

FOREST GROVE PRESS
G. Edwin Secour, Managing Editor.

THE PRESS PUBLISHING CO.
FOREST GROVE, ORE.

TELEPHONES:
OFFICE 502 RESIDENCE 397

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Three months, in advance..... .50

THURSDAY, MARCH 6, 1913.

Display advertisements for publication in the Press must be in this office not later than Tuesday evening to insure appearance in current issue

Entered at the post office at Forest Grove, Ore. as mail matter of the second class.

The chicken yard you always know is there—because the roosters crow.

Don't you ever believe that every knock is a boost; but every failure to boost is a knock.

The time when an efficient housewife can afford to overlook the ads has gone by—not to ever recur again!

"Every day will be Sunday bye and bye" so what's the use of worrying. If you think the hand of every man is turned against you, go out and grab it, pull it toward you, and start things coming in the right direction.

Now that the school district has voted to issue bonds to the amount of \$35,000 to pay for the construction of a new school building, pull together and see that the building is representative in every way of the prosperity and advancement of Forest Grove.

A gentleman came into the Press office last Thursday to pay an advertising bill, and because we refused to make a cut rate, insisted on discontinuing his subscription. The Press has but one rate for advertising and absolutely will not make "fish of the one and fowl of the other," regardless of how many dyspeptics register a kick. We can't help it if your dinner fails to set well.

There is a golden opportunity in this city awaiting the advent of sufficient capital to develop it. It will take a small amount of nerve, considerable brains, good business judgment, a knowledge of efficient management and a large sum of money to realize upon this opportunity. The right man can get full particulars by calling upon the editor, who believes he can "put him next" to a small-sized mint. If we had fifty thou we would grab it ourselves.

Debt rolls a man over and over, binding hand and foot, letting him hang upon the fatal mesh, until the long legged interest devours him. There is but one thing like it and that is the Canadian thistle which swarms new plants every time you break its roots, whose blossoms are prolific, and every flower the father of a million seeds; every leaf is an awl, every branch a spear, and every plant a platoon of bayonets, and a field of them like an armed host. The whole plant is a tormented vegetable curse, and yet one had better make his bed of Canadian thistles than attempt to be at ease on interest.

The coming of Captain C. P. McCan to Forest Grove with one of the greatest stables of harness horses on the Pacific coast should be looked upon by every live citizen as a bit of good fortune of the richest character. The reopening of the local half-mile track, under the efficient management of a man of Captain McCan's calibre, means added prosperity and greater business to every merchant of the city. The butcher, the grocer, the druggist, the drygoods man, the

Don't work for a bigger town merely—work for a better town.

grain man, the feedman, the dairyman, yes, and the farmer, will all benefit by the choice of Captain McCan of Forest Grove as a place of residence and as the place for the establishing of his great stock farm. Men like Captain McCan are a welcome addition to any community, and the glad hand should be right heartily extended him by Forest Grove.

The prudent and economical housewife, once called "bargain hunter," makes her ad reading the most profitable work done in behalf of her home by any member of the family circle. For it is harder to save than to earn—and requires just as high a sort of "business ability."

If you notice that some particular merchant is doing more advertising nowadays than formerly, it means that he has "made good" on his previous advertising. The store that prospers through advertising has emerged from "the publicity test"—a winner! And this means that it has been profitable to you, personally, to watch that store's ads—and that it will be so in even larger measure, in the future.

The Fourth "R".

Prof. W. M. Proctor, Superintendent of the Forest Grove Public schools, recently spoke from the pulpit of the Methodist church upon "The Fourth 'R' in Education." Prof. Proctor stated that "Reading, 'Riting,' and 'Rithmetic" were at one time considered the fundamental "Three Rs" of education, and then proceeded to elaborate upon the "Fourth R". In other words, "Right Living." Prof. Proctor said in Part: "All the subjects in the curriculum should be taught with a view to their influence on character. Right relations to family, to society, to one's country, and in business, should constitute the indirect result of all teaching in the public schools. The best means of insuring the proper teaching of the 'Fourth R' is by having only the best teachers in all departments of school work, and the most thorough co-operation between parents and teachers in all matters pertaining to the schools." A few truths which are heartily endorsed by the Press.

Influence and Example.

Every community ought to exemplify the enterprise and energy of its most progressive citizens. The wide-awake citizen ought to see the importance of devoting a share of his time to the public service in aid of his community.

Public spirit characterizes the modern successful business man. He realizes that he is indebted to the community in which he has attained his success, and that the best and most practical method of meeting his obligation to the community is to take an active interest in community affairs.

Activities of the disreputable elements in any community are in inverse proportion to the indifference of the respectable citizens. The effect of good example is salutary in the community as well as in the family.

Moreover, when the citizens of wide influence—the bankers and merchants—take active part in community development the less influential are easily induced to do likewise, for they can be made to see that their aid and influence are important. Though their sphere of influence is less extensive their voice and example are potent, perhaps more so than their more prosperous neighbors would be in the same sphere.

No one's interests are too small to warrant engaging in the work of community building. The great strength of the American army is said to be due to the



The Press Poultry Department

Conducted by H. S. Canon, Magalia, Calif.

Send questions for this department direct to Mr. Canon to insure prompt answers.

Talks on Feeding.

Proper feeding of fowls is a simple or complex proposition, depending on the size of the flock.

The man who keeps a dozen hens and keeps them largely on scraps from the table, which are usually rich in protein, and supplements this with a feed of grain in the evening, may know nothing about the comparative values of the various foods, yet will get good results. But as the flock increases in size, the problem of proper feeding becomes one which calls for considerable study.

Smith who runs a boarding house, keeps about 18 hens, and their feed consists of a generous supply of scraps from the table, and a little corn just before going to roost. His hens have been laying all winter.

Jones who lives just across the street keeps about ninety hens and feeds them three times a day on wheat and rolled barley thrown on the ground, and about the only exercise they get is picking up their grain. He gets about two, sometimes as high as four eggs a day. Now they kill a fowl for the table occasionally, and he knows that those hens are rolling in fat, yet when he learns that Smith is feeding his hens corn and getting eggs, he rushes to the feed store and buys a sack of corn to feed his already overfat hens in the vain hope that it will make them lay!

That shows how much thought some people give to the feeding question.

Of course any one can follow formulas for feeding and get good results, but as I have said before, it is best to know why we do things, instead of merely knowing how to do them.

In order to understand the problem of feed for best results we must first understand what the various feeds are composed of, and the amount of each element to be found in each.

Nearly all foods contain five elements in varying degrees, viz., water, protein, carbohydrates, ash or mineral water, and fat. Now of all these, protein is the most valuable. In fact the protein content practically establishes the value of a food. For instance, wheat and corn contain nearly the same amount of protein, and are priced about the same.

Leguminous seeds, such as Canada peas, cow peas, beans, etc., contain a much larger per cent of protein, and are higher in price. Beef scraps and meat meal contain about the same amount of protein as the legumes, and are usually about the same price.

Animal protein as found in beef scrap and meat meal, and in the natural state in bugs and

fact that each soldier is an officer. So when each and every citizen is working in community building nothing can long retard its progress.

Preparing for Trouble.

There is a tendency among some of us to spend as fast as we obtain; to take no thought of the morrow.

Almost inevitably it brings suffering. The profligate of the present is the pauper of the future. The man who has no sickness in his family, no reverses in his business, no interruption in his income, is experiencing life at par. He is getting the full 100 per cent.

But 100 per cent isn't the average. Somebody is having trouble. Disease and death are creeping into some men's homes, disaster into some men's busi-

ness. Ultimately, it is pretty certain, by the great law of averages, to hit us somewhere. The man who is experiencing none of these troubles is both lucky and exceptional. The exception is a poor thing to bet on.

Fowls on free range will, in spring and summer find a considerable amount of food rich in protein, and can be given a wider ration than fowls in confinement.

Carbohydrates, the second in importance, are used almost entirely in producing energy and heat. It is found in largest quantities in starchy and sugary foods, and it was for a long time thought that carbohydrates were fat producing, but demonstrations prove that fowls fed on rations rich in carbohydrates and deficient in fats will not take on fat. However, if the ration be rich in both carbohydrates and fats, the carbohydrates will be used up in heat and energy, and the fats stored for future conversion into heat and energy. This proves pretty conclusively that carbohydrates cannot be stored in the form of adipose tissue, and fowls fed on a ration rich in carbohydrates soon become afflicted with liver disorder.

The ash or mineral element is valuable in forming bone tissue, and in the formation of egg shells. Hence any food having a considerable ash content is particularly desirable for growing stock and laying hens.

In calculating the nutritive value of a ration, the fat is figured as having the value of 2 1-2 times that of the carbohydrates, and the sum of the percentage of the carbohydrates and 2 1-2 times the percentage of fats is divided by the percentage of protein, and expressed as a ratio of one part protein to the resulting proportion of fats and carbohydrates.

Thus, wheat containing 11.9 per cent protein and 71.9 per cent carbohydrates, and 2.1 per cent fat, to find the ratio, multiply the fat content by 2 1-2 which gives 5.25; add this to the carbohydrates 71.9 and we have the full value of the heat and energy producing elements. The protein content is 11.9, and by dividing 71.9 plus 5.25 we get as a dividend of 6.5 plus, and means that the ration contains 6 1-2 times as much fat and carbohydrates as protein. It is written 1:6.5 or 1:6 1-2, and is too wide a ration for fowls in confinement, especially here on the coast where the weather is warm all the year, and comparatively little food is used in producing heat.

A properly balanced ration for fowls in confinement is about 1 part protein to 4 parts carbohydrates and fats, and is expressed 1:4.

(Continued next week).

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Physician and Surgeon
Calls answered day and night
Office in Jackson Pharmacy
Cornelius, Ore.

W. B. COON, V. S.
OFFICE ON 1ST ST.
Between Pacific and 1st Ave. S.
Having bought out Dr. Feeley, Veterinarian, I wish to notify the public that I am prepared to answer all calls, day or night.
Phone Main 95 FOREST GROVE, ORE

Dr. D. W. Ward
Dr. E. B. Brookbank
Physicians and Surgeons
22 First Ave. North
Phone: Office 40x Residence 402
Forest Grove, Ore.

H. W. Vollmer, M. D.
Physician and Surgeon
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Both Phones Forest Grove, Ogn.

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J. O. Robb, M. B. Tor.
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Phone City 384
Rooms 4 and 5, Schulmerich Bldg.
Hillsboro, Ore.

Start Right on Home Building
and you will save a lot of trouble, worry and money. Much depends on the proper selection of your lumber—Strong, durable dimension and joist, good, smooth siding that will take and hold paint, sound shingles and smooth flooring, end matched and hollow backed, guaranteed to lay close.

There are a lot of things we can help you with that will make your home a haven of contentment. Let's talk it over.

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