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CERTAIN political interests feel disgraced by the outcome of the organization of the county Central Committee. That is indeed bad, but to many of the delegates it was choice of the devil or the deep sea. The devil of course being the present winner according to his opponents. The facts are the doubtful ones were skeptical of whether it would be worse according to their information, to turn the political affairs of the county over to the Bolo Club and the Oregonian or the Radiators and Mr. Amidon. Either bad, but of the two the majority decided the latter procedure would be preferable. True, some of the methods used were not the most commendable, but the winners point out that the methods of the opposition were possibly even worse. They cited the fact that previously committeemen have been given official credentials in due time before the legal organization limit. In this instance they were not informed except through the Oregonian and undoubtedly many of them knew nothing of the meeting until it was too late. Previously a committeeman's friends might carry his credentials to him. This year he must sign for them personally. The Oregonian notice said he must sign for them by 5 o'clock Thursday. As a matter of fact all unissued credentials were carried to the meeting and issued on demand. Some delegates were unacquainted of this opportunity and stayed away. Some of the delegates called Wednesday and were told they were unprepared to issue them but it is charged that the members of the Bolo Club had their credentials early Wednesday, or even sooner. Appearances indicated an attempt to keep the Radiators and independents out of the meeting and the latter so took it. It may have been imagination but it has not been proven so. The facts are the County Clerk should mail official notice of election by Tuesday following election, to every person elected, and if the law doesn't provide for that it should be amended to do so.

The Oregonian has always been a sticker for party unity, yet now that its program has fallen down, it "repudiates" the opposition and suggests organized opposition to the committee's present officers. That would be interesting in that it would justify previous and future political division, for if the aggrieved have the right to attempt self protection at one time, they shall have equal right at another time, depending on the psychology of the incident.

Having dug himself in behind his impenetrable screen of whisks, Justice Highes does not deem it necessary to say anything to anybody until he is good and ready.

America gave the world the Aeroplane but reserved nothing for itself, apparently being left behind almost every other nation in its aerial service.

Few signs of backward civilization are more convincing than pork barrels in congress and partisan politics in the running of a great city.

Next to meeting somebody who admires someone that we admire we all like to meet somebody who hates some one we hate.

More careful thought devoted to the preliminary elections would result in less regrets after the finals.

Life is just one darned election after another! And what's the use? Look what we elect to Congress.

Gresham's candidate for the presidency was not mentioned in the returns.

If the husband foots his wife's bills she should at least foot his socks.

A good mirror tells the truth no matter upon whom it may reflect.

Yes, it is just as well to forget most of the promises made to you.

A woman with a fiery temper isn't necessarily warmhearted.

BUSY BEES IN WINTER.

How They Generate Heat to Keep the Colony Warm.

The bee upholds his reputation for industry throughout the winter months as well as during the summer. Being susceptible to cold, the bee must turn to his colony for warmth. Communism, which in bees is so highly developed in the storing of food and caring for the young, is also the basis for the heating system.

It was found by experiment that only the shell of the cluster made by the bees in cold weather is compact. This is formed by one to several layers of bees all solidly arranged with their heads inward, their hairs interlacing. This arrangement is perfect for conservation of the heat within. Except for an occasional shifting of position the bees forming the shell are quiet. But within the shell strange things are going on.

It is here that the heat is generated. And the antics are not unlike our own when we are cold. The bees are packed loosely within the shell so that there is plenty of space for many bees to be exercising at a time. Rapid fanning of the wings, shaking the body from side to side, rapid breathing and other movements are all part of the scheme for raising the temperature. In one particular instance, when a bee had been rapidly fanning with his wings for seven and a half minutes, the thermometer nearest him rose half a degree F.—Pearson's Weekly.

FIXING UP A PLAY.

The Method Charles Hoyt Used to Develop His Dramatic Plots.

Charles Hoyt wrote seventeen plays. He would sit in the Pullman with the shade drawn down over his head and looking out of the window at nothing—thinking, studying over situations for some new play.

He would not begin work on a new play until he had its arrangement laid out in his mind. Then he would write it, longhand, in two or three days.

He developed his situations by telling over and over and over again his scheme for a new play. He would come to me. "Otie," he would say, "have you heard my idea for a new play?"

I would say that I had not. Then he would launch into it, elaborating as he went along. He would see me, later in the day perhaps, with some one. He would come up to us with the same question. "Otie, have you heard my idea for a new play?" knowing mighty well I had. He wouldn't wait for me to answer, but he would tell it to my companion, elaborating upon the version he had given me. For each new play I probably would hear that same question twenty times and listen to twenty different versions, each succeeding one more developed and elaborate.—Green Book Magazine.

PINEAPPLE JUICE FOR STOMACH TROUBLE

A preparation of fresh pineapple juice and pure scale pepsin when combined with other ingredients, in the right proportion, such as are found in Natol Pineapple Pepsin Compound, furnishes the necessary elements to relieve indigestion, nausea from any cause, sour stomach, bloating, sick headache and nervousness arising from a disordered stomach.

This preparation is sold by us on a positive guarantee of money back if not satisfactory. It is a wonderful medicine, having properties possessed by no other. Don't take our word for it, but prove it by a trial. 50c. and \$1.00 sizes. All druggists and Mt. Scott Drug Co.

Health In The Suburbs

BY LORA C. LITTLE

Last week the Editor propounded a question which shall be treated as if directed at this department. He asked, "Why is it, anyway, that the things we like to eat are not good for us, and the ones we loathe are healthy and wholesome?"

This bit of pessimistic perversity is often met, yet there is little foundation for it outside the mood of the one who utters it—a passing mood with most people, and where fixed indicative of deep-seated moral obliquity. The Editor has the benefit of the doubt!

Are strawberries good for us? Are green peas, asparagus, cherries, raspberries, green corn, new potatoes, crisp salads, melons, peaches, pears, apples, grapes, plums? Well, rather! And surely there would be something the matter with the man who disliked these. There would be something still worse the matter with one who habitually or deliberately overlooked them—unless he felt called to make a freakish epigram. Much may be forgiven in the latter case.

Nor is there anything wrong with healthy and unseasoned animal foods. Meat, milk, eggs, from healthy animals have their place in the menu. Just now, with "serum companies" pushing their products, and farmers unlearning their ancient wisdom of natural stock-feeding in favor of unnatural feed and care, the most wholesome animal foods are not readily and certainly obtained; yet even the doctored and diseased animals supplying our tables may be used if meats are well cooked, until commensurate returns to the farm and the farm school.

All foods need to be artistically apportioned to other foods on the bill of fare and to the needs of individuals. Here is where most foods become unwholesome. Another way of making them unwholesome is to spoil them with the admixture of articles not food—salt, sugar, vinegar, strong spices, hot sauces, and the like. Salt and sugar have a limited use. They are now used greatly in excess. Vinegar were better omitted, but may be used in small quantity as salad dressing. Pepper, mustard and cloves are too irritating to put into the stomach.

The trouble is, it is the custom to eat a dozen or more kinds of food at a time, and to consume too large a grain ration (bread, etc.), and to eat denatured foods. As previously pointed out, all our flours and meals are robbed of important elements in manufacture, and when we live largely on them our health inevitably suffers. One remedy is to

cut them out for the most part and live on vegetables, fruits, and animal foods. Another, to take the trouble to procure honest, whole-grain cereals, and still to keep the grain ration down to one's needs.

Again answering the Editor's question, all the delicious foods Nature offers us so abundantly here in Oregon are wholesome. The only unwholesome foods are made so by the meddling hand of man. If one has become addicted to the unwholesome, there is still hope. Even drug addicts have cured themselves.

Next week I shall analyze the \$7.50 bill of fare for five persons for one week, prepared by the New York city health bureau.

Ignorance of how to live, combined with medical ignorance of how to treat disease, has brought the life of James J. Hill to a close. He is old—seventy-eight—but he was built and constituted for longer life, but for these circumstances. He has done well with all his wealth to have kept clear of the surgeon so long.

If he has a carbuncle, he needed skilled dietetic treatment from the first—needed it before he got sick in fact, everybody needs dietetic knowledge more than any other if he would live in health.

Carbuncle, or any abscess can be fed, or starved, according to the food taken. The quantity varies with the general physical condition of the patient, but the kind is practically the same for all thus afflicted. Fruit and nothing else is the remedy. A full-blooded person may use oranges freely, alternating with other juicy fruits for variety. Strawberries alone will reduce carbuncle and abscess to smallest proportions and good behavior. So will raspberries. So will melons. For some cases lemon juice diluted is useful. But this is the line to follow. If vegetables are used, they should be nothing save green uncooked salad vegetables. No salt, no sugar, no seasoning of any kind.

Milk, cream, cereals, meat juices, feed abscess. Be sure the great railroad builder has been "fed to keep up his strength."

Indicative of the confusion and panic at his bedside was the sending of a drug by special train from Chicago, in record time, and then not using it when it arrived.

JUVENILE TEMPERANCE NOTES

Cigarettes

The boys who smoke do not know the danger they are in. Cigarettes contain a poison called nicotine which kills the smoker by degrees. The nicotine will in time numb the brain of the smoker. Tobacco is especially injurious to the young because it stunts a young man's growth. Nicotine makes the organs of body work more slowly. A cigarette smoker as a rule has constant headaches. It has been learned that cigar makers suffer from a disease called palsy from constant handling of tobacco. The Russian Government prohibited smoking with a penalty of the smoker's nose, but it did not do any good. The Sultan made a penalty of death but it was in vain. People using cigars seldom inhale the smoke but those using cigarettes do. This causes catarrh, forms a gas injuring the nerves, causes throat trouble and sore eyes. A cigarette smoker does not

exert himself and so becomes lazy and pale. Tobacco prepares the way for disease, alcoholism and drug taking. The relation of tobacco to opium is very close. A person as a rule always starts smoking before drinking.

Connie Mack says: "It is my candid opinion—and I have closely watched—the boys from 10 to 15 years old who smoke never amount to anything." Colleges do not allow their athletes to use tobacco because they know it muddles the brain, weakens the heart, and the smoker cannot do the work required.

Sometimes we think a man is a good athlete but he would be a better one if he did not smoke. We hear people grumbling about the cost of education but 34 times more is spent for tobacco yearly. We could have more playgrounds and swimming tanks if people would stop smoking and put the money into education.

Walter Schaub, 7 B, Arieta School.

KNOW A MUSHROOM FROM A TOADSTOOL?

Every season there are a few cases of mushroom poisoning. In some instances the individual is only made sick, while in other cases the results are fatal.

It is difficult to lay down any hard and fast rules that can be used to distinguish between edible and poisonous mushrooms. In some cases, a species that may be harmless for one individual may cause serious digestive disturbances in another. There is, however, one group of mushrooms that is deadly and quite poisonous. This is the group of Amanitas. There are a number of species of Amanitas, all of which are deadly poisonous. The deadly Amanitas have white gills, a ring about the stem just beneath the cap, and a cup or scales at the base of the stem.

Do not place any reliance in the many popular and traditional tests of poisonous or edible qualities. These tests are entirely worthless. The discoloration of a silver spoon, sinking in water, or brilliant coloration are no indications of either poisonous or edible qualities. Furthermore, the notion that poisonous mushrooms can be rendered harmless by boiling in water and then washing thoroughly in cold water is erroneous.

One can easily become familiar with a few edible kinds of mushrooms. There are many of these springing up in our

lawns, door-yards, and along fences. One may feel absolutely safe in using all those mushrooms having black gills which dissolve with age into an inky mass. These, of course, must be eaten before turning black, but usually several

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stages of ripening will be found in the same clump or group of individuals, so that identification can be made. Among these black gill species are the "shaggy mane," with a more or less bell-shaped, creamy-white cap which becomes shaggy, and the "inky-cap," growing in dense clusters. These two are both common in lawns, gardens, etc., from spring to autumn and are among the best of our edible forms. All of the puff-balls are edible, and excellent if eaten when the flesh is white and solid.

Mushrooms are sometimes soon attacked by worms, and in gathering those which have perhaps stood longer than the others it is well to break off the caps and note whether the worms have worked their way up through the stalk into the cap.

The deadly mushrooms are those which possess the following three characters: (1) white gills; (2) a ring on the stem just beneath the cap; and (3) a cup or scales at the base of the stem.—W. W. R.

Advertised Letters

Advertised letters for week ending May 27, 1916: Clark, Charles; Cobb, G. A.; Dillman, Mrs. J. M.; Hilleary, M.; McRea, L. M.; Morrison, Dr. Nelson; Nash, M.; Pursell, H. B.; Patton, W. H.; Sumpter, Miss Daisy; Sears, J. A.; Vail, Gus E.; Warren & Kerr; Wright, E. L.; D-61 12222 Route 1; Occupant 5408-99th St. (2)
Geo. W. Spring, Postmaster.

The State University celebrates its fortieth anniversary on the 5th of June, 2:30 p. m., with an appropriate program and a cornerstone for the new educational building.

DOES SLOAN'S LINIMENT HELP RHEUMATISM?

Ask the man who uses it, he knows. "To think I suffered all these years when one 25 cent bottle of Sloan's Liniment cured me," writes one grateful user. "If you have Rheumatism or suffer from Neuralgia, Backache, Soreness and Stiffness, don't put off getting a bottle of Sloan's. It will give you such welcome relief. It warms and soothes the sore, stiff painful places and you feel so much better. Buy it at any Drug Store, only 25 cents.

Daily Mails

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

Arrive	Depart
6:00 A. M.	7:15 A. M.
12:50 P. M.	12:30 P. M.
3:30 P. M.	5:30 P. M.

SUMMONS
In the Circuit Court of the State of Oregon for Multnomah County.
J. W. E. Rawlinson, Plaintiff, vs. D. E. Yeazel, unmarried, and R. H. Campbell and Campbell his wife, Defendants. E. 7896. Summons.
To D. E. Yeazel, R. H. Campbell and Campbell, the above named defendants:

In the name of the State of Oregon you, and each of you, are hereby required to appear and answer the complaint filed against you in the above entitled suit on or before June 10, 1916, said date being more than six weeks from the 4th day of May, 1916, on which date the first publication of this summons is made; and if you fail to so appear and answer said complaint, for want thereof plaintiff will apply to the Court for the relief prayed for in his complaint on file herein, to-wit: For a decree and judgment against you in the sum of \$450.00 with interest thereon at the rate of 8 percent per annum from June 21, 1915, and for the further sum of \$50.00 attorneys' fee and for costs and disbursements herein.

That the mortgage dated December 21, 1912, executed by the above named D. E. Yeazel, covering the following described real property in Multnomah County, Oregon, all of Lot Five (5) in Block Two (2) in Katherine, according to the duly recorded plat thereof, said County and State, be foreclosed and that said property be sold as upon execution, and that you be forever barred and foreclosed from any right, title or interest in or to said mortgaged premises, and will apply to the Court for such other and further relief as may be equitable in the premises.

This summons is served upon you, and each of you, by publication by order of the Honorable J. P. Kavanaugh of the above entitled Court, made and entered on the 29th day of April, 1916, directing such publication to be made in the Mt. Scott Herald once a week for six successive weeks. First publication May 4, 1916.

John Van Zante & R. R. Morrill, Attorneys for Plaintiff.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only Constitutional cure on the market. It is taken internally. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address: F. J. CHENEY & CO., Toledo, O. Sold by Druggists, 75c. Take Hall's Family Pills for constipation.

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