Inspiration Miscellany

Love or Hate?

Is your life controlled more largely by your likes, your loves or by your distikes, your hates? asks a writer in the Christian Herald. It would be wall to think about this searchingly. Malice, envy, resentment, hard

thoughts of any sort, poison first the heart in which they originate. They make a brackish, unbealthful pool, where all kinds of bad mental conditions will generate.

It is only in our loves that we really

What we hate is dead to us, and the wider the range of our bates the narrower our lives.

It is a beautiful belief that every kindly act, word, thought or impulse continues in its influence forever. brightening and sweetening the world, and that every evil deed or thought permanently destroys a part of the sum total of human happiness. Certainly this is the effect upon the life to which the thought originates. Every thought elevates or lowers, purifies

Love thoughts are wings. Hate thoughts are weights.

Your own feeling is reflected back to you 'rom others. If you give love you ge's love. It is one of the things the more of which you give the more you have. Love is born a twin and cannot exist without its counterpart. It is your own attitude that attracts or repels others. According as we love or bale, we surround ourselves with an atmosphere of inviting sweetness or ourse in with a barbed wire fence. People are lovely to you or nateful, just as you love them or hate them. This is not mere seeming, but

one of the truest actualities in the Lore is the light in which we see and live. Hates are malarial mists in which

blindly grope and miserably die. Man's Weakness.

It is because men are prone to be partial toward those they love, unjust towned those they hate, servile toward those above them, arrogant to those below them and either harsh or overindulgent to those in poverty and distress that it is so difficult to find any one capable of exercising a sound judgment with respect to the qualities of others.-Confucius.

A College Education

Dean Holmes of the Pennsylvania State college, after spending months gathering statistics and reducing them to orderly form, has discovered that the money value of four years at college is \$20,000, or a financial return of \$5,000 for every year so spent.

Dean Holmes' investigations reveal the fact, which at first seems a little disconcerting to the advocates of university training, that the average earnings of a bachelor of arts amount to \$1,187 a year, not quite \$25 a week. But the situation brightens for the colleges when we learn that the average earnings of the noncollege man are only \$518, not \$10 a week.

The difference between these two sum is \$060 and since the average man lives thirty years after leaving college his financial reward for four years of more or less arduous undergraduate toll is evidently something more than \$20,000 .- World's Work.

Politeness.

Politeness is perhaps instinctive with some, but with the majority it is a matter of training, of the slow and careful discipline of voice and eye and carriage. Under this training all the angles of personal vanity and self consciousness are rubbed off, the person becomes adorned with grace, ease, gentleness and simplicity, and what may seem to the untrained observer as the perfection of naturalness may be simply the perfection of culture.

Mistaken Duty.

See your duty clearly and honestly before you act. People are very often heard to say, "I thought it my duty to do such a thing." It too frequently happens that what they thought it their duty to do was some miscmet which lay miles out of their way. At a rate computation fully one-half of the bad things, done out of the ranks of the avowedly vicious are done under the

Home Cookery

Scotch Broth.

Three pounds of mutton from fore quarter, two quarts of cold water, onehalf tablespoonful of salt, one-quarter teaspoonful of perper, one small onion, one-half cupful each of carrots and turnips cut in small cubes, two tablespoonfuls of flour, three tablespoonfuls of pearl barley. Wash meat, remove

Local News Items

The best show at the Gem tonight

Clothes cleaned and pressed.

Parent-Teachers meeting at the

school house next Tue sday night. The Maccabees held an open meeting and smoker last night.

and other bakery goods, every stop feeding this army of worth- Hattie Wood were Dallas visitors day, at the Falls City Bakery.

A large crowd was in attendance.

A. B. Clement left left Thursday for Portland to enlist in the Aviation Corps.

Wanted-To exchange Salem and Portland property for Falls City property. Phone 77.

Saturday afternoon 2 till 4:30.

clothing of all kinds.

Mr. Z. Batourney received a

Phone 77.

"Woman's work in the war."

Some money was found by C. J. scrapbooks for the boys. Pugh which can be had by owner Two letters of thanks from boys suits and dresses at Mrs. Gregory proving property.

in town Monday.

Born Wednesday night, to Mr. and Mrs. William D. Wood, a 9 pound boy.

Mr. and Mrs. Hubert Newman and Mrs. Clark Travis of Caldwell, Idaho are visiting relatives in the flag.

Miss Mary Hammond went to for the Honor Guard Magazine. Black Rock Thursday.

skin and fat and cut meat in small pieces; add water, seasonings, vegetables, barley and four mixed with a little cold water. Cook slowly from six to eight hours. As water evaporates add enough to make up for that lost by evaporation.

Fine In the Apple Season.

with a rich biscuit crust. Pare and core enough apples to fill to the top of crust when sliced. Season with cinnamon and sugar. Add a little water to make some juicy sauce, but not enough 1st. Vice-Pres. - Gwen Mickalson to make it soggy. Cover with more crust, piercing to allow the steam to escape. The crust when baked should 3d Vice-Pres. - Louis Brown be about half inch thick. If the dough is patted out instead of rolled it is not so apt to be tough.

Stuffed Peppers. Grind a pound of lean beef and onehalf pound of pock or veal, mix with three tablespoonfuls uncooked rice, pepper, salt, a chopped onion and a tablespoonful of fat or butter. Clean the peppers, take out the seeds and fill them with this mixture, then strain a can of tomatoes late a stewpan, add a pinch of sugar and salt and simmer the peppers for two hours in this. When done thicken the sauce with a little

Berry Mold.

Take a stale loaf of bread, cut in thin slices and spread lightly with butter. Stew a scant quart of small sweet berries of any kind and when soft add sugar to taste. In a deep dish put a layer of the bread, pour over a quantity of the boiling mixture, then add more bread and fruit until all has been used. Cool, set on the ice and serve very cold with a little whipped cream.

Getting Juice From Lemons. If lemons are dried and do not seem to contain much juice just pour boiling water over them and let them stand until the water is cold. You will be surprised at the amount of juice they contain, and the juice is not weakened by the water.

WANTS TO KNOW WHAT'S BECOME OF THE "DOG LAW"

Editor of the News,

Do you have any idea why the dog law that was passed some time ago is not enforced against Wm. Bohle. these worthless curs that are runaing around town.

I, for one, demand that the City Marshal will sally forth and make observations and report.

There is no use to put a good and much needed law as this on our statute books and then let it Fresh Bread, Cakes, Cookies, Pies become obsolete. I say let us "Mrs. Z. Batourney and Mrs.

> Respectfully Yours. A Citizen.

LOCAL HONOR GUARD AT WORK

Last Monday night the Honor Guard girls had a lively and jolly The Public Library will be open time at the home of one of the members, Mabel Teal.

The girls are not contented to Mrs. Gregory Store in Dallas drop their enthusiasm after sendis the best place to buy ladies ing the Christmas boxes to Our assisting in the cook house. Boyr but are going ahead with their invaluable work.

As the roll was called each message from Portland Thursday member responded with prudent apprising him of the death of his suggestions for future work. One suggestion was to make a large service flag and embroider the Want to exchange Auto for real name of each boy of Falls City in suffering with bad colds. service in a star: They also intend to make a flag for each fam-Mrs. Jermie Kemp will address ily who has a brother or son in the ladies of Falls City Jan. 19 on the Army or Navy. Work on these will begin next meeting

The girls are also going to make in Falls City.

who received Christmas packages Store at Dallas. from them were read, which crea-Chas. Ryan of Bridgeport was ted in the girls a new desire to keep their work progressing.

> at the recent entertainment gived ness. by the Honor Guard, so after the Christmas boxes were paid for boarding at the cook house again. there was left a remainder of \$10. With this they are going to make Falls City Saturday delivering

The Misses Sybil Wilson and Lavita Howell were chosen editors

Corn popping over the fireplace which they went home.

The Junior League under the direction of Miss Hammond, held a reception at the church Tuesday Line the sides only of a baking dish eve. Officers were elected for the year as follows:

Pres.-Clair Brown 2d Vice-Pres. - Iva Newman 4th Vice-Pres. - Ara Lane. Treas. - Paul Starr Sec.-Coral Howell Organist-Opal Ward Asst. Organist-Viola Lane.

Dr. Hollowell, the Chiropractic, has changed the hours of his visits to this city from afternoon to morning. Until further notice he in Black Rock. will be at the Falls City Hotel on Monday, Wednesday and Friday Thursday on account of illness. of each week from 9:00 a. m. to 1:00 p. m.

Btate of Ohio, city of Toledo, Lucas County,
Frank J. Cheney makes oath that he is senior partner of the firm of F. J. Cheney & Co., doing business in the City of Toledo, County and State aforesaid, and that said firm will pay the sum of ONE HUNDRED DOLLARS for each and every case of Catarrh that cannot be cured

ery case of Catarrh that cannot be cured by the use of HALL'S CATARRH CURE. FRANK J. CHENEY. Sworn to before me and subscribed in my presence, this 6th day of December.

(Seal)

A. W. GLEASON.
Notary Public.
Hall's Catarrh Cure is taken internally
ind acts directly upon the blood and muous surfaces of the system. Send for
estimonials. J. CHENEY & CO., Toledo, O.

RED CROSS WORK

The Falls City Auxiliary of the Red Cross have sent into headquarter as follows:

Wrapping surg. dressin	g	1 rol
Four-tailed binders		32
Many-tailed binders	-	67
Abdominal binders	-	129
Triangular slings	-	198
Hemmed handkerchiefs		165
Unhemmed "		34
Napkins		30
Knitted wash cloths	-	17
Socks, pairs		17
. 17		

Thursday.

There was no mail from Salem or Portland Thursday morning on account of a freight car getting off the track east of Dallas.

POWELL'S CAMP

The Austrian grading crew is back working on a new contract of about two miles of new rail

Miss Victoria Wilson is back

Mr. Powell has a new gasolene

One of the timberfallers is quite lame, due to a sprain caused from jumping from a spring board.

Quite a number of the men are

Mrs. Miller returned Fciday to her work in the cook house.

Mrs. Anderson came up last week after spending over a 'week

Big reduction on ladies' coats,

Mr. and Mrs. H. C. Cox were in

Black Rock and Falls City the Forty-five dollars was cleared latter part of last week, on busi-

A crew of sixty men are now

Mrs. N. F. Newhouse was in dress goods ordered of her.

BLACK ROCK ITEMS

Mrs. W. T. Wallace of Black was enjoyed by the girls after Rock, who has been in the Dallas hospital, was brought back to her home Thursday, January 10.

> Mrs. B. R. Bly was a Dallas visitor on Thursday.

Most of the large girls of the Black Rock school are taking music lessons.

Lora Hawk has started to work at Holt's camp.

Monmouth Saturday where he the Palmer pins. will enter high school.

Special bargains in waists, schol are learning to crochet. corsets and petticoats at Mrs. Gregory Store at Dallas.

three or four days this week and grades in school. Fay Hughes took her place at Balderree's lower cook house.

Mr. and Mrs. E. J. Hunter of

George Graves went home from

The Red Cross meets on Friday afternoon at the home of Mrs.

Mr. F. M. Parish, an S. P. Ry. conductor, visited with his sisterin-law, Mrs. W. C. Bullis, Saturday and Sunday.

Quite a numder of Red Cross Pins were received in Black Rock.

Thursday, ar a result of the Christmas Drive for members, seven of the children are members and are proud to display their

Food Is Valuable DON'T WASTE

SAVE YOUR MONEY FOR WORTHY ARMY NEEDS

During our January Clearance Sale you can make considerable saving.

A FEW PRICES NOW EFFECTIVE

Meco, a high grade standar	d co	rn,	pe	r can	15c
Canned Hominy, per can					15c
Vim, hard wheat flour, per	sacl				\$2.85
Drifted Snow, hard wheat f					2.85
Portland, hard wheat flour		-			2.75
Ladies' 30c hose, Sale					22c
Childrens' 30c hose, Sale					22c
Ladies' dust caps, on sale					10c
Corset Covers, on sale			-		19c
Wash Cloths					5c
Ladies hats on sale					
Remnants on sale					

SELIG'S. Cash Price Store,

things now for less.

Ladies' Dress Shoes on sale, and numerous other

"Meeting and Beating Competition".

YOU START AT ZERO

We all start out in life from Zero mark. It is uphill all the way. The higher we go the more we are looked up to. The man who attains success must take himself seriously, look to his own interests and conserve his strength, wealth and ability. Many people are depositing their money with this bank, paying by check, and furthering their own interests, thereby raising their marks high above zero on the gauge of life

BANK OF FALLS CITY.

commissary at his lower camp. It is the Chief Guardian, Miss Ken-

All of the pupils of the Black Rock school are practicing Palmer Paul Sayre will leave here for Writing. They are working for three days of last week on account

The girls of the Black Rock

The high school consisting of five pupils has been thrown out, Ruby Crowley was quite ill for so we now have just the eight

Mrs. R. P. Price left B'lk Rock on Wednesday to make a visit with relatives in southern Oregon. Cloverdale are visiting relatives She expects to stay about two

SCHOOL NOTES

News of the 7th and 8th Grades

Miss Violet DeWitt was enstalled in the junior high school in the 8th grade Monday.

A Student Body meeting was held Friday to elect officers. The following people were elected:

Reba Powers, pres. Edwin Horn, vice-pres. Eleanor Dueltgen, sec-treas. Ruth Haven, editor

The girls of the junior high meatless dishes and soups. school met at Mr. Lowe's home Friday evening and orghnized Best of the season.

Balderree is putting up a new Tthe Camp Fire Girls. Mrs. Lowe will be celebrated by a big dance. nard, assistant Guardian and Mildred Grant Treasurer.

of illness.

Clarence Yount was absent

Harold Atwood was absent from school Monday.

A Student Body meeting was held Monday to elect leaders to take Evelyn Johnson's place in the Literary Society and the gymnasium committee. Grace Hastings was elected leader in the literary work and Velma Goodspeed was elected to fill the vacancy on the gymnasium committee.

The high school was divided into two divisions, having Grace Hastings and Eugene Starr for leaders. Every two weeks one side is to give a program.

We have two new students in his h school, Pearl Burten, a freshman and George Wagner, a postgraduate.

The soup kitchen is now in progress. It is called a soup kitchen but all kinds of goodies are served as salads, delicious sandwitches,

Watch for the high school play.