

8,000 HIKING CLUBS IN GREATER NEW YORK

They Swing Along Highways and
Through Woods in Groups
of Varying Size.

New York.—One must walk nowadays to be in the swim. Statistics gleaned from the out-door departments of the newspapers, from the Boy Scout and Campfire Girls' organizations, from the Y. M. C. A. branches and kindred bodies, from scores of amateur athletic clubs and from the leading dealers in sporting goods, indicate that



"Best Walkers Make Best Citizens,"
Says Mayor of New York.

today there are no less than 8,000 hiking clubs in Greater New York, with a total membership of more than a quarter of a million men and women, who are keeping themselves in the pink of condition and experiencing the real joy of living by getting regularly out into the open country with no other means of locomotion than their God-given legs.

The city of New York has taken official notice of the movement. On three occasions recently Mayor Hylan has congratulated the boys and girls of the public schools upon their enthusiasm in taking up the new sport of hiking. In his dedication of the great new public playground in the Bronx the other day Mayor Hylan extolled the athletic tendencies of the boys and girls and impressed upon them that there was no better or more profitable way in which they could pass their vacations and utilize their holidays than by the excursions into field and forest of their walking clubs. He gave the same message to the Amateur Athletic Union of Brooklyn a few days later, and when a club of East Side boys and girls

visited him at city hall preparatory to a hike to the tomb of Roosevelt at Oyster Bay he assured them that the best walkers among them would make the best citizens.

Walk and Be Well

No less enthusiastic a champion of the walking game is Dr. Royal S. Copeland, city health commissioner. "The benefit to health and the safeguard to morals to be found in long walks," said Dr. Copeland in an interview, "are too apparent to speak of them. If one takes long walks alone it is well, for he walks the road of health, but if he takes long walks in company it is better for he adds the tonic of companionship to his exercise. Walking is the one form of exercise in which there is the minimum risk of overdoing it. In short, I consider walking the most beneficial of all exercises and it is never out of season."

"Never in my life-time," said Edward R. Wilbur, manager of a nationally known sporting goods store, "have I known such a demand as now for outdoor garments and shoes and stockings and appliances for the tourist's luncheon box. The rapid spread and tremendous popularity of the walking club idea has no parallel in our experience."

"The hiker can make his requisite just what he feels like spending. Really, there are only two or three articles indispensable to hiking—thick walking shoes that allow lots of room, thick woolen socks and clothing that will give freedom of limb. He should have a canvas or leather musette bag, such as the soldiers used in France."

The Cow in the Knapsack

"To get the real benefit and joy out of hiking luncheon should be carried and prepared and eaten in the open. Bread and cheese, a few slices of bacon, some coffee, a can of condensed milk, and a cake of chocolate furnish high-powered fuel for the hiker and are readily and happily assimilated even by those who in their pre-hiking days were afflicted with digestive apparatus so feeble as to balk at crackers and milk. Fortunately for the hiker, he can replenish his simple larder at any cross-roads store and provide himself with the most nutritious and appetizing food in a form that can be conveniently carried."

"No single development in the problem of food transportation for the hunter, fisherman, hiker and all lovers of the out-of-doors can compare with the gift bestowed by the man who first found the way to make condensed milk, thereby putting a dairy in every man's knapsack. Before long there will be a national association of hikers, and Gall Borden will be its patron saint. Such an association could do much to encourage the spread of the most beneficial and universal of all outdoor pastimes, map out interesting routes, secure the establishment of shelters, rest-stations, and camp sites at suitable locations, and insure the rights of pedestrians on country roads."

Fire Destroyed Old Coins

The following is taken from the Albany Democrat, under a Gilkey date line, and concerns a citizen of Scio:

"If E. F. Gilkey, of Scio, had not lost his old coins by fire in Alaska he would have an interesting story for lovers of old coins. Mr. Gilkey had a collection consisting of 150 old coins from many different countries. The oldest and most valuable one was a piece coined in 200 B. C., with a picture of Julius Caesar's head on it. It was a copper coin, as large as a quarter. Mr. Gilkey sent it to the Smithsonian institute to have the inscriptions translated for him. He was offered many hundreds of dollars for it. It had been dug up from a subway in London many feet under the ground. He also had three coins of the 12th century, and several of the 15th and 16th. He now has a remnant, consisting of three bright gold coins which he had joined by links and made into a watch chain. The black silk background makes them look brighter still."

The top one is the smallest, a one-fourth dollar gold piece of 1854, which his father, Allen Gilkey, got when in the gold fields of California. Next comes a gold dollar of 1850, given to Mr. Gilkey by one of the Northwest Mounted Police of Dawson, Alaska.

The bottom one is a \$2.50 gold piece of 1836. It was one of the first minted in the U. S. A chief of the Stikine Indians of Alaska had it hid in a can, together with \$500, at Wrangel, Alaska."

Met at Crabtree

A conference of union high school district 1 officials with J. A. Churchill, state school superintendent, was held Thursday afternoon at Crabtree.

Some details concerning this district and the proposed school building to be erected there were discussed, it is understood.

Meeting with the state school head were Fred Brewster, clerk; D. C. Berlincourt, W. E. Watson and Elmer Yocubets, members of the union high district board.

Score Cards—Get your "500" score cards at the TRIBUNE office. 2c per card, or 2½ cents per card by mail, postpaid.

Bible Thoughts for This Week

Sunday.

THE LOVE THAT SAVES:—For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life.—John 3: 16.

Monday.

RULES FOR RIGHT LIVING:—He hath showed thee, O man, what is good; and what doth the Lord require of thee, but to do justly, and to love mercy, and to walk humbly with thy God?—Micah 6: 8.

Tuesday.

THE GLAD AWAKENING:—As for me, I will behold thy face in righteousness; I shall be satisfied, when I awake, with thy likeness.—Psalm 17: 15.

Wednesday.

GREAT THINGS:—Fear the Lord, and serve him in truth: for consider how great things he hath done for you.—1 Samuel 12: 24.

Thursday.

TRUST HIM ALWAYS:—Commit thy way unto the Lord; trust also in Him.—Psalm 37: 5.

Friday.

THE HIGH CALLING:—Be ye therefore perfect even as your Father which is in heaven is perfect.—Matthew 5: 48.

Saturday.

GOD IS LOVE:—Behold, let us love one another, for love is of God; and every one that loveth is born of God, and knoweth God.—1 John 4: 7.



Cobb Says: Service

Is what you get when you come to the Scio Garage with your work, no matter what make of car you bring.

Satisfaction

Is yours if you need Tires and come here for

Vacuum Cup Tires AND TUBES

a Tube free with each casing.

Lincoln Batteries

All makes Batteries Repaired and Recharged

Delta Spot Light

The best on the market.

SCIO GARAGE

Wanted--

Sixty Thousand (60,000) pounds of MILK every day in the year.

Volume--

of MILK is the key that will open the door to increased property in this community.

Milk

more and better cows and your MILK check will tell you why it pays.

Come on, Let's Go

Oregon Milk Company

Condensery, Scio, Oregon

Floor Coverings

--Congoleum and Papco--

68c Square
Yard

Good assortment of Congoleum Rugs,
Tapestry and Velvet

The Winchester Store **R. M. Cain** The Winchester Store

Bolts and Bolts

We have stocked a full line of Wooden Bolts, and you can find what you want here at reasonable price.

Stover Engine

For sale a second hand Stover gasoline engine, six horse. If you need one of this size, we can strike a bargain

C. E. Kendle, the Blacksmith, Scio

The Scio Tribune \$1.25 the year

Scio Meat Market

Fresh and Cured Meat—
Bacon—Lard—Sausage
We Buy Fat Cattle
Holechek Bros., Props.
Scio, Ore.

Oregon Made Home Knitting Yarns

A great surprise for the home knitters of Oregon, but still a fact. Furthermore, this yarn is absolutely virgin wool yarn; the wool was grown in Linn county, sold by Mr. Senders to the Oregon Worsted Company (mills located at Sellwood), made into worsted yarn by Roy T. Bishop, son of C. P. Bishop, proprietor of the Woolen Mill Store of Salem. Oregon knitters try this yarn out. All colors. 45c per ball of 2 ozs. Samples sent on application. Address C. P. Bishop, Box 75, Salem, Oregon.

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Fresh and Cured Meats
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SCIO, OREGON

DAIRY POINTS

BEST SITE FOR MILK HOUSE

Not Good Plan to Get Them Too
Near Cow Barn—Must Be Clean,
Airtight and Dust-Proof.

Milk houses must be clean, airtight, dust-proof places, free from all insects and bad odors. They should not open directly into the barn, but it is equally injudicious to build them a very great distance away from the barn. Prompt removal and quick cooling are the main points to observe in handling milk. Put the milk house on a well-drained spot and away from rubbish heaps, manure piles and fly-breeding places. The outer walls, if of concrete, should be from 6 to 8 inches thick; if of brick



Milk House Suitable for a Ten to
Twenty-Cow Dairy.

6 inches; if of tile, 8 inches; if of stone, 14 to 18 inches; and if of wood frame, 6 inches.

Authorities say that particular care should be exercised in constructing milk house floors. Concrete is by far the best material for this purpose, as it resists moisture, decay and wear. Concrete floors should be built of a base made up of one part cement, three parts sharp, clean sand and five parts stone. This base should be about five inches thick and should be covered with a top coat one inch thick made by mixing one part cement and two parts sand. The top coat should be troweled hard and smooth.