

It would be extremely refreshing to hear that some one had announced themselves as a candidate for the county commissionership who would guarantee to the people of the county a square deal and no favorites.

When such a man comes to the front and announces his candidacy every honest man in the county ought to shout for joy for the opportunity to give him assistance. Now it may possibly be that there is such a candidate in the field at this time, but if so he has not mentioned it.

Everybody would like to know how the contractors found \$2490 worth of Macadam excavation on sections C and D of the Columbia highway.

NOTES OF THE W. C. T. U.

In the matter of good government nothing is of greater importance than the selection of good and competent individuals, people of known honesty and

KENTUCKY COLONELS.

In the Nature of Things They Simply Can't Help Being Numerous.

In the south especially and in Kentucky more especially a man becomes a colonel at about forty-seven unless he is of a willful, rebellious, obstreperous disposition and inclined to stand up for an admitted but rarely exercised right not to become known as "colonel."

There are, of course, many colonels under forty. When a governor is inaugurated he has the power to appoint staff colonels. A governor who does not appoint as colonels such of his constituents as he knows by name is lacking in the punctiliousness which distinguishes the practical politician.

HER BORROWED ROBE.

It Brought an Actress the Most Perilous Moment of Her Life.

"The only time I ever was a thief saved my life," said Rose Coghlan once. "My sister-in-law, Louisa Thornton, was playing in 'Colleen Bawn' in Scotland. I was Anne Chute, one of the bridesmaids, and I always dressed in Louisa's room with her.

"This particular night she was ill, and her understudy went on. Now, it happened that I had longed and longed to wear a certain costume of Louisa's. It wasn't one bit suitable for a girl of my age in a bridesmaid part, being made of heavy white corded silk with a long court train and all the fixings, but I adored it.

"I dressed up in it and went out to wait for the cue with the other girls. Just as we were ready to go on some one behind me said, 'Rose, your dress is on fire!'

"I think that is the most fearful word that can sound in a theater—'Fire!' My train had caught fire from one of the little gas footlights, unprotected then.

"The girls in their light dresses were trying to get away from me, and the nearest man, Hardress, was handcuffed. I crushed my train in my hands to smother the creeping flame and backed off down the steps under the stage. A man down there threw a heavy cloak over me, and I fainted. I was burned badly around my hands and arms and neck, but the heavy silk dress saved me."—New York World.

integrity to fill the various public offices. An honest and competent public official is the first step to good government. In Oregon every adult individual has the privilege of assisting in the selection of persons to place before the voting body for the final election.

A strong movement is being started in Oregon now for the purpose of promoting justice Hughes for the Presidential nomination. Hughes is the only Republican that can beat Wilson. It may not be important to beat Wilson, but it is important to the Republicans. Now it is up to the Republicans to show Hughes he is essential to their success.

The next meeting of Mt. Scott Union will be at the home of the vice-president, Mrs. Carr, on March 28.

Health In The Suburbs

BY LORA C. LITTLE

Now is the time to go forth and gather Nature's own salads. Water cress, both varieties of dandelion, narrow-leaved dock, horse sorrel, mustard—all these while young and tender make good salads.

Eggs, remember, call for green accompaniment. So does meat. So do potatoes. A breakfast composed of eggs, toast and coffee is simply a liver deceiver. Add a lot of radishes, or young onions, or watercress, and you can survive, can keep from atrophying.

No better thing has been said by any war commentator than that this great war has taught great numbers of people how unnecessary most of our necessities are.

The things that cost nothing are the best things, the essential things. Sad to say, they are likewise the things of which people often deprive themselves when they feel the pinch of hard times. Men out of jobs, and old women who are incapacitated from earning money, sit around the house—a lot of them do—without cleaning up even themselves.

Fresh air, water, and the use of them would make living humans out of these stranded and decaying derelicts. No need to rot before you're dead!

Doctors' museums are to be banished, as the result of the efforts of the Social Hygiene Society. It is said they pander to the morbid and act as magnets to draw diseased persons into the offices of "quacks."

Now if the Social Hygiene Society will do likewise and quit carting about the State the not dissimilar junk which they label Exhibit of Social Diseases, they will oblige the normal-minded public. Their exhibitions and lectures have had the same effect as the museums of the quacks, save that they have herded their panic-stricken to the offices of other doctors, rumor hath it to the extent of causing some of said doctors to give up all but office practice.

It is getting the fashion to slam sugar. When I have talked against it to mother's clubs I have met with sour faces and ridicule. Now Dr. Frank Crane writes on "Smudging out the finer flavors" with sugar, saying "the sugar flavor lies like a coarse heavy blanket over minor and more delicate flavors, smothering, obscuring and suppressing them."

Poultry News

PERTINENT PREPAREDNESS FOR THE POULTRYMAN

The fertile egg cannot be detected before being set.

The round eggs do not influence a hatch of nearly all pullets, nor the long eggs a hatch of cockerels.

The size and shape of the egg are transmissible characteristics. Select for hatching the kind of eggs it is desired to produce.

A discontented mother hen means poor results in raising chicks. She should be made comfortable in every way possible during hatching and brooding.

Remember the egg was laid for but just one purpose: the producing of a chick. Improper handling of hatching eggs is liable to hinder or defeat that purpose.

Select the sitters that has the broody inclination well developed. Old hens usually make better sitters than pullets. The sitters should possess good health and be in excellent condition, and not too nervous or vicious in temperament.

If you expect the hen to do her best at hatching and raising good early chicks this spring, give her a fair chance. See that the hatching and brooding coop is roomy, dry and well ventilated and free from mites and lice.

Give the broody hen a trial for a couple of days on the nest she is to use before trusting her with the good eggs. It is important to determine if possible that she means business, especially if hens belonging to the egg breeds are used. They are usually rather unsatisfactory sitters.—C. C. Lamb, Poultry Specialist, O. A. C. Extension Service.

Try a Trap-Nest

High egg production is not a characteristic of any one breed of fowls. The trap-nest has demonstrated this. There are good and poor layers in all breeds. There is no particular shape or type that indicates good laying qualities, so far, at any rate, as our present knowledge goes.

The only certain method of separating the good layers from the poor is to use the trap-nest and keep a daily record of eggs laid. It is not always the fault of the feed and care that they don't do better. It is the misfortune of the hen herself very often; she couldn't lay if she wanted to.

It requires considerable time to keep a trap-nest record of a flock of hens. Not every farmer has the time, but if a few farmers in every county would trap-nest a flock of hens, in a few years all the farmers of the county would very likely have stock that were from heavy-laying trap-nested fowls. Where it is possible for a farmer to devote a little time to it each day he will be well repaid for the labor. The Oregon Ex-

periment Station is trap-nesting a large flock each year and it is doing the best it can to furnish the farmers of the state with stock from good layers, with the object of increasing the egg yield in the state. It is desirable, of course, to keep a full year's record for each hen, but if that is not possible, a record for part of the year would be valuable. For instance, a record of the first six months of laying, beginning probably in November, would show which were the good winter producers. Those that wouldn't produce well during the first six months would not be good fowls to keep for breeding, and they could be killed off. If it isn't possible to keep a six month's record, then a three month's record would be valuable. Hens that produced well for three months, beginning November, would be the most profitable fowls in the flock, and they should be retained for breeding early winter layers.

It has been shown in experiments that the poor layers during the first year, are usually the poor layers the second year. If at the end of a full year's record all hens that had laid less than 100 eggs or 120, were to be killed off, it would save the farmers keeping a lot of fowls at a loss for another year. From 25 to 50 percent of the fowls in average flock do not pay for their keep.

A great many trap-nests have been patented and put on the market. The State experiment station uses one that's been thoroughly tested and we know of no better. It is not patented and anyone is at liberty to make it without fear of prosecution. This trap-nest has been in use 10 years. (Utah Station Bulletin 92, and Oregon Station Circular 4.) The main or essential points in a good trap-nest are simplicity, cheapness and accuracy in operation.

This trap-nest, when properly made, fully answers these requirements. The hen, of course, must be numbered by means of a leg band. The best leg band is one that has a raised figure. This makes it more easily read.

As the hen enters this nest her weight closes the door, and it is impossible to get out or another hen to enter. The opening into the nest is made just large enough for one hen at a time to enter. This is a feature that is necessary in any trap-nest, in order to secure accuracy.

It is necessary to visit the nests two or three times during the day to release the hens, and there should, of course, be enough nests so that there will always be some vacant, otherwise there is liable to be eggs laid on the floor. For a flock of 50 hens, ten or twelve nests will be sufficient if they are visited often enough.

The nests may be built singly or in groups. They may be set in the wall of the house, or they may be set inside the wall. They may also be made and set up outside, separate from the house.

Your Bank Account

Is more than half of your business resource. Character, reputation and business ability, all count, but the cash back of a man "talks," when it comes to business interest. This is as true for a farmer as for a merchant. Having one of our check accounts will impress your acquaintances with your financial standing and appeal to them more than cash in hand. For safety and influence carry a bank account.

THE MULTNOMAH STATE BANK

Lents Sta., Portland, Oregon

SHASTA and OGDEN ROUTES EAST

- Do you know that tickets to Eastern destinations via California cost but a trifle more than on more Northern Routes?
Do you know that only one change of cars is necessary if you go via California to Chicago, Omaha, Denver, Kansas City or St. Louis?
Do you know that the transit limit of tickets is longer if you go via California? This allows liberal stop-overs.
Do you know that there are library observation, standard and tourist sleeping cars on three daily trains via California on Shasta and Ogden Routes?
Do you know that information on all travel routes can be obtained from local agent or by writing to

John M. Scott, General Passenger Agent Portland, Oregon

Southern Pacific



It is sometimes an advantage to release the hens from the top instead of through the door. This can be done where there is only one tier of nests. Occasionally a hen is slow in coming to the door to be let out, and by pulling the nest out or raising the cover, the operation of releasing the hens may be more quickly performed. We have found that with the small active breeds there is not much trouble on this score. They come quickly to the door. The heavier breeds like the Plymouth Rocks usually take their time in coming out and sometimes have to be pulled out. Where they can be reached from the top the trouble is overcome.

Full explanation as to the construction of trap-nests may be obtained of the Experiment Station, Corvallis. Ask for circular 19, or other information on trap-nests.

An Ideal Spring Laxative

A good and time tried remedy is Dr. King's New Life Pills. The first dose will move the sluggish bowels, stimulate the liver and clear the system of waste and blood impurities. You owe it to yourself to clear the system of body poisons, accumulated during the winter. Dr. King's New Life Pills will do it. 25c. at your Druggist.

\$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.

Colds Quickly Relieved

Many people cough and cough—from the beginning of Fall right through to Spring. Others get cold after cold. Take Dr. King's New Discovery and you will get almost immediate relief. It checks your cold, stops the racking, rasping, tissue-tearing cough, heals the inflammation, soothes the raw tubes. Easy to take, Antiseptic and Healing. Get a 50c. bottle of Dr. King's New Discovery today. "It is certainly a great medicine and I keep a bottle of it continually on hand" writes W. C. Jessemann, Franconia, N. H. Money back if not satisfied.

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 10 1916. Emma Herlihey, Administratrix John Van Zante, Attorney.

Daily Mails

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

Table with 2 columns: Arrive and Depart. Arrive: 8:00 A. M., 12:50 P. M., 3:30 P. M. Depart: 7:15 A. M., 12:30 P. M., 5:30 P. M.