

**Mt. Scott Herald**

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**War Bread.**

"BUY-AT-HOME" is in the air these days, its the password on the streets, the topic of conversation in the stores, the cause of discussion in the home, and even the cause of thankful comment when the weary wage-earner comes home in the car unburdened with the usual packages. Yes, its catching, quite contagious, and we understand there's no remedy! Too bad. Mayor Baker is starting out on a little investigating stunt anent the weights and prices of bread. Everybody eats bread, and it seemed timely in view of war conditions and economy in the home to do a little scouting around here at home.

We have long been patronizing the local bake shops, merely upon principle, and we have wondered, marvelled, and truth to tell rebelled a little at the number and variety of downtown bakery wagons to be seen on our streets at all hours of the day and night. We have always believed that we got better value out of the home loaf, but never took the trouble to prove it until this week, when armed with an accurate pair of scales we started out and made the round of the stores to take down some weights and prices. We find the following results: Lents stores handle all varieties of bread. There are some 15c loaves such as the Holsum and Pullman loaves, which weight 24 and 25 ounces. There are 13c loaves from all kinds of downtown bakeries, Holsum, Royal, Butternut, Tip-top, Luxury, Montavilla, Mother's Bread, Graham, Rye, and War bread, none of which weigh over 16 1-2 ounces, a few are 15 1-2 ounces while by far the majority weigh exactly 16 oz. A visit to the local bakeries unearths a 10c loaf which after weighing numerous samples we found to weigh consistently at 17 1-2 oz, or a full 1 1-2 oz more for the dime than the downtown bakeries give. This would mean that the average family of five persons would save at the very least \$1.25 a month by buying MADE-AT-HOME bread at 10c a loaf. Not to be sneezed at these days is it? Still more surprising are the facts brought to light by the 5c loaf. Most stores do not carry a 5c loaf, but we did discover a few modest 5c loaves, made by the Twentieth Century Bakery which weighed exactly 8 ounces, or half a pound, two of them for the weight and price of the 10c loaf. Eminent-ly decorous and proper, but oh! such teeny weeny slices. At both local bakeries we find an abundance of five cent loaves in all styles and kinds, French, Rye, White and Graham, all of them weighing at least 10 1-2 ounces to the five cent loaf. Indeed the Graham 5c loaf weighs 11 ounces, and the Rye loaf, the most healthy of all the doctor tells us weighed 12 ounces. Taking the white as a standard we find that 5c will buy eight ounces of bread from the downtown bakeries, and 10 1-2 ounces if spent at home. In other words, by buying the Home-made Five Cent loaves the average family will save nearly \$3.00 a month on their bread bill alone. A word to the wise is sufficient. Watch the run on the bake-shops. Incidentally the pies, pastry, cakes, and other "deadlies" made by our local bakers simply can't be beat. We don't know how long the local bakers can stand the strain, but here's hoping. We are told that saving of waste and true economy is true patriotism. Lets show our colors by Trading at Home.—J. S. F.

**An Endless Chain.**

In the early 80's the people voted some bonds to build a bridge with. That bridge has rotted down and another is being rapidly disintegrated by time, and the bonds for the first bridge have been reissued and continue to draw interest. The bonds on the second bridge will not be paid out before a third bridge will be required. No effort is made to provide a sinking fund to get rid of these old bonds, or the new ones, for that matter. The city of Portland will soon be paying half its interest on public bonds. It would have been cheaper to never have issued a dollar of bonds, but to have levied a direct tax and paid for the public improvements as needed. We would have had more public improvements by this time. Every dollar in bonds costs the people an additional dollar, plus a third dollar, and plus a fourth dollar, and plus a fifth dollar, if the foolish game is kept up continuously for a century.

**A Problem For The Local Merchant.**

Sears, Roebuck & Company's sales since the war began have averaged more than \$15,000,000 a month, over \$3,000,000 a month increase over the corresponding months of last year. Part of this gain is due to increasing prosperity of the farmers, part to the circumstance that while local retail merchants have been forced to raise prices from day to day, the mail order house has stuck to its catalog prices irrespective of market variations. At that, the big firm has made more than a million a month net profit during these same months as is evidenced from its financial reports.—Oregon Voter.

**Peoples Forum**

**The Old Soldiers' Sanitarium**

Battle Mountain Sanitarium, Ward E, Hot Springs, S. D. July 19th, 1917.

To the Editor:

Perhaps a description of the Home and its surroundings will be interesting to your readers so I will try to describe my home for the past six weeks. I have been greatly benefited in many ways by coming here and walk with ease and comfort as the result of the treatments. Hot Springs is in the southwest part of South Dakota, and in the southern part of the Black Hills. The town is built along the banks of Fall River County. It has about 3,000 population. It is quite a trading point for a large section of country. The main street follows the windings of the river and the business houses and the river take up most of the canyon. In several places the side of the canyon is cut away to make room for the business blocks. The town has spread up several gulches and on the ridges so is scattered over considerable ground.

Work was begun on this Home in 1903 and finished in 1907. It is more of a hospital than a Home, for men come here for treatment, but no man is turned from the Home after he is cured or is pronounced incurable. We are on a knoll about 150 feet above the town and are reached by a driveway 30 feet wide with a five foot cement sidewalk on the inside of the driveway. There is also a flight of steps that shortens the distance, but they are quite steep and a good many of them. A great many yards of dirt were moved to level off the top of the hill before building could begin.

The type of the buildings is old Spanish or Moorish. In the main group of buildings there are eleven connected with a main arcade and covered passage ways so that no one is exposed to the weather at any time in going anywhere in the Home.

Sunday the Catholic priest hold services at 8 a. m. The Chaplain preaches at 10:30 a. m., and holds Bible Study Class at 1:30 p. m. Sometimes the Catholics have an extra service at 3 p. m. Prayer meeting is held Monday at 7 p. m. Tuesday and Friday afternoons there is a band concert from 1 to 2, and the same evenings there are movies. When held out of doors in the summer, from 8 to 9; in the auditorium from 7 to 8. The other four evenings there is a band concert from 7 to 8. The routine of the day follows: Reveille is blown by the bugler at 6 a. m. We rise, dress, make our beds (each man has a bed to himself) sweep the room, and Tuesdays and Saturdays mop the floors for Saturday is inspection day. Breakfast is at 7, and from then till 9:30 the men are free to go around the grounds. At 9:30 the doc-

tors visit the wards and every man not on detail has to sit in his chair by the side of his bed while the doctor is in the ward. Then nothing till dinner at 12. Unless taking treatments we are free to go and come as we please. Supper is at 5:30 p. m., and then free till 8:30 when tattoo sounds for us to prepare for bed and at 9:00 the Bugler sounds "taps-lights out."

The reservation, which includes Battle Mountain and two other peaks contains 3481 acres, but only 101 acres are included in the landscape features when completed. That number of acres is now under wire fence with cement posts. When completed there will be five miles of roadways in the grounds proper and ten miles in the reservation. There is over a mile of cement walks in the grounds making easy walking.

The floors in all of the wards are pulp and are easy to keep clean and the walls are of hard finish, and there are no square corners in the ward buildings, all are rounded making them easy to clean. The wards are reached by inclines instead of stairways which makes the effort of climbing much easier for everyone.

The buildings are constructed of a pinkish colored sandstone found near here in unlimited quantities, and in fact most of the material used in the construction of the buildings was found within a few miles of the place. The roof is of Spanish unglazed tile, making the buildings nearly fireproof in their construction.

There is a cemetery connected with the Home in which are buried all whose friends wish their interment with their comrades. On each plot there is a bronze tablet with a patriotic or reverential quotation inscribed, appropriate for such places.

The doctors and other officers connected with the Home are kind and considerate to the inmates of the Home.

I expect to leave here about August 2nd, and will spend some time in holding meetings in South Dakota before returning to Portland.

Rev. R. H. Clark.

**Methodist Church.**

Regular services will be held at Lents Methodist Church on Sunday next. There will be special music at both services, including a duet by Mrs. Frost and Mrs. Sells at the morning service and a duet by Misses Luzelle and Frances Kearney at the evening service.

A Sunday School Workers' class will be organized tomorrow, (Friday) evening, to meet each Friday evening hereafter preceding choir practice. During August and September a comprehensive study of the graded work will be made preparatory to installing the system on Oct. 1st. After that time a teacher training course will be taken.

The solo contributed by Major Repp at the morning service last Sunday, with violin obligato by Miss Edith Turner, Mrs. Repp at the piano, was much enjoyed, as was also the violin solo by Miss Turner, accompanied by Mrs. Repp.

The Junior League enjoyed a hike out on to Gilbert on Saturday with luncheon beside Johnson Creek and lots of fun catching crawfish in the afternoon.

The Philathian class held their monthly business meeting in the nature of a picnic at Sellwood Park on Wednesday afternoon.

The Woman's Foreign Missionary met at the parsonage Wednesday afternoon. Thirteen ladies were present and an interesting program was rendered.

**St. Paul's Episcopal Church.**

Death has again entered our little flock and taken from our midst Sister Lydia J. Tibbils, wife of the late Judge W. J. Tibbils, formerly of Coffeerville, Kansas. Her funeral was held from the church Monday morning, her rector, Rev. O. W. Taylor, officiating. Mrs. Tibbils was last President of St. Paul's Guild and a most faithful and conscientious church woman; a kind neighbor and a loyal friend, always ready to do her part and perform any duty set before her, were it ever so unpleasant. The memory of her unselfish life will long be cherished by those who walked with her in daily life and worked with her side by side in the little church she loved so well. It was by her efforts that the work at Woodmere was started and continued. She was faithful in small things, may she be ruler of greater. "Father now within thy keeping, Leave we now our dear one sleeping." There will be a celebration of the Holy Communion at 8:00 o'clock a. m., the first Sunday in each month. There will be no afternoon service on those Sundays.

St. Paul's Guild will hold no further meetings until the first Wednesday in September.

The lawn party at the residence of Mr. Wagstaff was postponed on account of the death of Mrs. Tibbils. Further notice will be given later.

**Kern Park Christian Church.**

C. W. B. M. met Wednesday, the 1st inst. at the home of Mrs. C. L. Douglass, Mrs. Arp leader. Topic, "Congress on Christian Work in Latin America."

The Christian Endeavor will hold an entertainment and box social Friday

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evening, the 3rd inst at the church. A silver offering will be taken at the conclusion of the program. The boxes will be auctioned off in the basement. All are invited to attend, at least for the program.

Two talented children, pupils of Miss Helen Barry, gave us a musical treat last Sunday morning and more is expected next Sunday. Don't miss it.

**Friends Church.**

The missionary meeting of the Christian Endeavor was conducted Sabbath evening by the missionary committee. The subject discussed was, "Some of the Fruit and Some of the Problems of Our Work in Africa." We were favored by special music by the quartette.

Monday evening two auto loads of Christian Endeavorers went to Vancouver to hold a street meeting and to conduct services at the Mission, where Mr. and Mrs. Arnold have charge. They report a good time and a profitable meeting.

The Womens' Sunday school class recently organized, known as the Elizabeth Fry class, met at the church on Tuesday afternoon to consider the needs of the work and pray for every member of the school. The class is increasing in interest and numbers.

The members of the Store House League and others met at the church Tuesday evening to plan their work and to devise the best way to work the plan. A permanent organization was made and officers elected.

The regular monthly business meeting of the church will be held this evening. The regular services will be held on Sunday next.

**Millard Ave. Presbyterian Church.**

The regular monthly meeting of the Millard Ave. C. E. society will be held at the home of Mr. Chas. E. Tronson, 6807 92nd St., Friday Evening, the 3rd inst.

The volley ball team held their weekly practice at the Mt. Scott Park on Monday evening.

Howard Waugh will lead the Christian Endeavor on Sunday evening next. He is much interested in C. E. work and is an experienced leader. Don't fail to come. Topic, "How Men Cheat Themselves."

Miss Grace Spaulding, our C. E. President, is still visiting with her friends in Bellingham, Wash.

**Evangelical Church.**

The regular services will be held in the morning at the local Evangelical Church. There will be no service in the evening however, owing to the camp meeting now in session at Jennings Lodge.

Why not draft that holy of holy shrines, the profits of the Standard Oil Trust?



**HEADACHE?**

Headache is one of the greatest enemies of mankind.

How many endure day after day, this nerve-racking, strength sapping pain, without a thought of its origin, the CAUSE is never sought by the majority of sufferers, they endure and wonder. Eighty per cent of all headaches come from defective eyes—with the proper glasses all distressing pain would vanish.

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