

Mt. Scott Herald

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POLITICS

The political arena is declared open and open season is declared on 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 hundreds of years are vomited from the people's mouth.

Oregon is now entering the preliminaries for the May election. Politics is the game and there are those who see only the goal and use any means they think will attain them that place. They will attempt to arouse enmity between people, between institutions. They will sling mud at any object they think or know is in their political road. But they will be discredited, for in the end the people discover their motives and they are tried and found wanting upon these motives.

This week The Herald reprints from The Oregon Voter. For Mr. Chapman, editor of The Oregon Voter, The Herald editor has respect as a political observer Oregonian. The article from his pen is reprinted because Mr. Chapman's political thoughts are always worth reading, whether we agree or not.

VALUE OF BRAN

Regarding the dietetic value of bran as a food, Dr. Evans, writing in the Telegram, observes:

Bran contains some starch protein and fat and most of all the cellulose, vitamins, and minerals of the wheat berry.

Its use is recommended because it is rich in vitamins and minerals, but 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 intestines without being changed chemically, 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 drying out of the intestinal content.

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

It acts as an irritant. Sure it does! There would be no digestion of food, no pouring out of digestive juice, no accumulation of blood in the abdomen, no muscle movement of the small intestines and, finally, no bowel movement if there is no irritation. Irritation is physiological.

One reason for the wide prevalence of constipation is that in the fabricated foods which make up so much of our diets too much of the irritating portions are removed. We need to

eat more irritants.

The question arises: Is bran unduly irritating? A few people find it so. In persons suffering from constipation due to spastic colon, eating bran may cause too much irritation.

In some cases of mucous colitis the same criticism holds true. Yet some people have written me that they have been cured of mucous colitis by eating wheat bran.

Spastic colon is a rare condition. I should say that there is a small group 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 cannot be frightened over the irritation from eating bran.

Herald Home Corner

Housewives may mail requests for recipes or ask any questions concerning recipes published. A Herald subscriber, a woman versed in cookery, who desires to remain anonymous, will be delighted to publish requested recipes or answer questions.

—The Editor

Peach Delight

Boil two cups of rice until well done, cool and form in small, round patties, on which place half a peach canned or fresh; cover with whipped cream.

Apple Snow

Core, quarter and stem three large sour apples. Rub through sieve and cool; whip the whites of three eggs to stiff froth with one-half cup powdered sugar. Add apple, whip until white and stiff. Put in glass dish and garnish with bits of jelly.

Lenten Cakes

Four heaping tablespoons flour, one-fourth teaspoon soda and one-half teaspoon cream tartar. Rub in to the flour two ounces of butter and two tablespoons sugar; add one egg and tablespoon almond extract. Work ingredients with hands until thick, toss on floured board in little pieces, press out into little fingers and bake in a hot oven about five minutes.

Ginger Snaps

One cup butter, one cup sugar, one cup molasses, one egg, beaten light, one teaspoon soda, one tablespoon ginger and flour for a stiff dough.

Tomato Barley Soup

Can of tomatoes, one large onion, one large potato, one-half green sweet pepper, add salt, pepper and one quart of water. Boil the vegetables and two dessertspoons of barley together until the barley is very tender. Add a tablespoon of butter and serve hot.

Dumplings That Never Fail

One cup flour, one teaspoon baking powder, one-half teaspoon salt. Mix with cold water stiff; drop from spoon into hot soup and do not take off cover for ten minutes.

Oyster Loaf

Cut a slice from the top of a loaf of stale Vienna bread and remove the soft crumbs. Fill with oysters, seasoned with pepper, salt and tomato catsup; dot with bits of butter; replace the top and bake in a hot oven, basting frequently with the oyster liquor.

Codfish Gems

Beat four eggs, add one cup of sweet milk and one cup of codfish, which has been freshened and picked; cook at once the same as griddle cakes.

Eggs and Onions

Cut up a large Spanish onion in slices and fry it in some butter until it is a light brown and tender, but do not let it burn; drain off the butter and put the fried onions on a hot dish, sprinkle some cayenne pepper and a little salt over them; now poach some eggs and serve them on the top of the onion.

BIRTHS

Heyting—To Mr. and Mrs. S. Heyting, 7725 East 45th avenue, March 2, a daughter.

Platner—To Mr. and Mrs. L. M. Platner, 5830 East 86th, February 21, a son.

Blackman—To Mr. and Mrs. R. Blackman, 4847 East 65th, February 23, a son.

Etsel—To Mr. and Mrs. A. J. Etsel, 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.

ARLETA P.-T. A.
Arleta Parent-Teacher circle will hold its regular meeting in the school auditorium Friday, March 10, at 3 p. m. Mrs. W. H. Bathgate will talk on the object of the parent-teacher work. A short program by the school and regular business of the circle will complete the program. An invitation has been extended to the various neighboring circles—Woodmere, Lents, Joseph Kellogg, Creston and Richmond. Mrs. Stokes will preside.

The KITCHEN CABINET

No man is big enough to do a lot of things and do them well enough to last. When you take him and spread him over a lot of surface, he makes a layer too thin to form any impression. But if you take him and hammer him with the sledge of a mighty purpose, even if there is not more than enough of him to fill a bean-shooter, he will make an impression when he strikes—D. L. Moody.

EVERYDAY GOOD THINGS

Many farmers and small town women "put down" sausage, pork chops and other parts of the freshly butchered pig for winter use. Sausage prepared from the family's cherished recipe, made into balls, rolled in flour and fried brown on both sides, then packed close in quart jars and covered with hot lard and sealed, will keep perfectly. This sausage may be cooked with cabbage or served simply reheated and covered with gravy. The following ways will be only suggestive:

When using the sausage set the jar into a pan of hot water, then when the lard is melted the cakes may be removed without breaking. This is the advantage of putting up the sausage in quart jars, as one will be used in a few days or, if the family 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 kettle of boiling water with six medium-sized onions, place one-half a jar of sausage cakes on top and boil briefly for half an hour. Then add eight medium sized potatoes and salt and pepper needed to season. Add water from time to time as it is needed. There should be one cupful of broth or less when the vegetables are cooked.

Spanish Sausage.—Cut two green peppers into narrow strips, brown with one small onion in one tablespoonful of butter. Add six sausage cakes, one cupful of tomatoes, pepper and salt to taste; simmer thirty minutes. Remove the meat to a platter and thicken the tomatoes with one tablespoonful of flour, rubbed smooth with one-half cupful of cold water. Cook for a few minutes, then pour over the meat and serve.

Sausage used in place of salt pork to bake with beans makes a change from the usual which is well liked.

Nellie Maxwell
Classified Ads.

Advertisements under this heading 10c per line first insertion. Minimum charge, 25c. Count six words to the line. Strictly cash.

WANTED—Clean cotton rags. No stockings or heavy garments. Five cents a pound. Herald office.

ABLE-BODIED man will do any honorable work. Au. 633-70 C-t-f.

EXPERIENCED dressmaker wishes sewing by day. 623-53. 9-4tx

WOOD FOR SALE, delivered anywhere; first class old growth; first class second growth. Phone 614-48. L. B. Cooper. 26-1f

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

CALL R. HEYTING, phone 625-67, for sand and gravel delivered at a reduced price. 17-1f

WANTED—Furnished room for man and wife. Apply Mt. Hood Ice Cream Parlor. 1f

FOR SALE—Clifton steel, wood-burning range. Piping, coils, lids, all complete. Mathes Market. 8-1t

Nippon Florist Co.
3715 Sixty-third St.
CUT FLOWERS
for all occasions
Floral Designs a Specialty
Phone Auto 635-71

Economy Furniture Co.
FURNITURE, HEATERS, RANGES
New and Used Household Goods
6150 92d ST. LENTS STATION

H. WARRINER
A Licensed Electrician
Will, himself, do your work for less, because of small overhead. Personal service. Complete stock of electrical fixtures. Call 621-87 and your wants will be promptly attended to.

Why Not
have the benefit of the experience we have had in filling prescriptions? We use only the purest of chemicals in our work which insures you the very best that money 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 Norwood
5907 FOSTER ROAD
IF YOUR BICYCLE IS SICK BRING IT TO
Norwood Hospital
New & Second Hand Bicycles
AUTOMATIC 627-23

LOANS RENTALS
LAUER REALTY CO.
REAL ESTATE
CITY PROPERTY AND FARMS
Phone 638-83
5018 72nd Street FIRDAL STATION

SQUARE DEAL CANDY STORE
CANDIES MADE DAILY
SATURDAY SPECIAL
Mt. Hood Caramels 30c
5814 Ninety-second Street Lents

MOVING ROSE CITY VAN
One Way from Portland to Lents
We Can Move You Out of the Muddy Street
8822 Foster Road - COAL - Phone 612-59

See—
California
—Now
or
GO EAST THRU CALIFORNIA.
While the Golden Poppy is in bloom.
Attractive Round-trip Fares
To
Santa Barbara, Los Angeles and San Diego
New One way and All Year Fares
To
Eastern Cities
Stop at San Francisco and Los Angeles — world famous and beautiful cities.
The Southern Pacific expends 25 per cent of its gross earnings for up-keep of its ROAD.
For further particulars ask agents
Southern Pacific Lines
JOHN M. SCOTT,
General Passenger Agent

If You Trade With the
MT. SCOTT SHOE SHOP
YOU WILL SAVE MONEY!
Panco of all rubber half soles,
Special Price—
\$1.00
Guaranteed All Sewed Soles
Serving the trade since 1896.
6020 92ND ST. S. E. LENTS

MATT GREENSLADE
Wagon Repairing
Horseshoeing & Gen. Blacksmithing
AUTO REPAIRING
9327 Foster Road Lents

If Mothers Would Know
What a Skilled Trade
BARBERING
is they would bring their children here for a scientific HAIRCUT.
CHESTER'S

4 0/0
On Savings Accounts
MULTNOMAH STATE BANK
"EVERYTHING ELECTRICAL"
V. L. Rathkey
6115 88th Street S. E.
Automatic 641-27.

Star Electric Co.
6338 Foster Road
Phone: Aut. 615-33
ALL KINDS OF REPAIRING
HOUSE WIRING ESTIMATING

New stock of Men's and Boy's Clothes arrived this week.
New stock of Easter Millinery is now being opened.
Royal Worcester Corsets have been added to our stock.
Wise Bros. Dept. Store
(Successor to Katzy Bros. Store)

We Have Helped!
Thousands of satisfied patients will tell you we have helped them to see better and more comfortably. We have helped others to get rid of headaches, dyspepsia, etc., caused by eye strain.
Have Your Eyes Examined Today
STAPLES-- THE JEWELER OPTICIAN
266 Morrison St. Bet. 3rd and 4th

PROFESSIONAL CARDS
Office Phone 615-10 Res. 618-18
DR. P. J. O'DONNELL
EXODONTIA
Cor. 92nd and Foster Road LENTS

A. D. Kenworthy R. S. Henderson
A. D. Kenworthy & Co.
FUNERAL DIRECTORS
First-class Service Given Day or Night
Close Proximity to Cemeteries Enables Us to Hold Funerals at a Minimum Expense
Phone 618-21
5802-4 92nd St. Lents Sta.

Res. 4822 90th St. Auto 661-11
St. 4 Phone Marshall 2053
Mt. Scott Transfer Co.
J. S. Miller, Prop.
Piano and Furniture Moving
Baggage and Express
Daily Trips to Mt. Scott and Lents
Agt. for Rock Springs and King Coal
Stand: First and Taylor Portland

P. G. Wilson K. G. Wilson
WILSON'S AUTO SERVICE
All Work Guaranteed and Done at Lowest Possible Prices
Your Satisfaction—Our Advertisement
Phone 614-45 5919 82nd St. S. E.

THE Crescent Cafeteria
266 Alder St., Near 3rd
Strictly Home
Cooking
Just 200 feet west of M-S car stopping place
Phone Main 511
Aut. 612-29 Residence Auto 638-70

Lents Real Estate Co.
RALPH STANZ, Prop.
CITY and COUNTRY PROPERTY
9220 Woodstock Avenue, Lents, Ore.
D. J. O'CONNOR
REAL ESTATE
Cor. 92nd and Woodstock Av.
LENTS STATION
Phone 626-75

Tremont Plumbing Shop
347 32nd Street
A. C. NUTTER, Prop.
Get my prices before you let the job.
Res. Phone 610-05
Office Phone 613-33

Pat's Barber Shop
(In New Location.)
5208 WOODSTOCK AVENUE
J. L. Patterson Grays Crossing
622-28 FOR
Job Printing
Camp No. 11650, Modern Woodmen of America. Meets every second and fourth Wednesday of each month at Woodmere Hall, 7630 60th Ave. S. E. F. B. VOLTS, Clerk.

Secrets of GOOD ADVERTISING
HISTORY OF ADVERTISING.

Hardly thirty-five years ago, newspaper advertisements were so commonplace, so lacking in interest-compelling features that today they would scarcely attract attention. Certainly they would sell very little merchandise.

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 advertisements.

But in 1880 the first great advance was made by an Eastern store which 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 guess-work.

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.