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WE just got a bunch of copy from the headquarters of the Brewers Protection League, or whatever it is called. Its the organization lending its name and influence to the movement to enable the brewers of the state to resume operations in the production of beer. Among the bunch was a list of names of prominent men, introduced to lend strength to the cause. If this list is anything like the usual list the brewers send out a good portion of the names have been used without the consent of their owners. This may not be an unusual list. Any way it is unusual list. It contains the names of some of the most successful business men in the city and state. Men who ought to know that the liquor business never made a poor man a dollar in the world. Men who know that no poor man, disposed to use of liquor in any form, can ever rise above the position of tenant, and a poor tenant at that. Men who know that the really valuable citizen in the state is the man who owns a home, has some financial resource, and who pays some taxes. Men who know that the psychological and physiological influence of liquor is to reduce its tipping friends to a condition of mental and physical degeneracy. Men who know that a very considerable portion of mankind is too weak to look after their own interests when in a normal condition of mind and yet who assume that an intellect degenerated by intemperance can still protect its owner from the wiles of the vicious, the dangers of disease, or probability of starving. Men who have reached that position in life that they ought to realize the highest obligation in life is to assist and protect the weak and less fortunate of mankind instead of advancing commercial greed as a just reason for conditions that can have no other result than produce poverty, misery, degeneracy, centralization of wealth, addition burdens of state and a lowering of the standard of decency and citizenship.

HEALTH IN THE SUBURBS
By Lora D. Little

Through the season of fresh fruit, all persons above the age of 45 will do well to make one of the daily meals of uncooked fruit alone, and another of fruit and cream (or milk, or cottage cheese.) Then eat the ordinary dinner at night—that is, of cooked foods and a vegetable salad.

Nothing else will give the same clearness of mind and alertness of body. The all-fruit meal may be breakfast and the fruit and milk meal luncheon, unless there is individual preference for reversing the order.

Those who do hard work are likely to believe this will not sustain them. That is a fallacy easily proved. Try it. It is really the kind of eating that taxes the energies least and leaves most to be put into work.

Eat all you want of the fruit, however. Don't mince. It is all but impossible to eat enough to hurt you, once you are habituated to the plan.

Work in the open air enables people to digest quantities of cereal and flesh foods—anything in fact—for awhile. But it costs too heavily to take care of such foods to make it profitable to eat them early in the day, and those who do so become subject in time to rheumatism, nerve and heart affections and other chronic ailments. These troubles are always attributed to hard work, when it is actually only because of unsuitable diet.

The food-drunk, partially stupefied, fat and soggy or skinny and nervous people, are every one of them victims of vicious eating habits. They vegetate, they groan and grunt. They do everything save the one rational thing of correcting their habits. Sometimes they are ardent prohibitionists, horrified at beer and whiskey drunkards. They manage pretty nearly the same results, however, without violating their own propensities.

Younger people may modify the plan to suit their own needs. Beyond 35, say, let them have a more substantial luncheon every other day. Under 35, perhaps they will do well to have a regular cooked and uncooked luncheon daily, and fruit only for breakfast. Even children will thrive best with one of the three meals made up of seasonable fruit.

Parents who would teach their children self-control, need to learn first how to feed themselves and their children. Stuffed and stimulated bodies make lawless, self-indulgent characters. Wrong food is behind most criminality. It is, however, a common assumption that it is want of food, or want of plenty of bread and meat that makes degenerates. This is another mistake. It is want of fruit and other uncooked foods, and excess of bread and meat, or their equivalents.

I lodged for a week lately in the home of a widow in a county town. She had three boys, aged 12 to 17. The eldest was ambitious for "success" and so saved from ordinary viciousness. The second was causing his mother constant worry. The third was a fat, lazy youngster, destined I should say to cause her sleepless nights later on.

Speaking of the second son, the mother said, "I nag him and nag him, but it doesn't seem to do a bit of good. If I have not taught my boys to distinguish between right and wrong no mother has. I lie awake nights until Tom comes in, and often it is long past midnight before I hear him."

This woman thinks much of the recognition accorded her by "the best people" of the town. She wants above all that her boys should be respectable. She would rejoice to have them achieve distinction. Yet she has not bred them up to self-control—that foundation of all worthy achievement.

Herself a sufferer from rheumatism, nervousness, over-weight, failing eyes, she was appalled at the suggestion that she modify her diet. She had always been used to eating what she wanted and did not see how she could get along without it now.

That is precisely what is ailing her boys.

A HACKING COUGH WEAKENS THE SYSTEM

Don't suffer with a hacking cough that has weakened your system—get a bottle of Dr. King's New Discovery, in use over 40 years, and benefiting all who use it, the soothing pine balsam with tar heal the irritated air passages—soothe the raw spots, loosen the mucus and prevent racking the body with coughing. Dr. King's New Discovery induces natural sleep and aids nature to cure you.

J. S. Fox says, "the 'Dry Petition' has more than the requisite number of names and has two days yet to go on. We expect about 30,000 names."

ORIGIN OF CRISIS WITH CARRANZA

Refusal to Withdraw Troops Rapidly Led to Warning.

THEN THE CALL FOR MILITIA

Actual Hostilities Came Less Than a Month After First Chief Asked President Wilson to Order United States Troops to Return to Border—History of the Exchanges.

Carranza's demand that the United States consent to immediate withdrawal of its troops from Mexico was presented to the state department on May 31 last. Saying that Mexico's purpose was to avoid war if possible, the note charged the American government with bad faith, accused President Wilson of sanctioning a state of affairs grossly inconsistent with his protestations of good will, said that the true purpose of sending soldiers across the border seemed to be the invasion of Mexico and asserted that if the United States had properly protected its frontier there would have been no occasion for the expedition into Mexico.

On the following day, June 1, President Wilson let it be known that, although he had no intention of keeping the troops across the border longer than necessary to enable the Carranza authorities to end the operations of bandits, the United States would not yield to the demand of Carranza.

Many Washington officials believed that the de facto president of Mexico had drafted his remarkable note principally for home consumption. Ambassador Arredondo said he did not regard it as an ultimatum. The cabinet in Washington met on June 6, but the reply to the Carranza note was delayed.

United States Consulate Stunned.

Meanwhile General Pershing and the Mexican general, Gavira, had a conference, and the American consulate in Chihuahua was stoned. Rapid spread of anti-American sentiment, which the Carranza authorities were reported to be encouraging, was evident throughout northern Mexico.

On June 10 it was reported from San Antonio that a Mexican band had raided a Texas ranch and that Captain Bell, with one troop of the Fourteenth cavalry, had crossed the line in pursuit. On the same day General Trevino, acting governor of Chihuahua, was represented as urging all Americans to leave, as he could not guarantee them protection against the rising resentment of the Mexicans.

On June 11 Secretary of War Baker ordered 1,500 additional regulars to go to San Antonio for border patrol service. This action was induced by a report from General Funston telling of Mexicans firing on an American patrol near New Hatched, N. M., and wounding Private Lee W. Saunders of the Twelfth cavalry. General Funston asked for more men for the patrol.

On June 13 Secretary Lansing sent a preliminary representation to General Carranza calling his attention to the fact that a Mexican raider killed by American soldiers following a raid on Coleman's ranch near Laredo, Tex., was positively identified as Lieutenant Colonel Villareal, a Carranza officer.

On June 15, following conferences in Washington between Secretary Lansing and certain members of the diplomatic corps, it was reported that some of the other powers had offered their friendly assistance in solving the Mexican problem without war.

On June 16 Washington heard unofficially that General Jacinto Trevino, acting under instructions from General Carranza, had informed General Pershing that any further movement to the east, south or west would be regarded as a hostile act and a signal for warfare. Following the entry into Mexico of American troops near Laredo notices were posted in Juarez inviting all Mexican citizens to meet every day to receive military instruction.

Fighting Near Brownsville.

On June 17, while Secretary of War Baker was in conference with President Wilson, word was received of serious fighting on the Mexican side of the border near Brownsville, Tex. General Ricout announced that the American soldiers in Mexico would be attacked unless a punitive expedition that chased marauders across the line on June 16 was withdrawn at once.

On June 19 President Wilson called out the militia of every state for border duty. On the same day the American punitive expedition that had crossed near Brownsville was withdrawn after being fired upon, with the result that one Mexican was killed and three wounded. General Obregon, Carranza's minister of war, replied to President Wilson's summons to the militia by calling upon all Mexicans to be prepared to defend the country in case of a rupture of relations with the United States. General Pershing's description of the situation as regards his expedition was, "More tense."

On June 20 Secretary Lansing sent the long delayed note to Carranza. It summed up at great length Mexican outrages upon American life and property and warned Carranza that the United States would not recede from its determination to remove the border peril and that the execution of Carranza's threat to attack American troops if they did not retire "will lead to the gravest consequences." This followed on June 21 the attack on American soldiers at Carrizal, Mexico.

SOME EXCELLENT SANDWICH FILLINGS

One of the most common questions asked by the housewife is, "Can you tell me a good sandwich filler?" Here are a few that have proved to be very satisfactory:

Meat thinly sliced or finely chopped and seasoned, or mixed with salad dressing.

Celery chopped fine and mixed with salad dressing.

Olives chopped fine and mixed with salad dressing (½ c. to ¾ c. olive)

Celery, pimientos and nuts, chopped fine and mixed with salad dressing.

Cream cheese and nuts, or olives, or pimientos and cream.

American cheese grated, seasoned with tomato.

Lettuce with mayonnaise.

Peanuts, pounded smooth, seasoned and moistened with cream.

Figs cooked to smooth paste, sugar, lemon juice and nuts added.

Dates and preserved ginger.

Dates and peanuts chopped fine, moistened with cream.

Raisins cooked to smooth paste, lemon juice and nuts added.

The bread should be 24 hours old and cut in thin, even slices. If fancy forms are desired, shape before spreading with butter. Cream the butter and spread evenly. M. H.

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 my word for it, but prove it by a trial. 50c. and \$1.00 sizes. All druggists and Mt. Scott Drug Co.

Advertised Letters

Advertised letters for week ending July 1, 1916: Byers, Mabel; Beard, Mrs. Jessie; Chitwood, Mr.; Board, Selma; Epiling, Jack; Erwin, Mrs. Sarah; Grass, Herman; Henderson, Mrs. J. J.; Hansen, Wm. C.; Larsen, Robt. L.; Leubers, Mr. and Mrs. A. W.; Law, John; Mace, Carl; McLane, Mrs. Lillie; Pluyalar, Martin; Shepard, Alex.; Shepard, Alex.; 6329-89 St., S. E.; Lents, Portland, Ore., R. 1. Box —.

Geo. W. Spring, Postmaster.

NOTICE OF SHERIFF'S SALE

In the Circuit Court of the State of Oregon for Multnomah County.

J. W. E. Rawlinson, Plaintiff vs. D. E. Yeazel, unmarried, R. H. Campbell and Campbell, his wife, Defendants.

By virtue of an execution, judgment order, decree and order of sale issued out of the above entitled Court in the above entitled cause, to me directed and dated the 1st day of July, 1916, upon a judgment rendered and entered in said Court on the 29th day of June 1916 in favor of J. W. E. Rawlinson, plaintiff and against D. E. Yeazel, unmarried, defendant for the sum of \$450.00 with interest at the rate of 8 per cent per annum from the 21st day of June 1915 and the further sum of \$8.00 with interest at the rate of 8 per cent per annum from the 3rd day of February 1916, and for the further sum of \$3.81 with interest at the rate of 8 per cent per annum from the 5th day of April 1916, and for the further sum of \$10.37 interest at the rate of 8 per cent per annum from the 17th day of February, 1916, and for the further sum of \$45.00 with interest at the rate of 6 per cent per annum from the 29th day of June, 1916, and for the further sum of \$23.10, costs and disbursements and the costs of and upon this writ, commanding me to make sale of the following described real property, situated in the County of Multnomah, and State of Oregon, as follows to-wit: Lot numbered Five (5), Block Numbered Two (2), Katherine, according to the duly recorded plat thereof.

Now Therefore, by virtue of said execution, judgment order, decree and order of sale and in compliance with the commands of said writ, I will, on Monday the 7th day of August, 1916, at 10 o'clock A. M., at the front door of the County Court House in Portland, Multnomah County, Oregon, sell at public auction (subject to redemption), to the highest bidder for cash in hand, all the right, title and interest which the within named defendants and each and all of them had on the 21st day of December, 1912, the date of the mortgage herein foreclosed, or since that date had in and to the above described property or any part thereof, to satisfy said execution, judgment order and decree, interest, costs and accruing costs.

T. M. HUBLEBT
Sheriff of Multnomah County, Oregon.
Dated this 2nd day of July, 1916.
First issue July 6th, 1916.
Last issue August 2nd, 1916.

SUMMONS

In the Circuit Court of the State of Oregon, for Multnomah County.

Mortgage Company, Holland-America, a Corporation, Plaintiff, vs. George R. Parks and Emma A. Parks, his wife; Francis J. Schulz and Carl Schulz, her husband, and Edward D. Williams, A. C. Forbes, H. B. Evans and George R. Wilson, Defendants.

To the defendant A. C. Forbes, above named.

In the name of the State of Oregon you are hereby required to appear and answer the complaint filed against you in the above entitled cause and Court, within six weeks from the date of the first publication of this summons, said first publication being on the 29th day of June, 1916, and if you fail to so appear and answer, for want thereof the plaintiff will apply to the Court for the relief demanded in the complaint in this suit, to-wit: That the plaintiff have judgment and decree against defendants George R. Parks and Emma A. Parks, his wife, for the sum of \$4105.88, and interest thereon from the 15th day of June, 1916, at the rate of ten per cent per annum; for \$350.00 attorneys fees, and for unpaid taxes due on the property hereinafter described, and for the costs and disbursements of this suit, and that plaintiff's mortgage against the real property hereinafter described, given to secure the payment of said sum, be foreclosed and said property sold pursuant to law and the proceeds thereof applied toward the satisfaction of said judgment, costs of sale, attorneys fees and costs of suit, and that you and all other defendants claiming by, through or under them, or any of them, be barred and forever foreclosed of any estate, right, title or interest or equity of redemption in the said premises, except the statutory right of redemption.

The said mortgaged premises above referred to are particularly described, as follows: Lots One (1), Two (2), Three (3) Four (4), Nine (9), Ten (10), Eleven (11) and Twelve (12), in Block Four (4), Taborside, according to the duly recorded plat thereof, and now within the corporate limits of the City of Portland, County of Multnomah and State of Oregon.

This Summons is served upon you by publication thereof in the Mt. Scott Herald, by order of the Hon. William N. Gatens, Judge of the above entitled Court, which said order was duly made and entered in said cause and Court on the 22nd day of June, 1916.

The date of the first publication of this Summons is June 29, 1916, and the date of the last publication thereof is August 10th, 1916.

John Van Zante and Albert H. Tanner, Attorneys for Plaintiff.
First publication June 29, 1916.

NOTICE TO CREDITORS

In the County Court of the State of Oregon, for Multnomah County.

In the Matter of the Estate of August Schulerberg, Deceased.

Notice is hereby given that the undersigned has been appointed executrix of the estate of August Schulerberg, deceased, by the County Court of the State of Oregon for Multnomah County, and has qualified as such. All persons having claims against said estate are hereby notified and required to present the same, properly verified, as required by law, to the undersigned executrix, at the office of her attorney, 314 Spalding Bldg., Portland, Oregon, within six months from and after date of first publication of this notice.

Dated and first published June 29, 1916. Charlotte Schulerberg, Executrix of the estate of August Schulerberg, Deceased.
J. J. Johnson, Atty. for Executrix.
314 Spalding Bldg., Portland, Ore.

SUMMONS

In the Circuit Court of the State of Oregon for Multnomah County.

Vina R. Kalahan, plaintiff, vs. George W. Kalahan, defendant, summons.

To George W. Kalahan, the above named defendant:

In the name of the State of Oregon you are required to appear and answer the complaint filed against you in the above entitled cause, on or before the expiration of six weeks from the first publication of this summons, to-wit: on or before Friday, August 4, 1916, and if you fail so to appear and answer, for want thereof plaintiff will apply to this Court for the relief prayed for in her complaint herein, to-wit: For a decree dissolving the bonds of matrimony heretofore and now existing between plaintiff and defendant, upon the grounds that defendant has deserted her and abandoned plaintiff and plaintiff's home for more than one year immediately prior to the commencement of this suit.

This Summons is published in the Mt. Scott Herald by order of the Hon. Henry E. McGinn, Judge of the above entitled Court, said order being made on the 21 day of June, 1916.

First publication June 22, 1916.
John Van Zante Attorney for Plaintiff.

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.

WILL MY CHILD TAKE DR. KING'S NEW DISCOVERY?

This best answer is Dr. King's New Discovery itself. Its a pleasant sweet syrup, easy to take. It contains the medicines which years of experience have proven best for Coughs and Colds. Those who have used Dr. King's New Discovery longest are its best friends. Besides every bottle is guaranteed. If you don't get satisfaction you get your money back. Buy a bottle, use as directed. Keep what is left for Cough and Cold insurance.

.. Your Best Friend..

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Is the best place to keep it. Interest on Time Deposits. Safe Deposit Boxes for rent.

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