

"It is wrong to go into the water for a short time and come out and rest on the warm sand in the hot sun", says J. H. P. Brown in "Modern Swimming." "If you desire a sun bath, take it either before or after your swim." The alternate chilling and roasting practice of the sea-beach bather is declared by this swimming instructor to be enervating and productive of diseases of the heart, circulation, etc.

Liver Trouble.

"I am bothered with liver trouble about twice a year," writes Joe Dingman, Webster City, Iowa. "I have pains in my side and back and an awful soreness in my stomach. I heard of Chamberlain's Tablets and tried them. By the time I had used half a bottle of them I was feeling fine and had no signs of pain." For sale at Gresham Drug Store.—Adv.

Automatic safety gates are said to be more efficient than human flagmen. They are operated by electricity, and in 6,000 tests they failed only four times.

Referring to the German East African campaign the London weekly Times prints the curious dispatch: "Owing to transport difficulties rations were at one time reduced to a cup of rice and a piece of sugar-cane. Our cattle have now been successfully protected, and a campaign is being waged against giraffes which have been destroying our telegraphs by scratching their necks on the wire."

Dancing at Becker's Hall.

A big dance will be given every Saturday night at Becker's hall, Corbett. Hardwood floor 50x60. Best of music. No improper conduct allowed.

Danes, all sons of farmers, are going from Denmark in batches of 200 to help make up the shortage of labor on English farms.

Tailoring.

For men and women—cleaning, pressing and repairing done well. Peter Lenard, Powell street.

LOCAL EVENTS OF INTEREST

Hard surface pavement will reach the gravel pit tonight and tomorrow the work will commence on the new grade just north of the turn. Up to the present there has been no effort to have the authorities continue the hard surfacing to Fairview.

There will be a meeting of the union district board of education tonight. Bids for the erection of the annex to the school building and for the winter's supply of cordwood will be opened.

H. J. Stocker, manager of the Conservo Packing company, has contracted for 30 tons of Logan berries from Svenson, a station seven miles above Astoria. They are being delivered here at a price of three cents a pound. He is also receiving some large shipments from Garfield, in Clackamas county.

A. C. Ruby shipped a carload of horses to Seattle yesterday, on their way to Alaska. From Seattle they will go by water. Emmerson Brown is in charge.

Rev. M. B. Parounagian, Sunday school missionary will preach in the Gresham M. E. church on Sunday evening, at 8 o'clock. The pastor's subject for morning service will be "The Now and Then of Life." Subject for Epworth League services, "The Taming of the Tongue." All are cordially invited to these services.

Thomas & Davis are finishing a neat job of painting all the outside woodwork of the Congdon hotel building. The leaks in the roof and above the cornice have been closed so that the interior will be safe from miniature floods hereafter.

A copy of the Long Prairie Leader, of Long Prairie, Minnesota, contains a story of the reunion of the Chase family, Saturday and Sunday, July 22 and 23, at Round Prairie, occasioned by the visit of Mrs. Lena Chase St. Clair, when thirty-four friends and relatives of the family met at the home of David E. Chase, many of them meeting for the first time. Mrs. St. Clair is going on toward Kalamazoo, Michigan, visiting relatives, and will return about September 1.

The first intimation of the grain harvest in this section is to be found in a want ad. Emil Olsen is advertising for a separator man.

By reference to the ad of the P. R. L. & P. Co., it will be seen that Columbia beach on the Vancouver car line is ready for summer visitors.

The services at the Zion Evangelical church Sunday morning will be in English, and will begin at 10:30 a. m. Young people's meeting will be held in the evening at 8 p. m. Everyone is cordially invited to both services of the day.

The picnic of the Sunday school of the Methodist Episcopal church was well attended and greatly enjoyed yesterday at Cedarville Park. The weather was fine for the event, and about 160 persons were present. A big picnic dinner was served in the park at noon. The committee which had the matter in charge was Mrs. Ella Aton, Mrs. Thomas Wiles, Mrs. W. E. Beegle, Lester Spencer and C. M. Harrison, and they wish to extend their thanks to the many who assisted by furnishing autos and in any other way.

Mr. and Mrs. Geo. W. Kenny left Thursday for a month's vacation at the seaside. They will occupy their cottage there.

Mr. and Mrs. Harry Johnson are spending a few weeks at Damascus, where Mrs. Johnson's parents, Mr. and Mrs. Jos. Deardorff live.

Dr. Alfred Thompson and Rev. A. C. Brackenbury went by auto to Cherryville today.

Mrs. Margaret Lawe and daughter Margaret, are visiting at the home of Mrs. Lawe's mother, Mrs. M. E. Stocker. They came Monday and expect to stay for two weeks or longer.

The young people of the Pentacostal Assembly of Portland, are planning to hold an open air meeting on the streets of Gresham, Saturday evening. They are now holding their annual camp meeting at Annabelle station on the Mt. Scott carline, where much good is being done, many souls saved, and sick people healed.

Wilbur Hines Thompson has passed the State Medical Board examination. Dr. Thompson is the son of Dr. and Mrs. A. Thompson, of this city, and is a graduate of the local high school. He has a brother, Dr. Fred Thompson, at The Dalles, who is a very successful physician. Dr. Wilbur Thompson has been interned at the Good Samaritan hospital for the past two months. His many friends here join in wishing him success.

W. L. Gorsage returned Monday from about a month's visit with his parents at Denver, Colorado.

Miss Ruby Emery spent Thursday evening at the home of her parents, Mr. and Mrs. B. W. Emery.

The Ocean's Lullaby.

Far away where the grand Pacific Breaks on its sandy shore,
Sometimes with a gentle murmur,
Again with an angry roar;
There may the golden sunbeams
In their merry sports be seen,
Riding the crested billows,
Dancing on waters serene,
Or, hiding in the cloud lands
Till eve, when the sky is red,
They softly steal to slumber
Till morn, in their ocean bed.
Then, as the night advances,
White-mantled forms appear
In phosphorescent breakers,
Or the moonbeams, calm and clear,
Flood sea and shore with beauty,
And from far and near in the sky,
The stars come out to listen
To old ocean's lullaby.

Oh, the lullaby of the ocean—
What music it is to me
As it softly breaks on sandy shores
It is sweetest melody,
For it sings of its Creator;
Of his infinite wisdom and power,
Revealed to us in his handiwork,
In mighty deep, in tiny flower,
It chants of his love as boundless
As its waters, and as free;
His love for us made manifest
By the Christ on Calvary,
And my turbulent heart finds rest
In the memory of the love,
The wisdom, and the power of him
In whom we live and move.
—MRS. A. B. WADE.
Saybrook, O.

Cure for Cholera Morbus.
"When our little boy, now seven years old, was a baby he was cured of cholera morbus by Chamberlain's Colic, Cholera and Diarrhoea Remedy," writes Mrs. Sidney Simmons, Fair Haven, N. Y. "Since then other members of my family have used this valuable medicine for colic and bowel troubles with good satisfaction and I gladly endorse it as a remedy of exceptional merit." For sale by Gresham Drug Co.—Adv.

GRANGE DIRECTORY.

MULTNOMAH GRANGE—Meets every fourth Saturday. Master, E. I. Anderson; secretary, Myrtle Johnson; lecturer, Mrs. Dora Clason. Gresham, R. F. D. 2.

SANDY GRANGE—Meets every fourth Saturday. Master, A. G. Thompson; secretary, James Bell; lecturer, John Roberts. Sandy, Oregon.

EVENING STAR GRANGE—Meets first Saturday in each month. Master, J. J. Johnson; secretary, Miss Iva Hickey; lecturer, L. Maud Dail.

ROCKWOOD GRANGE—Meets first Wednesday 8 p. m., and third Saturday 10 a. m. Master, Mrs. Ida Burgess; secretary, Lewis Jensen; lecturer, Mrs. Ella Rowan. Gresham, R. F. D. 1.

COLUMBIA GRANGE—Meets first Saturday in each month. Master, R. P. Haamussen; secretary, Minnie Pounder; lecturer, Mrs. Amelia Woodward. Corvett, Oregon.

WOODLAWN GRANGE—Meets second and fourth Saturday evenings. Master, W. H. H. Dufur; secretary, T. P. Talbreth; lecturer, Mrs. S. E. Windle. Portland, Woodlawn station.

LENTS GRANGE—Meets second Saturday, 10 a. m. Master, T. J. Kruder; secretary, Mrs. W. L. Hotchkiss; lecturer, Mrs. Maude Darnall. Lents, Oregon.

PLEASANT VALLEY GRANGE—Meets every fourth Saturday in each month. Master, P. H. Boleman; secretary, Mrs. E. L. Anderson; lecturer, Miss Hazel Berke. Gresham, Ore., R. F. D. 2.

RUSSELLVILLE GRANGE—Meets second and last Saturday each month. Master, John Welbes; secretary, Nettie Lewis; lecturer, J. L. Newell. Portland, R. F. D. 1.

POMONA GRANGE—Meets third Wednesday, March, June, September, December. Master, J. J. Johnson; secretary, Edna Berke; lecturer, Mrs. J. W. Townsend.

GRESHAM GRANGE—Meets every second Saturday each month. Master, Mrs. J. R. Cavannah; secretary, Alberta Allen; lecturer, S. E. Davis. Gresham, Oregon.

FAIRVIEW GRANGE—Meets every first Saturday. Master, S. B. Hall; secretary, Roy Stone; lecturer, Mrs. J. W. Townsend. Fairview, Oregon.

ONE BABY

Out of every six is never raised. Thirty little lives flicker out every minute.

THE CAUSE?

Acid stomach, diet trouble.
Mix with baby's milk a few drops of

A. D. S. Milk of Magnesia

Makes the milk alkaline—wholesome. Keeps baby with you.
25c and 50c Sizes

Powell's Pharmacy

Howitt Building Phone 101 Gresham, Ore.

ONE BABY
Out of every six is never raised. Thirty little lives flicker out every minute.
THE CAUSE?
Acid stomach, diet trouble.
Mix with baby's milk a few drops of
A. D. S. Milk of Magnesia
Makes the milk alkaline—wholesome. Keeps baby with you.
25c and 50c Sizes
Powell's Pharmacy
Howitt Building Phone 101 Gresham, Ore.

Gresham Time Table

Trains for Estacada or Bull Run
(Bull Run Trains leave Mt. Hood Depot)

12:25 AM	Sunday Only.
5:25 AM	Dly. Mail and Express.
6:45 AM	Dly. Ex. Sun. to Pleas. Home
6:52 AM	Sun. to Bull Run.
7:45 AM	Dly. to Estacada.
8:45 AM	Gresham, Sun. to Est'da
9:50 AM	Dly. to Bull Run.
10:40 AM	Dly. to Gresham only.
11:45 AM	Dly.
1:50 PM	Dly. to Bull Run.
2:00 PM	Sun. Only.
2:40 PM	Dly. Gresham Only.
3:45 PM	Dly.
4:50 PM	Dly. to Bull Run.
5:45 PM	Dly.
6:25 PM	Dly. Ex. Sun., Gresham Only.
7:00 PM	Dly. to Bull Run.
7:45 PM	Dly.
9:10 PM	Dly. Gresham Only.
11:10 PM	Dly. Gresham Only.
12:25 PM	Dly. Gresham Only.

Trains for Portland

12:30 AM	Dly. Ex. Sun.
2:04 AM	Sun. Only.
6:40 AM	Dly. Ex. Sun.
6:25 AM	Dly. to Mt. Hood Depot.
7:33 AM	Dly.
8:15 AM	Dly. from Mt. Hood Depot.
9:34 AM	Dly.
10:40 AM	Dly.
11:20 AM	Dly. from Mt. Hood Depot.
11:45 AM	Sun. Only.
12:40 PM	Dly. to Gresham only.
1:34 PM	Dly.
2:40 PM	Dly.
3:30 PM	Dly. from Mt. Hood Depot.
4:40 PM	Dly.
5:34 PM	Dly.
6:40 PM	Dly. Ex. Sun.
6:40 PM	Dly. from Mt. Hood Depot.
7:16 PM	Dly.
9:15 PM	Dly.
9:45 PM	Dly.
11:15 PM	Dly.

MONTAVILLA-TROUTDALE LINE

Lv. Montavilla	Lv. Troutdale
9:15 a. m.	9:45 a. m.
7:15 a. m.	8:00 a. m.
8:45 a. m.	8:00 a. m.
10:35 a. m.	10:15 a. m.
12:35 p. m.	11:15 a. m.
2:35 p. m.	12:05 p. m.
4:30 p. m.	12:05 p. m.
5:50 p. m.	11:15 p. m.
6:55 p. m.	2:05 p. m.
	4:00 p. m.
	5:10 p. m.
	6:15 p. m.
	7:20 p. m.

To Linnemann, connect with O. W. P. trains for Portland.
Daily except Sunday. \$8.00 p. m.

LODGES AND SOCIETIES

[These notices will be published from time to time free of charge. Others not listed here are solicited. If any are incorrect please notify the Outlook and corrections will be made at once.]

GRESHAM MASONIC LODGE—Meets second Tuesday of each month, 8 p. m. Worshipful Master, L. L. Kidder; secretary, Wm. Metzger. Gresham, Oregon.

FAIRVIEW MASONIC LODGE—Meets first Saturday of each month. Worshipful Master, John R. Hughes; secretary, W. H. Stanley. Gresham, Oregon.

SANDY MASONIC LODGE—W. M. Geo. H. Waite; secretary, C. D. Purcell. Sandy, Oregon.

TROUTDALE CHAPTER, O. E. S., No. 80—Stated communication the third Saturday in each month, Masonic hall, Troutdale. Worshipful Matron, Janet M. Grant; secretary, Margaret McKay.

GRESHAM CHAPTER, O. E. S., NO. 117—Meets first and third Tuesday each month in Odd Fellows' hall, worthy Matron, Anna Brown; secretary, Miss Rose I. Dair.

GRAND ARMY.
M. A. ROSS POST, G. A. R.—Commander, Wm. Butler, Fairview; quartermaster, Joel Bates, Troutdale. Meets every third Saturday of each month.

M. A. ROSS RELIEF CORPS—Mrs. D. E. Jack, president; Mrs. Clara Kane, secretary. Meets every third Saturday of each month. Gresham.

The original dome of the capitol in Washington was made of wood, covered with copper.

Philadelphia is this year asked to spend \$98,656,000 for public improvements.

More than forty varieties of rice are cultivated in Siam.

WHAT MAKES A BANK STRONG?

In judging a bank always remember that it is
Capital and Surplus
that give security to the depositor.

Because that money is what stands between you as a depositor and any possible shrinkage in the securities held by the bank. Few banks in the country have a larger margin of safety than this one.

Capital Stock Paid, \$30,000.00
Surplus, \$20,000.00
Stockholders' Liability, \$60,000.00
Cash Reserve 35% of Deposits.
Amount required by law less than 15%.

First State Bank

GRESHAM, OREGON

Meyer's Barn Door Track and Hangers

They are the Best because the track is large and tubular with a flange turned on lower side, making it strong and rigid.

The Rollers roll inside the track making it storm and bird proof.

The Hangers are tandem roller bearing.

Adjustable to and from the building, also up and down.

It's a dandy good outfit. We recommend it.

STERLING & KIDDER HDW. CO.

GRESHAM, OREGON

DR. HESS' FLY CHASER

Will protect your cows from flies. Not as others do, for a few minutes, but lasts all day. We guarantee it to be better than any you have ever used or will refund your money.

Half gallons 75c, gallon \$1.25

GRESHAM DRUG CO.

The REXALL Store

You Can't Get Away



R. R. CARLSON
GRESHAM, OREGON

Figure it any way you please —you'll find it pays to use good paint

The cost of painting is about two-thirds labor and one-third paint. You'll save a lot of time by specifying
Low Brothers HIGH STANDARD LIQUID PAINT

It's ready to use and works fast with it—and do a good job. He can complete your job in less time than will be possible with cheap paint, because there will be fewer gallons to apply if you use "High Standard." You save money on both labor and paint. Figure the cost before you decide upon your paint. You'll get the best protection, greatest beauty and utmost economy with "High Standard" Paint.
Ask for Color Card

A. W. Metzger

Gresham, Oregon.