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SOME time ago we made some remarks about the sort of milk desirable should one be inclined to use it for food or drink. Exceptions were taken to our advice. As a matter of fact we did not advise the use of milk, but we did suggest that should we be inclined to use it it would be better to heat it and possibly boil it to destroy chances of infection from contagious diseases.

Exception was taken to our implied suggestion, we are told, that it was desirable for adults to use milk, boiled milk, or even for children to consider it a staple article of food beyond the first two or three years. The argument is not all on one side as you will see by noting the following references offered somewhat promiscuously.

Dr. R. H. Dennett, M. D., instructor of diseases of children in the New York Post Graduate School says, page 182, "The Healthy Baby," in reference to preparing food for travelling: "The food after it is made is boiled for at least ten minutes after which it is poured into hot bottles and sealed."

Another authority, says, "Milk is peculiarly adapted to be a food for man, principally because it contains the four classes of nutrients, protein, fat, carbohydrates, and mineral matter, in more nearly the proper proportions to serve as a complete food than perhaps any other single food material." The same authority says: "Milk is one of the most digestible of animal foods. Experience seems to indicate that cooking or heating milk renders it more difficult to digest. But, some persons cannot take fresh milk. . . but can digest boiled milk. . . The main objection to milk for adults is the bulkiness and the relatively large proportion of protein to the necessary calories (3400) for the average active man."

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M. J. Rosenau in his book, "The Milk Question" says, page 23: "Milk contains all the ingredients needed for nourishment." He also admits the excess in proteins, its excess in bulk, and that milk is better food for the growing young than for the active adult, but qualifies it with: "In fact, milk is too perfect a food for the adult. Every portion of it is used. There is no waste nor indigestible refuse, which seems to be necessary for the normal action of the digestive tract."

John Spargo, in the introduction to his book, "The Common Sense of the Milk Question," says: "I desire to state, however, that in my own family pasteurization has been practiced, simply because I could not consent to the exposure of my children to the perils of raw milk. . ." This author has written other works devoted to the production of clean milk, which he maintains is the ideal toward which all dairymen should strive.

Government experts have estimated that at least 16 percent of American diet is made up of milk and milk products. The mere fact that such a high percentage of our foods are drawn from this source without material evidence of serious injury to health and life would seem to indicate that milk's merit as a food will be pretty difficult to prove unsatisfactory.

Snyder's Chemistry of Plant and Animal Life, page 360, offers this simple comparison of milk and steak, estimating the steak at 15 cents a pound and milk at 5 cents a quart. He says the amount of nutrients that may be bought of either for 15 cents are:

Table with 4 columns: Pro-Fat Carbo-Calories, Round Steak, Milk, 6 lb.

From this comparison it is evident that three quarts of milk will give a man more heat units than a pound of steak. This author admits that pasteurized milk is "slightly less digestible than is pure fresh milk, while sterilized milk is noticeably less."

Now the end of this is that the people of this country are going to use milk. Whether it is or is not the best of foods is a matter of some dispute between chemists and doctors. In the mean time the people go merrily on drinking milk, and living, and they will live, even on a milk diet, if the milk is not contaminated by dangerous infections. You may use your own judgment how to dispose of this danger.

A little bunch of promoters nominated Mr. Coovert for state senator and he has accepted. That does not mean that he will be elected. In fact there is every reason why he should not be elected, chiefly of which is that he is too closely connected with the paving combine. With an employee of the Warren Construction Company in the Legislature we may be sure that a state road bond measure will have a prominent place in the considerations of the next session of that body. The only way to get unprejudiced legislation is to send some one who is not employed for the express purpose of promoting definite purposes.

Mrs. Coovert (on a tour of inspection through her friend's house)—(cries): "Why do you have such a high bed for your little boy? Mrs. Houseler—So we have no idea what honey sleepers my husband and I are.—Chicago News."

TREMONT, ARLETA, KERN PARK Mrs. F. A. Carlson of the Laurelwood M. E. Sunday School took her junior class of boys to Columbia Park, Wednesday, for a picnic. She was assisted by the Misses Sadie Carlson and Hanna Shaver.

The Amphion Male chorus gave a concert at the Arleta theatre building last Wednesday evening, under the auspices of the Woodmen of the World. Under the leadership of the director, J. Archie Hollingworth, the chorus did extra good work, the Laughing Song being especially well received. As usual O. V. Badley covered himself with glory. This concert is the first of a dual series which the Amphions are giving for this lodge.

A jolly crowd of bachelor girls spent Friday afternoon and evening, August 11, at Kenilworth Park, 31st to 33d streets and 45th avenue. Croquet was indulged in till the lights came on, after a most delicious picnic supper. Those present were the Misses Witbeck of Nashville Station, Mary Betz of Anabel, and Mary Lou Swiney, Jenny Lind and E. Wade, of 51st street and Harrison.

Mrs. Franz Noel of Stewart's returned the first of the week from a few days stay in the country.

CLEAN THAT DRESS WITH CARBON TETRACHLORIDE

While gasoline is, as most of us know, a cheap and effective cleaning agent it has one great disadvantage. It is extremely volatile, and its vapors form, with air, an explosive mixture. On no account, then, must it be used in a room containing a flame of any kind. There is, however, another cleaning agent, more expensive than gasoline, it is true, which is absolutely non-inflammable. This is carbon tetrachloride, a substance but little known as such, but often sold under such trade names as Aolval, Fradeline, Antiflammen, etc. This substance is, like gasoline, a fat solvent, and cleans by dissolving out the grease which mechanically holds dirt in the fabric. Carbon tetrachloride has another advantage over gasoline; it spreads less readily and for that reason is less liable to form a ring when grease spots are removed by sponging.—E. G. H.

England's First Savings Bank. Writing of women's work and thrift, one is reminded that the first savings bank was instituted by a woman—Mrs. Priscilla Wakefield—who inaugurated a bank scheme for the encouragement of thrift among the children of Tottenham toward the end of the eighteenth century. This proved so successful that in 1804 she extended her plan of a charitable bank to include adults, and similar institutions were set up elsewhere, generally by ladies.

In 1808 Whitbread proposed a national savings bank, but parliament would have none of it. It was not until a Scotch minister, the Rev. Henry Duncan of Ruthwell, established one on a self-supporting basis in his parish and set an example copied in almost every other district of Scotland that parliament at last recognized the savings bank as a national concern.—London Mirror.

Magna Charta. One date, the 15th of June, 1215, will remain an ever memorable one to the people of the Anglo-Saxon race, as on that day Magna Charta was signed. The wickedness and tyranny of King John had raised nearly the whole body of his subjects in rebellion against him, and almost the sole support that he had was a band of foreign mercenaries. Appalled by the condition in which he found himself the king agreed to meet the army of the barons under their elected general, Fitzwater, on Runnymede, by the Thames, near Windsor. In order to make terms with them. The barons prepared a charter asserting the rights and privileges of the various sections of the community, and this King John felt compelled to sign. Magna Charta is held to be the basis of British and also of American law and liberty.—Indianapolis News.

A Giant Flag. At the reunion of the Grand Army held in Washington in 1915 what is believed to be the largest flag in the world was carried in the parade by the delegation from Canton, O. It measured 133 feet in length by 80 feet in width. The stripes were over six feet wide, while the stars in the union measured five feet across from point to point. The weight of the flag was over half a ton, while 117 men were required to carry it along the line of march. More than 20,000 hands set the necessary stitches, while sewed into the stars are the names of over 16,000 patriotic men and women of Canton who contributed either money or labor to the construction of this giant emblem.—A. B. Nels in St. Nicholas.

The Licorice Plant. The licorice plant resembles a rose with a single green stem, reaches a height of about three feet and bears a small purple star shaped flower. The first year's root growth resembles a loosely twisted string of tow and may run to twenty feet in length. The second year it assumes a woody substance when dry, and the third year it acquires its commercial value. The time for digging the root is the winter, when it is dried and crushed under heavy stones drawn around on it by mules, much as olives are crushed to extract their oil.

NOTES OF THE W. C. T. U.

The next meeting of Mt. Scott Union will be held at the home of Mrs. Sleen on Tuesday, August 22. Election of officers.

A man who attaches "M. D." to his name has written a letter to one of the city dailies advocating the use of beer for nursing mothers. He gives the names of athletes who advocate the use of beer, and of schools and clubs which claim to be "temperate" in championing the use of beer. Time was when athletic sports were occasions of drunken revelry and the fact that the "sports" named by the doctor have cut out all liquor but beer shows the wonderful advance made by temperance work the world over. The doctor does not name those athletes who are total abstainers, but there are many and their number is constantly increasing. It should always be borne in mind, when reading communications from medical men, that the ethics of their profession prevent them from legitimately advertising their occupation, as does the dry goods man and the grocer. When an "M. D." wishes to attract the attention of a particular class he flies into print in some such manner as did this doctor in his defense of beer. He cheats the business office of the newspaper out of the price per column the dry goods man and the grocer pay. He poses as an instructor of the people—a great moral leader—and secures the patronage he seeks. When considered in this light the "M. D." who flies into print as an advocate of beer is not a very formidable antagonist. The prohibition advocate has a scientific truth for every point taken. The beer advocate has only desire and habit. Upon one point both are agreed: beer contains alcohol. Science has proven that the alcohol in beer when drunk by the nursing mother is to be found in the contents of the stomach of the nursing infant. Science has proven that alcohol affects the growth of a child mentally, morally and physically. What mother, not blinded by desire or habit, wants a boozey baby?

CHERRYVILLE

It is a pleasure to be alive this weather. The open season began with a lot of men and boys in the hills after some venison but the deer are hard to get on account of the brush. Hunters should by all means wear red caps and sweaters to prevent accidents as careless and excitable persons are liable to shoot at anything they see moving in the brush. The huckleberry season is attracting picnickers and pickers although the height of the season is not yet reached as the fruit is late this year. The red berries are found in the lower altitudes and then higher up the blue and the black, the latter being the best although the large pear-shaped dark crimson ones found in high altitudes are the best of all.

Mr. Coleman of Milwaukee, was in town the first of the week looking over his property at the top of the Cherryville hill and on either side of the auto road. He says he will develop this tract another year.

A man named West, who lived out East wrote back to Oregon: It is so blamed hot here, I wish I had no fat on. I think I'll reduce my flesh. Some forty pounds or less, And go and sit in my bare bones. On a chunk of ice I guess, I'd rather be a Polar bear, And live up at the Pole, Than sweat and swelter all the time, In a hot and dusty hole. Why don't you come to Cherryville, Away up in the hills, And get a breath of mountain air, A cure for all earth's ills.

Bernard Shaw, the great English writer, says in all the time since the birth of Christ there has been no attempt to practice the real teachings of Christ. The plan of redemption that the ecclesiastics have pushed to the front is no part of the Great Master's teachings. His whole work and short life was devoted to bringing about a Kingdom of Heaven on earth wherein dwelleth righteousness or a better state and condition of affairs among all the children of men. The world was not made for a few kings, proud prelates and priests and a bunch of greedy money monsters and the teachings and schemes advocated by Christ and for which he lived and died never contemplated any such a terrible condition as we are living under at the present time.

ARE YOU A VICTIM OF THE SALT HABIT

A writer on dietetics has the following to say about salt: "First, we get all that is necessary in our natural foods, just as we do of iron, soda and potash. "Second, that in large and oft-repeated doses, it affects the brain, as shown by impaired memory, dizziness, and hallucinations. "Third, that in very large quantities

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It will kill man, bird, beast, reptile and insect, as well as vegetation. "Fourth, that its use is a habit, pure and simple, and a much more general one than the use of coffee, tobacco or alcohol." The crux of the argument of the author is, of course, that we use salt in our food as a condiment and purely from habit and that there is enough salt in our foods naturally to supply the needs of the body.—H. S. E.

NOTICE OF SHERIFF'S SALE

In the Circuit Court of the State of Oregon for Multnomah County. Eva Wikander, Plaintiff vs. J. L. McMurry, Defendant. By virtue of an execution, judgment order, decree and order of sale issued out of the above entitled Court in the above entitled case, to me directed and dated the 7th day of August, 1916, upon a judgment rendered and entered in said Court on the 28th day of July, 1916, in favor of Eva Wikander, plaintiff and against J. L. McMurry, defendant, for the sum of \$500.00 with interest at the rate of 7 per cent per annum from the 1st day of March, 1914, and the further sum of \$1000.00 with interest at the rate of 8 per cent per annum from the 15th day of November 1913, and for the further sum of \$22.57 with interest at the rate of 6 per cent per annum from the 20th day of June, 1916, and the further sum of \$150.00 with interest at the rate of 6 per cent per annum from the 28th day of July, 1916, and for the further sum of \$18.55 costs and disbursements and the costs of and upon this writ, commanding me to make sale of the following described real property, to-wit: Lot Two (2), in Block One (1), Terrace Park, Multnomah County, Oregon. 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 11th day of September, 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 defendant had on the 10th day of May, 1913, 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.

Daily Mails Mails at the Lents postoffice arrive and depart daily, except Sunday, as follows: Arrive 6:00 A. M. 12:50 P. M. 3:30 P. M. Depart 7:15 A. M. 12:30 P. M. 5:30 P. M.

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