

ONE of the most ridiculous little farces ever seen was exhibited Thursday morning at the courthouse. According to information furnished by W. L. Lightner and Frank Keirman, Eugene Smith of the Central Labor Council announced that he would protest the application of Simon Benson for naturalization papers. According to the information Benson threatened to spend \$35,000 in having Lightner recalled in June 1915, unless he voted for Warranite paving contracts. Lightner said it was true that Benson had threatened him and that Keirman had heard it. Smith claimed that Benson had "no decent conception of the duties and responsibilities of a citizen of the United States; that he uses his money to threaten, browbeat, and intimidate public officials."

As the time approached for the hearing Lightner began to plead the impossibility of accomplishing anything, and when Keirman was called he said he did not know of any reason why Benson should not be admitted. Lightner, also in the room only a few minutes before failed to appear and a search of the building failed to locate him. The charges had to be dropped for want of witnesses and Benson got his papers. Whether he ever threatened Lightner is left unanswered, but it is probably true, according to other remarks made about that time.

Everybody in the county should keep their ear to the ground. The approaches to the Inter-State bridge are to be hard surfaced. Offers for bids will be published soon. Unless there has been a revolution in the sentiment and standards of the bridge commission it will be safe to bet on the award. At any rate it will do to watch on a venture. There are one or two votes, at least, that are doubtful.

Just at hand, a 48 page pamphlet containing all the proposed amendments and measures. Something to keep us thinking every minute till the first of November. If every voter will do likewise the coming election will be a record breaker.

One of the disadvantages of having a daughter old enough to receive company is that almost invariably she has dangling around some young fellow who thinks he can play on the guitar.

Some men never give a thought to the hereafter except when they have occasion to pass a graveyard on a dark night.

As soon as people begin to eat food that is not denatured they will have enough energy to demand other needed reforms.

Now that print paper is to be made from banana trees topographical slip-ups will be readily explained.

There may be a serious bread shortage in Austria, but the populace can always fall back on those Vienna rolls.

The price of "soft" coal has been increased a quarter a ton, the dealers say, because it is "hard" to get.

If sympathy could only be converted into cash its doughnuts to judge that there wouldn't be so much of it wasted.

Wonderful Meteorites That Drop to Us Out of the Sky.

In considering the wonders of the universe have you ever realized how conspicuous among them are the meteorites, those wonderful messengers dropped from the sky for us to wonder at and study? They are the only material objects which come to the earth from the vast outer world.

Among the collections shown in the National museum at Washington is a remarkably fine exhibit of meteorites. It includes complete meteorites ranging in size from the merest pebbles to great bowlder-like masses and casts reproducing giant forms like that of Bacubrito, which has been estimated to weigh twenty-five tons and still rests where it fell in Mexico.

The National museum has issued a handbook and descriptive catalogue of the meteorite collections in the museum, written by Dr. George P. Merrill, head curator of geology, from which the following is an abstract:

Although meteorites presumably have fallen since time immemorial, skepticism was felt at first by both the popular and scientific minds regarding the possibilities of stones falling from space. In the few early recorded cases where meteorites seen to fall were recovered they were regarded as objects of reverence and worship. A stone which fell in ancient Phrygia, in Asia Minor, about 200 years before Christ was worshipped as Cybele, the mother of the gods. Another, which dates back to the seventh century, is still preserved at Mecca, where it is built into the northeast corner of the Ka'aba and revered as one of the holiest of relics. The great Casas Grandes iron, weighing about 3,000 pounds, now in the national collection at Washington, was found in an ancient Mexican ruin swathed in mummy clothes in a manner to indicate that it was held in more than ordinary veneration by the prehistoric inhabitants.

The earliest known undoubted meteorites still preserved are those of Eibogen, Bohemia and Ensisheim, Upper Alsace. The first mentioned, is iron, the second a stone. The iron was found somewhere about the year 1400 of our era. The Ensisheim stone, seen to fall on Nov. 16, 1492, about the time Columbus made his discoveries, was accompanied with a loud crash like thunder. Portions of this stone are to be seen in the National museum exhibit.

The fall of a meteorite is usually accompanied by noises variously described as resembling the fire of musketry, cannonading or even thunder. If the fall takes place during the periods of darkness it is also accompanied by a flash of light and followed by a luminous rocket-like trail. These phenomena are due to the rapid passage of the objects through the air and a consequent rise in temperature, sufficient to produce fusion of the outer surface and even ignition, thus giving rise to the thin, dark, glasslike crust which is found to cover all stony meteorites.

The time of passage through the atmosphere is, however, too short to permit the heat to penetrate to great depths, and nearly all meteorites are quite cool, or scarcely warm, on reaching the surface of the ground. It is to the sudden rise in temperature and pressure of the atmosphere that the breaking up of a meteorite and its reaching the ground as a shower of fragments rather than a single individual are due.

We have little to guide us in estimating the speed at which a meteorite reaches the earth and its consequent power of penetration. The velocities as given by various observers vary between two and forty-five miles a second. The greatest recorded depth of penetration of a meteoric stone is that of Knyahinya, Hungary, where a 600 pound stone penetrated to a depth of eleven feet. On the other hand, still heavier masses have been found under such conditions as to lead one to infer that they scarcely buried themselves.

All statements relative to the temperature of meteorites immediately after reaching the ground must be accepted guardedly, owing to their extremely contradictory character. Some stones which fell in Styria in 1859 are stated to have remained in a state of incandescence for over five seconds and for a quarter of an hour were too hot to be handled. On the other hand, the Dhurmsala stone is said to have been intensely cold when picked up immediately after falling.

The largest known meteoric mass is that brought by Commander Peary from Cape York, Greenland. It weighed 73,000 pounds. The next largest lies in the plain near Bacubrito, in Mexico, and has been estimated to weigh some 50,000 pounds, while the third is that of Willamette, Ore., weighing 31,107 pounds. These are all iron meteorites. The largest known individual aerolite of meteoric stone is that of Knyahinya, Hungary, weighing some 550 pounds, now in the Vienna National museum.

Dr. Merrill says that all known meteorites were produced by the action of heat and have yielded no traces of animal or vegetable life, although parts of their peculiar structures were at one time mistaken for organic remains.

HEALTH IN THE SUBURBS

By Lora C. Little

See that your grain foods contain every bit of the grain. See that they are fresh ground. The importance of these two points is freshly brought home by words of exhortation recently addressed to the farmers of Barnstable County, Massachusetts, by Dr. Ephraim Cutter. Barnstable County is on Cape Cod. Agricultural fairs back there are like those further west—strong on amusement and limited in educational features. It was with reference to this fact that the Doctor was admonishing his hearers.

Dr. Cutter is author of several books relating to food, namely, "Food in Motherhood," "Food in Relation to Health and Disease," and "Fatty Diseases and Their Masquerades." He is also known as the inventor of numerous surgical instruments. The following is from the Boston Record.

"I fail to see," says Dr. Cutter, "how balloons help agriculturists. I would like to see more attention paid to foods at your fair. Do the farmers realize how they hold the public health in their hands, even more than the doctors?"

"Allow me to give a bit of personal experience. In 1872 I discovered that the permanent teeth of my sons Ben, then 15, and Ephraim, just past 14, were permanently decayed. My wrath was roused. No matter if Ben had at six months weighed 26 pounds and sung 'Nuremberg' and been the delight of the family. No matter if Eph was quite an athlete and apparently charmingly well. Said I:

"Confound it, what is our modern civilization worth if it cannot give sound teeth at 15 years of age—teeth that, after death, resist decay longer than any other organ save, perhaps, the hair!"

"So I went for this evil. It was with me a food fight. I had studied chemistry at Yale and Harvard, and knew we cannot grow good teeth without sufficient mineral elements. To see if flour was to blame, I had some white flour analyzed and it showed a loss of two-thirds of the mineral elements of the whole wheat. My family then began to feed on the whole wheat (really 'holy' as God intended man should use it when he created it) and I do not think I have bought a barrel of flour for home use in 44 years.

"The decay of my sons' teeth was arrested. Since then I have been a whole wheat advocate."

To abbreviate the rest of it—Dr. Cutter has thrown his whole strength into the battle against demineralized flour; has spent a fortune in striving to educate people to demand the vitalized whole wheat meal. He insists that wheat must be freshly ground to give the full strength, that it deteriorates rapidly with exposure to the air.

What he says of wheat is true of all grains. Grains will keep indefinitely underground. Kernels of wheat are said to have been recovered from ancient tombs in Egypt where they had been buried with mummies centuries ago, and when planted they germinated and grew. But break any grain and it begins to decompose. Because this process is slower than the decomposition of eggs, for example, and because we have been trained by millers to think stale meals all right, we have been using them.

It must be remembered, however, that we rarely get the whole grain in our flour and meals. All, or nearly all, milled cereals have been degenerated and most of them otherwise impoverished.

The white flour of 1872, when Dr. Cutter found it robbed of two-thirds of the mineral content of the wheat, was far superior to the white flour of today. The milling process of that day simply ground up the entire grain and bolted it. Particles of the mineral-bearing layers of the grain could and did pass through the bolts, so that white flour had at least a third of the wheat's iron, lime, soda, etc. The white flour of today, ground by a different process, has had the outside layers of the wheat removed before the starch kernel is pulverized, and consequently there is only what chemists term a "trace" of mineral. Decayed teeth, delayed dentition, and a hundred diseases are the result.

Readers desiring to obtain fresh and honest grain foods may do so in Portland, though the usual commercial product here is processed and spoiled. A postcard or telephone call will bring the address of makers of wholesome cereals for bread, muffins, porridge and the like. Address me at 7110-43 Ave., S. E. Telephone Tabor 6471.

An Anecdote of Handel.

On one occasion Handel was caught in a shower of rain and was obliged to seek shelter in a blacksmith's forge. Either Handel was in a silent mood or else the blacksmith showed no conversational symptoms, for in a little while the latter began hammering away at his anvil, accompanying his work with a song. Handel was listening all the time to the strokes of the hammering on the anvil, which, by producing two harmonic sounds, according to time and tune with the tune the man sang, formed a bass accompaniment. Handel, on reaching home, remembered the air and the hammer accompaniment. He wrote down both, and so we owe to a shower of rain the composition known as "The Harmonious Blacksmith."

NOTES OF THE W. C. T. U.

The annual county convention will be held this year at the First Christian Church, Park and Columbia streets, on Tuesday and Wednesday, October 3d and 4th.

On Friday of this week a great temperance meeting is to be held at the ice palace, which is at present the largest auditorium obtainable. Speakers of national reputation will be present, including the prohibition candidates for president and vice president.

Mrs. Julia Scott, president of Mt. Scott Union, attended the county executive meeting at the central library Monday. Arrangements were made at this meeting for a banquet on the evening of the first day of the county convention.

The next meeting of Mt. Scott Union will be held at the home of the newly elected president, Mrs. Julia Scott, on Tuesday, Sept., 19th. Refreshments will be served under the direction of the parlor meetings Supt., Mrs. T.M. Walsh. Members are requested to bring wafers. Being the first meeting of the new year it is hoped every member will come and bring a neighbor.

PLEASANT VALLEY

Mr. and Mrs. T. P. Campbell attended church in Portland Sunday.

Mrs. Emma Wilson and daughter, Miss Bertha Wilson, were guests at the home of Mrs. G. N. Sager Sunday.

Mr. Macleod, a Portland real estate dealer, was out looking after business matters last Saturday.

I. F. Coffman of Lents was a Valley visitor Sunday.

Mr. and Mrs. Will Richey and family visited with Mr. and Mrs. Henry Melby of Portland Sunday.

Mr. and Mrs. Geo. Taylor of Portland were entertained at the home of Mr. Taylor's father, T. E. Taylor, on Sunday.

Rev. and Mrs. Higby of Sunnyside were guests at the home of Mr. and Mrs. W. F. Garrison one day recently.

Mr. and Mrs. N. D. Kesterson entertained friends from the city last Sunday.

Pleasant Valley school opened Monday with a good attendance.

Pleasant Valley grange held a special meeting last Saturday evening at which the third and fourth degrees were conferred upon a large class of new candidates.

GILBERT

C. S. Batemen is entertaining his brother from Michigan.

Foster road is now open its entire length.

Mrs. Valentine was given a birthday party Monday the 11th. She entertained at her new home at East Morrison and Grand avenue. A number of her Gilbert friends attended.

Miss Campbell of Millard avenue and 68th street has again resumed work at the University of Oregon.

Many Bryan Likenesses.

Even among the militarists William J. Bryan must have a considerable following at Llano Grande. Anyhow, a great number of officers and men seem to take care to look as much like him as possible, and some of the likenesses are striking.

The Third Minnesota Infantry, rather better off in equipment than the Nebraska and Indiana infantry regiments, arrived late one afternoon and went into camp in the mud wallow. As a class they are tall and fair, and the roster naturally runs strongly to Jennens.

To the north when the country is dried out and practice marches are possible the men of that camp will come upon two heaps of bleaching bones, a reminder of the strenuous happenings that Llano Grande and Mercedes knew last year. The bones and a few scraps of cloth no longer identifiable as Carranzista uniforms are all that is left of seventeen Mexicans who crossed the river on a raft and met a posse.

Married by Mail.

Before the departure of the troops to the border Private Louis Bansemmer, Company H, first regiment, New Jersey national guard, was deeply in love with Miss Ethel Maud Sergeant. Both live in Newark. When the guard was sent away this young couple decided at once to have announcement of their engagement made public. This was done.

Got a Good Grip.

"I hear that you called on your girl's father last night. How did he take your suit?" "By the coat collar."—Boston Transcript.

Vice Versa.

Teacher—I would like some one in the class to define the meaning of vice versa. Bright Boy—It's sleeping with your feet toward the head of the bed.

Unexplored Realms.

Actor—There is such a thing as eating too much. Poet—So I have heard. I wonder what it is like?—New York Times.

Plant the crab tree where you will. It will never bear pippins.

Excited man rushed into the health office of Bayonne, N. J., with an afflicted chicken. He told the doctor it had infantile paralysis.

..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 5802-4 92nd STREET S. E. IN LENTS 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.

Rid Your Child of Worms

Thousands of children have worms that sap their vitality and make them listless and irritable. Kickapoo Worm Killer kills and removes the worms and has a tonic effect on the system. Does your child eat spasmodically? Cry out in sleep or grind its teeth? These are symptoms of worms and you should find relief for them at once. Kickapoo Worm Killer is a pleasant remedy. At your Druggist, 25c.

Deafness Cannot Be Cured

By local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube is inflamed, it is swollen, and the inflammation can be taken out and the tube restored to its normal condition, hearing will be restored forever; nine 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 Hall's Catarrh Cure. Send for circulars free. P. J. CHENEY & CO., Toledo, Ohio. Sold by Druggists, 75c.

A Clogged System Must Be Cleared

You will find Dr. King's New Life Pills a gentle yet effective laxative for removing impurities from the system. Accumulated waste poisons the blood; dizziness, biliousness and pimply, muddy complexion are the distressing effects. A dose of Dr. King's New Life Pills tonight will assure you a free, full bowel movement in the morning. At your Druggist, 25c.

Bend creamery will erect a modern building.

There was but one bidder for the franchise over the interstate bridge at Vancouver—the P. R. L. & P. Co. The traction company is not offering much owing to fitney competition.

The Albany Herald says: "After giving their hearty sympathy to the railroad men in their fight for an eight hour day, millions of our housewives would probably be pleased to see their hours reduced to twelve."

The Roseburg News says: "The stopping of all train service in this country would be felt vastly more than the blockading of our coasts by a foreign enemy, for in the latter case we can subsist on our own resources for an indefinite length of time, carrying to every part of the country the supplies needed there, and taking their surplus where it could best be used, but with rail service done away with, the two coasts would again be months apart."

Free Methodist Church

Sunday School, 2:30 p. m. Preaching, 3:30 and 7:45 p. m. Prayer meeting, Wednesday 7:45 p. m. Robert H. Clark, pastor.

NOTICE TO CREDITORS

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

In the Matter of the Estate of F. P. Keenan, Deceased.

Notice is hereby given that the undersigned has been appointed executrix

of the estate of F. P. Keenan, deceased, by the County Court of the State of Oregon for the County of Multnomah, 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 store of F. P. Keenan Co., 100.4th street, Portland, Oregon, within six months from and after the date of first publication of this notice.

Dated and first published September 7, 1916.

Mary B. Keenan, Executrix of the Estate of F. P. Keenan, Deceased. J. J. Johnson, 314 Spalding Building, attorney for Estate.

SUMMONS

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

Pearl Lawrence, Plaintiff, vs. Wm. R. Lawrence, Defendant.

To Wm. R. Lawrence, the above named defendant:

In the name of the State of Oregon you are hereby required to appear and answer or otherwise plead to complaint filed against you in the above entitled cause and court on or before the 29th day of September, 1916, which is more than six weeks after the date of first publication of this summons, and if you fail to appear and answer, or otherwise plead to said complaint, plaintiff will apply to the above entitled court for the relief prayed for in her complaint on file herein, viz: a decree of divorce dissolving the bonds of matrimony heretofore and now existing between you and plaintiff; also for the care and custody of Marie Lawrence, the minor child, and for such other and further relief as may be equitable in the premises.

This summons is published in pursuance of an order of the Honorable C. U. Gantenben, Judge of the Circuit Court of the State of Oregon for Multnomah County, made on August 16, 1916, directing publication thereof to be made in the Mt. Scott Herald once a week for six consecutive weeks.

First Publication August 17, 1916. Last Publication September 28, 1916.

John Van Zante, Attorney.

NOTICE TO CREDITORS

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

In the Matter of the Estate of Emil Paul Schmidt, Deceased.

Notice is hereby given that the undersigned, Martha Schmidt, has been appointed executrix of the estate of Emil Paul Schmidt, deceased, by the County Court of the State of Oregon for the County of Multnomah, and has duly qualified as such. All persons having claims against said estate are hereby notified and required to present the same to the undersigned executrix, at the office of her attorney, J. J. Johnson, 314 Spalding Bldg., Portland, Oregon, duly verified as required by law, on or before six months from the date of first publication of this notice.

Dated and first published August 3, 1916.

MARTHA SCHMIDT, Executrix of the Estate of Emil Paul Schmidt, Deceased.

J. J. Johnson, Attorney for Estate, 314 Spalding Bldg., Portland, Oregon.