Mt. Scott herald eat more irritants. The question ar

80.

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POLITICS

The political arena is declared cannot be frightened over the irritaopen and open season is declared on tion from eating bran. persons, institutions, reputations. As night follows day the bitterness engendered by unscrupulous people to attain a political end is dissipated and the persons and the instruments used to turn civilization back some . Housewives may mail requests ' hundreds of years are vomited from * for recipes or ask any questions * the people's mouth.

is the game and there are those who * remain anonymous, will be desee only the goal and use any means " lighted to publish requested recthey think will attain them that . ipes or answer questions. place. They will attempt to arouse . enmity between people, between in- . . stitutions. They will sling mud at any object they think or know is in their political road. But they will be Boil two cups of rice until well discredited, for in the end the people done, cool and form in small, round discover their motives and they are patties, on which place half a peach tried and found wanting upon these canned or fresh; cover with whipped cream. motives.

This week The Herald reprints from The Oregon Voter. For Mr. ter, The Herald editor has respect as sour apples. Rub through sieve and hot lard and sealed, will keep perfect-Chapman, editor of The Oregon Voa political observer Oregonese. The cool; whip the whites of three eggs ly. This sausage may be cooked with to stiff froth with one-half cup pow- cabbage or served simply reheated and cause Mr. Chapman's political thoughts are always worth reading. dered sugar. Add apple, whip until white and stiff. Put in glass dish thoughts are always worth reading, and garnish with bits of jelly.

VALUE OF BRAN

Regarding the dietic value of bran as a food, Dr. Evans, writing in the half teaspoon cream tartar. Rub in-Telegram, observes

Bran contains some starch protein two tablespoons sugar; add one egg and fat and most of all the celulose, and tablespoon almond extract. Work vitamines, and minerals of the wheat ingredients with hands until thick. berry.

is rich in vitamines and minerals, but in a hot oven about five minutes. especially because of the cellulose Cellulose is fiber. It is starch converted into a form not easily broken down, digested, or assimilated. When it is eaten it passes through the in- one teaspoon soda, one tablespoon testines without being changed chem- ginger and flour for a stiff dough. ically, or much physically, for that matter.

In a certain sense it irritates the delicate cells and nerves of the lining of the intestines. It furnishes bulk to the contents of the intestines. It holds on to moisture fairly well, and, therefore, prevents too great drving therefore, prevents too great drying ley together until the barley is very and the barley i out of the intestinal content.

and serve hot. Now, let us see what are the objections to its use, and how valid they

It acts as an irritant. Sure it does!

ARLETA P.-T. A. The question arises: Is bran un-Arleta Parent-Teacher circle will uly irritating? A few people find it hold its regular meeting in the school In persons suffering from con- auditorium Friday, March 10, at stipation due to spastic colon, eating p. m. Mrs. W. H. Bathgate will talk bran may cause too much irritation. on the object of the parent-teacher In some cases of mucous colitis the work. A short program by the school same criticism holds true. Yet some and regular business of the circle people have written me that they will complete the program. An invi have been cured of mucous colitis by tation has been extended to the various neighboring circles-Woodmere, eating wheat bran. Lents, Joseph Kellogg, Creston and

Spastic colon is a rare condition. I should say that there is a small Richmond. Mrs. Stokes will preside. roup of people to whom bran is too

irritating. But they are few. To the great majority bran is a blessing. Those who have used bran baths

Herald Home Corner

* concerning recipes published. A Gregon is now entering the prelim-inaries for the May election. Politics * versed in cookery, who desires to

> Peach Delight

-The Editor *

Apple Snow Core, quarter and stem three large

ways will be only suggestive: When using the sausage set the jar

D. L. Moody.

women

EVERYDAY GOOD THINGS

pig for winter

Lenten Cakes

Four heaping tablespoons flour, one-fourth teaspoon soda and oneto the flour two ounces of butter and is fond of sausage, at one meal.

Boiled Dinner .-- Cut a small firm cabbage head into eighths; four carrots into slices; put all into a kettoss on floured board in little pieces, tle of boiling water with six medium sized onions, place one-half a jar of Its use is recommended because it press out into little fingers and bake

sausage cakes on top and boll briefly for half an hour. Then add eight medium sized potatoes and salt and Ginger Snaps pepper needed to season. Add water

One cup butter, one cup sugar, one from time to time as it is needld. up molasses, one egg, beaten light. There should be one cupful of broth or less when the vegetables are cooked. Spanish Sausage .- Cut two green

Tomato Barley Soup peppers into narrow strips, brown Can of tomatoes, one large onion,

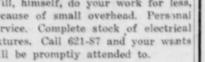
with one-half cupful of cold water.

the meat and serve. Dumplings That Never Fail

One cup flour, one teaspoon baking to bake with beans makes a change Sausage used in place of salt pork powder, one-half teaspoon salt. Mix

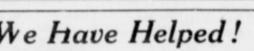
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have the benefit of the ex perience we have had in fill ing prescriptions? We us only the purest of chemicals in our work which insures you the very best that monev can buy. Ask your doctor if our statement is not correct. **Curreys Pharmacy** Grays Crossing Its All Right or Your Money Back If You Bicycle See







First-class Service Given Day Close Proximity to Cemeteries Bnables Us to Hold Funerals Lents Sta

There would be no digestion of food, with cold water stiff; drop from no pouring out of digestive juice, no accumulation of blood in the abdo-off cover for ten minutes. men, no muscle movement of the small intestines and, finally, no bowel

movement if there is no irritation. Irritation is physiological.

of stale Vienna bread and remov One reason for the wide prevalence the soft crumbs. Fill with oysters ed foods which make up so much of to catsup; dot with bits of butter; ing 10c per line first insertion of constipation is that in the fabricat-

Secrets

HISTORY OF ADVERTISING.

Hardly thirty-five years ago, newspaper advertisements were so comscarcely attract attention. Certainly the top of the onion. they would sell very little merchan-

They were set in uniform sizes of type-no display lines to catch the reader's eye. They were not illustrated and contained no interesting news feature, as do the really good modern 2, a daughter. advertisements

But in 1880 the first great advance Flatner, 5830 East 86th, February was made by an Eastern store which |21, a son. has grown to be one of the greatest in America.

At first the advertisements were small, but, as they developed the business, larger space was used. Gradually the full column was reached. Then the double-column, and, finally, the entire page was required for the daily advertisements of a single store.

Today advertising can be a known quantity, whereas only a few years ago it was purely a matter of guesswork.

Guesswork has given way to science In advertising and today the successful business man is the one who has learned how to make big advertising profitable

MT. SCOTT HERALD Telephone: Auto. 622-28 5812 92nd Street, S. E.

= ter liquor. Codfish Gems Beat four eggs, add one cup o which has been freshened and picked; cook at once the same as griddle cakes.

Oyster Loaf

Cut a slice from the top of a load

Eggs and Onions

Cut up a large Spanish onion in ices and fry it in some butter until t is a light brown and tender, but do not let it burn; drain off the but

ter and put the fried onions on a hot dish, sprinkle some cayenne pepper monplace, so lacking in interest-com- and a little salt over them; now pelling features that today they would poach some eggs and serve them on

BIRTHS

Heyting-To Mr. and Mrs. S. Hey ing, 7725 East 45th avenue, March

Platner-To Mr. and Mrs. L. M.

Blackman-To Mr. and Mrs. R. Blackman, 4847 East 65th, February

23, a sor Etzel-To Mr. and Mrs. A. J. Etzel, Hillsboro, Ore., Feb. 25, a son

and daughter (twins). Palm-To Mr. and Mrs. A. F Palm, 4521 E. 53d, Feb. 7, daughter. Olson-To Mr. and Mrs. R. Olson, 6709 41st ave., Feb. 21, daughter. Braaten-To Mr. and Mrs. Torkel Braaten, 4010 70th, Feb. 25, daughter. Beckman-To Mr. and Mrs. P. C.

Beckman, 4920 82d st., Feb. 21, a daughter. MARRIAGES

Theodore Mader, legal, 9610 Foster road, and Augusta Sharffenberg, legal, 6422 62d ave.

Nellie Maxwell Classified Ads. Advertisements under this headour diets too much of the irritating replace the top and bake in a hot ov-portions are removed. We need to en, basting frequently with the oys- words to the line. Strictly cash. WANTED-Clean cotton rags. No stockings or heavy garments. Five cents a pound. Herald office. weet milk and one cup of codfish. ABLE-BODIED man will do any hon orable work. Au. 633-70 C-t.f

EXPERIENCED dressmaker wishes sewing by day. 623-53. WOOD FOR SALE, delivered any-

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WANTED-Men or women to take orders for genuine guaranteed hosiery, for men, women and children. Eliminates darning. * \$40.00 a week full time, \$1.00 an hour spare time. Experience unnecessary. International Stocking Mille, Norristown, Pa. 2-10t



FOR SALE - Clifton steel, woodburning range. Piping, coils, lids, all complete. Mathes Market. 8-11



JOHN M. SCOTT. General Passenger Agent

fourth Wednesday of each month a

Woodmere Hall, 7630 60th Ave. S. E.

F. B. VOLTS, Clerk.