determined to leave no head unturned.

A small boy says the road to knowledge has too many branches.

Many a bluffer has a wife he is unable to bluff.

Just four years and 25 days since the last "Silver Thaw."

**Futile Aspiration.**  
"When I was a boy I thought I'd rather be a great baseball player than anything else in the world."  
"Of course you have changed your mind."  
"Not exactly. I have merely realized that there is no hope."—Washington Star.

## LAYMEN'S CONVENTION DRAWS INTEREST

There is great interest manifested this week in the Laymen's Missionary Convention which convenes in our city on February 13. Registration week was opened last Sunday. An every man canvass is being vigorously pushed in the churches of all denominations through the state as well in the city. In Duluth, a city of 100,000 population, there were just registered 1,100 delegates. St. Paul just closed a convention with a registration of 1,700. Los Angeles is pulling for 3,000. Portland's slogan is 2,000 registrations by next Monday. New features are being added to the program constantly. Monday it was assured that there will be presented each evening of the convention motion pictures of the work of one of the largest institutional churches of the country, showing how a man or woman who is down and out is taken from the gutter, put through the plane and turned out a splendid christian character. On account of the strategic position of the Pacific coast at this time, standing as we do between autocratic forms of government on both the east and west, with militarism struggling for supremacy in the great war now raging in Europe, the strongest team in the whole country will be at the Portland convention. The objectives in this convention have been summarized as follows:

- To consider new world conditions and America's enlarged responsibility.
  - To study the missionary progress of recent years.
  - To project plans looking toward the accomplishment of our whole missionary duty.
  - To emphasize the adequacy of the Gospel to meet modern social conditions.
  - To increase the spiritual power and efficiency of the local church.
  - To secure the general use of the best methods of missionary education and finance.
  - To inspire laymen to take their part in the extension of the Kingdom of Christ.
- Some of the leading themes to be discussed are given as:
- China, an Empire and a Republic.
  - Making America Christian.
  - Can America Keep Christ?
  - Alaska, Our Northwestern Empire.
  - The Place of Prayer in World Conquest.
  - Who Will Rule Africa Tomorrow?
  - Putting the Church on a War Footing.
  - War Experiences in Turkey.
  - Making Good in the Local Church.
  - The Biggest Business in the World.
  - The Modern Uprising of Men.

Some of the Speakers of the Portland Convention are: Fred B. Fisher, team leader and head of the National Methodist Brotherhood; Ernest W. Naftager, leader of song and solos. Twice around the world with Chapman and Alexander; Herbert S. Johnson, Warren Avenue Baptist Church, Boston; James P. McNaughton, Just back from Turkey, a thrilling story of Armenian massacres. J. E. Crowther, back from Africa, chased by submarines; S. Hall Young, Alaska missionary; A. R. Kepler, from China, wounded in Boxer massacre; J. B. Trimble, a builder of big conventions; James W. Bashford, M. E. Bishop, Shanghai, China, speaker of great power and world statesman; Herman F. Swartz, an interesting personality, a fascinating speaker; Henry H. Kelsey, one of the commanding personalities of the Congregational Church; Hugh L. Burleson, Editorial department, Protestant Episcopal Church; Morris W. Ehnes, Master of missionary methods, a football star in college, several years in Africa.

Each day at noon during the coming week, the members of committees and canvassers meet at the Y. M. C. A. for luncheon, where reports of progress are made and words of encouragement and inspiration are spoken by men who have been in the convention work in other cities. Telegraphic reports are exchanged each day with Seattle, Tacoma and Spokane. Portland is leading the other cities in enthusiasm and interest in the coming and in numbers of men registered.

**NOTICE TO CREDITORS**  
In the Circuit Court of the State of Oregon, for the County of Multnomah, in Probate, Department No. 6.

Notice is hereby given that the undersigned has been appointed administratrix of the estate of Ernest Herlihey deceased, by the Circuit Court of the State of Oregon for Multnomah County, and has qualified. All persons having claims against said estate are hereby notified to present them properly verified as by law required to the undersigned at 314 Spalding Bldg., Portland, Oregon, within six months from the date hereof.

Dated and first published February 3, 1916.  
Emma Herlihey, Administratrix  
John Van Zante, Attorney.

**Daily Mails**  
Mails at the Lents postoffice arrive and depart daily, except Sunday, as follows:

Arrive	Depart
8:00 A. M.	7:15 A. M.
12:30 P. M.	12:30 P. M.
3:30 P. M.	5:30 P. M.

## PASSENGER RATES EAST SIDE TOPIC

(continued from page one)

Tentative arrangements were made by the North Portland Commercial Club Tuesday night to secure the cooperation of all the local clubs on the Peninsula in a movement to promote the establishment of small and large factories on the Peninsula. Clubs at St. Johns, University Park, Woodlawn and Alberta districts will be invited to join in this movement. C. L. McKenna, president, stated that much property on the Peninsula is dormant that can be made available for manufacturing purposes. He pointed out the need of establishing a pay roll, and that it was as important to establish small concerns employing five and ten men, as the larger concerns. A club federation is planned to take up this question.

It was decided to hold the annual club banquet sometime in February. The proposed membership campaign will start in February according to the decision of the club. Another meeting was held Tuesday, February 1, when the membership campaign was launched.

The average cost of the big trunk sewer, recently completed in Montavilla by contractor William Lind, will range from \$95 to \$105 per lot throughout the district, according to a recent estimate made. The statement that the cost per lot was obviously an error as to the latter figure. No lot in the district will be assessed \$195 for the latter. This will be the fourth and last assessment to be paid for the trunk sewer which reaches to the Willamette river and which was built in sections. Every time a section was built an assessment was made to pay for it, and the entire territory to the city limits was assessed. Montavilla property being assessed four times with the last section of the trunk. The entire cost of the trunk sewer from the Willamette river to end south of East Morrison street will foot up to about \$700,000, which is outside lateral cost.

Ferdinand E. Reed, living at 171 Royal Court, was elected president of the Laurelhurst Club for the ensuing year, at a meeting of the board of directors held in the clubhouse Wednesday night. Mr. Reed has been one of the most active members during the past year, and to his efforts the success that has attended the club for the past year is attributed.

The other officers of the club are: Vice president, S. B. Coob; Secretary, Jack P. Hoben; Treasurer, A. D. Holen.

The club has just closed an active year, the New Year's party at the Multnomah Hotel being the closing event, and proved a complete success. H. S. McCutchan, retiring president, in his annual report, gave the membership at 225, including life members. He also told the lecture course, the social functions and other club activities. Mr. McCutchan said that one of the achievements of the club for the year was the preservation of Laurelhurst Park from any change in the original plans by which the lake, now being built, would have been omitted and a community house erected, thereby destroying one of the great beauties of Laurelhurst Park. The reports indicated that the ladies of the community had been active in supporting the club activities. The club orchestra, led by W. H. Boyer, he said, had been a great factor in the club activities.

**Sciatica's Piercing Pain**  
To kill the nerve pains of Sciatica you can always depend on Sloan's Linctum. It penetrates to the seat of pain and brings ease as soon as it is applied. A great comfort too with Sloan's is that no rubbing is required. Sloan's Linctum is invaluable for stopping muscular or nerve pain of any kind. Try it at once if you suffer with Rheumatism, Lumbago, Sore Throat, Pain in Chest, Sprains, Bruises, etc. It is excellent for Neuralgia and Headache. 25c. at all Druggists.

## Life Preservers

Are useful if you are going to travel but they won't save your life on dry land. The best life preserver for a landsman is a Bank Account with a reliable Bank. The Multnomah State Guarantees every account it takes. Relief from worry, such as comes from banking with us, has prolonged many a man's Safety and an income are conducive to good health and comfortable living. Don't risk your life by keeping your money in a tin can. See us.

**THE MULTNOMAH STATE BANK**  
Lents Sta., Portland, Oregon

**Railway Courtesy**  
Travelers who are accustomed to being held up at every corner and who have found it necessary when enroute to either carry a lunch or patronize the necessarily high-priced diners have been agreeably surprised with the lunch service adopted by the Southern Pacific some time ago.

The male brunette who formerly announced that dinner was ready in the diner, and who did it in a tone to indicate that you could either follow him or starve, now announces the meals as usual but also leaves a slip announcing that for the accommodation of passengers, lunch boxes will be delivered by the waiter upon request at the modest price of 30 cents. The slip gives the contents of each box, the list including items sufficient for a good sized lunch. With the lunch boxes a family may be fed at the price it formerly cost one.

There was no particular reason why the Southern Pacific should adopt this lunch box service, other than the accommodation of its patrons. Such interest in the welfare and comfort of travelers is such a contrast to the public-be-damned spirit of the roads of a few years ago as to be worthy of special notice.—(Sentinel, Cottage Grove, Ore.)

**Advertised Letters**  
Advertised letters for week ending Jan. 29, 1916: Archanbeau, Mrs. Pat.; Barker, Miss Eda; Coffin, Mrs. T. A.; Douglas, Mrs. Luther; Davis, Mrs. E. J.; Dunazo, J. T.; Erickson, Rudolph; France, Ed H.; Johnson, Mrs. C. N.; Kellar, Oris; Mann, C. G. (2); Mann, Harry; Menkenmaier, Wm.; Nelson, Mrs. Elva; Underhill, Mrs. Wm.; Wintter, Mr. and Mrs. Walter W.

Advertised letters for week ending Feb. 5, 1916: Atkinson, Capt. S. P. H.; Barker, Mrs. Wm. M.; Brown, Chas.; Clanson, Mrs. J.; Clark, Chas. W.; Day, Miss M. W.; Eggers, Mrs. I.; Eggers, C. E.; Gordon, M. E.; Hatter, Ernest E.; Hay, Mrs. T. G.; Holmes, Mrs. Myrie; Johnson, Mrs. J. H.; Jones, Geo. W.; Kettle, T. C.; Miller, B. T.; Patton, Mrs. John; Rowley, Mrs. E.; Shearer, Karl; Tull, Mrs. Margaret; Tibbits, Mrs. J. H.; Williams, A. J.

**\$100 Reward, \$100**  
The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietor has so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. **Address: F. J. CHENEY & CO., Toledo, O.** Sold by all Druggists, 75c. Take Hall's Family Pills for constipation.

**Liven Up Your Torpid Liver**  
To keep your liver active use Dr. King's New Life Pills. They insure good digestion, relieve constipation, and tone up the whole system—keep your eye clear and your skin fresh and healthy looking. Only 25c. at your Druggist.

**The Herald \$1.00 Per Year**  
**Pointers**  
**For TREE BUYERS**  
"Advantages an old established Nursery gives you."  
Most, if not all, large established nurseries work on the established principle—"that one thing at a time and that done well" is better than endeavoring to do several things and excelling in none. Large nurseries devote their entire time, thought and energies in producing GOOD TREES.  
You can get all your trees from the same source—trees that are all grown under the same conditions of soil and treatment, insuring you uniform trees—a uniform orchard.  
Established Nurseries, by reason of their being established, insure you getting trees from them that are TRUE TO NAME.  
Large, established nurseries are not frequently changing Management, selling out, discontinuing business, etc., like the "boom-time-skin-'em quick, and-get-away" fellow.  
Permanent nurseries are interested in you making a success with their trees, and in addition to furnishing you GOOD TREES, are able and willing to give you helpful advice and instruction on the best varieties to plant, how to overcome some difficulty with your trees and various other features of importance to you.  
The large, established nursery publishes and distributes, usually free, large Catalogues containing valuable information for your assistance; they give you the benefit of their wide experience.  
Except for the larger nurseries, you would today not have many of the best varieties. Take, for instance the Lambert cherry, the Ideal Apple and the Vrooman Franquette Walnut, all recognized as the best of their kinds, were first introduced and distributed by our company.  
Therefore—remember when next buying trees, that for QUALITY, SERVICE and SATISFACTION the BEST PLACE is the  
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