



When Food Sours

Lots of folks who think they have "indigestion" have only an acid condition which could be corrected in five or ten minutes. An effective anti-acid like Phillips Milk of Magnesia soon restores digestion to normal.

Phillips does away with all that sourness and gas right after meals. It prevents the distress so apt to occur two hours after eating. What a pleasant preparation to take! And how good it is for the system! Unlike a burning dose of soda—which is but temporary relief at best—Phillips Milk of Magnesia neutralizes many times its volume in acid.

Next time a hearty meal, or too rich a diet has brought on the least discomfort, try—

PHILLIPS Milk of Magnesia

Greeks First to Divide Day Into Equal Parts

It is not definitely known just how the day happened to be divided into 24 hours. At the time of the Homeric poems the day was divided into three parts—the first beginning with sunrise and comprising that part during which the light increased; the second, mid-day, during which the sun was thought to stand still, and the third period during which the atmospheric warmth increased. These divisions were later subdivided either by Anaximander or Anaximenes, who is said to have made the Greeks acquainted with the use of the Babylonian chronometer or sundial, by means of which the natural day was divided into 12 equal spaces. The earliest sundial of which we have knowledge was that of the Chaldean astronomer Berossus, who lived about 300 B. C. Its arc was divided into 12 equal parts of time. At Babylon the period from sunrise to sunset and also the period of darkness were each divided into 12 hours. According to this arrangement, the day hour was in the summer longer than the night hour and in the winter shorter. The Greeks improved upon this system by dividing the whole period into 12 equal hours.

Again

Richard, age three, is the proud possessor of a six-months-old brindle bull dog. The pup is quite mischievous and so is Richard.

The other day mother found her freshly-iced cake in a deplorable condition. Richard was burping out the door when mother baited him with: "Sonny, have you been in this cake?" He looked up innocently and sweetly said: "Mother, it's that dog again."

No Wonder

"This card you have hung in the kitchen, mum," said the suburban cook, "is too much for me. I can't make out what my nights are for."

"And no wonder, Nora. That's a time-table of suburban trains."—Exchange.

Russ Ball Blue delights the housewife. Makes clothes whiter than snow. At your Grocer's.—Adv.

Feminine Embellishment

A femininity is a contrivance, resembling a hoop skirt or corset. It was worn by women of the Sixteenth and Seventeenth centuries to extend their skirts.

Humility is a feeling not to be displayed.

Denver Boy is a Winner



Every mother realizes how important it is to teach children good habits of conduct but many of them fail to realize the importance of teaching their children good bowel habits until the poisons from decaying waste held too long in the system have begun to affect the child's health.

Watch your child and at the first sign of constipation, give him a little California Fig Syrup. Children love its rich, fruity taste and it quickly drives away those distressing ailments, such as headaches, bad breath, coated tongue, biliousness, feverishness, fretfulness, etc. It gives them a hearty appetite, regulates their stomach and bowels and gives tone and strength to these organs so they continue to act normally, of their own accord. For over fifty years, leading physicians have prescribed it for half-sick, bilious, constipated children. More than 4 million bottles used a year shows how mothers depend on it.

Mrs. C. G. Wilcox, 3855 1/2 Wolf St., Denver, Colorado, says: "My son, Jackie, is a prize winner for health, now, but we had a lot of trouble with him before we found his trouble was constipation and began giving him California Fig Syrup. It fixed him up quick, gave him a good appetite, made him sleep fine and he's been gaining in weight right along since the first few days, taking it."

To avoid inferior imitations of California Fig Syrup, always look for the word "California" on the carton.

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HATE

By ARTHUR D. HOWDEN SMITH

STORY FROM THE START

Capt. Lion Fellowes' American merchant ship is sunk by a British frigate off Portugal in the War of 1812. The crew surrenders, but Fellowes reaches shore exhausted. His life is saved by an English-speaking girl, who conceals her identity. She is about to get out for Lisbon. Fellowes goes to Lisbon where he meets the girl, who is Captain Chater of the American ship True Bounty, who offers him a berth as a mate, but knowing Chater is disloyal in trading with the enemy, he refuses. He meets the girl who saved his life, Cara Inglish, daughter of the owner of True Bounty. She is bound for home and induces Fellowes to sail as mate. He is in love with Cara. The vessel is stopped by the British frigate, Badger, Captain Collishaw. Despite his claims to American citizenship, Fellowes is taken aboard the Badger a "pressed" man. Madened at what he believes is Cara's identity, he treachery he strikes Collishaw, who orders him a hundred lashes with the "cat." Fellowes' hatred of the three becomes an obsession. Off New York Fellowes escapes from the Badger.

CHAPTER V—Continued

The venture assumed the aspect of a nightmare. He was being crushed between black water and darkness, the air squeezed from his laboring lungs, a deadly pressure numbing his heart. Time ceased to have meaning. Space was illimitable. He was conscious simply of splashing wearily, of intervals when he was tempted to subside under the next wave, of recurring spells of battle. He came to himself at last, treading water feebly, Cuffee pumping his face and chest, a dull roaring in his ears.

"Mars' Fellowes!" pleaded the negro. "Mars' Fellowes! We go fo' surf. Yo' hear? Dat him surf?"

Fellowes acceded drunkenly.

"Where's Tom?"

Cuffee indicated a dripping burden lashed to his belt by the remnants of his shirt.

"Tom plenty wet, mebbe him drown. But we go fo' surf—quick! Yo' no! Cuffee tight. Cuffee pull yo' two like him wale pull boat. Yo' see!"

Fellowes was too tired to argue longer. He suffered his fingers to be hooked into the negro's belt, and floated supine, marveling at the undiminished vigor with which Cuffee slashed into the rollers. After a few strokes he was stung to renewed effort himself, paddling dog-fashion with one arm and kicking his feet, albeit sluggishly. In the darkness they were blind, steering by sound rather than eyesight, and both were surprised when their feet touched bottom. Cuffee, with a grunt of satisfaction tossed Tom over one shoulder and grasped Fellowes by the arm, striding out against the suck of the undertow as easily as though he walked a level deck. And while Fellowes collapsed on the dry sand, panting and muscle cramped, Cuffee sat to work on Tom and had him choking and coughing by the time the long islander was sitting up. An irate person, Tom—"Fine pair o' messmates!" "Tain't yer fault I wasn't drowned." "Never be the same man, I won't." "Oughter be keelhauled, ye had!"

"Just the same, you're a free man tonight," exclaimed Fellowes with his first whole breath. "Free of Crimpin' Collishaw. An American again! We're as good as home, Tom. This is my land—the Point of Woods, at the west end of the island. My herders shark is on the far side of the forest, behind the dunes."

Fellowes led the three at a stiff-legged trot over the dunes, until they emerged upon the island's opposite shore. Close at hand a cordial glow poured from the open door of a light y built structure, together with the pleasant odor of bacon and a sizzling hum of voices.

Fellowes approached the door, his companions crowding his heels.

"—Jes as I'm stelling ye, Joe," one of the voices was saying. "He come back 'er night and he looked like he'd seed a ghost. See he?" "Twas that air slaver cap'n—over to 'Pin o' Woods. Hanted me, he did. All night. Come 'n' walked into my ear 'Whar's my head?' he'd boller 'Whar's my—'"

"Lord!" moaned another voice. "Here he be, head 'n' all!"

Fellowes, peering in the doorway saw two frightened figures cowering in a corner of the hut, but no sign of a "hant" until he happened to glance sideways. Then he checked "Cuffee" curious as to these strangers, and stuck his head in a convenient window. The negro's scarred features, stop of his glistening naked torso were sufficient to afflict any yokels at ready bent on frightening themselves. "Haven't you seen a black nan be fore?" called Fellowes, stepping inside. "Paris Kaches! And Joe Doak. Well well, boys—"

"Another hant," gasped Doak. "Oh Squire Fellowes, be kind like ye used to, and go back to the grave, and leave us poor fellows be."

Fellowes laughed outright.

"You'd better try the zanks, Tom. He invited 'em. Here, Paris, Joe! Ever see anyone more like a live sailor?"

The pair were fascinated by Tom's gurgly visage and grotesque figure. "Be—be ye really Squire Fellowes?" quavered Kaches.

"Foot my hand," Fellowes bade him. "Cuss me, but that's flesh 'n' blood, he confessed. "But how n' tim'd ye git here, squire? We heard tell ye was pressed by Collishaw."

"'Tis a long story," Fellowes answered grimly. "Is Saul Chater in Babylon?"

"Ever sence he come home from

CHAPTER VI

At the General Armstrong
Fellowes' hand on his ankle awakened Fellowes with all his senses alert. No light showed against the curtain of the night, no noise came from the shore.

"Seems as though the Brits were more mortal quiet," whispered Kaches. "They don't want to be seen here," returned Fellowes. "Look sharp, Joe! There's a landing."

"'Twill do," acknowledged Doak, and slid the ducker inshore beside a rickety wharf.

Their feet clattered on loose boards then pattered soundlessly on the earthen roadway paralleling the creek. "Waal, I turn off here for Sopher's," Kaches announced. "I'll knock at every door I pass. Joe, ye better work west."

"I'll rattle up the hull durned v'ingo," promised Doak.

Kaches vanished between the trees, and at the next lane Doak left them with a brief, "See ye at the Widder's."

The others soon emerged upon a wider thoroughfare, sprinkled liberally with houses, the largest of which, directly opposite, was distinguished by a signboard, creaking gently in the breeze as it swung above the street. In the stable yard beside it stood a dilapidated stagecoach.

"Jeff Riggle must have been late driving out from Brooklyn," exclaimed Fellowes. "Mrs. Rhodes is still up. This is luck."

The lighted window was open, and a spatter of argument carried clearly to the fugitives. "I never heard such foolishness!" "Ye be'n adrinkin', Jeff! That's what ye be'n." "No, I ain't, Mars'ly. I seed him as nigh as ye be. A grenat, tall man, dressed like a English sailor, and a naked cuttass in one hand and pistol in 'other. And he stuck the pistol into my stomach, and says he: 'Is this the Babylon road? and see I: 'It be. And see he: 'Git along it, mate. An' I seed mebbe 'three-four more dressed like he wore.'"

"A likely tale," scoffed the woman. Fellowes snatched aside the window curtain.

"'Tut true, Mrs. Rhodes," he said. "Another one," quavered Riggle. "And look to that evil naygur with him!"

But Mrs. Rhodes was unperturbed. She rose from the table at which she had been sitting, six feet of gaunt, capable bone and muscle, and stalked to the window.

"Now, see here, my man," she asserted sternly, "no nightwalker, be he English or American, ever had sight out of Mars'ly Rhodes. I've a market handy, and—God bless my soul, this Squire Fellowes! Where in the name o' Providence did ye come from, sir? Saul Chater told us worse pressed 'off'n his ship. Dear, dear! Come in, sir, come in. And who have ye that? Land's sake, that nigger's as tall as some o' Jeff Riggle's stories!"

"Huh, ye better not talk so brash, Mars'ly," growled Riggle. "I said I seed a Englishman, and it 'pears like I did."

"Ye saw that nigger o' squire's—"

"No, he saw a real English sailor. Mrs. Rhodes," interrupted Fellowes. "We're just escaped of the Badger, Captain Collishaw's ship. She's lying outside the inlet, and Collishaw and twenty men should be at Saul Chater's moment—they came ashore in the tonight."

(TO BE CONTINUED)



"We're as Good as Home, Tom."

we done it in two hours to Sampa wams creek—land ye slick as a wulstie at the Manor dock, squire."

"No, we'll have to run into East creek," replied Fellowes. "The Brit ishers will be at Saul Chater's farm and I don't hanker to go near them quarters. How are we going to catch Collishaw's party? Have you any militia?"

"For sartin," Joe spoke up proud'y. "That's the Fencibles."

"Who's in it?"

"All o' us—Nimrod Sopher's cap'n. Fellowes deliberated for some min utes.

"I'll tell you what," he decided finally. "As soon as we land, Paris had better go wake up Sopher. The rest of us—I suppose the Widow Rhodes still has the Pig and Farmer at the crossroads? 'Tis a convenient place to rally at. Joe, you can be waking other inds in the village. I think I'll get some sleep while I can."

He had rolled himself in a blanket under the herders' feet when a sudden thought occurred to him. "Have you heard if Chater has visitors at the farm?" he asked, sitting up.

"By heck, I'd plumb forgot," exclaimed Kaches. "Couple o' women squire, and the feller to Noo Yawk owns 'hater's ship."

Five Simple Rules for Keeping Good Health

Practical inference from the views of an eminent physician are so simple that they are almost trite, and yet they are fundamental. If you want to keep out of the repair shop and make your own body "tick" vigorously and regularly, don't rely on drugs, but co-operate with nature in five ways:

- 1—Drink an abundance of water to keep your cells in condition.
 - 2—Sleep at least eight hours out of each 24 to maintain your batteries.
 - 3—Regulate your diet carefully so your body will be adequately nourished, and don't dig your grave with your teeth by overeating.
 - 4—Get plenty of fresh air, especially when you are sleeping.
 - 5—Exercise regularly to rebuild worn tissues, increase blood circulation and develop new cells.
- If these five simple rules were honestly and thoroughly observed for several generations as vigorously as the

Noted for Severe Winters
The weather bureau says that generally speaking, the state of North Dakota and the eastern portion of Minnesota have the most severe winter climate, although portions of northern New England and the mountain sections of northern New York have weather conditions nearly approaching those in the sections first named. Likewise, some of the mountain districts have severe weather over somewhat longer periods than in the sections previously mentioned and heavier snows may occur, usually the temperatures are not so low during periods of intense cold as occur in the lower levels of the state first mentioned.

Use Common Sense
In the nature of things all ordinary stunts and feats of strength are at the same time wonderful exercises for those physical culturists who are advanced enough to be able to do them. You can combine the spectacular with the practical. The human system, no matter how robust, was never intended to handle packages weighing a couple of tons. Why not leave that to the elephants? Indeed, intended record-breaking lifts of any kind, with barbells or other weights, are not to be regarded as exercise in the proper sense, and should only be undertaken by highly developed professionals in this field—or by amateurs who have attained professional standing by way of accomplishment.—Carl Easton W.D. films in Physical Culture Magazine.

If Comet Should Hit Earth
Professor Todd says that if the head of a large comet should collide with the earth, probably the air and water would be instantly consumed and dissipated, and a considerable region of the earth's surface raised to incandescence. It might happen that diffusion of noxious gases from sudden combustion of hydrocarbon compounds would vitiate the atmosphere as to render it unsuitable for breathing. In this manner while the earth itself, its oceans and human dwellings, might escape unharmed, such an event might mean universal death to nearly all forms of animal existence.

Mothers find it magic for scuffs

One touch of the duster and scuffs disappear. Smooth, uniform color comes back to faded shoes. More than 50 marvelous shades—white to black, brown, tan and white shoes—a neutral polish for others.

BARTON'S DYANSHINE
SHOE POLISH

Love and Humanity
Love is but another name for that inscrutable presence by which the soul is connected with humanity.—Stimms.

A Wedding Bell
Blinks—She's been quite a belle in her day. Married four times. Jinks—Had four men ring her, eh?

Waist Overalls for Men and Youths

The TWO HORSE Brand

Levi's Levi Strauss Overalls

Bib Overalls for Men and Boys

Ineffective "Cussing"
Cussing is a silly waste of effort. Note how little effect it has on the weather.—Lansing State Journal.

Apparently
"Henry, these fruit juices of yours don't seem to ferment."
"Then I was making jelly after all!"

Aspirin

The Mark of Genuine Aspirin..

BAYER ASPIRIN is like an old friend, tried and true. There can never be a satisfactory substitute for either one. Bayer Aspirin is genuine. It is the accepted antidote for pain. Its relief may always be relied on, whether used for the occasional headache, to head-off a cold, or for the more serious aches and pains from neuralgia, neuritis, rheumatism or other ailments. It's easy to identify Bayer Aspirin by the Bayer Cross on every tablet, by the name Bayer on the box and the word "genuine" always printed in red.

Bayer Tablets Aspirin

The Mark of Genuine Aspirin..

Aspirin is the trade mark of Bayer Manufacture of Monachweil, Germany.

Fixing the Detour
"What's the main road to Blinksville is open all the way?"
"Yes, we had to open it until we got the detour fixed."—Buffalo Times.

His Strong Point
Julie—Teddy is awfully interesting. Joan—Is he, really?
Julie—Yes, he can listen for hours on any subject.—Philadelphia Bulletin.

When BABIES are upset

Baby ills and ailments seem twice as serious at night. A sudden cry may mean colic. Or a sudden attack of diarrhea—a condition it is always important to check quickly. How would you meet this emergency—tonight? Have you a bottle of Castoria ready? There is nothing that can take the place of this harmless but effective remedy for children; nothing that acts quite the same, or has quite the same comforting effect on them.

For the protection of your wee one—for your own peace of mind—keep this old, reliable preparation always on hand. But don't keep it just for emergencies; let it be an everyday aid. Its gentle influence will ease and soothe the infant who cannot sleep. Its mild regulation will help an older child whose tongue is coated because of sluggish bowels. All druggists have Castoria; the genuine bears Chas. H. Fletcher's signature on the wrapper.

When a White Collar Man "Goes Army"

Perhaps he doesn't learn a few things!

DON'T envy a man who "only has to work a typewriter."

So we were told by Mr. Solon S. Bloom of 3503 Woodbrook Avenue, Baltimore, Md., whose health began to give way because his work gave him no bodily exercise.

"I decided to get away to a military training camp," says Mr. Bloom, "thinking the rough and tumble with the army would do me good for a month. I asked the doctor what to do about my condition. 'I've seen men, I've known men,' he said, 'I know what they eat, drink, and how they live. I know cathartics, physics, and all the ways men try to keep themselves regular—and the only two that go together well are men and Nujol. Nujol soothes and heals the membranes and expels bodily poisons normally, naturally, easily, so that you are regular as clock-work.'"

That was what Mr. Bloom learned when he left his typewriter and went into the army. If you are like most other people, you too will find that Nujol will make all the difference in the world in the way you feel.

Remember Nujol is not a medicine, for it contains no drugs of any kind. It is simply bodily lubrication that everybody needs.

You can get a bottle of Nujol at any good drug store, in a sealed package, for the price of a couple of good cigars. If you will start today and try it for two weeks you will agree that Nujol is the easy normal way to keep well and make a success out of your life. You will be astonished at the result!

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