

At the Realty Board Road dinner at the Benson last Friday one of the papers was presented by Mr. Benson in proxy, (no questions as to who wrote it.) A considerable portion of the paper was devoted to lambasting the cement trust. Just what Mr. Benson's motive was in that is not clear. The cement trust has no death grip on this county, or the city of Portland. No cement of road construction sold in this county recently cost \$2.50. A \$1.50 would be nearer the mark.

But that is of no consequence. The cement trust is not building the roads in this county, and Mr. Benson has no intention of their doing so. The trust that Mr. Benson backs is making a \$1.00 a yard or thereabouts, net. A barrel of bitumen will cover 28.75 yards with ordinary bitulthic and costs about \$3.40. Hence the profits on a barrel of bitumen run around \$25.00. The profits on a barrel of cement figure differently. A barrel of cement costs \$1.90 and makes three yards of pavement. If there is any occasion for Mr. Benson to get excited about the profits of the cement business in this comparison please explain. And yet Mr. Benson is a staunch advocate of more asphalt.

It is time to begin serious study of your election pamphlet. And in beginning it is presumable that you will begin at page three on the proposed single-item Veto Amendment. This looks like a matter of small moment but is really of consequence. The arguments presented on page four are to the point and cover the subject sufficiently well to warrant any one in voting for the proposition. The mere fact that no one has offered an opposing argument is some guaranty that any opposition would be weak. The amendment can cost no one a cent and it has the virtue of possibly saving some thousands of dollars every session of the legislature so its support can hurt no meritorious measure.

Because of the wane of the infantile paralysis epidemic in New York the ban has been lifted on street parades, carnivals, and the Coney Island Mardi Gras. Now if it weren't for the street-strike New Yorkers could begin to live again.

The public is invited to attend a meeting of the Engineer's Association in the Rosarian room at the Oregon building, on next Friday evening.

It is said that the Democrats and the Republicans each spent about \$150,000 on the Maine campaign, so that Maine is \$300,000 ahead.

Gen. Brusiloff thinks the war will end in August of next year. When the war began Kitchener said it would last three years.

Sr. Cabrera says Mexico wants Wilson re-elected, but the vote of Sonora is not counted in the electoral college.

In the opinion of one cynical beach fan, a really pretty girl never does learn to swim.

No man is really interested in politics unless he can tell you the exact date of the Maine election.

Well, girls, it's getting almost cool enough now to take off your summer furs.

HEALTH IN THE SUBURBS

By Lora C. Little

Having said much against sugar as a food, let me offer a "sugar cure" which I have just come across. I have given it one small test, and it worked. One swallow does not make a summer, and one experiment does not prove the worth of a remedy; but this is harmless, and the rationale of the thing sounds plausible. Try it, and report.

For sore throat, catarrh, neuralgia, bronchitis, and other affections of head and neck: take small spoonful of brown sugar in mouth, holding it there for five or ten minutes, then spit it out. Repeat several times. This should be done while the stomach is empty, to get the full benefit. None of the sugar is swallowed. It appears to drain the glands of head and neck region, thus freeing them from the poisons causing the local trouble. I tried it on a person with sore throat just beginning to manifest and it "worked like a charm."

Dr. Burgess, now dead, of Chattanooga, Tennessee, was the discoverer, and it is given in Dr. Axel Emil Gibson's book, "Sugar and Salt—Foods or Poisons?"

A point overlooked by Dr. Gibson, perhaps not accepted by him, but clear to a follower of Dr. Garth Wilkinson, is, that the sugar thus held in the mouth parts with its essence, i.e. its taste and all that makes it, by being absorbed and taken into the system through minute absorptive glands in the mouth. This finest of food substances is all absorbed, according to Dr. Wilkinson, when the mouthful of food ceases to have any taste, when it becomes neutral. Then the mouth has exhausted its quota and ordinarily the residue passes on to the stomach, which takes the next toll. But since "free" sugar makes trouble in the stomach, it is not well to swallow it. It remains to be proved, whether sugar taken in the way suggested is harmful, like most medicines. In any case, it must be classed as a palliative and not to be substituted for a correction of the habits and through them of the constitutional condition.

Blessings in disguise are not appreciated when they arrive. It takes a little time to discover their value. Safe to say, every event that comes to us is a blessing, if we but take it aright. These reflections are aroused by the following incident and its train of effects.

A year ago, a woman in the fifties lost all she had save her home, and that had a debt on it. The possession of income-bearing property, together with its care, had kept her from engaging in work of any kind. She was without family. Her income was barely enough to exist upon. Her health was variable, her interest in life slight, nothing seemed worth while. She thought she would like to do many things, but could never settle on one thing and do it, always declaring it made her ill to do what she did not like. Things she thought she would like to do were beyond her grasp. Life dragged.

Then her property went and she was penniless and living under a mortgaged roof. No longer free to pick and choose, she must now take any work offered. So she rented her house, and took a job in another town at \$20 per month. It was unpleasant work and all the conditions were hard. Yet necessity made her stick. She saved a little money, though board and room had to come out of that \$20. Fertilized by want her brain became inventive, she took account of stock—personal stock—and found a certain line of work to which she inclined and for which she was fitted, advertised her qualifications, and is now entering, with excellent prospects, on her new profession, or trade—it is a little of both. Though she looks back on a year of almost unbearable tribulations, nevertheless she is healthier, stronger, brighter for her trials. She is not young, but it looks as if she had finally found herself, her work, and happiness. She looks ten years under her age.

Curious, isn't it, how we fuss up our lives, when they might be simple, respectable, entirely sane. We take potatoes, bake them, scoop out the potato, mash and mix it with unwholesome seasonings, put it back, bake again and serve a thing far inferior to the original baked potato. We take wheat, separate bran from starch, by devilish ingenuity of milling, sell the starch in a barrel and the bran in a paste-board box with pretty label on it—at double-trouble price. The housewife then proceeds to mix the two and make a "health bread." What's the matter with honest wheat meal?

Baker County is erecting fifteen new steel bridges.

NOTES OF THE W. C. T. U.

It is now but a few weeks to the November election. What have you done to help defeat the Brewer's Initiative measure?

It is not enough that you have registered. Make yourself a committee of one to see that the people you know have registered.

You are to vote twice on the temperance question this November. It is important that you vote right. Get your "yes" in the right place and your "no" where it will count "for God and home and native land."

C. E. S. Wood states that he has for many years been attorney for a big brewery establishment in Portland. This is the man who says he wrote the initiative measure entitled "Permitting Manufacture and Regulated Sale of Four Per Cent Malt Liqueurs." Mr. Wood calls it the Nursing Mother's Bill. A better name, along the same line would be, the booby baby bill. The world has had enough booby babies. So write down on a piece of paper so you may not forget—vote 315X NO. In your contempt do not make the mistake of ignoring the proposition. That would result the same as voting for it. It is a measure to get straight up to and vote no.

Your "yes" vote comes in the next statement. Vote 316X YES. That is for prohibition.

The County W. C. T. U. convention will be held at the First Christian Church, Park and Columbia, Oct. 3d and 4th, beginning at one p. m. The first afternoon will be devoted to addresses by A. S. Slegel on "Beer and Social Hygiene"; Robt. McRankin, "Relation of Prohibition and the Federal Court"; Judge Arthur Lardrith, "Prohibition and the Municipal Court." Music will be furnished by the Centenary Male Quartette and Mrs. Leah Slosser-Hathaway. Wednesday will be devoted to business and routine work.

The Cox family returned from a month in the hop yards, Saturday.

HOW TO KEEP YOUR FLOWER BULBS THROUGH WINTER

Cannas, dahlias and gladiolas, are all classed as tender perennials, that is, plants that live and bloom year after year but are not able to withstand the cold winters. Freezing of the root or bulb destroys them. These plants may be allowed to grow until the first heavy frost comes, killing the crops. Attention should then be given them right away.

For cannas and dahlias the tops should be removed about six inches from the roots, the roots dug, and the loose soil shaken out. They may be allowed to dry a few hours in the sun and then placed in permanent storage. To keep perfectly, they should be cool and dry. Any place in which potatoes will keep will be ideal for them.

For gladiolas it is not necessary to wait for a frost which kills the crops. Just as soon as the crops are dry the plants may be dug and allowed to lay in the sun to cure for a few days. When the stalk is dry, it should be cut off to within an inch of the crown. The thoroughly dry crowns are then placed in flat trays anywhere out of the reach of frost. The same place that cannas and dahlias are stored will be satisfactory.

September is the time to put in a crop of bulbs for adding cheer and beauty to the home during the winter months. Bulbs of hyacinth, tulip, and narcissus are most commonly used. The method of handling is simple.

The bulbs are put in pots or boxes in a good rich soil, placing them firmly and covering so that the tip of the bulb just shows through. The pot or box should not be filled to nearer than one-half or three-quarters of an inch from the top. The pots are then thoroughly watered and plunged in soil, covering them completely, in order that they may be kept cool. This gives the roots a chance to develop.

During severe weather, sufficient covering should be given to prevent freezing. From about the latter part of November until well into January and

YOU DON'T HAVE

To borrow money, and you don't Have to pay it back.

YOU COLLECT

Interest instead of PAYING it. If you have a bank account at THE MULTNOMAH STATE BANK 4 per cent 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 PHONE TABOR 5895 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.

February the plants may be brought inside as wanted, and kept in a cool temperature to start with in order to acustom them to their new conditions. They may be expected to flower in four to six weeks after being brought into the house.

After flowering, the bulbs are of no value for forcing again, but may be planted outside in the borders about the house, and will continue for some years to furnish bloom.—J. J. G.

Heard in the Hall. "You don't know enough to stay in when it rains," derisively said the cane to the umbrella. "Look here," retorted the umbrella: "such bluffs from a mere stick like you don't go with me. My motto is 'Put up or shut up' every time."

Sympathy. Corn—Have you seen my new photographs, dear? Every one says they look exactly like me. Dora—What a shame! Can't you get another sitting?

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 you have a rumbling sound or imperfect hearing, and when it is entirely closed, deafness is the result, and unless the inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surface.

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.

Free Methodist Church

Sunday School, 10 a. m. Preaching, 11 a. m. and 7:30 p. m. Prayer meeting, Wednesday 7:30 p. m. All are cordially invited to attend these services.

NOTICE TO CREDITORS

In the County Court of the State of Oregon, for Multnomah County. In the Matter of the Estate of E. P. Keenan, Deceased.

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., 190, 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. Gantenbein, 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.

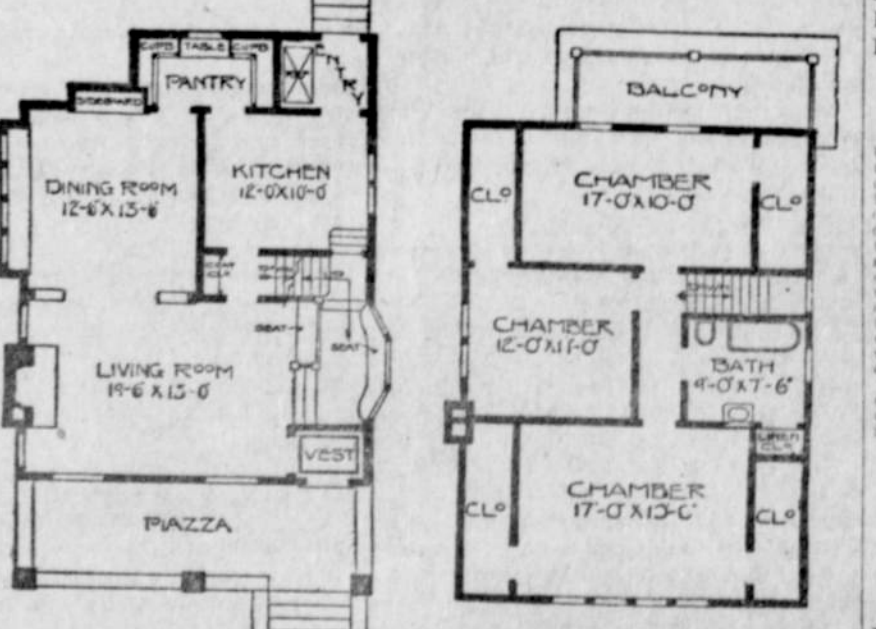
Notice is hereby given that the undersigned, Martha Schmidt, has been appointed executrix of the estate of Emil Paul Schmidt, deceased, by the County Court of the State of Oregon for the County of Multnomah, and has duly qualified as such. All persons having claims against said estate are hereby notified 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.

UNIQUE EXTERIOR IN WHITE CEMENT

Design 603, by Glenn L. Saxton, Architect, Minneapolis, Minn.



PERSPECTIVE VIEW—FROM A PHOTOGRAPH.



This design represents years of study given to developing a perfect, modest dwelling. The piazza is sashed in the winter time, making a sun room, the one large window from the living room to piazza being a French door. A sleeping porch across the rear of the second story part may be built if desired. The sun room and sleeping porch, if regularly used, will be the only M. D. needed in the family. There are two ways of getting back to the simple life—living in sunshine and sleeping in open air. The three chambers are all full height and have an abundance of closet space. For \$25 additional there may be installed an automatic switch for electric lighting in each closet, so that the opening and closing of the closet door will automatically turn on and off the light. In addition to the piping for the stationary vacuum cleaner in the basement, there is a cupboard door under the counter shelf in the pantry, with galvanized iron chute to the receptacle in the basement to receive all waste from the dust pan. With this and the vacuum cleanery a house can be kept spick and span with little effort. The size of this house is 26 feet wide and 28 feet deep over the main part. Full basement. First story, 9 feet; second story, 8 feet. Washington fir or red oak throughout first story, red gum in second story, stained to represent Creosotan walnut. Floors throughout first story of oak except in the kitchen. Kitchen and second story white oak or birch, 1 1/2 inch face. Exterior covered with white standard cement. Window and door frames and cornice of Washington fir stained a rich tobacco brown. Window look for red geraniums under the second story battery of windows. Cost to build, exclusive of heating and plumbing, \$3,200.

Upon receipt of \$1 the publisher of this paper will furnish a copy of Saxton's book of plans, "American Dwellings." It contains about 250 up to date designs of cottages, bungalows and residences costing from \$1,000 to \$6,000.