

Rose City Van
and
Storage Company
Makes all points between Portland and Lents on Mt. Scott Line.
Freight, Express, Baggage and all kinds of Transfer Work.
Lents Office - - - Foster Road
Lents Phones - - - Tabor 1424 Home B 6111
F. W. Tussy, Manager
Ask for Rose City Van

LENTS FUEL COMPANY
Cor. Main and Foster Road
PHONE TABOR 1688
Wood and Coal Slab Wood a Specialty
Orders Delivered Promptly

Evening Telegram
and
HERALD
One Year
\$4.50
Address
Beaver State Herald
Lents, Oregon

PROFESSIONAL CARDS
Dr. A. A. Swennes
DENTIST
General Dental Practice
Hours: 9 to 5; Evenings by appointment
Office in connection with Dr. Fawcett
Phone Tabor 3214
Main St. and Foster Road Lents
Phones: Main 430, Home A 4558
Dunning & McEntee
FUNERAL DIRECTORS
Seventh and Ankeny Streets
Portland Oregon
L. H. Carter & Son
Contractors and Builders
Manufacturers of Window Castings, Screen Doors and Windows, Moldings, Columns, Panels, Ornaments, Etc. Custom Planning and Band Sawing, Owners Lint-Planing Mills and Wood Working Factory.
Lents, Oregon

LODGE DIRECTORY.
Mt. Scott Chapter U. D.—O. E. S. Stated meeting First and Third Wednesday evening of each month. (Degrees Third Wednesday) Order W. M. Maud E. Connell, Sec.
A Story A Year
A story a day for the 365 days of 1914—that is part of what you get by subscribing \$2.00 for The Youth's Companion's new volume. The fifty-two weekly issues of The Companion will contain at least 365 stories, and all the other kinds of good reading that can be crowded between two covers—the best advice on athletics for boys, articles on dress and recreations for girls, contributions by famous men and women, suggestions for the care of the health, etc. For the year's subscription of \$2.00 there is included a copy of The Companion Practical Home Calendar for 1913, and all the issues for the remaining weeks of this year, dating from the time the subscription is received. If you want to know more about The Companion before subscribing, send for sample copies containing the opening chapters of Arthur Standwood Pier's fine serial of life in a boy's school—"His Father's Son." With them we will send the full Announcement for 1914.
THE YOUTH'S COMPANION,
144 Berkeley St., Boston, Mass.
New Subscriptions Received at the Herald Office.

CLASSIFIED
WANTED
WANTED—A good reliable man or woman to solicit subscriptions. Enquire at Herald office.
WANTED—Cows to winter for their milk. Good Care Guaranteed. Enquire of Mrs. R. Munser, Faxon Park, Lents.
WANTED—Boys may be had and sometimes girls. The older ones at ordinary wages and others to be schooled and cared for in return for slight services rendered. For particulars address W. T. Gardner, Superintendent Boys and Girls Aid Society of Oregon, Portland, Ore.
FOR SALE
FOR SALE—Newspapers for wrapping or kindling. Mt. Scott Pub. Co.
FOR SALE—Number of young pigs, Mrs. N. E. Reynolds, Home Phone 4411.
LUMBER—At our new mill 1 1/4 miles southeast of Kelso. We deliver lumber, lumber brooms.
FOR SALE—Automobile, Motorcycle and Phonograph, all bargains. Call C. H. Gates, 2nd Ave and Foster Road.
FOR SALE or TRADE—Good Horse works anywhere 1200 lbs; good condition. Will trade for cow, or heifer. E. M. Calkins, Gilbert Sta. Phone 2924.
FOR RENT—6 room bungalow 2 lots fenced, barn, chicken house 1/2 block from Woodmere station Mt. Scott car. Price reduced to \$16. Apply to owner 5009, or Phone Tabor 4363.
MUST SELL—One six room bungalow, corner 90 x 100 One block to car. Fruit, berries, garden. No incumbrance Value \$2000. Make offer. Call evenings, Ohfeldt, 129—6th Ave., corner Marie.
Lots in Calkins Plat are now on the market. Come early and get your choice. Water piped to all lots, electric lights and telephone. Owner on tract. E. M. Calkins, R. 1. Lents, Ore. Home Phone 26111, 2524, Gilbert Station, Cazerdara line.
LOST AND FOUND
FOUND—Purse containing some money. Call, pay charges and describe. Herald Office.
MONEY TO LOAN
6 per cent loans on farms, orchard and, city resident or business property, to buy, build, improve, extend or refund mortgages or other securities; terms reasonable; special privileges; correspondence invited. Department L, 618 Bldg., Denver, Colo., or Department I, 749 Henry Bldg., Seattle, Wash.
OYSTERS WITH SAUCE.
By cooking oysters in sauce or serving them with it almost an unlimited variety of dishes may be evolved with this popular shellfish.
These Are Easily Digested.
Oysters in Cream Sauce.—Take a couple of dozen oysters and boil them in their own liquor. In a separate pan mix a tablespoonful each of butter and flour and two small green onions. Thicken a pint of milk with this mixture and add to it the twelve drained oysters and a cupful of chopped mushrooms. Allow to come to a boil. Place in shells or ramekins. Strew bread-crumbs over the top and stand in the oven for ten or fifteen minutes. Even an invalid can eat oysters cooked thus.
Oysters in Tomato Sauce.—Take three dozen oysters, three cupfuls of boiled rice, two slices of bacon, two tablespoonfuls of canned tomatoes, a tablespoonful of butter and salt and pepper to taste. Melt the butter in the frying pan, then put in the tomatoes and bacon. Cook a few minutes, add the oysters and cook five minutes, then stir in the rice. Cover and set in a warm place for twenty minutes before serving.
Novel Ways of Cooking.
Oysters in Bechamel Sauce.—For this sauce make a thickening of eight ounces of flour and four ounces of butter. Moisten with two quarts of milk. Add a bouquet of parsley, bayleaf and thyme tied together, two onions, a pinch of white pepper, with a little salt, and cook for two hours. Allow the oysters to come to a boil in milk. Then put in empty oyster shells which have been well scrubbed or in small ramekins. When the oysters are in the shells cover with bechamel sauce and sprinkle the surfaces with grated Parmesan cheese and melted butter. Place on a baking dish and stand in the oven until brown.
Oysters in Worcestershire Sauce.—Take a dozen small oysters. Heat them in their own liquor enough to make the meat solid, then strain off the broth. Cut very thin twelve strips of bacon three inches long by one inch wide; cover them with English mustard mixed with Worcestershire sauce. Then put an oyster on each slice and wrap the oyster in this deviled bacon. Put the oysters on a metal skewer, sprinkle with breadcrumbs and broil until cooked brown. Serve on long, narrow pieces of toast with lemons and pour melted parsley butter over them.
Women Who Get Dizzy
Every woman who is troubled with fainting and dizzy spells, backache, headache, weakness, debility, constipation or kidney troubles should use Electric Bitters. They give relief when nothing else will, improve the health, adding strength and vigor from the first dose. Mrs. Laura Gaines of Avoca, La., says: "Four doctors had given me up and my children and all my friends were looking for me to die, when my son insisted that I use Electric Bitters. I did so, and they have done me a world of good." Just try them. 50c. and \$1.00 at all druggists or by mail. H. E. BUCKLEN & CO., PHILADELPHIA OR ST. LOUIS

Doings of Our Neighbors
BREEZY ITEMS CONTRIBUTED BY HERALD REPORTERS AT NEARBY POINTS

CHERRYVILLE
The melancholy days have come. And not so very melancholy, either, if these first few days are a sample.
Zero weather in the middle west, at Duluth, Minn., and quite a fall of snow in Chicago, and a severe cold spell all over northern Illinois. Nothing like that here in Oregon, where the weather has been ideal all summer and all fall.
Everybody busy digging spuds, gathering apples and laying in a winter supply of wood. Suppose you had to buy five or six tons of hard coal at \$11 or \$12 a ton!
Ed Olds of Oak Grove, near Oregon City, is the man in charge of building the new bridge over Salmon river, near Brightwood. Mr. Olds is the man, or one of the prominent ones who put the Recall on the map, not only in Oregon, but all over the United States. A very capable man, who does things, but also a just and reasonable man who has the goodwill of all the men under him. The people of this county have still higher positions for this gentleman, as they are about done with sending lawyers to represent them in the legislature, as they are nearly all in the service of big corporations and have a brass-bound monopoly collar around their necks.
The Beaver State Herald and the Oregon City Courier are both doing valiant work for the cause of Temperance and the maintenance of law and order in this grand old commonwealth of Oregon. One of the drawbacks of the settling up of the state is the prevalence of the saloon, as people of means hesitate about bringing their families into a community where the main business seems to be guzzling beer and drinking bad whiskey. A drunken man with a revolver is a bad combination and almost certain to lead to a deed of violence and bloodshed. In these deplorable affairs some useful man with a family to support is cut off in his career of usefulness by some drunken brute whom it would have been a great blessing if he had never been born. Slowly but surely a better state of society is being cultivated and old Oregon the very first in the cause of progressive legislation will not be backward in the cause of good government.
The writer is again a grandparent, as his daughter, Mrs. Geo. L. Eaden of Logan, is the proud mother of a big bouncing baby boy, born last Thursday. This American nation—the greatest in the world—must be supplied with good sturdy American citizens to carry on the work begun by our forefathers with so much sacrifice and toil. Let not greed, avarice and low animal cunning take and usurp the place of patriotism, honor and genuine zeal for love of country in this beloved land of America.
This is not Germany, nor Russia, nor England, nor—thank God—Mexico, where kingcraft and priestcraft rule, but the land of Washington, Jefferson, Franklin, Jackson, Lincoln and Grant, not one of whom was a bigot or a fanatic.
All honor to our valiant little Governor who is not afraid to talk up to evildoers and grafters no matter how big and rich they are. The big land irrigation swindlers were called down mighty hard last week. Any easy living without hard work.
Mount Hood lilies, which thrive and bloom everywhere, as they have been sent all over the country, are the most fragrant and beautiful lilies to be found anywhere. Almost snow-white at first, like the mountain in the morning, they turn pink later on like the mountain at sunset. Sent to any person's address in the state, post paid, for 10 to 15 cents, according to size.
Roy Mitchell of Sandy went through town one day last week packing a big five-pointed buck that he shot near Government Camp. This deer was rolling fat and will make a mighty good feast for somebody.
Dave Douglas returned from a hunting trip in the mountains near Government Camp last Friday with a big seven-pointed buck that dressed 225 pounds. The fat on this animal's ribs was two inches thick and it probably was the finest one that has been killed this season.
Trapping skunks is quite profitable down around Monmouth, and it might be practiced here, as Mr. Banta caught one every night four nights, in succession. There seems to have been a great crop of them this year.

GRESHAM
r and Mrs. Sabin Alexander, of the Dalles, visited Mr and Mrs. Paris, recently.
Arza Smith has gone to Eastern Washington to visit relatives.
The annual Hallowe'en social given by the Gresham Library Association last Saturday evening was a decided success and netted the association a good sum.
Benjamin Cameron, recently of North Dakota, has been elected President of the Bank of Gresham and has assumed his duties in the bank. Mr. Cameron purchased the interests of J. M. Short and John Sieret. O. A. Eastman retains his interests and position as cashier.
John Selert has purchased a half acre in Wallula Heights addition.
Misses Bessie Osborne and Maude Michel and Mrs. S. R. Bradford visited at the home of Mrs. Robt. Lansdowne, at Pleasant Home, last Friday and attended the Hallowe'en social given at Pleasant Home.
John J. Thomas died at the home of his father, Mr. O. Thomas, last Saturday noon. Mr. Thomas was a fine musician and had been playing in Sacramento, California, for a number of years. He was brought to his father's home here last month in a serious condition suffering from cancer.
He was 37 years old and unmarried. He leaves to mourn his loss his aged father and mother, Mr. and Mrs. O. Thomas, and three brothers and one sister, Ezra M., B. W. and Miss Mabel Thomas, all of Gresham and Harry Thomas, of Sandy. The funeral was held Monday afternoon at 2 o'clock. Interment was in Gresham cemetery. Rev. M. T. Wire of the M. E. Church officiating.
Mrs. James Elkington who has been visiting relatives in Minnesota, returned to her home here last Friday.
Jas. Lawrence who has just returned from Manzanita Beach, brought some fine huckleberries home with him. He says they will be ripening until Christmas down there.
Gresham had a warm election on the local option question last Tuesday. The result being in favor of Prohibition by 46 votes. The judges who served during the day were W. H. Bond, E. C. Lindsey and D. M. Roberts and the clerks were, Roy Kern, Burt Hoss and Geo. Metzger. Those serving at night were, judges, B. W. Emery, J. N. Farris and Geo. Leslie, and clerks, S. E. Toepelman, Lewis Shattuck and H. E. Davis.
Mrs. L. T. Lusted and Miss Inez Lusted visited H. L. Lusted and family at Lents last week.
The plate glass window on the north side of R. R. Carlson's store was broken into Sunday by some boys who were playing ball. They will make good all damage, about \$25.

A SWEET CLOVER PICNIC.
A "sweet clover" picnic was held the other day at a farm in southern Iowa. Two hundred acres of this farm are devoted to the growing of this legume which until recently has been considered in the light of a worthless road side weed. The picnic was timed for the day when the crop was to be cut, and there were present, besides many farmers of the country adjacent, editors of agricultural papers and representatives of more than one state experiment station. The crop was a very thrifty one and was cut for seed. Experiments in the feeding of sweet clover as pasture and hay seem to show that when stock get used to it they eat it readily and do well on it. As a soil renovator it is the equal of alfalfa and other clovers and has this advantage, that it grows thriftily on the thinnest and most unpromising kinds of soil.
A bit of news comes from the celebrated apple valley, Wenatchee, Wash., that orchard owners over the country should be interested in this. It is to the effect that milk from a cow that had grazed in an orchard recently sprayed with arsenate of lead is credited with the death of three babies and may cause the death of two more that drank of it. The little folks were treated for dysentery at first, and it was not until the cow died that the real cause of the trouble was ascertained. Precautions are being taken to prevent other children from being poisoned in the same manner.
The drought which has been blasting the corn crop in the great southwest during the past four weeks is expressed in terms of the government's crop report in very definite fashion. The condition of the corn crop in Kansas on July 1 was 81 per cent, while on Aug. 1 it had slumped to 30 per cent. In Nebraska the slump was from 91 to 67 per cent; in Missouri, from 85 to 70 per cent; in Oklahoma, from 87 to 44 per cent, while in Texas and Iowa the condition of the crop fell off four points and in Illinois eleven points. The reduction for the entire corn belt is put at 11 per cent, or approximately 328,000,000 bushels.

A Gentle and Effective Laxative
A mild, gentle and effective laxative is what people demand when suffering from constipation. Thousands swear by Dr. King's New Life Pills. Hugh Tallman, of San Antonio, Tex. writes: "They are, beyond question, the best pills my wife and I have ever taken." They never cause pain. Price 25c. at druggists, or by mail.
H. E. BUCKLEN & CO., PHILADELPHIA OR ST. LOUIS

WHAT, WHEN AND HOW TO EAT

Many Things That People Do That Seriously Injure Their Health.
By EUGENE CHRISTIAN, F. S. D.
(Copyright, 1913, by American Press Association.)

FROM the way people cling to life, from the measures they adopt to avoid disease, one would think that their most profound study would be the laws that would make them healthy and extend their period of life, but when we examine their habits, when we put the conduct of the human family beneath the searchlight of science, we find that most of the things they do tend toward shortening their life period and toward the production of disease. This is rather a gloomy aspect of the question, but it is true.

The dreamy optimist who can see sunshine through the darkest cloud is not always the best friend to humanity; neither is the pessimist who sees nothing but the cloud, but the true friend of humanity is the one who can stand midway between and see the facts as they exist and tell them in plain language and thereby relieve suffering and aid in extending our period on earth. This is what I have endeavored to do.

As stated in one of my previous articles, man gets his growth at about twenty-four years and dies at little less than thirty-nine. If he should live eight times his period of maturity, as do all other animals, his period of life would be about 200 years. The fact that he does not do this is evidence conclusive that there is some-



TOO FAT FOR HEART TO WORK WITH PROPER EASE.

thing wrong that he is committing some fundamental error that is shortening his life and rendering him less able to enjoy the time he does live. The purpose of this article is to point out some of these mistakes and suggest a few remedies.

Wrong Eating.
Man is by nature a vegetarian. From this healthy and natural custom, however, he has departed and preys like a wild beast upon his brother animals. When we take the flesh of another animal into our bodies we must take in the uric acid, the toxic carbon dioxide and carbon monoxide poisons that reside in all flesh food. This adds greatly to the same poisons that are residual in our own bodies. Inability of the system to throw off these poisons causes disease and shortens life.
Instead of studying our diet as we would our business and balancing our food as we would our cash, we eat at haphazard. It is a system of guesswork. The most skillful mechanics and the most learned of our population are called upon to construct our houses and machinery, to cut and make our clothes, but the most ignorant of our population lay out our diet.
The city people are fed from subcellars. The food is selected, prepared and combined by uneducated persons, who neither know nor care anything about the harmonious chemistry of the things they serve. The one primary object is to appeal to the taste, which causes people to eat more than they should.

Food Should Suit Age.
Bread is the great American staple of diet and yet cereal starch—that is, everything made out of corn, wheat, rye, oats, barley or rice—is the most

difficult of all foods to digest and convert into energy. Food should suit age.
These cereal products are composed largely of starch. The principal purpose of starch is to make bone, cartilage and teeth. When a person is grown, middle aged or old he needs but very little of these foods, and yet starch composes probably 50 per cent of the human diet. Inability of the body, therefore, to cast out this great excess of unused matter is the cause of a tremendous amount of disease, such as stomach and intestinal fermentation, intestinal gas, rheumatism, Bright's disease, sclerosis of the arteries and liver and consequent nervousness and insomnia. A book could be written upon the evil effects of cereal starch and the subject would not be exhausted.
The overconsumption of acid fruits is another fundamental error in nutrition. If we were living in the tropics, where the pores of the skin were constantly open, the body could eliminate and volatilize a great deal of acid, but in our northern climate such articles as grape fruit, lemons, limes, pineapple, apricots and all sour fruits should never be taken except in exceedingly hot weather. When taken at other times the tendency is to ferment other foods, crystallize the starch atom, which makes the blood crystal, which in its turn makes rheumatism, gout, lumbago, knotted hands and feet, stiffness and premature old age.
The overconsumption of sweets is another mistake in our diet. The carbohydrate (starch and sugar) element is prominent in nearly all of our foods, and when we add to this pure concentrated cane sugar in any quantity, especially in the hundreds of combinations which compose the desserts on the average table, we are burdening the digestion and assimilation of our food and especially the elimination of waste. The failure of the body to utilize sweets and throw off the excess is a most prolific source of disease.

Overeating.
Overeating is one of the greatest errors of civilized people. There is nothing more conducive to this habit than the average "good dinner," composed of six to a dozen courses. We eat all that we should of probably some good, plain food; then we change from one thing to another, appealing to a different set of taste buds with each change, until we have laden the stomach with twice or perhaps three times as much food as the body needs.
If the stomach cannot dispose of it indigestion, fermentation and sour stomach result. This poisons every ounce of food that passes through the intestinal tract. If the stomach can dispose of it and it is taken into the cells we become superfat, laden with adipose tissue that we do not need and that possesses no item of strength to its own support. It is as much a burden as carrying so much brick on our shoulders day in and day out.
The surplus fat accumulates around the vital organs, limiting the capacity of the lungs to purify the blood. It also accumulates around the heart, making the action of that much overworked organ more and more difficult. This is why fat people have no endurance and often fall down with vertigo and dizziness.
Endurance is measured almost entirely by the ability of the lungs to oxidize and purify the blood.

Wrong Drinking.
In addition to man's "civilized" errors in eating, he has made nearly as many mistakes in his drinking habits. Pure water, designed by nature as the great universal solvent, the helper, the digester of foods, the maker of good blood, is the last thing man seems to want to drink. Instead of this purifying, life giving beverage, he takes whiskey, brandy, cordial, rum, gin, beer, wine of a hundred kinds, fermented grape juice and the hundreds of soda fountain concoctions, bubbling, sparkling vichies, sharp tasting carbonated waters, anything and everything except the pure article.
In addition to these mistakes the old dieticians have told him for a hundred years not to drink with his meals, the hypostasis of these good old teachers being that water diluted the gastric juice. Modern science shows that this is the very thing that should be done; that man does not take enough water with his food.
The normal human body is composed of 66 per cent water, and the average meal is composed of only 25 to 30 per cent water. If this difference is not made up by drinking pure water, then the stomach calls to its aid a large amount of gastric juice, which robs the body of its normal amount of moisture and sours and ferments the food. Every meal, therefore, should be composed of 66 per cent water, but the liquid should be water, nothing but water.

Tobacco and Liquor.
The tobacco and liquor habits are probably the most universal and the most injurious vices of civilized people.
Liquor is a stimulant that not only dethrones the reason, but poisons the body, and thus the heart action is quickened in the effort of nature to oxidize and cast out these poisons, while tobacco is a sedative which paralyzes, as it were, and slows down the action of the heart and the general circulatory and vital processes.
All the mistakes and errors above recited are difficult, troublesome, expensive and worse than useless. Man's health would be as much superior to what it now is as pure water is superior to beer and whisky if he would obey the simple laws of his organization, and his period of life would gradually increase until in a few generations he could live out his natural period of 200 years if he would obey the three great fundamental laws of life—natural eating, natural exercise and natural breathing.