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We must knit together in this work as
one man. We must be willing to sacrifice
ourselves for the welfare of the supply
of others' necessities.—John Wainwright.

PORTLAND WAREHOUSE
WALTER PARKER of New
Orleans is coming to Port-
land. He has been for years
manager of the Association
of Commerce at New Orleans, and
has made an enviable record in
that capacity. He has been appointed
head of the inland waterways
division of the department of com-
merce, and his errand in Portland
will be to arouse the interest of
producers, shippers and commer-
cial enterprises in the larger use
of the navigable streams, bringing
into coordination the efforts of
those who can and will use the
rivers of the country.

Mr. Parker's activity is a part
of the program of national defense.
The railroads admit that they are
unable to carry all the traffic of
the country. The head of one of
the greatest systems in America
recently said in a public statement
that after the roads had exerted
themselves to 100 per cent of their
efficiency there would still be 15,
25 or perhaps 30 per cent of the
traffic that they would be unable
to move.

This forehand knowledge that
there will be a shortage of transpor-
tation has caused the govern-
ment to urge that railroad transpor-
tation be supplemented to the
utmost by larger use of the inland
waterways.

The war department has ap-
proved the plan and the depart-
ment of commerce and the council
of national defense are pushing it.
The chief of engineers of the
army has urged construction of
barge to be requisitioned for moving
the heavier traffic.

The department of commerce
has advised that every kind of craft
that can be pressed into service
be made ready for moving prod-
ucts.

The Oregon public service com-
mission has issued a statement in
which it gives warning that with
the beginning of the crop move-
ment, the car shortage will become
more acute. Locomotives, cars and
other railroad equipment must be
supplied Russia and other of the
allies in order to effectualize opera-
tions on the European battle-
fronts. The whole situation is
filled with expert opinion and
knowledge that there must be sup-
plemental transportation of every
kind if America is to attain her
highest efficiency in prosecuting
the war.

All this will be emphasized when
Mr. Parker reaches Portland. The
secretary of commerce has al-
ready appealed to commercial
bodies throughout the country to
become interested in this field of
war endeavor. It is assumed
that the Portland Chamber of
Commerce will have thoroughly
familiarized itself with conditions
and be ready for full cooperation
by the time of Mr. Parker's ar-
rival.

IN OREGON

THE announcement that J. Sid-
ney Starling will establish a
linen mill in Portland ought
to be true.
A linen mill is an industry long
over due in Oregon. As far back
as 1876, fibre from Oregon grown
later was declared by experts at
the Philadelphia Centennial expo-
sition to be the equal of any in the

world. Some years ago, fibre from
flax grown near Salem was ex-
hibited before Irish and Belgian
experts gathered in Belgium and it
was declared by them to be the
equal of the best Belgian product.
The matter of raw material was
long ago settled. Findings to that
effect are confirmed by investiga-
tions made by the committee of
which H. B. Miller and Dr. Pierce
are members, and by flax experi-
ments at the state prison and else-
where.
The market is assured for the
finished product. Mr. Starling is
the president and general manager
of a linen mill in New York state,
and he has demand for far more
than his output, and at prices that
are very satisfactory to the manu-
facturer. On the surface of things,
there would seem to be nothing
to stand in the way of a success-
ful linen industry in Oregon. There
is no other place in the United
States where the raw material can
be so successfully produced. In
the very nature of things, the spot
for linen manufacture should be
at the home of the raw material.

Do the high officials of the Port-
land Railway, Light & Power com-
pany know to what extent Council
Crest cars run overloaded these
summer evenings? Do they know
that human beings are packed in
like sardines in a box or steers in
a cattle car? Do they know that
in these overloaded cars there are
the factors of an awful accident at
any time? If they do know all
this, it is time for the city authori-
ties to investigate and remedy con-
ditions.

ATTACKS FROM THE REAR

RESIDENT WILSON is mighty in his statement to the coal oper-
ators and manufacturers. The country will applaud his conclu-
sions to the echo. Things he said are what the people of
America were waiting to hear said.
The Journal has condemned the activities of I. W. W.-ism and
classified those activities as attacks from the rear in aid of the kaiser.
But there is a more sinister peril than I. W. W. activities. That peril
fortunes not this war. They are the men who plan to make great
profits out of this war. The president described them. Declaring
that the war must not be made the vehicle for big profits, he said:
Your patriotism is of the same self-denying stuff as the patriotism of
the men dead and maimed on the fields of France, or it is no patriotism at
all. Let us never speak then of profits and patriotism in the same sen-
tence. * * * Patriotism leaves profits out of the question. In these days
of our supreme trial, when we are sending hundreds of thousands of our
young men across the seas to serve a great cause, no true man who stays
behind to work for them and sustain them by his labor will ask himself
what he is personally going to make out of this labor. No true patriot will
permit himself to take toll of their heroism in money or seek to grow rich
by the shedding of their blood. When they are giving their lives will not
at least give his money?

This is exactly what the American people think. The president has
translated their thoughts into clear expression. He makes the case un-
answerable when he adds:
I hear it insisted that more than a just price, more than a price that will
sustain our industries, must be paid; that it is necessary to pay very liberal
and unusual profits to stimulate production; that nothing but pecuniary re-
wards will do to liberate the world from the mere liberation of the
world. I take it for granted that those who argue thus do not stop to think
what that means. Do they mean that those who must be bribed, to make
your contribution, a contribution that costs you neither a drop of blood
nor a tear, when the whole world is in travail?
Do they mean that you will exact a price, drive a bargain with the men
who are enduring the agonies of this war on the battlefield, in the trenches
amidst the lurking dangers of the sea or with the bereaved women and
pitiful children before you will come forward and do your duty?

This is appeal from the head of the nation. It is the protest of the
people against excess war profits. If the people could make their
voices heard at the White House, the mighty volume of their approval
would vie with the roar of the artillery on the battle front.
Though the cost of mining coal increased but 50 cents per ton dur-
ing 1916, the mine owners have admitted that they advanced the price
\$3.50 and \$4 above the cost of production. They further admitted
that they had put up the price because they had determined to get "all
the traffic would bear" and had determined also to make up during
the war, for lean years in the past decade.

It is to such men, and to steel manufacturers with their demands
of \$95 a ton for steel that sold before the war as low as \$21, and to
the wheat gamblers described in Herbert Hoover's letter to the president
and to all others who insist on getting rich out of the war that
President Wilson's protest is addressed.

Of ship owners and their extortionate ocean rates the president says:
It is my turn for a moment to the ship owners of the United States and
the other ocean carriers whose example they have followed, and ask them if
they realize what obstacles, what almost insuperable obstacles, they have
been putting in the way of the successful prosecution of this war by the
ocean freight rates they have been exacting. They are doing everything that
high freight charges can do to make the war a failure.

All these Shylocks of commerce are unconscious allies of kaiserdom.
Their extortionate advance prices and make it harder for average families
to survive. This creates unrest among the people and nothing can do
more to undermine the nation's strength in the conflict than popular
unrest. It is unrest and dissatisfaction in Germany that the world
hopes may overthrow Prussianism and end the war.

Compared with the service these jackals of commerce are rendering
William II, the feeble but traitorous I. W. W. activities, led in some in-
stances by secret German agents, are as nothing. As allies of the
nation with which we are at war the commercial extortioners are sin-
ister and ominous, because powerful and unscrupulous, and because
they seem to have control of so many men in congress, where there is
outspoken defense of their greedy contentions.

Nothing will give the people more confidence in the war than the
president's protest. It is climax to a ringing declaration of Secretary
Daniels that only reasonable prices will be paid for supplies for the
navy, and to the fearless report of the federal trade commission in
which abuses of the railroads and coal operators were exposed.

If they have self respect, the president's indictment will send shock
waves to the rear those senators who have been obstructing necessary war
measures. It ought to show them that they are mere tools of the foes
of America, and attacking the government from the rear.

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flax grown near Salem was ex-
hibited before Irish and Belgian
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ditions.

THE DETERMINING FORCES

ON THIS page, J. C. Hayter, a
valued correspondent of Dal-
las, questions the accuracy of
The Journal's statement that
"the kaiser could have kept Amer-
ica out of war by any reasonable
course."
Probably no two people would
agree as to the exact cause of our
entrance into the war. But The
Journal thinks that destruction of
American property and the killing
of American citizens by the kaiser's
submarines brought on this war.
"A state of war" existed and it
was the recognition of that "state
of war" by congress after the pres-
ident had recited wrongs inflicted
on America by the kaiser that put
us into the conflict.
The ruthlessness of the attacks
on us, the realization that they
would grow more violent and de-
structive, and most probably the
final realization that we should
later have to fight the kaiser alone
in case he realized his purpose of
Europe belted with a Prussian em-

LETTERS FROM THE PEOPLE

Communications sent to The Journal for
publication in this department should be writ-
ten on only one side of the paper, should not
exceed 300 words, and should be addressed to
the editor. If you wish to have your name
published he should so state.]

The Motive of Our War
Dallas, Or., July 10.—To the Editor
of The Journal.—Commenting on the
submarine situation, I notice in to-
night's paper you say editorially:
"The kaiser could have kept Amer-
ica out of war by any reasonable
course. It was his disdain of Amer-
ican powers and underestimate of
American resources that brought on
the crisis."
How do you reconcile this statement
with your oft-repeated assertion that
America is in this war solely to make
the world safe for democracy? Do you
mean to convey the impression that
America would have been content to
remain passive and watch the destruc-
tion of the world's liberties? It seems to
me, if we are really honest in our
solitude for world democracy, it
will not do to say we would have
been content to let the kaiser do as he
pleased, as long as he confined his
efforts to destruction of European
democracy.

It is true we are fighting for de-
mocracy—not only for our own de-
mocracy, but for that of other coun-
tries—and it is well to let the world
know we feel about it. But, while
doing this, we must not forget to
admit that we have entered this conflict
on general principles—that we are
helping other nations, that Germany
now, in order that we may not have
to undertake the job alone later on, it
is time to cease this talk that we are
warring against no one but the kaiser.
We should also make it clear that
we are fighting for the freedom of our
own country and devoted his energies
to the destruction of democracies in
Europe. If preservation of democracy
is all we are fighting for, why have
we started the job three years ago.
The issue was as clear cut then as
now.

The Grain Elevator Site
Portland, July 11.—To the Editor of
The Journal.—In your issue of Monday
there appears a communication from
"Taxpayer" on the selection of the pro-
posed grain elevator site. The author's
judgment is not well considered. It
is imperative that public bodies like the
dock commission should take the pub-
lic into their confidence and take only
the public interest into consideration
in all their acts, but to advise the pub-
lic of every petty detail, and ask ev-
erybody to come in and tell it what to
do, is to create a confusion and to re-
sult in less confusion. The railroad com-
panies when a few years ago they were
acquiring large tracts for their termi-
nals in the city, were competing in
self protection to keep their matters
from the general public. In the se-
lection of a site for elevator and dock
there are many elements in the
problem, we imagine, that are not
known to the public, and the rest of us
know nothing about. Personal contact
with the problem would upen many
theories.
The suggestion that the railroad
companies donate a site is hardly
worthy of discussion, for railroads are
now claiming that they are already
pressed on every side to meet demands
of every kind. Railroads are con-
stantly asking for subsidies, but seldom
give any. And why should they do-
nate a dock site when they get the
traffic and the shipping plan, and
easily involve us in a factious con-
troversy with rival railroads. The public
should be wary of accepting any such
donations.

"Taxpayer" is right in his argu-
ment against paying such outrageous
prices as were exacted from the dock
commission for water front property a
few years ago. It is to be regretted
that when he was selecting a site
"close proximity to the city" why
should the owner of remoter sites be
barred. It seems hard to rid our-
selves of the "Hobson's choice" when
we are locally provincial in our ideas
as to where Portland is, and are obsessed
with the idea that Portland's interests
are in the city. The Stars and Stripes
is in our own door yard. It was
the spirit that enabled certain inter-
ests to "put over" the locating of the
dock on the east side municipal dock,
which as a taxpayer I have not op-
posed. I think people realize that the
whole of Portland does not lie between
the Broadway and the Hawthorne
bridges, or the Commercial and the
population centers of Portland
already lie north and east of the steel
bridge. So far as our present so-called
business centers concerned, all of our
boasted skyscrapers and hotels could
be put in a great city without attract-
ing any more than passing attention.
It is too early to predict the future
of our city, but it is to be regretted
that the congestion in the present
terminal grounds on the west side is
already being considered by the rail-
road companies as a vexatious prob-
lem. They certainly are not anxious to
be hampered by a grain elevator in that
immediate locality. To place the grain
elevator farther down the river would
carry it farther away from the main
streets in the offices of the grain
handlers, but how would it in any way
adversely affect the general interests
of the city?

"Taxpayer" says the public should
"no longer brook the paying of ridi-
culously excessive prices for dock and
elevator sites, and to be paid, and
easily said. But we are told that the
dock commission was offered one site,
where municipal dock No. 1 now
stands, for \$25,000 and that they re-
fused it as excessive. Why was the
instituted condemnation proceedings a
jury gave the owner \$310,000. The
court declared that the question of
water front property for the purpose
to the case, and all that the papers
said, and that the Chamber of Com-
merce said, and that the home owner
of the property said, was "near" the
verdict a dollar. Possibly "Taxpayer"
has a plan that will enable the dock
commission to escape the clutches of
the water front "near" with-
out going down the river. If that is
the case, the commission would
gladly give him the job.

ANOTHER TAXPAYER.

On the Taxing of Salaries
Salem, Or., July 11.—To the Editor
of The Journal.—The letter of J. C.
English in today's Journal is interest-
ing. While his idea isn't entirely new,
it is a matter of surprise that in all
the talk about raising revenue, and all
the legislation enacted upon the sub-

LETTERS FROM THE PEOPLE

ject, salaries, high and low, have es-
caped Mr. English is right. There is no
reason that can be advanced why sal-
aries should not be taxed the same as
any other source of income. Any man
who works for a living should pay
\$100 a month and up, is better able to
stand a small tax on that salary than
most of the men engaged in small
business enterprises or the small
farmer.

I never have been able to under-
stand how salaries escaped when the
federal income tax law was instituted.
But why not be announced by the
European war for the afternoon of
December 24.
How much wood would a woodchuck
chuck if woodchuck would chuck
wood on something about the size of
a municipally controlled woodpile?
One would hardly think that a Chi-
cago mayor, such a name as
Thompson would have a fit every time
anybody says anything about taxing
German chancellor any comfort on that
score, however.

General Hindenburg's idea of an
army is that it is something like
which to smash the enemy, instead of
something with which to produce
political effects for home consumption.
But it seems the old warrior has had
to come down to that.
An esteemed exchange hopes con-
gress will never attack hard cider, "the
farmer's favorite beverage." But how
many farmers of one's acquaintance
are old, or even a few to make it?
And how few of the few who do make
cider ever make applejack of it?

TRAINING OUR "SAMMIES" IN FRANCE
Fred B. Pusey in Leslie's
Three months' training in France,
where we know war to its ultimate
possibilities, will save the lives of
more American soldiers than three
years' training at home.

That is why the American troops
will go straight from the glad hand to
the training camp. They will be there
for three months, at least, they will re-
main in the camps. During that time
we may hear very little of them. We
may wonder where they are and they
will be in training camps, getting
ready for the big job to come. For it
is still to come. Germany is still a
formidable foe. She will not be
beaten this year. There will be
no next year of fighting for our men
to do next year.

The life in these training camps is
very simple and very complex. It is
the complex simplicity of the life in
the front. The men are not at all
different from the men who are in the
front. The men who are in the front
eat possible difference. The men will
live in barracks instead of dugouts.
That is one difference, and a highly
important one. In the front, the men
are not at all different from the men
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PERTINENT COMMENT AND NEWS IN BRIEF

SMALL CHANGE
The censor, or somebody, has cer-
tainly been doing a lot of things to
Pando villa.
"Food Prices Better," a headline an-
nounces. Well, most of us didn't
know they had been sick.

OREGON SIDELIGHTS
A new lighting system for Pendle-
ton and the removal of electric poles
and wires from Main street are im-
provements contemplated.
The Echo News boasts of a rhubarb
plant in the garden of L. B. Wells.
The plant is 2 feet 3 inches high,
one way and 2 feet 3 inches the other.
Although, of course, it isn't the leaf
that counts in rhubarb.

THE BOY SCOUTS
The Boy Scouts' camp patch in the
outskirts of Roseburg, which was
about to be submerged by the woods,
owing to the fact that more than
thirty Scouts were to work on farms in
the vicinity, has been taken over by
the chivalrous business men of the
city, who are hoisting it, and having
lots of fun in the process.

FOR MANY YEARS, says the Pendle-
ton East Oregonian, the press of Ore-
gon has not been so interested in giving
publicity to the Round-Up and to
other Pendleton affairs; while the pub-
lic has not been so interested in them.
Starting Friday morning, our people
will have opportunity to show ap-
preciation for home consumption.
C. C. Nelson, a Washington county
road supervisor, complains that camp-
ers are stealing cord wood scattered
about the camp, and that more than
a roller engine, sometimes as much as a
cord being used up in one place in a
week. He suggests that the police
enforce target shooting with the glass
insulators on telephone lines as
targets.

THE DAWDLING CAMERA
Praising America's growth, James J.
Hill said:
"America's growth almost robs the
Tin Can story of its hyperbole.
A tenderfoot visiting the boom town
of tin can country said to the mayor:
'Why don't you get out literature
about this locality? Why don't you
get out booklets, illustrated with offi-
cial photographs? Is it possible you
haven't had the town photographed?'
'Stranger,' said the mayor, 'Tin Can
progress so soon, almost fast that
they can't get a camera quick enough
to snap her.'"

THE FISHERMAN
Thirty years ago a man could hunt and
fish at will.
And one could stroll about the streams,
or climb most any hill.
But now, when you make laws, if
you should crave a trout,
it isn't bait, but license, you would
have to see about.

Sometimes one has to wonder why all
these laws are made.
And who's responsible for them. Per-
haps they help out trade.
Does the fish magnate whom we know
stand in for too extent?
Are the laws made to make the laws the
ones whom he has set?

Let's take away these noxious laws:
let us again be free.
Permit a man to roam at will on land
or on the sea.
Allow the man who hasn't work to
take his line and pole.
To get his dinner from the stream,
without collecting toll.
—E. A. Barns.

UNCLE JEFF SNOW SAYS:
It may be good practice for the
troops before they go to France to
work on the I. W. W. slacker. Uncle
Sam will make it interesting for 'em.
I believe, mighty pronto. Howsome-
ever, we need to get rid of the slacker
food speculator and the slacker land
speculator at the same time.

THE SUNDAY JOURNAL

Authentic News
Attractive Features
Fascinating Fiction
Summer Resort News
Who's who at the
beach and inland re-
sorts of the Oregon
country — a weekly
chronicle of personal
mention.

HOW TO BE HEALTHY

PACKAGE CEREAL COSTS—The
prices of cereals by the package, vary
from 12 to 20 cents. When, however,
the cost is reckoned according to the
food value contained in each package
it varies to a great extent.
A package of rolled oats contains
2472 calories (food units) and costs
12 cents, or .0006 of a cent per cal-
orie.
A package of rice contains 1590 cal-
ories and costs 12 cents, or .0007 of
a cent per calorie.
A package of cracked wheat contains
2225 calories and costs 20 cents, or
.0009 of a cent per calorie.
A package of shredded wheat con-
tains 1851 calories and costs 15 cents,
or .0008 of a cent per calorie.
A package of cornflakes contains
1656 calories and costs 12 cents, or
.000711 cent per calorie.
A package of puffed rice contains
702 calories and costs 15 cents, making
the price per calorie .000211 of a cent.
A package of puffed wheat contains

only 690 calories and costs 15 cents,
making its actual cost per calorie
.000222 of a cent.
Oatmeal heads the list as the cheap-
est of all the cereals for the food value
obtained. When the cost of long
cooking is reckoned, in buying puffed
wheat one is paying largely for the
cost of preparation.
A package of oatmeal twice as cheap
as puffed rice but is twice as high in
body-building material, thus ren-
dering it unnecessary to supply in the
diet a large amount of other body-
building foods, such as meat, fish, eggs
and fowl.

In any family where the cost of food
is a major problem, the art where it is
to contain a healthful diet out of a
very small expenditure oatmeal or
rolled oats should be relied upon to
 furnish 50% of the mainstays of the
daily menu.

Tomorrow—Health and Wealth.

at the Washington from Lewiston,
Idaho.
Captain George May of Astoria is
at the Imperial.
W. Fairchild of Seattle is at the
Oregon.
D. D. Hill of Bridal Veil is a guest
at the Nortonia.
Elizabeth M. Winter of White Rock,
Nevada, is at the Washington.
J. S. Goldsmith of Eugene is at the
Imperial.
H. G. Goldsmith of New York is a
visitor in the city.
James Kyle of Stanfield is at the
Imperial.
Mr. and Mrs. Nugent of Centralia,
Wash., are guests of the Oregon.
R. F. Hanley of Astoria is at the
Oregon.
Perkins.
L. L. Holt of Pasco, Wash., is stay-
ing at the Multnomah.
Paul Bosworth is at the Perkins from
Wasco.
Mrs. J. Fontana of San Francisco is
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Rag Tag and Bobtail

Stories From Everywhere
[To this column all readers of The Journal
are invited to contribute original matter—
in verse or in philosophical observation—
or striking quotations, from any source. Con-
tributions of exceptional merit will be paid
at the editor's appraisal.]

Smelling Over the Telephone
A YOUNG lady took down the re-
ceiver, says the Electrical Exper-
imenter, and discovered that the tele-
phone was in use. "I just put on a pan
of beans for dinner," she heard one
woman complacently informing an-
other.

She hung up the receiver and waited.
Three times she waited, and then, ex-
asperated, she broke into the conversa-
tion.
"Madam, I smell your beans burn-
ing," she announced crisply. A horri-
fied scream greeted the remark, and
the young lady was able to put in her
call.

From the Front
The hobo knocked at the back door
and the lady of the house appeared,
says the Cleveland Plain Dealer.
"Madam," he said, "I was at the
front—"

"You poor man!" she said. "One of
our war's victims! Wait till I get you
some food. My dear, shall I tell you
your story. You were in the trenches, you
say?"

"Not in the trenches. I was at the
front."
"Don't try to talk with your mouth
full. Take your time. What deed of
heroism did you do at the front?"

"Why, I knuckled. But I couldn't
make nobody hear, so I come around to
the back."

The Dawdling Camera
Praising America's growth, James J.
Hill said:
"America's growth almost robs the
Tin Can story of its hyperbole.
A tenderfoot visiting the boom town
of tin can country said to the mayor:
'Why don't you get out literature
about this locality? Why don't you
get out booklets, illustrated with offi-
cial photographs? Is it possible you
haven't had the town photographed?'
'Stranger,' said the mayor, 'Tin Can
progress so soon, almost fast that
they can't get a camera quick enough
to snap her.'"

THE FISHERMAN
Thirty years ago a man could hunt and
fish at will.
And one could stroll about the streams,
or climb most any hill.
But now, when you make laws, if
you should crave a trout,
it isn't bait, but license, you would
have to see about.

Sometimes one has to wonder why all
these laws are made.
And who's responsible for them. Per-
haps they help out trade.
Does the fish magnate whom we know
stand in for too extent?
Are the laws made to make the laws the
ones whom he has set?

Let's take away these noxious laws:
let us again be free.
Permit a man to roam at will on land
or on the sea.
Allow the man who hasn't work to
take his line and pole.
To get his dinner from the stream,
without collecting toll.
—E. A. Barns.

THE SUNDAY JOURNAL

Authentic News
Attractive Features
Fascinating Fiction
Summer Resort News
Who's who at the
beach and inland re-
sorts of the Oregon
country — a weekly
chronicle of personal
mention.

HOW TO BE HEALTHY

PACKAGE CEREAL COSTS—The
prices of cereals by the package, vary
from 12 to 20 cents. When, however,
the cost is reckoned according to the
food value contained in each package
it varies to a great extent.
A package of rolled oats contains
2472 calories (food units) and costs
12 cents, or .0006 of a cent per cal-
orie.
A package of rice contains 1590 cal-
ories and costs 12 cents, or .0007 of
a cent per calorie.
A package of cracked wheat contains
2225 calories and costs 20 cents, or
.0009 of a cent per calorie.
A package of shredded wheat con-
tains 1851 calories and costs 15 cents,
or .0008 of a cent per calorie.
A package of cornflakes contains
1656 calories and costs 12 cents, or
.000711 cent per calorie.
A package of puffed rice contains
702 calories and costs 15 cents, making
the price per calorie .000211 of a cent.
A package of puffed wheat contains

only 690 calories and costs 15 cents,
making its actual cost per calorie
.000222 of a cent.
Oatmeal heads the list as the cheap-
est of all the cereals for the food value
obtained. When the cost of long
cooking is reckoned, in buying puffed
wheat one is paying largely for the
cost of preparation.
A package of oatmeal twice as cheap
as puffed rice but is twice as high in
body-building material, thus ren-
dering it unnecessary to supply in the
diet a large amount of other body-
building foods, such as meat, fish, eggs
and fowl.</