Mordaunt A. Goodnough Explains How His Master of This Old-New Science Discovered the Great Benefit to Human Health Derived From Economic Nutrition.

of Portland's enthusiastic disciples of Fletcherism, has given to this oriminating study. In a talk with Mr. Goodnough lately he said, in speaking of

Fletcherism is the name assigned to ertain teachings of the now eminent Horace Fletcher, whose writings along social and dieteric lines have obtained wide popularity, especially during the last two years. Of consummate importance is the new light Mr. Fletcher has shed upon an old subject, viz., masticasubject that the term 'Fletcheriam' has

"At the age of 44. Mr. Fletcher was fast becoming a physical wreck, as a result of the usual methods of living among those highly engroused with business, club and social duties. His condition being such that he was refused admission to a life insurance organization, he be-took himself to a serious study of physi-ological laws. He soon learned that his troubles came from too much of many things, especially food and worry. Following along the path marked by Cornaro, who was the first to suggest cornomic nutrition, Mr. Fietcher found a way to derive greater enjoyment from small quantity of food than he ever did before from a large supply and at the same time to increase his physical and

Show Rapid Improvement.

"Rapid improvement in health, from the start, fully convinced Mr. Fletcher the start, fully convinced Mr. Fletcher that his eminent predecessor, Cornaro, was right when ne asserted, 300 years ago, that practically everyone ate too much, some even six thuse as much as was their most economic need. Cornaro, also, was a physical wrock at middle life, at which time he adopted economic nutrition, and he lived to be 100 years of age to prove his theories.

age to prove his theories. "But this all happened several centuries ago and Fletcher plainly saw the need of modern and exhaustive treatment of of modern and exhaustive treatment of the subject. Although working alone at first, he soon rought, in the pursuance of his experiments, the association and col-laboration of physicians and physiolo-gists of the highest rank. Among these may be mentioned Professor Chittenden,

may be mentioned Professor Chittenden, of Yale; Surgeon-General O'Riley, U. S. A.; Dr. Kellogg, Battle Crock Sanatorlum; Dr. Someren. of Venice; Dr. Higgins, of Cambridge; Professor Bowditch, of Harvard, and others.

"However, Mr. Fleicher's first published work, The New Glutten or Epicure, was in general circulation before being accorded full scientific and professional recognition. Still later, The A B C of Our Own Nutrition' was issued, which is a volume of #2 pages and contains complete reports of the scientific experiments which have liven carried on for some years by Mr. Fletcher and his colleagues. Many thousands of private individuals have taken up the practice and still further verified the scientific experiments. On hearly every hand, enthusiastic indersement has been accorded uninstic indorsement has been accorded

Should Take More Time. "In netual practice among all classes, some difficulty has been experienced in getting people to allow sufficient time

NEW HUNT CLUB FORMED

DIRECTORS ELECTED FOR RE-ORGANIZED ASSOCIATION.

Purchase of 30-Acre Tract at Gar-

den Home Ratified and Work on

New Plans Will Begin.

At a well attended meeting in the of-

fices of Dr. William L. Wood last night the old Portland Hunt Club formally dis-

banded and in its clace the new Portland Hunt Club Association was organized,

and the following directors elected: R.

B. Lamson, Dr. J. N. Coghlan, Dr. R. J.

Chipman, Ralph Jenkins and A. M.

set forth in The Oregonian several days

age, as to increase the scope and possibil-tiles of the famous riding clab, which has heretofore been practically without a home. According to the plans of the new

By possessing a track of its own the

members of the association will be enabled to hold a matine meeting when-ever they so desire, and furthermore, will be afforded an opportunity of works

feel that they cannot spare the time to masilcate their food properly during the rush hour at moon. The practicability of Fizicherizing remains unshaken, even in Filtenerizing remains unshaken, even in such cases as these, for every one must admit that it is only the amount of nourishment which the system is capable of assimilating from any given quantity of food, that is of value in sustaining life. The body gains more nourishment from a small quantity of food, thoroughly masticated, than from a larger quantity eaten with even moderate rapidity. The first step in digestion should take place in the mouth, by means of complete inin the mouth, by means of complete in-salivation (nixing with saliva) of the food; this applies to liquids also; conse-quently soup coffee, cocoa and similar drinks, except water, are to be chewed. The business man, or anyone else who-eats hastily will sooner or later suffer from the effects of food which is only partially digested in the stomach and cither ferments or, later, undergoes intes-tinal putrefaction. in the mouth, by means of complete in

Where Method Is New.

"But what is there new about Fletcherism?" you say. 'We have, from childhood,
been told to chew our food well.' Certainly in its basic principles, there is
nothing new in Fletcherism; but the
manner and thoroughness with which he
presents the subject to us is new. It is
a case of welcoming with out-stretched
arms an old truth, in new garb, which
otherwise might pass unnoticed. Nevertheless, Fletcher has revealed some interesting sidelights upon the subject
which were not known before, or if
known, were not known in their entirety.
Among these may be mentioned the relation of normal appetite to the selection of
such food as the body requires; the inoffensiveness of the digestion ash, in peroffensiveness of the digestion ash, in per-fect health; the complete exercise of the sense of taste and removing from the mouth that which is insoluble. "Fletcher asks of his adherents that

they distinguish normal from false appetite. Normal appetite always announces its presence in an unmistakable way. its presence in an unmistakable way, especially by watering of the mouth and especially by watering of the mouth and the desire for some simple food. If one is really hungry, a crust of bread will taste deliclous. On the other band, false appetite with its indeterminate cravings, imaginary hunger and all goneness is merely a symptom of present or previous indigestion. Having adopted the rule of never eating unless actually hungry, it naturally follows that we should come sattley when agreetite. we should cease sating when appetite is satisfied. This is a difficult matter for most people and while the new Fletcherte may sometimes err with the rest of mankind, in overeating, he is not nearly as apt to do so. Gorging is merely a habit, like the needless spending of money by the poor; with a little will power it is overcome and you no longer have the desire.

Much Chewing Necessary.

then, you should chew, munch, taste, until the food is not only completely liquified, but is also rendered tasteless by reason of the exhaustion of its flavor. Taste is a chemical process requiring time for its full realization and enjoy-ment. Nature never falls to award man most graciously for complying with her simple demands. We see this illustrated

morsel of food, which has been retained in the mouth some time, is the most delicious and satisfying of all. "Under Fletcherism, the sense of taste will become more discriminating and presently you will enjoy flavors higherto undetected executally in the processing the sense of presently you will enjoy flavors hitherto undetected, especially if you have abandoned the foolish habit of using condiments and spices to excess. No other form of gastronomic pleasure equals the Fletcher way of deliberately tasting simple foods, when really hungry. The old-fashioned gormands are simply not in the race. A modern revival of the old the race. A modern revival of the old Roman vomitorium, where one could disgorge after a big feast, might be a happy thought for a certain class of our present population. The trick is easily learned and one can soon fit himself to accept all dinner and drinking invitations falling a half-hour apart.

dinner and drinking invitations falling a half-hour apart.

That portion of the food which cannot be liquined after vigorous mouth treatment, should be removed from the mouth; this would include corn hulls and the skins of peas, grapes, cranberries and any fibrous or tough substances. The tongue readily acquires the habit of rejecting that which is mere rubbish, which act, after all, need not be any more offensive to table etiquette than refusing to eat cherry stones.

Acquire New "Impulse."

"A most interesting phenomenon, in relation to the Fletcherite's act of swal-lowing, is here to be observed; it is the acquirement of the "irvoluntary swallowing impulse' and, in connection, of a certain reflex muscular movement which not only prevents the too early swallowing of improperly prepared food, but moves the same to the front of the mouth for further reduction. The fauces (back of the mouth) will allow to pass only such food as has been properly reduced by insalivation and mastication, whereupon the food will disappear by an involuntary action quite distinct from the swallowing action quite distinct from the swallowing now generally practised. Two months is about the time required to establish the habit of correct swallowing.

Wards Off Many Ills.

"Fletcherism will markedly increase mental and physical powers in every way and, at the same time, decrease the cost of food supply about half. Indigestion, constipation and numberless disturbances having relation to these complaints, are all impossible. In general, it may be stated that the majority of diseases are stated that the majority of diseases are extremely improbable to any Fletcherite who also exercises intelligence in other matters of hygiene, and looks well to securing an adequate amount of fresh air and exercise. Fletcherism, itself, tends to promote a desire to exercise and to be up and doing, because it relieves the sluggishness of the system. When practiced from childhood, will develop the jaws, throat and teeth, and, by reason of tise increased circulation of the blood and lymph through the nasal apparatus and nasopharynx, will likely prevent adenoid growths, which are now so fearfully prevalent among children of all ages.

"While Fletcherism does not prescribe any special diet, it is an interesting observation that it rapidly leads to vegetarianism, on account of lessening the desire for foods which contain an excess of proteid, like meat. The great aim of Fletcherism is to make your desires normal. "Taking only small mouthfuls of food,

Eletcherism is to make your desires mal-then you are at liberty to gre them, both as to aind and quantity."

Negotiations are now being made by the 468 First street, aged 61 years. Mr. Hall Negotiations are now being made by the local association for special rates to Seattle for that occasion At Saturday's meeting there will be a special programme of music. Members are requested to bring a commercial man to the meeting whether he is a member of the association or not.

Negotiations are now being made by the local association for special rates to Seattle for that occasion at Saturday's meeting there will be a special programme of music. Members are' requested to bring a commercial man to the meeting whether he is a member of the association or not.

Thomas Hall Passes Away.

Thomas Hall, a resident of Oregon since 1882, died Friday, March 19, at his home.

**Refirst street, aged 63 years. Mr. Hall was bern in Sweden, in 1845, and came to America in 1882, settling at Salem, Or. Later be removed to Yamhill County, where he lived for ten years. After retiring from business he came to Portland and made his home with his son, Edward Hall. Mr. Hall is survived by his widow, and a son and daughter, Edward Hall and Mrs. Ettle Fairchiles. The funeral will be held this morning at 11 o'clock, from Finley's Chapel. Interment at Riverview Cemetery.

Notes of Portland High Schools

NOW that Spring is here the athletes ON Monday morning all the Latin track and baseball. Track Manager Run- to the assembly hall to receive a talk yan expects to be able to pick out a from Mr. Fenstermacher, head of the number of good short and long distance men from the squad that turned out for the cross-country run Monday. Through the efforts of Manager Dabney the baseball men and their friends have raised a fund to secure a couch for the devotees of the diamond. They are fortunate in obtaining Coach Hathaway, who got the organization, which last night ratified the proposed purchase of a 20-acre tract at Garden Home, the Portland Hunt Club-Association will erect a handsome club-house and build a half-mile track on the basketball men into such good form. Mr. Hathaway reports a good supply to choose from, as those reporting for prac-tice run above 70 in number. The team will play a practice game with Multnomal

Ten minutes have been added to the study period in the morning. The zeal with which the students apply themselves to their studies during that time seems to indicate that they appreciate the extra time for preparing their lessons. At the regular faculty meeting Tues-

will be afforded an opportunity of working out their mounts on a well-ballacted grack at any time they wish. In addition to the race-track the ciub also plans to build a polo ground and add this sport to the list it intends to foster. The installation of polo is one of the games of horsemanship with which Portland is entirely unacquainted. As an innovation it will undoubtedly prove extremely popular with the expert riders of the club, of whom there are not a few.

The site of the new clubhouse at Garden Heme is within 20 minutes of the city by the Oregon Electric Company's line, which passes directly in front of the property.

Those who do not wish to go to the clubhouse by the carline may drive out. By this latter route it is but six miles from the city, and the road is in excellent condition for cither driving or autsmobiling. On the new grounds, in addition to the handsome clubhouse, will be erected stables and a garage for the accented. day, Mr. Davis submitted the mid-year report received from the University of Oregon in regard to the Lincoln High School students in attendance upon that The report applies only to institution. freshmen and sophomores. There are 46 of our students attending the State University, not including funiors and seniors. Of these, 17 are taking their major in some one of the engineering courses; 8 In economics, 6 in mathematics, 4 in English, 3 in German, 3 in French, 2 in the natural sciences, 2 in education and 1 in Latin. The 46 students attempted 244 courses. Of these they failed in one, did not finish 17 were conditioned in

Washington.

school were called Latin department. He explained that the method in use of translating Latin was at fault, and a new method was ex-

was at fault, and a new method was explained. Mr. Fenstermacher also gave notice that he was aware of the fact that "ponies" were used by some of the less diligent Latin students, and advised that they be discontinued.

On Tuesday morning the manual training boys were called to the assembly hall, where Mr. Standiey, the manual training supervisor, gave a talk. He had a very beautiful design for a clock, which he desired the boys to make. It is Mr. Standiey's intention that the clock be constructed and carved and sent to the Scattle Fair, and then afterwards be preconstructed and carved and sent to the Seattle Fair, and then afterwards be presented to the Board of School Directors for their meeting-room. Considering the high quality of the work that has aiready been done by these boys, it is thought they will be able to make their exhibit a creditable one. Mr. Herdman explained that the exhibition of some of the manual training work from the school was a good thing, as everyone is anxious to see what is being done.

In the assembly hall on Friday morning

In the assembly hall on Friday morning the school was told of the delights of chicken-raising. The meeting was held to get members for the Portland Junior Poultry Association, which is being or gunized

The school track men are getting into shape for going out and showing the school their worth. It is expected that the school will make a good showing this year, and all are interested. Basketball and football have been forgotten and the interests of the school are all towards track events.

excellent condition for either driving or autsmobiling. On the new grounds, in addition to the handsome clubhouse, will be erected stables and a garage for the accommodation of the members. The club will install a first-class mechanic, who will be in charges at all the club, will install a first-class mechanic, who will be in charges at all the club, will be will be built on the lines. The stables will be built on the latest improved order and will be kept in good condition.

An additional feature of the new association is setting aside 10 of the 20 acres, which will be disclosed into acceptance to the considered in the school of the section of either Summer or permanent homes, as they choose. The site of these Summer homes will be facing the track and polo grounds and is almost ideallical with the location of the grandstand at the Portland Cocatry Club.

Alfeant several members of the ciub have signified in one, did not finish 17, were conditioned in 9, made Dia 26, C in 60, B in 70, A in 61.

A means 95 to 100 per cent; B 50 to 25 for 25 to 25 per cent with 25 per cent C, 50 to 20 per cent; D 70 to 80 per cent. A comparison of these figures shows that 25 per cent and that about 11 per cent failed for one reason or mother to make their standing. The ranking students are Clementine Cutter, who made six As; Earl Marshall, now As and one B. Chester Downs, four As and one B. Gymnasium marks are not considered in the above record.

Of the societies the Tologelons and Adelphians held their regular meetings, but the victory was wrested from them. An interesting and timely impromptu debact came the deliberance of music in home in the probability of the considered in the above record.

Of the societies the Tologelons and Adelphians held their regular meetings. The Adelphian programme was devoted to the "Home" Roselle Pickering spoke on "The Home such as the Pirst Great Training School for Life." Although this was an impromptu it was well executed. Houck won much praise for his argument, but the close of the country of bate. "Resoived, That unique, justified in not recognizing labor unons."
Glen Johnson and Henry Bauer were for the affirmative and against them were Herbert Cook and Edward Garcia. Both Cook and Garcia made forceful debates, but the victory was wrested from them, but the victory was wrested from them. An interesting and timely impromptu defined and interesting and timely impromptu deto add much to the success of the evening.

sell to themser of the cub for the exection of either Summer operaments as and one B. Oilve Dornell four exection of either Summer homes will be facing the track and one B. Gymnasium marks for As and one B. Gymnasium marks the summer homes will be facing the track and polo grounds and is aimest identifical with the location of the grandstand at the Portland Course Club.

Alfready several members of the club have signified their desire to purchase the home sides and it is thought the dwark of the club have signified their desire to purchase of the Home as the First Great Training School for Lite. Althe a Hember of the execution of the receivable of the well-blouse first the Course of the Link Club means the proposition by members of the Home as the First Great Training School for Lite. The programme was devoted to the Home as the First Great Training School for Lite. Althe a Hember of the receivable of the condition of the proposition by members of the Home as the First Great Training School for Lite. The programme was devoted to the Home as the First Great Training School for Lite. The programme was devoted to the Home as the First Great Training School for Lite. The programme was devoted to the Home as the First Great Training School for Lite. The programme was devoted to the Home as the First Great Training School for Lite. The Programme was devoted to the Home as the First Great Training School for Lite. The Home as the First Great Training School for Lite. The Home as the First Great Training School for Lite. The programme was devoted to the Market of Contraining and the Contraining Market of Contraining Market of Contraining Market of the Literature of the School for Literature of the Literature of the School for Literature of Market Homes and Literature of Literature of Literature of the Literature of Lite

George H. Durham, of Grants Pass, is registered at the Imperial.

J. W. Knowles, of La Grande, is in the city, a guest of the Imperial.

H. W. Fries and Mr. and Mrs. George W. Hazen will leave today for an outing of several days at Shipherd's Springs.

A. H. Ackerman, State Superintendent of Public Instruction, is in the city, registered at the Imperial Hotel. Edward Jussen, of Spekane, is in Port-land loking after his interests here. He is registered at the Portland Hotel.

Devlin & Firebaugh report the fot-Devlin & Firebaugh report the fol-lowing recent sales: Lot 4, block 3, Onk rark Addition to the City of St. John, from Fannie Talbot to Emma J. Richards; consideration, \$2900. Also a half acre of ground at Risley Station, on Oregon City carline, improved with modern five-room bungalow, from Lo-leatta Labowich to J. M. Neal; consid-eration See The same firm also reeration, \$2550. The same firm also re-ports the sale of a 12½-acre improved tract in Hood River, from A. L. Phelps to A. L. Morlan, a recent arrival from Kansas; consideration, \$5000.

A FREE COTTAGE

SUNSET BEACH

We will give (absolutely FREE) a cottage at Sunset Beach to ONE of the next 100 persons buying lots in that beautiful Summer Resort. We will make no extra charge for the lots, selling them at the regular price, \$75.00 and upwards. Remember that they are 50x100 or larger. An architect is now preparing the plans, which will be open for your inspection. This cottage will have four large rooms, porch on two sides. In the meantime you had better get on the list, as five names have been entered since we commenced to write this advertisement.

SUNSET BEACH

on the Nehalem where the railroad first reaches the Pacific Ocean. Two hours from Portland.

Portland and vicinity-Rain; brisk south-

oriy winds.

Oregon and Washington-Rain; brisk southerly winds interior and high southerly winds along the coast.

Idaho-Increasing cloudiness followed by

WEATHER CONDITIONS.

A new low-pressure area has made its appearance on the Oregon coast, which is moving slowly inland. Warnings for this disturbance were issued this moving to all stations in the district. This disturbance has caused light to moderately heavy rain in Western Oregon and Western Washington and light rain in Northern Chilfornia. No high winds have yet been reported at the land stations within the influence of the storm, but it is expected they will occur tonight, especially along the Oregon

rain or snew.
WEATHER CONDITIONS.

GODDARD & WIEDRICK, 110 Second St., Perfland, Or. Please send particulars of Free Cottage at Sunset Beach.

Address

Write for Particulars-

Goddard & Wiedrick

Phones-Main and A 1743

110 SECOND ST.

WOMAN'S SORROWS MANY

Loses Husband, Child and Parents and Sister in Few Months.

SPOKANE, Wash., March 20.—(Special.)—Neil Caulfield, of Chicago, who was hanged to a tree three times by Union soldiers during the Civil War because he was suspected of being a cause he was suspected of being a Southern sympathizer, and whose death Thursday in Chicago was mentioned in Associated Press dispatches, was the father of Mrs. H. W. Engleking, of Spokane, whose husband was carried over the falls in the Spokane River here May 5, 1908, Engleking, like every other victim going over the great bluff, being killed.

Mrs. Engleking, who was a court stenographer at Rathdrum, Idaho, before her marriage, sued the City of

fore her marriage, sued the City of Spokane for \$40,000 damages because of her husband's death, and the case is now before the Supreme Court on ap-peal, the Superior Court of Spokane County having decided against her. Three months after her husband's death she gave birth to a baby, which died in a few days. Three weeks ago she went to Chicago on account of the illness of her mother, the illness proving fatal and her mother dying last Wednesday. The death of her father occurred one day later from nervous shock. One of Mrs. Engleking's sisters died a month ago in Chicago after a week's lilness.

ITALIAN BADLY STABBED

Victim of Drunken Quarrel Lies Hovering Near Death.

Found lying in a pool of his own blood at Fifteenth and Savier streets at 1:30 o'clock yesterday morning, Sam Monack, an Italian laborer, who lives at 64 Fifteenth street, proved to be the victim of a drunken stabbling affray and is now in St. Vincent's Hospital in a serious condition and the surgeons say he may

Mike Dwyer, arrested a short time later as he was lying in a drunken stuper on the sidewalk at Seventeenth and Thurman streets, was identified as Monack's assatisfies was identified as Monack's as-satisfies several hours afterwards. Dwyer maintains he was so drunk he did not recollect having had any trouble with Monack who received a knife thrust in the small of the back. Both men had been visiting a number of North End saloons together.

PERSONAL MENTION.

A. C. Dixon, of Eugene, a member of the Booth-Kelly Lumber Company, is visiting in Portland in the interests of his company. He is at the Imperial. George T. Sabin, a prominent lumber-man of Oshkosh, Wis., is in the city, registered at the Cornellus. Mr. Sabin is in the West for the benefit of his health and likes Portland very much.

CHICAGO, March 20.—(Special.)— Mrs. D. E. McGalliard, of Portland, is at the Grace Hotel.

New Sales Reported.

Lecture on Norway.

panies stationed here, and, with the additional quarters to be erected, there will be accommodations for two more. Fort Stevens, from an artillery standpoint, is one of the best garrisoned posts on the Western coast.

Attell to Fight White. INDIANAPOLIS, March 20.-Arrange-

INDIANAPULIS, March 30.—Arrange-					
ments were made today for a fight between Frankie White, of Indianapolis, and Abe Attell, in Dayton, O., on March 26. CARD OF THANKS. We desire to thank the many friends	State of weather Wind Direct on Wind Precipitation past 12 hours				
for their sympathy during the long ill- ness of our beloved wife and mother and grandmother, and for the beautiful floral offerings. A. Wentz, Mrs. C. C. Marton, Mrs. H. E. Manning, Mrs. E. Walker, Miss Hazel Henrys, Cyril and Arthur Manning. DAILY METEOROLOGICAL REPORT. PORTLAND, March 20.—Maximum tem- perature, 45 degrees; minimum, 38. River reading at 8 A. M., 5.2 feet; change in last 24 hours, rise 1.1 feet. Total rainfail, 5 P. M. to 5 P. M., 6.19 inch; total since Sep- tember 1, 1908, 36.18 inches; normal, 34.39 inches; deficiency, 4.51 inches, Total sun- shine, nil; possible, 12 hours 2 minutes. Barometer (reduced to sea level) at 5 P. Barometer (reduced to sea level) at 5 P.	Baker City				
M., 29.52 inches. FORECASTS. Portland and vicinity—Rain; brisk south-	The second secon				

MACCABEE card party and dance. Ladies and Knights of the Maccabees and their friends are invited to attend that enjoyable party to be given by Portland Tent No. 1, K. of P. Hall, Eleventh and Alder streets, 8:39 P. M. Admission, 15c.

MARGUERITE CAMP, Royal Neighbors of America, will give a "hye hundred" party and dance in their ball, Savoy building, 1874; East Burnside street, Thursday even-ng, March 25, Admission, 15 cents.

const. The temperatures are below norms over the entire Pacific Slope as far sout as San Francisco, and they are decided; below normal in the Sacramento Valley. The indications are for rain in this district Sunday with high southerly wind along the const.

PACIFIC COAST WEATHER. Observations taken at 5 P. M., Pacific

STATIONS.	Maximum temp	Precipitation past 12 hours	Valor	Direct.on	State of weather
Baker City Bismarck Boise Helena	44 36	0.00 0.00 T.	10 6	SE SW SW	Cloudy Pt cloud Pt cloud Show
Kamloops North Head Pocatello Portland	40	0.00 0.18 0.22 0.19	24	SW	Rain Clear Rain
Red Bluff	44	T.	12	SE SE	Rain Cloudy Rain
Salt Lake	40	0.10	14	Sw	Cloudy Rain Pt clou Cloudy
Tatoosh Island Walla Walla Marshfield	54	10.04	36	NE	Rafu

ARBUTUS CIRCLE, NO. 278, Women o Woodcraft, will give a whist party Frida evening, March 25, in the W. O. W. Temple 128 Eleventh street. Refreshments and dancing. Admission Lbc.



THIS BEAUTIFUL HOME With full quarter block. Choice location on East Side

For Sale \$15,000 House alone worth more money

JAMES J. FLYNN 512 Chamber of Commerce

CASMUR ACREAGE

Why Pay \$500 or More For a 50x100 Lot When You Can Buy an Acre For the Same Price?

OUR ACREAGE IS NOT MILES AWAY IN THE COUN-TRY, but practically right here in the CITY. It fronts on the BARR ROAD, which is an extension of East Halsey street. The County Commissioners are now improving the BARR ROAD, and when completed it will be like the BASE LINE ROAD, the finest in Oregon.

WHY CONFINE YOURSELF TO A 50x100-FOOT LOT? Give the children a chance to play and grow up. If you want to you can make a good living on a 21/2-acre tract raising strawberries and vegetables.

Get breathing space, NOW, in a choice location while opportunity offers.

You can buy cheaper acreage, just as you can buy cheaper cigars than four-bit ones, but the BEST is the cheapest in the end, and you CAN'T BUY ANYTHING IN ACREAGE TODAY as high and sightly, level and as close in as CASMUR ACRE-AGE for the money.

Twenty-five-foot lots within a stone's throw of CASMUR ACRES sell for \$125 and up, at a rate of \$2000 an acre and more, and their location is not to be compared with CASMUR ACRES. With the building of the Mount Hood Electric Railway the value of every acre will double. BUY NOW TERMS

MURPHY & CASWELL 230 Stark Street

MEETING NOTICES. ANCIENT ORDER UNITED WORKMEN

Hall of Portant Lodge, No. 27—Members
are notified that Priday night there will be
an open meeting. At this meeting the
Visiting League of Honor will be prosent
Addresses will be delivered by good speakers. All members are requested to come,
and bring slong some young man who is
not a member. The Crescent Lodge Musical Quartet will entertain you. By order.
C. SEVERANCE, Master Workman.
Attent: T. H. FEAREY, Recorder.



MULTNOMAH CAMP, NO. 77.
W. O. W., invites the members, their ramilies and friends to an entertainment and dance. Friday, the 26th, in their hall, 112 East Sixth street. Admission (res. J. M. Woedworth, Cierk.

UTOPIA REBEKAN LODGE, NO. 62, L. O. F., will give a five hundred social Thursday, March 23, at its hall, corner of East Alder and East Sixth streets. Admission Ltd. SOCIAL COMMITTEE. MYSTICS, ATTENTION Templar testure, 11 A. M., Auditorium Hall, 3d and Salmion sts. Subject, "Elementais." (Free, St. 2) EDW. K. AIMSTRONG, M. M.

PORTLAND HOMESTEAD DIE will give a dance in Western Academy of Music Buil, Second and Morrison. Wednesday evening, March 24. Admission 25.

THE PYTHIAN SISTERS will give their next whist and dance, Saturday evening, March 27, at K, of P, Hall, Good music and prizes Admission lie.

PAULL—At Good Samaritan Hospital, Friday. March 18, Mable, wife of Dr. C. W. Faull,

HOUSEHOLD NEEDS

Coal Australian, Wyoming and Washington tity. Phone us your order. Star Co Coal —Kemmerer coal, the best Wyo-ming coal; gives more heat and less ash. Churchley Bros. 13th and Marshall sts. Phones Main 1931. A 2031.

Prices Reduced on green slab and Prompt delivery. Steel Bridge Figs Co., 47 Albina ave. Phones E. 424; C 1773. Florist Cut Flowers always fresh from & Forbea Co., 347 Washington st. Both phones.

Electric Fixtures Let us equip your prices are right All work guaranteed. Western Electric Works, 61 Sixth street.

Plating Knives, Forks and all Sliverware Plating Works, 15th and Alder, Main 2575, A 2575. Coal Richmond and Wallsend Australian Independent Coal & ice Company, opposite City Library Both phones.

Southern Pacific.						
Leaving Portland— Roseburg Passenger Cottage Grove Passenger California Express San Francisco Express	7,45 1	i. m				
West Side— Corvallis Passenger. Sheridan Passenger. Forest Grove Passenger. Forest Grove Passenger. Forest Grove Passenger.	4:10 t 5:50 t). III				
Arriving Portland— Oregon Express. Cottage Grove Passenger Roseburg Passenger Portland Express.	7:15 : 11:30 :	11				
West Side— Corvaille Passenger. Sheridan Passenger. Porest Grove Passenger. Forest Grove Passenger. Forest Grove Passenger.	6:20 1 10:30 1 8:00 1	p. 17				

Oregon Railrond & Navigation Co. I eaving Portland—
Pendleton Passenger 7:45 a m.
Chicago-Portland Special 9:15 a m.
Spokane Flyer. 7:00 p m.
Kansas City & Chicago Express. 6:00 p. m. Arriving Portland-

Astoria & Columbia River. Leaving Portland

Astoria and Senside Express...
Rainler Local

Canadian Pacific Rallway Co.

Leaving Portland—
2. P. R. Shert Line via Sopkane 7.00 p. m.
Via Seattle 11.45 p. m.
Arriving Portland—
2. P. R. Shert Line via Spokane 9.00 a. m.
Via Seattle 7.00 ii m. JEFFERSON-STREET STATION. Southern Pacific.

| Leaving Portland-| 7.40 a m | Dailas Passenger | 4.15 p m | Arriving Portland-| Dailas Passenger | 19.15 a m | Dailas Passenger | 15.50 p m ELEVENTH AND HOYT STS., PASSENGER STATION.

Spekane, Portland & Scattle Rallway. Leaving Fortland—
Inland Empire Express. 9:15 A.M.
For Chicago, St. Paul. Omaha, Kansas
City, St. Louis, Walla Walla, Pasco,
Rocseveit, Granddalles, Goldendale, White
Salmon, Stevenson, Vancouver and intermediate points.
North Bank Limited . 5:40 P.M.
For Chicago, St. Paul, Omaha, Kansas
City, St. Louis, Spokane, Sprague, Ritzville, Lind, Pasco, Rooseveit, Granddalles,
White Salmon, Stevenson and Vancouver.
Arriving Portland—

Arriving Portland-

Time Card Dregon Electric Railway Co. Leaving Portland for Salem and Int. Sta-tions -6.25, 6.00, 11:00 A. M.; 2:00, 5:50, 6:20, 8:40 P. M. Limited for Tunistic and Salem-0:15 A. M. Local for Wilsonville and Int. Stations -5:00 P. M.

Leaving Portland for Forest Grove and Int. Stations-7:00, 8:55, 10:25 A. M.; 1.30, 4:10, 5:30 P. M.

Arriving Portland from Salem and Int. Stations—S:40, 16:55 A. M., 1:15, 3:46, 6:06, S:20, 10:40 P. M. Limited from Salem and Tualatin—4:45 P. M. Local from Wilson-ville and Int. Stations—6:55 A. M.

Arriving Portland from Porest Grove and Int. Stations—8:30, 16:00 A. M.; 12:15, 2:50, 5:00, 7:20 P. M.

Portland Bailway, Light & Power Company Cars Leave. Ticket Office and Walting Room, First and Alder Streets.

CARS LEAVE

Oregon City—4:00, 6:30 A. M., and every 30 minutes to and including 9 P. M., then 10:00, 11:00 P. M., last car midnight. Gresham and intermediate polute—6:05, *7:45, 8:45, 9:45, 19:45 A. M., 12:45, 2:45, 8:45, 4:45, 5:45, 6:45, 7:45, 11:15 P. M. Farview and Troutdale—6:50, *7:45, 8:45, 9:45, 10:45 A. M., 12:45, 2:45, 3:45, 4:45, 6:45 P. M. Caradero and intermediate points—6:55, 8:45, 10:45 A. M., 12:45, 2:45, 4:45, 6:45 P. M. CARS LEAVE.

For Vancouver-For Vancouver—

Ticket office and waiting-room Second and Washington streets.

A. M.—6:15*, 6:50, 7:25, 8:60, 8:35, 0:10, 9:50, 10:30, 11:10, 11:50, P. M.—12:30, 1:10, 11:50, 2:10, 5:10, 5:50, 6:50, 7:05, 7:40, 8:15, 0:25, 10:35**, 11:45**, On Third Monday in Every Month the last car leaves at 7:05 P. M.

*Imily except Sunday. **Dally except Monday.