

# 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-61. Residence: Tabor 2813

AS AN instance of the care with which milk has to be handled let us cite an instance that came to our notice not long since. A bottle containing a Bulgarian culture was used to start additional cultures and after several changes in the culture it was duly corked up and placed on the shelf. The milk had come from sealed bottles and was poured from them into the well corked culture bottle. After some weeks it was removed from the shelf and found to contain scores of maggots, each a half inch long. Consultation with a specialist developed the opinion that they were probably fly maggots. How they got into the corked vial no one will ever be able to tell, but of one thing we may well be sure the eggs from which those maggots were hatched, did not work their way through the corks. They were washed into the milk from the edges of milk cans and other utensils. No one saw them and no one suspected they were there. If they were present to pollute this little ounce of milk were they not in sufficient numbers to pollute the milk of the entire can. And if they were present to pollute the milk of this can, it is entirely probable they were present in other cans and that any sample of milk given due opportunity would have given the same returns. Can it be possible that the milk we drink is all contaminated by flies? It is undoubtedly inoculated with several species of bacteria. Add flies and tubercular, typhoid, diphtheria, measles, or scarlet fever germs, collected on the various explorations around the neighborhood by them, and dropped on the bottles and jugs and cans used to carry milk, and we have an assortment that is hard to escape.

The only sure way is to sterilize the milk. Sterilized milk doesn't taste quite as well as fresh milk but it has a reasonable degree of advantage in safety. But there is no use to sterilize the milk unless you also sterilize the milk can, or bottle or pan in which you keep the milk. And there is no use in sterilizing either the milk or the container unless you keep the milk in a place where it cannot be still further contaminated. Milk should be kept in a cool, clean, inclosure, free from dust, flies or disagreeable odors.

NEXT to the famous man without a country is Victor Murdock, the Bull Moose without a party. Mr. Murdock has been a consistent progressive and he has a well defined platform of Progressive principles which he cannot well lay aside. He is or has been clearly out of harmony with the Republican party, which is dominant in Kansas, and he couldn't unite with the Democrats and get anywhere in a district so clearly Republican, even if the Democrats adopted his platform in full. Under such conditions he cannot consistently do anything different from what he has been doing, keep quiet and wait developments. A sort of "watchful waiting" if you please, and he will probably, or possibly come out safely in the end. While it seems extremely probable that Mr. Hughes will be elected, if information from various sections of the east is reliable, still no one will know absolutely until the votes are counted. Should the Republicans lose out will he not be in a preeminent position

for the next political campaign. He is a popular man and his welcome in the West speaks well for the hold he has on the people.

Portland people will have a chance to express themselves at the picnic which is to be given by the Kansas crowd at Laurelhurst Park the afternoon of the 21, and to study the man at near advantage. There will be more than Kansans there to hear him and if he intends to make a public statement of his position it will be a rare opportunity for not only the speaker, but everyone in the city to learn more of the man.

This is a good time to prepare for next year's rose crop by putting the ground in good condition around the bushes before it gets hard. A good mulch of fine soil will keep the roots growing all summer and fall and will prepare it for a big growth next season. In the mean time a few good roses may develop later this season. If the ground packs it gives up its moisture quickly and heats up much more, draws the available moisture out and leaves the bushes without food.

## HEALTH IN THE SUBURBS

By Lora D. Little

In the Herald of June 8 I gave a New York Health Board estimate of the food needs of a family of five for one week, the same said to have been based on "laboratory tests." The following is the table:

Prunes 1 lb	\$0.15
Sugar 2 1/2 lb	.24
Beans 1 lb	.09
Peas 1 lb	.09
Farina 1 lb	.06
Oatmeal 1 lb	.06
Cocoa 1/4 lb	.10
Onions 1 lb	.04
Cabbage 1 head medium size	.05
Cheese 1 lb	.22
Eggs 2 doz	.90
Meat 2 lbs daily @ 20c	2.80
Bread 2 loaves daily @ 8c	1.12
Milk 2 qts daily @ 7c	.38
Butter 1 lb	.42
Potatoes 6 lb	.22
Rice 1 lb	.08
Total	\$7.31

Using the same prices, I submit the following as calculated not only to feed a family of five for a week, but to keep them healthy, a thing the first could not possibly do. Of course this is a winter bill of fare, since in summer a greater variety of vegetables and fruits would be available and still keep within the limits set.

Apples 1 box	\$1.00
Sugar 1 lb	.09
Beans 2 lb	.18
Oatmeal (old-fashioned) 2 lb	.10
Cornmeal (old-fashioned) 2 lb	.10
Onions 5 lb	.25
Cabbage 3 heads	.15
Cheese 1 lb	.22
Eggs 1 doz	.30
Meat 5 lb (for Sunday)	1.00
Milk 2 qt daily @ 7c	.84
Butter 2 lb	.84
Potatoes 10 lb	.40
Ry-Krisp 4 lb	.60
Total	\$8.13

A family fed on the second list will be better nourished, and at a saving of 16 per cent on the cost. It will be noted I have omitted the prunes, peas, farina, cocoa and rice. The peas are not objectionable, but doubling the quantity of beans gives the same results nutritionally and would enable the cook to have one pot of baked beans during the week, such portion as should be left over would warm up well for another meal. The farina is so poor a food it is not economy to use it at all. Cocoa ditto.

For the wholly inadequate pound of prunes I have substituted one box of apples. Some of these can be baked, and the pound of sugar will be sufficient to sweeten the baked apples. Indeed, unless very sour they were better eaten unseasoned. The oatmeal, cornmeal and Ry-Krisp here listed are ample food for a week for a family of five. With the narrow line of vegetables given, five pounds of onions and three medium size heads of cabbage would be necessary to keep this family in health, since there would be no puddings requiring eggs, a dozen eggs served at dinner along in the middle of the week would give an agreeable variety. Eggs once a week is quite often enough for the average family. This reminds me there is a curious

notion about eating no more than one egg, or at most two at a meal. I have heard many say they could never get away with more than a single egg, and they apparently regard it as plain swinishness to eat more. Yet they would think nothing of taking a glass and a half of milk at a meal. An egg is equal to half a glass of milk in nutritive value.

It is due to eating little dabs of many things, the plan now customary, that we have such mixtures that digestion fails and health is lost.

A pot roast on Sunday is meat enough in connection with the other items for the week. The onions, eggs, cabbage, potatoes and Ry-Krisp will be the vehicles for getting away with the two pounds of butter, which is not a grain too much for this number of persons. Ten pounds of potatoes will afford four or five potato meals for a family of five.

In planning the meals from the foregoing materials it should be borne in mind that one starch at a meal time is the ideal. There are five starches in the list. Onions or cabbage should be served with a starch food. The apples should be eaten by themselves, or with milk, or cheese, or meat; never at a starch meal.

The Ry-Krisp is good eaten in milk, or with butter. It is a rye bread containing no yeast. If eaten once a day it will insure free bowel action.

Some one wishes to know how about green peas or other green vegetable as a substitute for one of the fruit meals recommended in my last article. They are all right. A luncheon of green peas would be fine. Hard and fast rules are not to be adopted save by persons without food sense. After one day of two fruit meals and one heavy meal, it might be well to vary with fresh vegetable, instead of fruit, or one meal. One day's rations should have some relation to the rations of the day before and the day following. As, when we have a special feast of some kind, we do well to prepare for it by light eating and follow it with the same.

The important thing to bear in mind is to alter the now universal habit of eating too much cooked food in proportion to uncooked, too much bread and meat and potatoes and too little fruit and salads. But beware your combinations!

## NOTES OF THE W. C. T. U.

The next meeting of Mt. Scott Union will be held at the Fankhauser place, just beyond Johnson creek, on Tuesday, July 25. This is to be an all-day picnic affair with your basket lunch in the woods if the weather permits.

The meeting this week was at the home of Mrs. E. W. Millu on Main street. Mrs. Barge arranged with members of the L. T. L. to furnish the program. The business of settling up the finances of the banquet given last week occupied much of the time. Ten dollars was taken from the banquet fund and given to the campaign fund of the state organization and a like sum to the county organization.

Mrs. Sommerfeldt, president of Mt. Scott Union is off with her family for an outing.

The banquet given last week was largely attended by the people of Lents. The eats were pronounced excellent by those who partook, and the speeches were well received. The male quartet rendered several numbers most acceptably. Rev. and Mrs. Nelson sang a pleasing duet and Mrs. Barker gave a solo.

## MRS. ADDITON WRITES FROM MASSACHUSETTS

Brockton, Mass., June 20, 1916.

Dear friends: The great meeting is now history, yet we read and re-read history, and oftentimes it takes many readings before we catch all the full significance or get the illumination of all the "side lights." The numerous department conferences and luncheons were replete with inspiring topics, and in the main were presented ably and the discussions interesting. The department receiving perhaps the most attention was Home Economics, but one would scarcely understand the ground covered by the title, for here, as elsewhere, one department overlapped another, showing with conclusive evidence the correlation of all progressive works. Personally I was most interested in the department of "Industrial Relations," that being the department of which I am chairman for our Oregon Federation. At the luncheon given by this department, there was presented a program that was absolutely appalling in length. It may not be entirely out of place in this connection to state that my address on this occasion was received with the heartiest reception of any given and came very near being an oration. I thought "home folks" would be glad to hear this. Mrs. Kate Waller Barrett, Alexander, Va., and Grace Porter Hopkins, Washington, D. C., were sent by President Wilson to present his plan for United States Service for women and girls in connection with the Labor Department and Immigration and Division of Information De-

partments. The plan presents a system to establish an interlocking and interstate system between zones and offices of the United States Employment Service, also cooperation with other state and municipal employment offices. The development of efficient wage earners through elementary and vocational training and dissemination of information concerning vocational selection and training to girls approaching 16 years of age and to others. The plan in detail is too voluminous to give entire. It is a step in the right direction, yet, was opposed by Florence Kelly of the Consumers League, she contending that immigrant girls approaching 16 should be helped to stay in school rather than seek a job.

Many interesting papers were read and discussions followed, under the head of "Conservation."

But I will leave all the rest of it to tell you when I get back to Oregon. Just now I am once more breathing in the atmosphere from the great Atlantic seaboard and the ozone from the New England hills and beautiful valleys.

I do not feel that I have "done" New York as it should be. I have not told you of my visit to the greatest Seamen's institute in the world and my visit to our old time friend, Mrs. Lizzie Roper, who is endeared to many white ribbons, and of my visit to "Greenwich Village" of the authors fame, and scores of other interesting facts. Those will all keep and will not loose in the keeping.

The air is full of military noise and confusion. Fourth of July celebrations in many instances were called off and money thus saved was turned over to fund to aid soldiers.

Summer vacations are next in order and the "Call of the Wild" is being responded to by thousands of pleasure seekers. A run down to Nantasket beach by electric cars proved a pleasant diversion for a day. Sure it is that Old New England is one vast pleasure playground.

I hope to have something more interesting to tell in the next letter. I just missed the annual Sagamore Hill Socialogical Conference which closed today, much to my regret.

Good bye till next time.

Lucia Additon.

## 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—soothes the raw spots, loosens the mucus and prevents racking the body with coughing. Dr. King's New Discovery induces natural sleep and aids nature to cure you.

## NOTICE OF SHERIFF'S SALE

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 \$4105.85, 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. Gates, 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.

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. HUBBARD  
Sheriff of Multnomah County, Oregon.  
Dated this 5th day of July, 1916.  
First issue July 8th, 1916.  
Last issue August 3rd, 1916.

## .. Your Best Friend ..

is the money you have when you need it. -:- Its influence keeps the whole world friendly to you . . . . .

## The Multnomah State Bank

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

## The Multnomah State Bank

Lents Station, Portland, Oregon

## A. D. Kenworthy and Co. Inc.

Funeral Directors,  
TWO ESTABLISHMENTS

PHONE TABOR 5267  
3802-4 92nd STREET S. E.  
IN LENTS

PHONE TABOR 5805  
4615 66th St., Cor. FOSTER ROAD  
ARLETA

First Class Service Given Day or Night. Close Proximity to Cemeteries Enables Us to Furnish Funerals at a Minimum Expense.

## 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 \$4105.85, 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. Gates, 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.

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. HUBBARD  
Sheriff of Multnomah County, Oregon.  
Dated this 5th day of July, 1916.  
First issue July 8th, 1916.  
Last issue August 3rd, 1916.

## NOTICE TO CREDITORS

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

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

Notice is hereby given that the undersigned has been appointed executrix of the estate of August Schlenberg, 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 Schlenberg, Executrix of the estate of August Schlenberg, 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 to so 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 post-office arrive and depart daily, except Sunday, as follows:

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

## Deafness Cannot Be Cured

By local application, as they cannot reach the affected part of the ear. There is only one way to cure deafness, and that is by reconstruction. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed you have a running ear, or it may be entirely closed, and when it is entirely closed, deafness is the result, and this tube restored to its normal condition, hearing will be destroyed forever; since cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

We will give One Hundred Dollars for any case of Deafness (caused by Catarrh) that cannot be cured by Hat's Catarrh Cure, sent by express, free.

F. J. CROSBY & CO., Toledo, Ohio.  
Sold by Druggists 125.

Take Hat's Catarrh Cure for constipation.