

Mt. Scott Granite Works

Located at 5823 Foster Road, Portland, Oregon, Phone SUNset 1780. They Have the Finest Display in This Entire Section where visitors are always Welcome. Also a Select Line of Memorials to Choose From

They are large dealers in monuments of granite and marble. Every grave should have a marker.

If you are looking for monuments of marble or granite of any description you should consult this firm. This is one of the best regulated institutions in this section. When they started their business from then until the present time it has been known as the best place to buy monuments or markers of any kind gaining a well merited reputation for service and reliability.

Here will be found a large selection of finished work ready to letter, to make your selection from, at bottom prices. This firm does their own work, selects the best grade of stock and has the best equipped shop in this section of the state.

Their plant is equipped with the latest inventions for producing work of this kind in the best and most economical manner, enabling them to finish and handle the products at the minimum expense. Lettering and carving are produced by the latest methods, which leaves the edges perfectly true without stuns or flaws from cutting, and which produces lettering of an artistic merit not heretofore attained.

The manager is one of practical experience in his chosen line with years of experience. All work is done under his personal supervision, thereby giving the best in this line at reasonable prices.

The charges are always right, no matter if you get their prices before or after they render your service, you will not knowingly be taken advantage of.

When you want a monument or marker of any kind, it will pay you to write H. J. Freihert of Mt. Scott Granite Works, who will be glad to take the matter up with you.

Mr. Freihert, who is a world war veteran, has been engaged in his present business for the past 12 years and has hundreds of satisfied customers. We recommend to our readers, when in need of a marker, to see the Mt. Scott Granite Works, 5823 Foster Road in Portland, or call SUNset 1780 and they will call on you.

Knickerbocker Restaurant

Located at 108 Broadway between Washington and Stark, in Portland, Ore., is one of the Most Delightful Places in Which to Eat in This Section. The Best Food Is Served and the Service is Unexcelled Where Good Food and Reasonable Prices Prevail.

The Knickerbocker Restaurant has gained a name that has spread far and wide as a place where both the local and traveling public can more than satisfy their demands on the matter of obtaining good food. The menu consists not only of the prime necessities of life but many delicacies are offered that are inviting and tempting to the taste of the most fastidious.

Cleanliness is one of the outstanding features of this modern cafe and is not confined to the tables, trays, and silverware that are brought to the attention of everyone, but it extends to the kitchen and places which are only frequented by the management of the place and his assistants. The food is prepared in such a way that to the uninitiated the thought

at once comes that there never was such a good place to eat. Poor cafes and restaurants are not the exception by any means and it is a pleasure to have such a modern and up-to-date place as this to refer the stranger and local people. The Knickerbocker Restaurant is very attractive and every precaution is taken to make it the best in this section.

Mr. Kline has made a special study of the restaurant business and consequently is striving to give the local people something a little better all of the time. He has arranged his place so that it is very attractive and the service is prompt and courteous. We take great pleasure in complimenting Mr. Kline on the high order of The Knickerbocker and refer it to our readers without hesitation.

ORGAN RECITALS

By
Dr. Clarence W. Hinkley

RUPTURE

The most neglected disease, existing today, in relation to its frequency of occurrence, and its importance to health, is Hernia, commonly called Rupture.

It is estimated from reliable statistics, that over five million people in the United States, are suffering from this condition. Men, women and children, alike are its victims, although it occurs most often in men.

Health and medical societies have done little or nothing to combat this serious condition.

Rupture, of which there are several types, is due to weakness. Its most common location is to appear in the groin as a "lump". This lump is caused by the weakened part of the muscles "giving way," and allowing the intestines to come through when some unusual pressure is brought about such as lifting, coughing or sneezing.

The condition is serious and usually gives rise to considerable pain at first, but this pain may, due to its formation, be dull, dragging and aching in character. Many times it causes headaches, nervousness, dizziness or fatigue, or it may cause symptoms simulating appendicitis, intestinal disturbances, neuritis, or neuritis or other systemic disturbances.

Until a few years ago, radical surgery was the only treatment recommended for rupture. The victim had his or her choice, either be operated or wear a truss or support for evermore. Operation had much to be desired for it was only successful in about half the cases. So an unsuccessful operation left its bearer worse off than before. No truss has yet been designed that will cure rupture spontaneously, in any reasonable percentage. Occasionally a patient is cured by wearing a truss but no often.

Fortunately however, most ruptures can now be cured without operation, without hospitalization, without pain and without loss of time. It seems almost incredible that such a treatment exists and so little is heard of it. Credit for its perfection should be given to Drs. Heaton and Warren, and also Dr. Frank H. Wray, all prominent physicians of the Atlantic Coast.

This writer has made a thorough investigation of the treatment and feels that the treatment is a wonderful development in this field, and should be given the publicity it justly deserves.

Anyone suffering from weakness, where rupture has not fully developed, should by all means, take physical exercise to strengthen the muscles. If rupture has developed, the exercise will do no harm but a properly fitted truss should be worn.

This newspaper is a community publication. Local merchants are invited to use it to increase their volume of business.

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BEAUTY PARLORS

CRYSTAL BEAUTY SHOP—Frederic Permanent \$1.95 up, finger wave 35, 50c, Beaverton 6303.

DENTISTS

DR. A. L. GROOM, DENTIST—General practice, "My Prices are Reasonable" 516 Dekum Bldg., ATwater 5940, Third and Washington Sts., Portland.

FOR SALE

MUCKLE WRECKING CO., East 8th and Lincoln Sts., Portland. Used doors 50 cents each; sash 75c each; paint 15c gallon.

Let us quote you prices on commercial printing that are consistent with present day conditions. Pioneer Printing and Stationery Co., 408 Dekum Bldg., AT 5914, Portland, Ore.



MEATLESS MEALS FOR MARCH FAST DAYS

THE month of March in the culinary world is primarily concerned, when planning out-of-the-ordinary dishes, with Lenten menus. The great difficulty on fast days is to provide varied, well-balanced meals with meat substitutes yet without having to fall back on fish every time. In order to help you plan something different for the family this Lent so that they won't frown on those meatless meals, here are some menus with recipes. Of course they don't have to be confined to fast days; they would be good any day in the year. Note that the eggs are so well disguised that even confirmed dislikers of that dairy product are sure to enjoy these dishes.

Menu I: Cream of Corn Soup; Eggs in Tomatoes; Broccoli with Hollandaise Sauce; Fig Fluff; Coffee.

Menu II: Onion Soup au Gratin; Creamed Eggs and Mushrooms on Waffles; Vegetable Salad Supreme; Frozen Apricot Whip; Coffee.

Menu III: Cream of Carrot Soup; Corn and Cheese Scramble; Baked Beets; Cole Slaw; Banana Sponge; Coffee.

Eggs in Tomatoes

For each person to be served scoop out the center of a perfect tomato and drop in a raw egg. Sprinkle the egg with salt and pepper and place a lump of butter on top. Bake in a moderately hot gas oven until egg is set, which will be about 15 minutes. When ready to serve place each tomato on a slice of toast.

Fig Fluff

$\frac{1}{2}$ cup preserved figs, 2 egg whites. Force figs through coarse wire strainer. Combine juice and pulp and fold into the stiffly beaten whites of eggs. Freeze in tray of gas refrigerator. (Serves 4 to 6.)

Vegetable Salad Supreme

1 cup diced left-over vegetables, $\frac{1}{2}$ cup mayonnaise, $\frac{1}{2}$ cup whipping cream. Whip cream and fold in mayonnaise. Combine with vegetables and freeze in gas refrigerator tray. Any sort of vegetables from celery and cabbage to peas and beans may be used in this recipe. (Serves 4 to 6.)

A blacksmith at Fairport, Missouri, has discovered a way to use old auto springs. He converts them into garden hoses, scythes, sickles of special design, etc., loads them on a truck

ATTENTION Garage or Service Men
Before buying or selling used garage equipment or machinery see us. We pay highest cash prices for equipment or stock. Write or call United Trading Co., 226 1-2 1st Street, ATwater 5385.

MUSCOVY DUCKS—Black and white. Prize winners cheap, F. W. Fluke, Maplewood, Lee ave., near Hoffman road.

FOR SALE—Fresh cow or will trade for young beef stock, large and small hot water incubators, will trade for anything I can use. Phone Mrs. Zednick, Tigard 0854.

Unemployed in this district are welcome to place classified ads without charge in this paper for the purpose of obtaining employment.

PATENT ATTORNEY

PATENTS, Thomas Bilyeu, Registered Patent Attorney, United States and Foreign Patents. Free booklet and disclosure sheets, interview without obligation. Corbett Building, Portland, Oregon.

PERSONAL

DRUGLESS HEALTH INSTITUTE
Steam Baths, Massage, Violet Ray Treatments for Colds, Rheumatism and Constipation. Consultation Free. Dr. Elma A. Sorenson, N. D., 418 Swetland Bldg., AT 0403.

ELMA KALSCH Psychic Reader. Circles every Tuesday and Sunday nights at 8 p. m. Private readings daily. 665 Johnson St. near 21st St. W. H. car. BR. 5345.

R. S. DeARMOND, M. D. Diseases of women and Surgery. Tonsil Surgery in office, Morgan Building BE 9745. Residence TR. 1907, Portland, Ore.

DR. ANNA M. FINSETH, 506-7-8 Dekum Bldg., Drugless Physician, including Chiropractic, Physiotherapy, Colon Treatments, Deep Therapy and Ultra Violet Lights. Phone ATwater 6912.

RUPTURE

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Chiropractic Physician

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RADIO SERVICE and Repairing, Modern equipment and expert workmanship. Powder Radio Co., Multnomah, AT 2829.

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TRAINED WOMEN always in demand. The Oregon School of Massage invites you to investigate 4 weeks course, graduate with diploma. Call or write Dr. Ella Herman 612 Dekum Bldg. Portland, Oregon.

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Behrke-Walker
BUSINESS COLLEGE
PORTLAND, OREGON
BEacon 3135

Miller Products Co.

Miller's Quality Spray Products, Liquid Lime Sulphur—Water Proof Bordo, Oil Emulsions, Pruning, Grafting Compounds, Complete Line of Spraying Materials. Foot of Lincoln Street, Portland, Oregon, Phone ATwater 0833

This concern features Quality Spray Products. A complete stock that is made at home and sold right. It is a well known fact that there is no institution in the community that has met with greater favor with the public than this well known establishment. By reason of the fact that the management has had wide experience in every feature of this business and because of their comprehensive knowledge of every branch of the trade, this establishment has continued to witness the increase in the number of their patrons. There is no one concern more worthy of extended mention in this review than this well known institution. Under direction of a man thoroughly conversant with every feature of the business, it is not strange that it has become one of the most important industrial assets of the community.

The head of this concern is a man

of long and practical experience in this business. They are thoroughly conversant with its every detail and are considered an authority in all that pertains to spraying materials. This establishment is not only well equipped and expertly operated, but it is also one of the essential features of the industrial and commercial organization of the community and renders a service that is necessary to the onward progress of the state.

In making this review of the onward progress of this section of the country we compliment them on the manner in which the business of this institution is operated and upon their policies.

We are glad to compliment the Miller Products Co. upon the position it occupies in the life of the period and call the excellent and satisfactory service as well as reasonable price to the attention of the public.

Union Avenue Shingle Co.

In Portland at Union and Columbia Slough, Telephone Walnut 9368 under the management of Mr. Newberg.

In a review of the business interests of Portland and vicinity there is no concern more worthy of extended mention than this one.

Here the public has at its disposal the services of men who possess the ability and who obtained their very modern business education in the school of practical experience. From the inception of the enterprise, quality shingles have been the aim and the standard has been maintained from the beginning.

The plant of the company is very extensive and is equipped with the latest scientific machinery for the production of quality.

The name stands for quality, reliability and progress in this industry and as the advances of the times have marked improvements in the trade they have kept thoroughly abreast of the times.

It is a local concern, under competent direction of men interested in

local development and its substantial and well merited progress is a matter of actual fact well known to the public.

The shingles manufactured by this concern are recognized by the trade as the very best. They are sold all over the country and the users have always been well satisfied and demand their products when buying again.

In making this review of the onward progress of this part of the country we are glad to call to the attention of the people the advantages accruing to the public by the location of this industry here, the high quality of the shingles and the commanding position they occupy in the industrial world, excelling as they do in their special field of endeavor.

But what we particularly call to our readers attention is the fact that when ordering be sure to call the Union Avenue Shingle Co.

Seed Solds Sold to South

OREGON CITY—The Northern Highland Seed Potato growers have recently sold eleven cars of certified Burbank seed as a repeat order to potato growers in California. This business came as a direct result of a

visit made to the California potato growing districts last winter by J. J. Inskeep, county agent. The local association is getting satisfactory distribution of its stock working thru a Portland sales agent.