

MT. SCOTT HERALD

Entered as Second Class Matter February 19, 1914.

At postoffice, Lents, Oregon, Under act of March 3, 1879

Published Every Thursday at Lents, Ore., by the Mt. SCOTT PUBLISHING CO.
H. A. DARNALL, EDITOR AND MANAGER.

Office Phone: Home D-41. Residence: Tabor 2813

THE following, clipped from the June Everybody's, tells its own story. If we are interested in the welfare of the country we will do the right thing by entering a remonstrance with our congressmen. Every personal expression in opposition to such movements has influence. Yours may be last "straw" to decide the proper vote.

"We had not supposed it possible that in the year 1916 the water-power interests of the United States would dare to go to the Congress of the United States and once more, as in the good old way of days gone by, try to get something for nothing from the United States Government—try to walk off with public property-rights worth millions, gratis—try to steal. We had thought that the fight for water-power conservations in the public interest was won.

It wasn't. It is on the very edge of being lost at this minute. The work of half a generation on behalf of making the nation's heritage serve the nation is within a hair's-breadth of going for naught. This is shown conclusively by the so-called Shields Bill, which has passed the Senate and which is now in the House.

The Shields Bill deals with the granting of permits for the construction of dams for water-power purposes in the navigable rivers of the United States. The amount of power in prospect on those rivers is said by the friends of the bill to be 60,000,000 horsepower. This is twice as much as all the power of all sorts now in use in the industries of the United States. The property-rights, are prodigious. What does the Shields Bill do with them?

In the first place, it does not require any compensation for them. Here is a government which needs money. It needs money so badly that it has to lay "war-taxes" on perfumery and a host of other petty articles, and has to make you put a penny in the slot every time you indulge in a long-distance telephone-call and then has to collect that penny from the telephone company and carry it to the public treasury at Washington.

This same government, so anxious for money, has a legal hold on the waters in all navigable streams. You can not interrupt those waters without its permission. A control of those waters is part of the nation's heritage—legal and financial. Private persons want to make money for themselves by building dams in those waters with power-houses alongside. They can not do it unless the government gives them a permit. And the Shields Bill, already passed by the Senate, actually empowers the government to give them that permit without any compensation whatsoever!

But, in such circumstances, surely the permit would be only temporary. Surely, if the man who built the dam and ran the power-house made money, there would be a time when, under a new permit, a new arrangement with him or with somebody else could be made. Not at all. The Shields Bill pretends that such a time is provided for; but the pretense is so transparent as to be insulting.

The Shields Bill says that the permit shall expire at the end of fifty years. Yes. But it also says that it shall then be continued and shall keep on being valid and binding unless a certain thing happens. And what is that thing? That all the

property then operated under that permit shall be bought by a state government or by the United States Government!

And what does 'property' mean, under the bill, in such cases? It means not only the physical property, but the 'good will' and the local franchises and contracts which the water-power company may have acquired and which may then be enormous though 'intangibles' value. In order to terminate the permit and so 'recapture' the public rights in the premises, a state government or the United States Government would have to take over the whole business itself, including turbines and dynamos and transmission lines and perhaps distant factories, paying its good money for the whole 'going' value of a 'going' concern which could never have got 'going' at all without the original permit which it got for nothing.

This damning fact about the bill can be proved out of the mouth of one of its own advocates. Senator Jones of Washington said in the Senate: 'It is clear to my mind that this is practically a perpetual permit.' The Shields Bill takes public rights of incalculable present and future value and gives them away for nothing and forever.

There are other conservation bills in the Senate and in the House. The whole subject is once more at issue. The whole idea of public-minded instead of merely private-minded water-power development is in peril. The White House was implored to take a hand against the Shields Bill, but did not feel it could do so. Under cover of the war in Europe, while the eyes of the public are fixed on such problems as submarines and Preparedness, the water-power interests are making their final and most daring raid on the United States Government's most valuable legal estate. We are disappointed. We had hoped and believed that American business had made up its mind that the merely private-minded era was over. —Everybody's.

THE unusual activity in promoting a patriotic attitude on the part of the people of the country is of interest even if the motive is of doubtful merit. The tendency of the people to degenerate into inappreciation of the blessings enjoyed by them in a country like ours is remarkable. More than half of the troubles we "enjoy" are the result of apathy and distrust. Lack of recognition of the advantages surrounding us gives us time to find fault with political conditions and our public officials much of which would never be observed if we were a little more patriotically exuberant.

However that may be one of the obstacles to be hidden in the effort to awaken public enthusiasm at any time. Keep people busy thinking about their country and its relations to foreign nations and they won't have time to think about the cussedness that is going on at home. For twenty-five years after the close of the civil war the constant effort of political manipulators was to keep the people of the North thinking about the bloody war that had just passed and the "villainous deeds of the rebels." It was not till the visions of the war became dim that the mass of the people were disillusioned and then they saw that the war had cost the nation about double

Health In The Suburbs

BY LORA C. LITTLE

A bulletin of the New York health department reports that "laboratory tests" have been made proving that a family of five can live for a week on the following food:

1 pound butter	\$0.42
1 bag sugar (3 1/4 pounds)	.24
1 pound rice	.08
1 pound dried peas	.09
1 pound beans	.09
1 pound farina	.06
1 pound oatmeal	.05
1 box cocoa (1/4 pound)	.10
1 pound prunes	.15
1 pound onions	.04
6 pounds potatoes	.22
1 head cabbage—medium size	.05
1 pound cheese	.22
2 dozen eggs	.60
2 pounds meat daily, at 30c	2.80
2 loaves bread daily, at 8c	1.12
2 quarts milk daily, at 7c	.98
Total	\$7.31

This estimate has been based on experiment, it is asserted; but it is also figured on the theoretical heat units, or calories, required by the family of five. The calory as a measure of food values is out of date with all dietitians worthy the name. The latest studies in food values show the first great essential of food for man and animal is the organic mineral content, the iron, potash, soda, sulphur, silicon, etc. There is no trouble about getting a full supply of these salts so long as food is taken straight from Nature's hand and consumed uncooked. The moment, however, we begin to meddle, to remove portions, to subject to the action of fire, to concentrate, Nature's balance is lost. Hence, if we are to improve on Nature—that is, if we must prepare and cook our food—we must keep ever in mind the absolute necessity of getting enough of these vitalizing elements to insure digestion, assimilation and elimination.

The only foods in above list which are (probably) complete of their kind, and therefore to be accepted without discount, are the peas, beans, onions, potatoes, cabbage and eggs. If we were to take just these articles, increasing their quantity, and use them in correct proportions, we should have a perfect bill of fare, but deficient in the variety we prize and to which we are entitled. Let us see what aids the other articles. Butter is a prepared product, the fat of milk removed from the casein and whey. It contains a trace of the organic salts, a considerable portion of two inorganic minerals in the shape of table salt, and certain ferments which give it its agreeable flavor. Not being a complete food, what it lacks must be supplied by a larger quantity of other foods than would be required were we confining ourselves to a diet of complete foods. This in fact is the case with all denatured or unbalanced foods.

Sugar is a proximate food principle. Like butter its calory rate is high, but of and by itself it is of no food value whatever. Rice, of the kind procurable at the ordinary grocery, is the article discovered to produce beri-beri when fed exclusively for a term. In the milling process which makes it white it is robbed of its salts, which are contained in the brown outer film. Some of our rice is even said to be coated with paraffin to improve its whiteness.

what it would have cost had they not been engaged in hating their southern neighbors instead of watching the inner motive of the political manipulators of the times. Just now we are being worked for extensive outlays in public expenditure in the name of preparedness. If we could know just who is supplying all the newspaper gush about the imminent danger of being engulfed in war immediately or sooner we would likely find most of the stuff was written under the direction of the Navy league, or some of its allies.

All that brings up the question of who the navy league is and that can be answered in a sentence. It is essentially an organization of big business composed of corporations whose products are exactly those that would be necessary to the government if it were to enter into this notion of multiplying the expense of the war and navy departments by maintaining the desired standard of "preparedness."

If the things the country needs to put it in a condition of reasonable "preparedness" can be secured without doing it essentially for the benefit of a number of vast manufacturing concerns, all well and good. In other words, it is not the country's place to enter into a plan to invest in a lot of iron just to furnish a num-

ber of promoters a good market. And it is worth studying. Isn't all this preparedness hurrah simply so much noise calculated to distract the people from the real motive of the movement, and at the same time gain their consent to the looting? That is the way things are done. A few big newspapers and a few good organizers are doing this and the mass of the people are just the mob, so far as the leaders are concerned, being led like lambs to the slaughter. Last week we had a preparedness demonstration. Next week we will have a Flag Day demonstration. Just what is the next subject on the program has not been announced.

If you wish to be a Methuselah you will have to quit doing all the things that make it worth while not to be one.—St. Louis Post-Dispatch.

Difficulties are not to be sought, but when they come they should be accepted as calls to heroic deeds.

Join Our Clean-up Campaign
Let R. J. Staff do your PAINTING TINTING and PAPER-HANGING
Work Guaranteed. Phone T1417

I Remember, I Remember

(1916 version)

I remember, I remember,
The house where I was born;
The little window where the sun
Came peeping in at morn.
You'd hardly know the old place now,
For dad is up to date
And the farm is scientific
From the back lot to the gate.

The house and barn are lighted
With bright acetylene,
The engine in the laundry
Is run by gasoline.
We have silos, we have autos,
We have dynamos and things,
A telephone for gossip,
And a phonograph that sings.

The hired man has left us,
We miss his homely face;
A lot of college graduates,
Are working in his place.
There's an engineer and fireman,
A chauffeur and a vet,
'Electrician and mechanic—
Oh, the farm's run right you bet.

The little window where the sun
Came peeping in at morn
Now brightens up a bath room
That cost a car of corn.
Our milkmaid is pneumatic
And she's sanitary too;
But dad gets fifteen cents a quart
For milk that once brought two.
—Canadian Courier.

A Sure Way.

There are several methods whereby pickpockets may be avoided on crowded street cars, but the surest way is to keep your money in the bank in your wife's name.—Kansas City Star.

Impossible.

"Do you think it safe to marry on \$25 a week?"
"My boy, no amount of money can guarantee marriage to be safe."—Detroit Free Press.

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.

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. 7996. 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 16, 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.

This 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, etc.
Take Hall's Family Pills for constipation.

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It's the regularity of the thing that counts. Interest doesn't stop, or even hesitate. It goes right on piling up industriously; accumulating day and night—while you're asleep and while you're awake..... Start a deposit account with us at once and little old 4 per cent. will be on the job night and day every day for you...

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Lents Station, Portland, Oregon

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