

# MT. SCOTT HERALD

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H. A. DARNALL, EDITOR AND MANAGER.

Office Phone: Home D-61. Residence: Tabor 2813

**T**HE country has not been resting the past two years even if things have been a little slow in the city. The farmers have been busy. New dwellings and barns are in evidence all along the way and many acres of newly opened land testify to the industry of the country people. It is really wonderful how quickly a piece of stumpled or a piece of wooded wilderness can be converted into a meadow or orchard by the use of a stump puller and a little powder. And it is not such an expensive undertaking. The piece of ground cleared in the fall and winter may be put into potatoes in the spring. The crop will pay for the clearing and the profits on future crops is all net. The potatoes pay for the clearing and put the ground in fine condition for other forms of cropping, preferably more potatoes, or some culture crop that will require tilling, until the perennial weeds are killed. But the real interesting thing is that the first crop of potatoes pay for the clearing. With that thought in mind, there are some thousands of acres right here in sight of Portland that could be cleared profitably and with a good deal of credit to the community. So many acres of stump land and brush near the city reflects badly on the enterprise of the people who are responsible for the scraggly conditions existing along the city limits.

**T**HE Lents schools are closed this week because some one is suffering from a mild attack of something that some one has dubbed "infantile paralysis." It is the first case in this section, hence it is safe to argue that the schools are not responsible for it. The afflicted family has been quarantined, and there is no reason to believe any one in particular is endangered. The children of the district are enjoying a vacation. They meet at church, on the streets and at play. Social arrangements proceed as before. Everybody is just as much exposed as had school been in session and the district were securing the service of its teachers. The pupils' chance to do a term's work in a term is cut short and everyone loses, even the teachers, who must go on double speed to make up for lost time. After it is all over no one will ever really know whether there was a real danger.

Talk about hard times? Better read some of this talk about conditions in Poland and Armenia. We have a long way to go before we kill sick people and eat them. Before we eat decaying horses and dead dogs. Before we can relish a dinner of weeds and grass. And added to this it will be some time before even the poorest and most unfortunate must go naked in the cold for want of clothing or be shot down merely because we are an inconvenience. It does look as though the Turkish government had a lot coming to it in the way of retribution and that old emperor Bill will scorch a long time to balance the misery he has helped to bring on thousands of helpless and innocent people.

The Panama Canal is clear again for ships with 26 feet draft, and Col. G. Thals has said there will not be another slide.

Japan seems disposed to make hay while nobody is looking.

## HEALTH IN THE SUBURBS

By Lora C. Little

Another prominent citizen has taken his exit by the surgery route, in addition to a number less prominent since I referred to the subject last May. In the last case we read it was not the operation that killed, but the patient's previous condition. He had diabetes. Very well, did not the surgeons know this, and the dangers?

It is more to the point to ask some questions of my readers. Why did our fellow citizen have diabetes? Denatured foods. Why appendicitis? Add to denatured foods the nerve strain of modern life and ignorance of what to do for so simple a thing as constipation—that is the answer.

Are you eating white bread and other white flour foods? Are you sweetening your coffee and tea and hot water? Are you eating jams, or jellies, or preserves, or cakes, or puddings? Are you sugaring your mush? Are you eating candy?

If your total consumption of sugar is down to a pound a month, and if you are taking care to eat all other foods in their full strength of organic minerals, and not habitually overeating, and if further you are avoiding drugs of all kinds, then you are not in danger of diabetes, appendicitis, or other serious disease. But you must know how to deal with minor ailments without the use of medicines. For I have not enumerated all the causes of disease. There are many and only to be avoided by those with a deep and genuine love of right living. To avoid wrong living merely to escape disease is on a level with avoiding crime for fear of getting caught.

Another citizen has gone to his death from the effects of a wound from a rusty nail. The great mistake made in dealing with such injuries and all slight wounds is in shutting out the air. Keep them wet. Keep them soaking wet. If wrapped, change the wet application often. This insures drainage, and perfect drainage insures healing as quickly as the condition of the patient will allow.

Again, it is lack of the salts of iron, lime, soda, and other minerals in natural foods that prevents the rapid healing of wounds. Eat right, live right, and all your injuries, of whatever kind, quickly disappear.

The uncleanly savage actually has the advantage over civilized man in this regard. It has been noted by hunters in Asiatic and African wilds that native guides recover from lacerations and injuries that would inevitably kill white men.

Mark Twain tells of the way a South Sea Islander amputated an injured foot. He made a hole in the earth, built a fire, stuck his foot in it and burned it off, and recovered, stumping around thereafter on the end of the bone.

Civilized man would recover his lost civility if he would quit eating impoverished foods.

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

The next meeting of Mt. Scott Union will be held at the home of Mrs. McKinley on Tuesday, October 10th.

Mrs. Julia Scott, Mrs. Sommerfeldt, Mrs. Inez Richardson and Mrs. Gething attended the county convention held at the First Christian church this week. The meetings were well attended and much enthusiasm manifested. The following officers were elected: Mrs. Mattie Sleeth, president; Mrs. M. Frances Swope, vice-president at large; Mrs. Inez Richardson, corresponding secretary; Mrs. Mildred Hanson, recording secretary; Mrs. James M. Donaldson, treasurer; Mrs. M. Alice Hanson, delegate-at-large to the state convention.

The registration books will close on Saturday of this week. Every person interested in the issues before the people in the November election should take a day off and persuade the slow and reluctant to perform this civic duty.

A very interesting campaign is being carried on in Iowa. Prohibition is not supposed to enter into the political situation in that state, and yet Prohibition is the very essence of the issue before the people. The Republican candidate for governor is one, Harding, the Democratic candidate for governor is a man by the name of Meredith. The wet element in the Democratic party is flocking to the standard of Harding, who says nothing; many Republican newspapers are declaring for Meredith, who openly pledges his support to the established, Prohibition conditions now existing in Iowa. It is a decidedly mixed up situation with the wets and the dries fighting for dear life.

## Letter From Mrs. Additon

Since the last letter I have been "down east." I went to Maine to see the saloons I had heard so much about that were running wide open. Well, I am not blind, but verily I failed to find the swinging door and other evidence of the traffic. I was several days in Lewiston where they say the law is not enforced, and doubtless this is the case in a few other places. But the pulse of the people—the real public opinion—was clearly manifest at the recent election, for prohibition enforced was the straight out and out issue, and the dries won. The new Governor says, "Maine laws will be enforced."

For the last week I have been visiting social settlements, and such institutions. There is grand work being done. The Frances Willard Settlement with its many outlying plans I shall tell you all about when I get back.

Just now in religious circles the talk is Billy Sunday and what he will do to convert Boston. They are looking forward to a big revival.

The public schools have postponed their opening on account of the infantile paralysis scare. Everything is being done to prevent its spreading. Mayor Curley is urging clean-up days, and indeed they need it. By the way I have not found any city any cleaner than Portland. Clean-up days are the great need everywhere.

People are getting back from sea shore and mountains, and the main theme now is politics.

The political pot has got to boiling in good earnest and what a time the G. O. P. orators have been having trying to find a compelling issue. They even dig up the old ancient historic nuggets from the tariff mine seemingly oblivious to the fact.

That people have wakened up to the realization that tariff schedules for revenue for industrial barons, adds extra burdens to the consumer and that the application of common sense and honesty to all, for the benefit of the people, through a wisely appointed tariff commission, is the belated, yet better way to study the tariff problem.

This commission will take this worn out issue out of politics and will thus be handled as it should be.

One of the most amusing political canards hereabouts has been the statement going the rounds of the press, that certain popular women of club renown here in the east, will undertake to round up the women voters for Hughes. And why? Because Hughes says he is for suffrage. What about all the other candidates? They say ditto. And one party has been out spoken for woman suffrage since 1872. Why not round up

the women voters for their candidate? Funny isn't it? Some stunt too. I'm afraid it is the most impossible round up ever undertaken by any human efforts. Our smile grows broader and broader the more we think of it.

Well I am on the watch tower here in old conservative New England. Will send you a few flash lights later on.  
Lucia F. Additon.

## HAVE FRESH VEGETABLES DURING WINTER MONTHS

Few people realize the number of vegetables that may be kept in the fresh state for winter use.

The essential conditions for the storage of all root crops including such vegetables as potatoes, beets, carrots, horse radish, parsnip, winter radish, rutabaga, salsify, turnip, kohlrabi and also cabbage, are that they be kept cool and moist, away from air currents. Storing should be done as late as possible, avoiding freezing.

These conditions may be met in several ways. The simplest for home use where only a few of each are to be stored is to place them in a box of moist sand or soil in layers and leave in a cool part of the cellar.

Where large quantities are to be kept, they may be put in what is known as an out-of-door pit. Only whole specimens free from disease should be used. The method is as follows: The vegetables are placed in a conical pile on the surface of the ground in a well-drained location. A covering of six to eight inches of straw or litter is then placed over them, and a covering of as much soil, commencing at the bottom and working toward the top. In severe climates a later covering of manure may be necessary as soon as the soil freezes. In this way, vegetables may be kept in a perfect condition until well along in the spring.—J. J. G.

## A BARBER OF BARBERS.

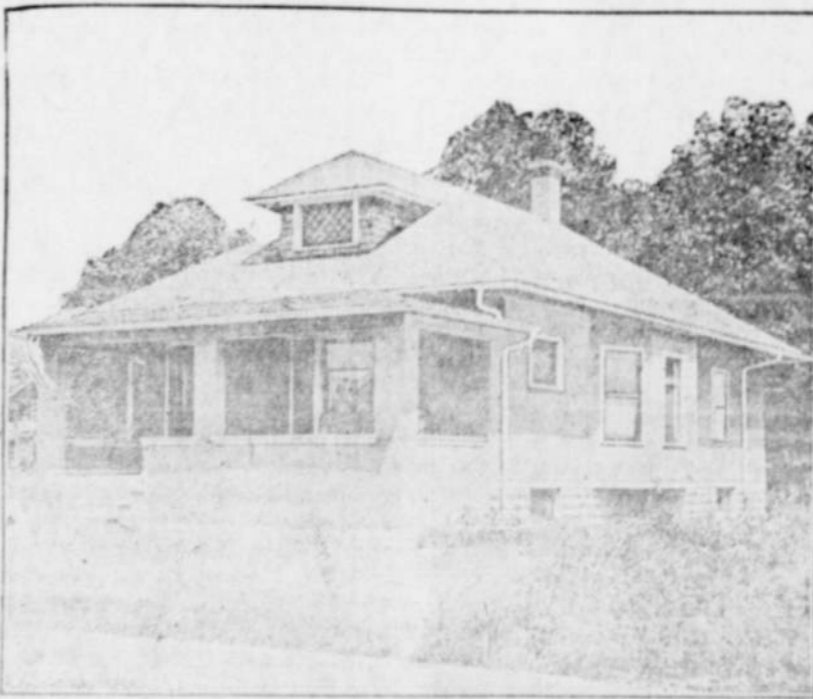
Shaved 243,690 Men—Could Make Eleven Mattresses From Their Hair.

Lorain, O.—Theodore Curtis, a Lorain barber, has just celebrated the twenty-fifth anniversary of the beginning of his career. He has kept account of every man he has shaved and says he has removed the whiskers of 243,690 men. "I have cut enough hair to make eleven mattresses and to pad 43,562 crutches," says Curtis.

The barber has shaved some of the country's widely known men, including Presidents McKinley, Roosevelt and Taft. Senators Mark Hanna, Matt Quay, Albert Beveridge and Ben Tillman; Doc Cook, Buffalo Bill, Jess Willard, Tod Sloan and Harry Thaw.

## A POPULAR ROUGH CAST BUNGALOW.

Design 951, by Glenn L. Saxton, Architect, Minneapolis, Minn.



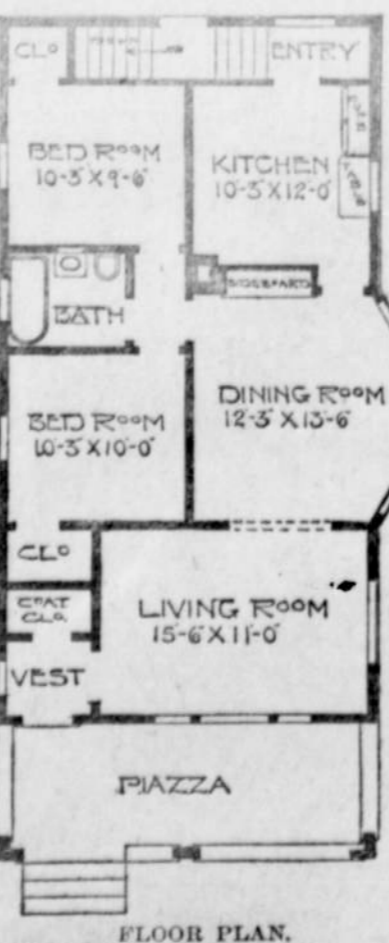
© by Glenn L. Saxton.

PERSPECTIVE VIEW—FROM A PHOTOGRAPH

People who have lived in flat buildings will appreciate the convenience of this plan of having all the rooms on one floor. This plan has been built a number of times and has proved a very popular home, being well arranged and economical to build. Full basement under entire house; first story nine feet. There could be one room finished in the attic by putting in a stairway from the closet in the rear of the back bedroom running up over the stairs going to the basement. Finish throughout in red oak or birch with maple floors. Size, 22 by 42 feet.

Can be built for \$1,800, exclusive of heating and plumbing.

Upon receipt of \$1 the publisher of this paper will supply a copy of Saxton's book of plans entitled "American Dwellings." The book contains 254 new and up to date designs of cottages, bungalows and residences costing from \$1,000 to \$6,000.



FLOOR PLAN.

## 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.

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

## Rheumatism Follows Exposure

In the rain all day is generally followed by painful twinges of rheumatism or neuralgia. Sloan's Liniment will give you quick relief and prevent the twinges from becoming torture. It quickly penetrates without rubbing and soothes the sore and aching joints. For sore, stiff, exhausted muscles that ache and throb from overwork, Sloan's Liniment affords quick relief. Bruises, sprains, strains and other minor injuries to children are quickly soothed by Sloan's Liniment. Get a bottle today at your Druggist, 25c.

## Publication Statement

Statement of the ownership, management, circulation, etc., required by the act of Congress of August 24, 1912, of the Mt. Scott Herald published weekly at Lents for October, 1916. State of Oregon, County of Multnomah, ss. Before me, a notary public in, and for the State and county aforesaid, personally appeared H. A. Darnall, who, having been duly sworn according to law, depose and says that he is the editor and owner of the Mt. Scott Herald and that the following is, to the best of his knowledge and belief, a true statement of the ownership, management (and if a daily paper, the circulation), etc., of the aforesaid publication for the date shown in the above caption, required by the Act of August 24, 1912, embodied in section 443, Postal Laws and Regulations, printed on the reverse of this form, to wit:

That the name and address of the publisher, editor, managing editor, and business manager is H. A. Darnall of Lents, Oregon.

That there are no other persons interested in its property or publication in a proprietary way and that there are no bondholders, mortgages or other security holders owning or holding 1 per cent or more of total amount of bonds, mortgages, or other securities.

That the two paragraphs next above, giving the names of the owners, stockholders, and security holders, if any, contain not only the list of stockholders and security holders as they appear upon the books of the company but also, in cases where the stockholder or security holder appears upon the books of the company as trustee or in any other fiduciary relation, the name of the person or corporation for whom such trustee is acting, is given; also that the said two paragraphs contain statements embracing affiant's full knowledge and belief as to the circumstances and conditions under which stockholders and security holders who do not appear upon the books of the company as trustees, hold stock and securities in a capacity other than that of a bona fide owner; and this affiant has no reason to believe that any other person, association, or corporation has any interest direct or indirect in the said stock, bonds, or other securities than as so stated by him.

Signed, H. A. Darnall  
Sworn to and subscribed before me this 2 day of October, 1916.

(Seal.)  
(My commission expires

There are now 31 vessels under construction in shipyards along the Columbia.

When a man has \$1,000,000 he has to be careful how he spends it or his brain may be investigated.

## 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., 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.

## 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.

## Notice

Notice is hereby given that the partnership business heretofore conducted by Harry Julian and Wilbur Julian, as Julian Brothers, in the town of Lents, Oregon, is this day dissolved by mutual consent of the parties thereto. Hereafter Harry Julian will run 15c store at same location.

## 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.

Robert H. Clark, pastor.

Roseburg will ship one carload of beets to Grants Pass sugar factory.

Several gold nuggets have been reported found in the P. R. L. & P. Co's gravel pit at Gresham.

Progress that takes business out of the hands of the people and puts it in the hands of the government in progress backwards.