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JOHN E. NORMAN, WELL KNOWN HERE, NOW WITH ARMY OF OCCUPATION

The following most interesting letter was received this week by Mrs. O. E. Lent, and is the first letter to be published in The Herald from a member of the army of occupation in Germany. The writer is John E. Norman, company L, 360th infantry, who is well known in Lents: Zeltingen, Germany, Jan. 14, '19.

Dear Cousin:

Vie gates? Goot? Yah!

Well I received your very welcome and newsy letter this morning. I see by the start that you were only going to write a short message but you finally penned off four big pages. That's the spirit I like myself when I write and I am inspired to answer via a real complete letter.

Until lately my mind has not been turned to correspondence much owing to adverse circumstances, such as having to complete a 246-mile hike in 19 days at the rate of 13 miles a day, carrying a 72-pound pack. I learned a great deal on this trip with the army of occupation to the Rhine, and am still learning the novelties that tend to disgust the bulk of the troops. It is surprising to see how the average U. S. trooper views foreign affairs but the more I learn and see the more I want to see, and you are one of the very few of my people who view the world as I do. I could write a book that would read very differently from anything ever printed or ever to be printed and all absolutely truthful. I have studied nationalities and found it deeply interesting, but the A. E. F. has had all the travel they ever wish (so they say), and I believe it firmly. As for me, I will have to come back later and take in all of Europe, traveling in my own way and not by 50-minute spells with a 10-minute rest between, on foot.

I am glad Jasper and Paul went through the drives all right. I see King Albert had their division (the 91st) in his guard of honor when he entered Brussels.

I am in the 90th division from Texas and Oklahoma. We were first stationed at Latrency, France, which is about six kilometers, or three and three-fifths miles from Joan of Arc. I was on duty at the outpost in front of the front line, just across the Moselle river, opposite Joan of Arc's monument, which is located upon a pointed hill some 500 feet high, overlooking Pont a' Mousson. This monument has a 12-inch shell hole through it they say. I saw the bombardment of the bridge near there, the shells falling short but sending fountains of water over 150 feet high and at the same time an airplane only about 800 feet high attracted shell fire until shrapnel fell all around me—spent scrap iron, and not too dangerous. About 125 shells failed to bring down the bird.

I was in the St. Mihiel drive beginning September 12, and saw 57 days at the front in all, and always pretty well entertained. Near Villers, France, while on the front we had to walk four miles (round trip)

twice a day for our "chow" or eats. Wow! but we were tired and worn and dirty.

I had the flu and was three weeks in the hospital 100 miles south of Paris, where I lost 20 pounds. The fourth day after I was out of bed I spent eight hours steady hand-trucking at the Q. M. company at Nevers, France, then walked 2 1/2 miles to a replacement camp and after supper hiked with a 72-pound full pack and 30-pound music box 1 1/2 miles to embark for train, en route to my company. I avoided pneumonia that night while riding in a box car without fire—and it was cold, too, and the cold air cut my lungs—by covering my head with my raincoat; but now I am as good as ever.

I have had some time carrying the music boxes over 700 miles in France, via train, auto truck, combat wagons, etc., but still they are in perfect shape and I am in one of the A. E. F. show troupes and going as big as ever—and it does the boys good. My captain brought my little corcitra back from the front line personally. If my instruments could only talk like they can sing what a story they would tell!

Well this was an expensive old war (in lives) but it will be the greatest benefit to all the world and to the American race that one could imagine in the end.

I have been in England, France and Belgium. This is the greatest wine section of all Germany. I am quartered in a palatial room with three other soldiers. We have electric lights, stove, desk, big mirror, fancy easy chairs, a nice bed with feather cover, swinging windows with lace curtains and gold cloth curtains over them. How is that for homeabroad?

The Rhinelanders west of the Rhine treat us fine. Half of the 90th division speak German well and I have my music and can play eight German pieces, to their great delight, and as a result I find I have to dampen the wine they want to give me. German is easier to learn than French as it resembles English more. The Germans are all healthy and red cheeked. They could not treat us better, and are all anxious to go to America and seem to dislike militarism decidedly.

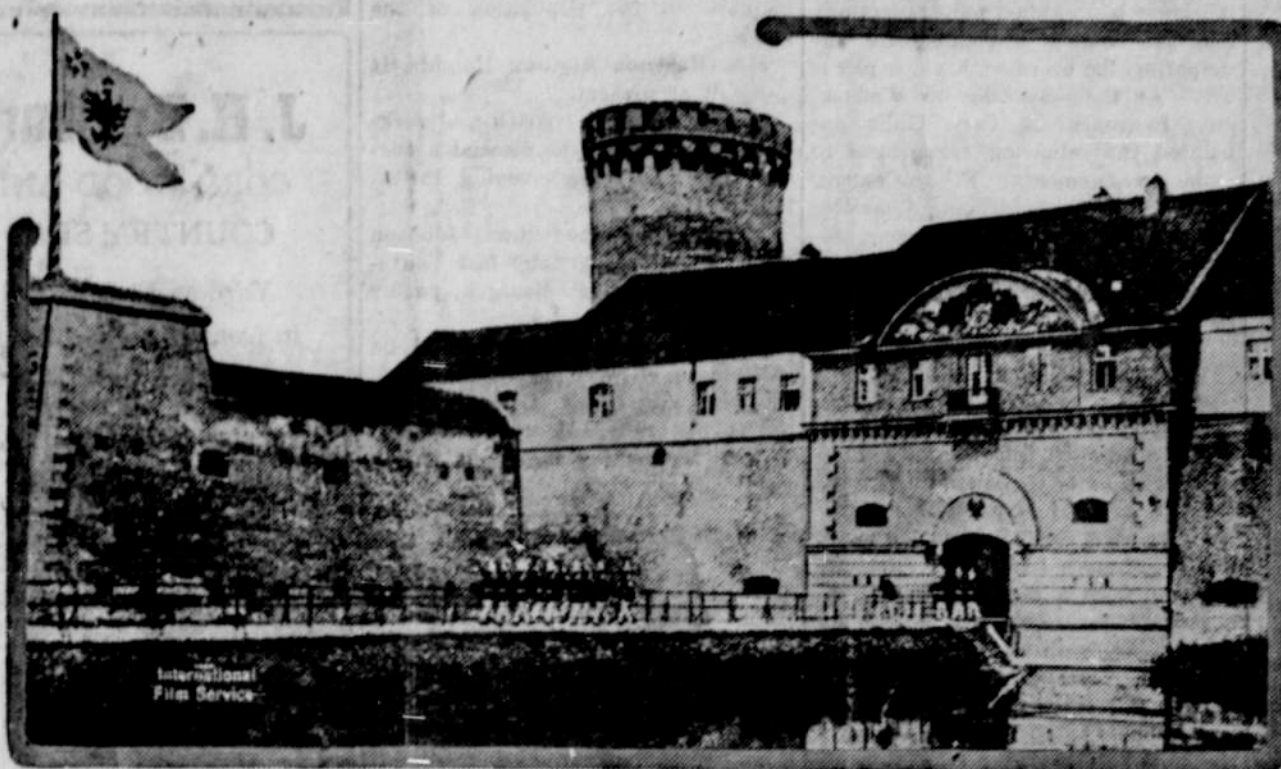
It worried my dad when I left for New York and for some unknown reason I never heard from him while on the front. I was sick over it and it worried me worse than the whiz-bangs. I did not mind dying if it came to that, but dying without my people knowing the last circumstances, and truth and having them fretting the balance of their lives as to the how and where I was.

They say 130,000 Germans are missing. Just think! Imagine the state of mind of their relatives and friends all the years to come.

Well, hoping you are all well and that I will get home soon, your cousin,

JOHN E. NORMAN,
Co. L, 360th Inf., A. E. F.

SPANDAU ARSENAL, SCENE OF BLOODY FIGHTING



View of the castle of Spandau, part of the great German arsenal near Berlin, which was taken by the Spartans and recaptured by the Ebert government forces after bloody fighting.

A joint session of the G. A. R. and Shilo circle was held Saturday evening, after the regular business session, in honor of Lincoln's and Washington's birthdays. A short program was enjoyed, Frank Melvin, of Woodmere being the principal speaker of the evening. Several short addresses were made by members and patriotic songs were sung. It was expected that Colonel Barker, who celebrated his eighty-third birthday that day, would be present and join in the program but circumstances were such that he could not attend.

Mrs. Finley O. McGrew was a luncheon hostess on Thursday, February 13, when she entertained a few friends at her home, 8729 Fifty-sixth avenue, S. E. Valentine motifs were used about the rooms and as table decorations. Being also the birthday of little Finley-Oliver McGrew, a number of children were present to help him celebrate. Those to enjoy the pleasant occasion were: Mrs. R. C. Prince, Mrs. J. C. McGrew, Mrs. Oscar Olsen, Mrs. J. L. Gilham, Mrs. Chester McGrew and Mrs. C. H. Himes.

AUSTIN TO SING AT POLICEMEN'S BALL

Patrolman P. C. Anderson, of the Lents day force, chairman of the music committee, has announced a special attraction for the annual policemen's ball at the Auditorium Saturday evening, February 22. Chairman Anderson, through the co-operation of C. A. Finley, manager of Council Crest Park, has secured the well-known singer, Monte Austin, to add to the "pep" of the occasion. Austin's thousands of Portland friends need no further endorsement of the ability of the music committee.

Austin will sing many of the newest hits, hot off the presses of New York publishers, including "Mother, Here's Your Boy," "Rose of No-Man's Land," "Chong," "Ja Da," "When You Look in the Heart of a Rose," and "Dreaming Sweet Dreams of Mother." A 20-piece orchestra will dispense instrumental music.

Following is the dance program:

Grand march 8:30 p. m. led by the mayor, city commissioners and chief of police.

Step—Oriental.

Waltz—When You Look in the Heart of a Rose.

One-step—When I Send You a Picture of Berlin.

Schottische—Four-leaf Clover.

Extra.

Step—Pack Up Your Troubles in Your Old Kit-bag.

Three-step—Marigold.

Fox-trot—Chong.

Schottische—Aloha, Soldier Boy.

One-step—Mother, Here's Your Boy.

Extra.

Fox-trot—Ja-Da.

Waltz—Till We Meet Again.

Three-step—Last Hope.

Step—The Rose of No-Man's Land.

Schottische—Keep the Home Fires Burning.

Extra.

One-step—Cotton Town Blues.

Waltz—Dreaming Sweet Dreams of Mother.

MODERN HEALTH CRUSADE BEGINS IN LENTS SCHOOLS

"The Modern Health Crusade" was introduced into the Lents school last Monday. Principal Hershner says the children are evincing considerable enthusiasm and it is hoped to make a large percentage of the pupils permanent members of the movement.

The Modern Health Crusade was founded by the National Tuberculosis association, but the crusade as well as the association is not limited to tuberculosis.

We quote below a few paragraphs from the bulletin issued by the association showing some of the fundamental principles of the movement:

A Health Mobilization

The Modern Health Crusade, an organized movement that has enlisted more than 700,000 American children, is adding strength to coming workers and protecting them from the increased disease and neglect which the war has brought to the children of Europe. It is a system of health education that grips the child's interest until health practices become habitual. Through children, it is educating parents and promoting community health.

Underlying Principles

The Modern Health Crusade supplies the child with a motive for patient work in acquiring health habits when the abstract advantages of health and the usual teaching of physiology do not call the child to action. "Material is educational just in so far as it creates an interest." With adults the direct motive for faithful observance of the laws of health is usually insufficient until sickness creates a desire for health through its absence. With children it is all the more essential to supply an indirect motive. The crusade accomplishes this by introducing the play element into the study and practice of hygiene. It transfers some of the romance of the medieval crusades to a vital quest of present-day children. It holds up to them the chivalry of health, the high ideals of strength, right living and the protection of the weak. It makes an instant appeal to the child through its titles and badges as well as by giving him something to do and honors to earn; but, throughout, it adheres to the laws of habit-formation. It applies the approved pedagogical principle of learning health habits by doing them.

Results

The results of the Modern Health Crusade are physical improvement and prevention of disease among the children and their families, moral discipline through regular attendance to hygienic duties, and the awakening of community responsibility.

Who the Crusaders Are

Modern Health Crusaders are children between six and 16 years of age who qualify by doing the official health chores and by agreeing to the pledge printed on the certificate of enrollment and who receive this certificate from organizations or adult workers promoting the crusade.

Crusaders' Health Rules

1. Keep windows open or stay

outdoors when you sleep, play, work or study. Breathe fresh air always and through your nose. Take ten deep breaths every day.

Eat wholesome food, including fruit and vegetables, and chew it thoroughly. Avoid greasy fried food, soggy breads, heavy pie and cake. Eat little candy; none that is impure. Drink plenty of pure water and use your own cup. Drink no tea or coffee. Never take beer, wine or other alcoholic drinks or soft drinks containing injurious drugs. Do not smoke or use tobacco in any form.

Make sure that everything you put in your mouth is clean. Wash your hands always before eating or handling food. Wash your ears and neck as well as your face and clean your finger-nails every day. Bathe your whole body twice a week at least and shampoo often. Brush your teeth thoroughly twice every day, after breakfast and supper. Have all cavities in your teeth filled. Consult a dentist twice a year.

Play and exercise every day in the open air. Sit and stand up straight. Have a regular time every day for attending to toilet and each need of your body. Whenever you cough or sneeze, turn your head aside and cover your mouth with your handkerchief. If you must spit, spit only where it will be removed before persons or a fly can touch it. Have a complete medical examination each year.

Get a long night's sleep. Get up smiling. Keep your clothes neat. Brush your shoes before going to school. Keep your mind clean and cheerful. Be helpful to others.

Crusaders' Health Chores

A score card is furnished each child with a column for each day of the week and a blank line for each of the 11 health chores. A score is kept by marking an X on the card for each health chore performed. Following are the chores:

I washed my hands before each meal today.

I washed not only my face but my ears and neck and I cleaned my finger-nails today.

I tried today to keep fingers, pencils and everything that might be unclean out of my mouth and nose.

I drank a glass of water before each meal and before going to bed, and drank no tea, coffee or other injurious drinks today.

I brushed my teeth thoroughly in the morning and in the evening today.

I took ten or more slow, deep breaths of fresh air today.

I played outdoors or with windows open more than 30 minutes today.

I was in bed ten hours or more last night and kept my window open. (Boys and girls 13 years of age may change this to nine hours. Those under nine years of age should sleep 11 hours at least.)

I tried today to sit up and stand up straight, to eat slowly, and to attend to toilet and each need of my body at its regular time.

I tried today to keep neat and

JOHNSON-STUTTE WEDDING THURSDAY

The marriage of Miss Hazel Johnson and Walter Stutte was solemnized in Lents Thursday afternoon, February 13. After the ceremony the bridal party and guests were served with a four-course dinner at the home of the bride's parents, Mr. and Mrs. Nick Faler, 9604 Foster road.

The rooms were beautifully decorated with spring flowers and the table, at which 26 guests were seated, was daintily adorned. The place cards were lilies of the valley tied with white ribbon and festooned from the chandelier. The favors were small white baskets filled with bride's cake.

The following guests were present:

Mr. and Mrs. William Stutte; Mr. and Mrs. George Spring; Mr. and Mrs. Thomas S. Luke; Mr. and Mrs. T. C. Luke; Mr. and Mrs. Max Smith; Mrs. M. J. Spring, grandmother of the bride; Mrs. W. J. McNeil, Mrs. Joe Riley, Mrs. Harold Riley, Mrs. A. F. Sidow, of Tacoma, Wash.; Mrs. Gladys Wilcox; the Misses Thelma and Margaret Stutte, Miss Myrtle McNeil, Miss Helen Smith, Miss Maurine Wilcox, Miss Emily Mildren; Lewis Stutte, Donald McNeil, of O. A. C.; Gordon McNeil; Mr. and Mrs. Nick Faler and Mr. and Mrs. Walter Stutte.

LADIES OF BAPTIST CHURCH GIVE HANDKERCHIEF SHOWER

On Wednesday the ladies of the Baptist church gave a handkerchief shower to Mrs. Marie Barker, who is moving up near Cottage Grove, where her husband, Guy Barker, and her brother-in-law, Mr. Bird have taken a contract to haul railroad ties and lumber to the railroad by motor truck. The above-named gentlemen are already at their destination at work and their families will soon follow them.

The ladies of the church each brought a fancy handkerchief and served a dinner to Mrs. Barker. The table was daintily laid with good things and a good time was enjoyed, but there was an undercurrent of regret that Mrs. Barker would be away for a time and missed from all departments of the church.

The ladies present were Mrs. E. M. Moore, Mrs. D. C. Johnson, Mrs. E. Kelly, Mrs. W. R. Douglas, Mrs. E. A. Smith, Mrs. W. M. Barker, Mrs. Marie Barker, Grandma Darnall, Mrs. R. G. Nichols, Mrs. M. A. Ott, Mrs. Mabel Quinlan, Mrs. Rosa Silver, Mrs. Henry and Mrs. Swain.

BIRTHS

Mr. and Mrs. G. W. Porter, 8504 Sixty-seventh avenue, are the proud parents of a baby boy, born February 2.

On February 15 a girl baby was born to Mr. and Mrs. W. C. Coons, 9685 Forty-fifth avenue.

A baby girl was born to Mr. and Mrs. Breshears, 5580 Ninety-second street, Wednesday, February 12.

A new boy arrived at the home of Mr. and Mrs. C. T. Fredricks, of 6805 Woodstock avenue, Tuesday, February 18.

cheerful constantly and to be helpful to others.

I took a full bath on each day of the week that is checked X.

Titles are conferred on the pupils who faithfully perform these chores as follows: For two weeks, the title of page; five weeks, squire; 10 weeks, knight; 15 weeks, knight banneret.

The badge of the squire is a celluloid button in red, white and blue picturing Liberty holding out the caduceus, the ancient Greek emblem of healing. Her shield carries the double-barred red cross, emblem of the health associations leading the crusade. Two stars are shown about the "S" (for squire). The page receives merely the certificate of enrollment, carrying one star. The knight's badge is the archer pin, depicting an armored Bowman aiming his arrow in war against disease. It carries three stars and is finished in silver. The knight's banneret pin differs from the knight's in gold finish and in carrying four stars and "K.B."

LENTS MAN CELEBRATES FORTY-NINTH BIRTHDAY

On Thursday, February 13, at the home of Mr. and Mrs. C. J. Fankhauser, one mile south of Lents, was celebrated the forty-ninth birthday of Mr. Fankhauser. Present and also celebrating birthdays on the same day were Mrs. H. C. Ulrich, Mrs. Marguerite Henderson of Happy Valley, and Mrs. Ernest E. Ulrich, of 6427 Eighty-ninth street, S. E. The day was spent in a very sociable and enjoyable way after partaking of a sumptuous dinner of good things prepared by the hostess, Mrs. Fankhauser. Long live the four!

Ludwig Schweitzer, of Fifty-seventh avenue and Ninety-sixth street, has been discharged from the navy and has arrived home. Mr. Schweitzer was on the flagship Pennsylvania, one of the ships which escorted the George Washington when President Wilson went to France.

MRS. IVY M. KINNEY ENTERTAINS PUPILS

Ivy M. Kinney, of Fifty-fifth avenue and Ninety-third street, entertained a number of her piano pupils at a valentine party Saturday, the children arriving at 10 a. m. Ice cream, cake and candy were served. A cake with a penny baked in it was the object of much interest, and Elizabeth Trenary captured the coveted prize. The afternoon was spent playing games, and a great scramble was started when a hunt for 60 hidden valentines began.

Those present were Dorothy and Buster Geisler, William and Martin Manz, Darcy Coffman, Dorris Tyler, Florence Thurston, Mary Robertson, Thelma Littlefield, Kenneth Jefferies, Elizabeth, George and Lucille Trenary, Florence and Madeline Kinney.