

RURAL ENTERPRISE
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By Wm. H. Wheeler

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CANCER
Dr. Arbuthnot, the most noted English cancer specialist, writes views for the Dearborn Independent of June 20. The doctor calls attention to the alarming increase in the number of cases of the malady in recent years, it having advanced from third or fourth place among death-producing diseases to the head of the list. He also emphatically declares that no definite identification of any germ or microbe which produces cancer has been accomplished.

Dr. Arbuthnot's essay, however, is far from pessimistic. Heavers that so much has been learned by research that if the general public could be induced to learn the known facts and act upon that knowledge few cancers would develop, if any.

Cancer, he says, is actually a fifth disease. There are those who practice personal habits of cleanliness that make them appear to be models of neatness who "appear beautiful without but within are full of all uncleanness." Constipation of the bowels is one of the most prevalent causes of disease, and one of the most easily remedied. It results in the reabsorption into the blood of poisons and poison-producing waste from food, due to delay in the escape of that waste from the body.

Overeating, so common in this country, is cited, too, by the doctor as giving the digestive organs more work than they can properly perform, resulting in poisoning of the system.

It is doubtless that the average American eats too much meat. The doctor objects to any meat at all, though we have no evidence that Methuselah was a vegetarian or that the eating of meat shortened his life. Dr. Arbuthnot thinks we can fortify the citadel against cancer by avoing meat and fine flour and eating more whole wheat bread and vegetables and fresh fruit.

We note that while the diet he recommends contains excellent food value it is also conducive to the free action of those organs which eliminate waste.

Constipation can be cured in a few weeks in almost every case by drinking a sufficient quantity of pure water every day, and no thanks-or tributes-to the maker of pills.

Are the youth of today precocious? David was but a boy when he killed the giant. Joan of Arc was but a girl when she led the armies of France to victory and when the English burned her alive. Lafayette was 19, the age of many a high school boy of today, when he was made a major general in America, and Alexander Hamilton was the same age and had already won high fame then. "Quench not the spirit"—the ambition-of the boys and girls when they aim high.

The Coolidge administration has made hundreds of thousands of dollars' reduction of expense by dismissing thousands of needless employes and in almost every instance the ex-employes think a mistake has been made because he believes the government needs him and he is sure he needs the government—position.

We do not complain of that portion of our taxes which is spent judiciously on roads and education better than our fathers dreamed of, but of the portion wasted by bad management, the portion needlessly spent in salaries and the

portion which some favored class ought to pay in our stead.

It is a felony to conspire to commit a misdemeanor under federal law and Judge Taft joins other high judges in urging prohibition officers not to invoke that statute against cherubic bootleggers. "Hit 'em, but not too hard."

We have received the first number of a handsome monthly titled "Pacific Coast Travel." It is published in San Francisco and dated July, 1925. It tells much of interest to travelers in California and mentions Oregon twice.

A New York judge rules that violation of the prohibition law is "illegal but not wrong nor immoral." There are other crooks who have similar disrespect for other laws.

If Dr. Malthus had foreseen how many fools were going to drive autos he might have had less fear of a too-rapid increase in population.

To judge from the number of mountains that have recently been reported moving, there must be much faith on the earth.

Billy Sunday's denial that he descended from the monkeys would have more weight if he did not act so much like one.

For those who are just recovering from a serious illness the problem of food is a serious one. The patient, though well on the road to recovery is usually weakened by the rigors of disease and the excessive heat is wont to sap his energy. Hence, the foods that are consumed during this period should be considered carefully as to digestibility, food value, ease of assimilation, purity and sterility. These are important in any food but especially so when the consumer is not strong and healthy.

In most cases, the one who is convalescing consumes milk in large quantities. This food contains all of the elements that are essential to the body. If milk is pure and germless it is easily digested and assimilated.

Where the milk supply is uncertain or the quality not of the best, evaporated milk should be employed. It is sterile; it is just pure milk with about sixty per cent of the water removed. Its double richness may be modified, if desired, by the addition of water or it may be used just as it is, where rich, creamy dishes are desired.

Many people make the mistake of confusing evaporated milk with condensed milk. They are not at all similar in appearance, composition or taste. They cannot be used for the same purposes; condensed milk is a combination of sugar and milk; evaporated milk has no added sugar, being pure milk of double-rich quality and food value.

Following are recipes of easily prepared dishes and foods that are well suited for the invalid and the convalescent.

Loganberry Cream.
1/2 cup evaporated milk
1/2 cup water
1/2 cup loganberry juice
2 tbsp lemon juice
Pinch salt

Put all ingredients in a Mason fruit jar and shake thoroughly. Chill and serve in glasses filled 1/2 full of ice chips. Raspberry, blackberry, and cherry juice may be used instead of the loganberry.

Ice Cream.
3 tsp. cocoa
1 tsp. sugar
1/2 cup water
Pinch salt
1/2 cup evaporated milk
1/2 cup water
1/2 tsp. vanilla

Mix cocoa and sugar thoroughly and add the 1/2 cup water and boil over a low flame for 15 minutes. Soak the diluted milk and add cocoa syrup and salt. Continue cooking for 15 minutes in double boiler. Add vanilla. Chill and serve with whipped cream.

International S. S. Lesson

(By REV. F. B. FITZWATER, D.D., Dean of the Evening School, Moody Bible Institute at Chicago.)
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Lesson for July 5

THE BEGINNING OF FOREIGN MISSIONS

LESSON TEXT—Acts 13:1-12.
GOLDEN TEXT—And He said unto them, Go ye into all the world, and preach the gospel to every creature.—Mark 16:15.

PRIMARY TOPIC—Two Men Become Foreign Missionaries.
JUNIOR TOPIC—How Foreign Missions Began.
INTERMEDIATE AND SENIOR TOPIC—The Beginning of Foreign Missions.
YOUNG PEOPLE AND ADULT TOPIC—The Holy Spirit in Foreign Missions.

I. The Gifts of the Church at Antioch (v. 1).

Young as Antioch, the new religious center was, she had prophets and teachers. In Eph. 4:8-12 Paul declares that when Christ ascended He gave gifts to men for the purpose of perfecting the saints unto the work of the ministry. This shows that the church does not exist for itself, but for service to others. Christ, the head of the church, came not to be ministered to, but to minister and give His life a ransom for many (Matt. 20:28).

II. Barnabas and Saul Sent Forth (vv. 2-3).

These were the first foreign missionaries sent out. While the five ministers were praying and fasting, the Spirit of God commanded them to send forth Barnabas and Saul. The work of evangelizing the world was laid so heavily upon these men that they refrained from eating in order to seek the will of the Lord in prayer. This is the kind of fasting that meets God's approval. From the fact that they were directed to send forth those whom the Spirit called, we learn that the real call to Christ's service comes from the Spirit. The Spirit called and the church seconded the motion by sending those who were called by Him. The church should be constantly seeking the mind of the Spirit relative to the sending forth of laborers into the vineyard. The Spirit called and the church sent the very best men from the church at Antioch. These men seem to have been ready to go for they rendered instant obedience. This should be our attitude toward the Lord's work, holding ourselves in readiness for the immediate execution of His commission. Those who have received the Spirit's call are not taken by surprise when the church sets them forward to their specific work.

III. Preaching the Word of God in Cyprus (vv. 4-6).

We are not told as to why they first went to Cyprus, but we are left to infer that it was owing to the fact that it was the home of Barnabas. He was acquainted with the country and people, and could thus be assured of a respectable hearing among them. Besides it is most natural that those who have heard the good news to go with it first to their kindred and friends. Andrew first went to his brother, and the man out of whom the demons were cast was denied the pleasure of his request to follow Jesus. Christ commanded him to go home and tell what great things the Lord had done for him (Luke 8:39). As they went forth they carefully carried out their commission for they preached the Word of God, not current history, philosophy, ethics, etc. Those who are faithful to God will never preach anything but His Word. The great need today is Spirit-called, Spirit-filled men preaching God's Word. In fact Spirit-filled men will preach nothing else. The opposer of God and Christ can only be successfully met by this means.

IV. Withstood by Elymas, the Sorcerer (vv. 6-12).

Sergius Paulus, the deputy, invited Barnabas and Saul to tell him of the Word of God. Elymas maliciously sought to turn his mind from the faith. This is the first obstacle they encountered, but it was overcome through the power of the Spirit. This opposer is the same one who came to Adam in the garden of Eden, and Jesus in the wilderness. He is the enemy of God and man. He now sought to bar the gospel as it entered upon its career of the conversion of the heathen. Paul denounced him in the most scathing terms. He called him the child of the devil, denounced him as full of guile and villainy, pronouncing him the enemy of all righteousness, accusing him of perverting the right ways of the Lord. Surely a man is never more of a villain than when trying to turn a soul from the gospel.

The First Thing

God's rule is over all; and in all our perplexity, doubt, and fear, Jesus reminds us that the first thing is faith in God.—T. R. Glover.

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ABE'S PLACE

Daddy's Evening Fairy Tale

By Mary Graham Bonner. Copyrighted by Western Newspaper Union

TOMMY STARTS

Tommy was a little boy who longed to adventure. He had heard his grandfather and friends of his grandfather talk of a wonderful adventure to be had at the top of a mountain where lived a strange old man.

They had never gone all the way to see the old man for there had been a lovely half-way place where they had always stopped and had a picnic and then decided to put off the long climb until another time.

Tommy knew, for he had thought it all out, that he would only be able to get just so far at a time. In fact, they had told him so. They had told him that was the reason they had not gone further.

So he decided he would not expect a great deal to happen at once, nor to accomplish a lot in a short climb. He was willing that the progress should be slow. He knew all along the way he would enjoy himself.

It was holiday time and Tommy made up his mind that he would find the pond and the cave and he hoped he would see the old man.

Tommy's grandfather was delightedly excited over the idea. "I'll lend you the stick I used to take with me when I started on that trip—only I hope you will go all the way. Then, when you come back, you can tell me all about it." His grandfather's eyes shone at the very thought.

So bright and early one morning Tommy started off. No one went with him, for the few boys of his own age didn't like the idea of such a long, long tramp just for a sight of a pretty pond and a possible old man and a possible treasure.

"There's enough to do down by the river here not to go all that way to look for anything," they told him. "Besides that story of the treasure sounds foolish. There aren't any treasures any more."

But it all sounded so thrilling to Tommy. It was like living years and years ago, somehow, and looking for



He Raised His Stick.

things that were beautiful, and becoming friends with strange, strange creatures, and finding a treasured reward at the end. Oh, what would it matter if it was a great effort! What an adventure!

He had a blanket and a knapsack of food and his grandfather's stick. "Don't be gone too long," his grandfather had said, for his grandfather would miss him as would the other members of his family. But they all envied Tommy his great adventure. They had all dreamed of adventures themselves.

Up and up the hills he climbed, through woods and woods. After a long time when he was feeling quite weary he came to a small lake. He thought it was a very pretty lake and he wondered if it would not be fun to stop here and explore. Probably this would do as well as the other. It was a long climb here and he was quite, quite tired. But then he remembered that this was where the others had stopped.

There was a higher hill beyond this, then some woods, and then up to the top of another hill—the mountain top it was called. That was where the beautiful pond was to be found, so they had said. But now that he was feeling so tired he wondered if the pond really was there. No one had seen it. No one was really sure. Maybe the old man wasn't quite right in his mind. Maybe there was nothing there at all—no adventures to be had, no cave, no treasure, no wonderful, wonderful beauty.

He sat and thought about it, but then decided he would go on and see, though he was just a little discouraged when no one was really sure.

He had just begun to climb the next hill when he heard a hissing and a swishing in the grass.

Well, he was glad he had his stick with him. There must be no delay. Without a doubt this sound meant a snake.

And no sooner had he thought this than the snake was wriggling along ahead of him. He raised his stick—and kept it raised. Certainly the snake was showing no sign of hurting him. In fact he was timidly hurrying away. After all he was rather a pretty snake and he had almost a helpless look. How dreadful Tommy thought to himself, not to have legs and to have to move this way. He put down his stick and the snake turned around.

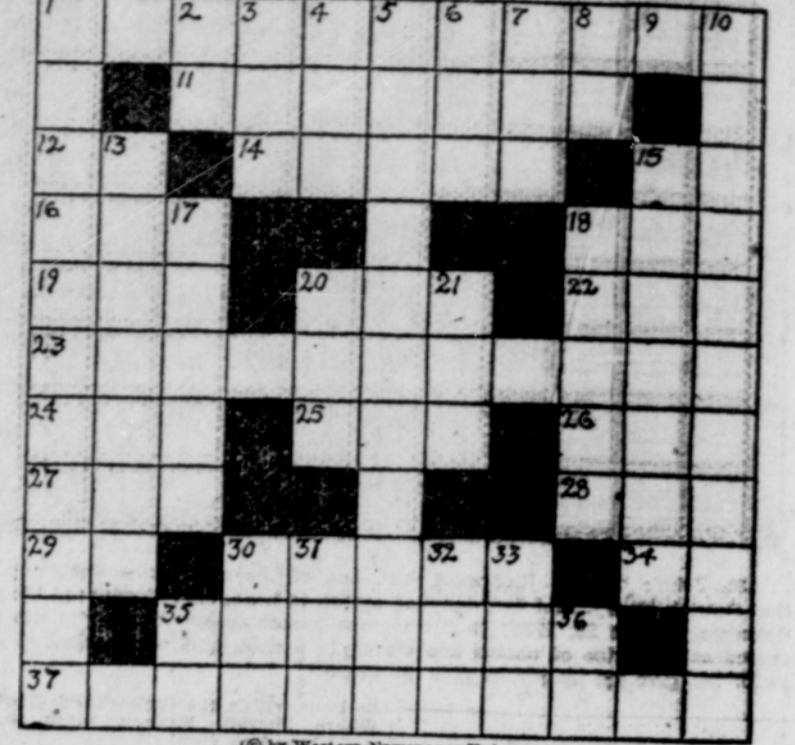
"Dear me, but that's a relief," the snake said in his funny, hissing voice. Yet Tommy could understand him perfectly.

"What's a relief?" Tommy asked.

"To think that you're a friend," the snake replied.

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CROSS-WORD PUZZLE No. 28



- Horizontal:
- 1—Proceeding from center
 - 11—Indo-Chinese people
 - 12—Toward
 - 14—Wigwam
 - 15—Part of verb "to be"
 - 16—Character in Grieg's play "Peer Gynt"
 - 18—Single
 - 19—Steamer (abbr.)
 - 20—Lad
 - 22—Large vehicle
 - 23—Mental character of an individual
 - 24—Fish eggs
 - 25—Artist's cap
 - 26—Narrow inlet
 - 27—Suffix meaning like, resembling, in the form of
 - 28—To make a certain kind of lace
 - 29—Remunerated (abbr.)
 - 30—Noted living woman opera singer
 - 34—Note of musical scale
 - 35—Full suit of plate armor
 - 37—Exclusion
- Vertical:
- 1—Sudden clamor
 - 2—Opposite points of compass
 - 3—Small horse
 - 4—Girl's name
 - 5—Earnest supplication
 - 6—Tip
 - 7—Employ
 - 8—Symbol for germanium, a metal
 - 10—Audible expression of sorrow
 - 13—Similar to bone
 - 15—Noted biblical character struck dead for lying
 - 17—Provided with weapons
 - 18—Manifest, open to view
 - 20—Wager
 - 21—Sweet potato
 - 22—Male sheep
 - 23—Blackbird of cuckoo family
 - 24—Mineral spring
 - 25—High in the scale (adj.)
 - 26—S. 14150
 - 36—Word expressing sound dog makes when you step on his tail

Solution will appear in next issue.

Solution of Puzzle No. 27.

T F
SAD WAS
SPURT BAITS
BARTER ARRAINT.
FAME CIPSY REAL
TOAD POE LAVER
ADAM D BOER
NET FOR
SECT PATOM
ACNE CAW ABED
BRAT BANAL TRAP
TRIBES REPAID
SCORE MERIT
ERG RAN
E Y

Do you know that the United States government is legally stopped from investigating the coal situation? Since 1919 the federal trade commission has been prevented by court injunction from finding out why coal worth \$1.50 brings as high as \$22.—Dearborn Independent.

Pearls for the June Bride

Glasses for evening wear and any of the numerous styles in pearls are necessary to complete the outfit of the June bride.

PEARLS! PEARLS! PEARLS!



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C. P. STAFFORD, Agent

Any Girl in Trouble
may communicate with Ensign Lee of the Salvation Army at the White Shield Home, 565 Mayfair Avenue, Portland, Oregon.
The wisest girls keep out of trouble