

Insomnia.

Indigestion nearly always disturbs the sleep more or less, and is often the cause of insomnia. Eat a light supper with little if any meat, and no milk; also take one of Chamberlain's Tablets immediately after supper, and see if you do not rest much better. Obtainable everywhere.—Adv



CLEAR LAND

WITH



Red Cross Explosives

The upper view shows how groups of big stumps are blasted out clean at one time, with all dirt off the roots and stumps shattered into kindling wood. At the same time the subsoil is thoroughly broken up, creating a fine home for the new crop. Lower view shows a celery crop worth \$900 per acre ten months after stumps were blasted out.

To learn how progressive farmers are using dynamite for removing stumps and boulders, planting and cultivating fruit trees, regenerating barren soil, ditching, draining, excavating, and road-making.

Ask for Booklet

A. W. Metzger
GRESHAM, OREGON

TROUTDALE

The Parent-Teachers' association held a very interesting session last Friday afternoon. After the business meeting, an excellent program was rendered. Mrs. Harlow recited "Betsey and I Art Out," there was a Japanese song in costume by Miss Mabel Inglis' girls; pupils of Miss Miriam Inglis gave a gypsy song also in costume; Thelma Dupuis sang, and Buddy Bailey recited, all the numbers well deserving the enthusiasm with which they were received. Mrs. Geo. Lumsden and Mrs. A. Delaney served refreshments.

Mrs. M. A. Bramhall, recently of Portland, has given up housekeeping and is going to make her home with her children living in Oregon and Washington. After a week spent with her son, Harry Bramhall, at Troutdale, she left Monday to stay with a son and daughter about 18 miles from Vancouver. Sunday a family dinner was given in her honor at the home of N. S. Parsons. The guests invited were, besides the honor guest, Mr. and Mrs. Harry Bramhall and family, Mr. and Mrs. Charlie Bramhall and family, Mr. and Mrs. Z. Schanck and family, Mr. and Mrs. Henry Parsons and Clarence.

Among those from Troutdale attending the County Council of the Parent-Teacher associations last Saturday in South Portland, were the president, Mrs. L. A. Harlow, Mrs. John Larsson, Mrs. N. S. Parsons, Mrs. C. I. Raker, Mrs. Nellie Hatfield. They speak in terms of unstinted praise of the profitable meeting, and the charming hospitality and good feeling at the meeting. C. I. Raker took them over by auto. Returning they took in the chicken pie supper at Rockwood. Mesdames Larsson and Harlow sang a duet at the evening entertainment. Others from Troutdale attending the supper were, Herman Blazer, Mr. and Mrs. Gib. Bates, Mr. and Mrs. A. D. Kendall, Mr. and Mrs. G. P. Lumsden, the last two gentlemen contributing to the program with a black-face sketch.

Recent word from Mrs. Earl Brewer a former Troutdale resident, who has been ill in a hospital with appendicitis for eight weeks, is to the effect that she is better, and was to return to her home in Portland last Saturday.

Frank Benedict left Monday after-

noon for his home in Syracuse, N. Y., after a stay of a month here, looking after the interests of his brother, W. P. Benedict, recently deceased.

Lee Evans has rented the W. P. Benedict place, and they will be moving in a few days.

Miss Myrtle Wallace left Monday for Timber Valley, Wash., where she expects to spend the summer with Mrs. Bert Edmundson.

ROCKWOOD

The chicken pie supper and sale held under the auspices of the Ladies' Industrial club last Saturday night, was considered a great success. More than ninety plates were served, which, with the garment sale, yielded about forty dollars. The program was very much enjoyed. Among those taking part in the musical numbers were Mrs. S. C. Dixon and B. C. Brewster of Fairview, who gave a piano solo and a vocal solo respectively. Mrs. L. A. Harlow and Mrs. John Larsson of Troutdale sang a duet and Miss Loisla Ruby gave a violin solo. Miss Armstrong gave a reading. G. P. Lumsden and A. B. Kendall of Troutdale amused the crowd with a comedy. Rev. B. C. Brewster's talk was particularly appropriate and pleasing. The members of the club are especially grateful to Mrs. King, Mrs. Jelkin and Miss Parrinton, who received the chickens and made all the pies for the supper. They made the individual pies, which made quite a hit. Miss Edith Jelkin was unable to sing on the program, much to the regret of her many friends, on account of throat trouble.

Interesting church services were held last Sunday, when seven persons were baptised and joined the church.

Those Milk Record blanks. Printed on durable cardboard, suitable for 16 to 18 cows. Just the thing for your dairy. Will save many times their cost. 10c each, or \$1.00 a dozen. The Outlook, phone 791.

The bowels are the natural sewerage system of the body. When they become obstructed by constipation a part of the poisonous matter which they should carry off is absorbed into the system, making you feel dull and stupid, and interfering with the digestion and assimilation of food. This condition is quickly relieved by Chamberlain's Tablets. Obtainable everywhere.—Adv.

COLUMBIA HEIGHTS

MRS. P. ANDERSON.

Columbia Heights can boast of several patriotic young men, who have responded to the call of the bugle: W. L. Deaver, oldest son of J. Deaver, an old southern soldier, has given up a fine position to serve Uncle Sam. G. Knieriem also has the blood of a soldier running through his veins as his father, G. Knieriem, served in the civil war. Both of these men have joined the coast artillery and several others have gone to serve their country. We can not help but notice the lack of patriotism among our young men and should like to ask one question, "Are we to blame?" I don't think so. What are we doing that could inspire patriotism? Nothing, I must say.

I can give some reason why patriotism is more prevailing in the old country for instance, the military training in the public schools. How we girls loved to watch the boys every Friday line up on the school grounds, like real soldiers, and how pretty and prompt they obeyed the command of their teacher who was competent and thorough. And it surely was a healthful exercise. It made the boys walk erect and gave them a more graceful bearing. A little military training in our schools here would be better than some of the studies that now occupy their time. Then again, we now have a sane fourth of July, but oh, where does the patriotism come in? The noise and bang of firecrackers, the sound of the roar of cannon, that our little men loved so well, this pleasure is denied them. Where should they get their patriotism from? Let every school be obliged to teach the pupils to sing at least America without having a book and at least once a week, and also to salute Old Glory. We don't like war, but so long as national trouble can not be settled by a treaty, and our men have to fight in trenches and battlefields, we should be prepared. Nobody can take a young man and make a soldier of him in a few months.

My, oh my! how long must we wait till the beautiful and fragrant appleblossoms will greet us? Everything will get a late start here, as there have practically no seeds of any kind been put in the ground yet.

G. Chamberlain is very busy getting ready to build his new place here on the highway.

J. Sumpter has just replaced his stolen Ford with a new Saxon six.

Columbia grange gave a party last Saturday night, which was a very enjoyable affair.

Market Gardeners.

A correspondent suggests, probably for the purpose of combatting it, that, if there is too much home gardening in the city, those who make a business of market gardening will become discouraged and abandon their effort. We refer to it to say that any market gardener who would be utterly foolish.

There will be a market for all the food stuffs that can possibly be raised, not only in this vicinity, but in the country at large and in the lands beyond the sea. The nations of Europe are at war, and crop production has been reduced, in spite of all effort to prevent it, to the minimum. Never was there such world dependence upon the United States for foodstuffs as now. America must feed her own, and she must do what she can to feed the suffering in Europe.

Home gardens will serve as an insurance of food for the gardeners at the expense of their own labor. They are a bit of individual home economy and of preparedness for the summer, fall and winter. The grower of foodstuffs may be sure that, though his market may be shifted a little, it will still exist with a demand that will make prices high.

The man with enough ground for a market garden and the knowledge to make it produce has a fine prospect, regardless of the development of the back yard and vacant lot gardening movement. He could, do nothing more foolish than to abandon it.

Questions the Plan.

CORBETT, Ore., April 14. Editor Outlook:—With the labor situation as it is do you hold it a wise plan for the state to create a still greater shortage in labor by entering the market for labor to build hard surfaced roads for pleasure seekers, for that is what it amounts to? Had not labor better be employed in producing food? Respectfully yours, SYLVESTER E. EVANS.

Safe Medicine for Children.

"Is it safe?" is the first question to be considered when buying cough medicine for children. Chamberlain's Cough Remedy has long been a favorite with mothers of young children as it contains no opium or other narcotic, and may be given to a child as confidently as to an adult. It is pleasant to take, too, which is of great importance when a medicine must be given to young children. This remedy is most effectual in relieving coughs, colds and croup. Obtainable everywhere.—Adv.

FAIRVIEW

The Women's society of the Presbyterian church held an unusually interesting social at the home of Mrs. John Bliss last Friday evening.

"Grandpa" J. P. Heslin is ill at his home with asthma. As he is past 80 years of age, his condition causes considerable anxiety among his friends.

Mrs. B. C. Brewster and her parents, Mr. and Mrs. Benedict, visited old friends in Portland several days last week.

The U. S. class of the Presbyterian Sunday school was entertained last Saturday at the home of the president of the class, Miss Ruth Shaw. A good number were present and a delightful evening was spent. Mrs. A. L. Stone is the teacher.

Few American wild animals are more widely known or excite more popular interest than the raccoon, which occupies most of the wooded parts of North America from the southern border of Canada to Panama, with the exception of the higher mountain ranges. Their diet is extraordinarily varied, and includes fresh-water clams, crawfish, frogs, turtles, birds and their eggs, poultry, nuts, fruits and green corn. When near water they have a curious and unique habit of washing their food before eating it.

One of the native tribes in the Philippines produces fire by rapidly compressing air in a sort of syringe.

Spring.

Spring is looked upon by many as the most delightful season of the year, but this cannot be said of the rheumatic. The cold and damp weather brings on rheumatic pains which are anything but pleasant. They can be relieved, however, by applying Chamberlain's Liniment. Obtainable everywhere.—Adv.

VENTURA PARK.

Mrs. Noah Perry spent Monday at Ryan Place, on the Oregon electric.

Miss Bertha Smith, Wm. Lotz and Frank Kramer of Portland were guests at the Rasmussen farm Sunday.

Mrs. Maud Webber and Miss Maude Decker spent Friday with Rasmus Webber at Vancouver Barracks.

Mrs. W. H. Sanford entertained her Sabbath school class Saturday afternoon. After lunch the afternoon was spent in gathering wild flowers.

Joseph Elston is the proud possessor of a Harley-Davidson motorcycle.

The Base Line Improvement club will enter the Patriotic parade Thursday.

Mr. and Mrs. Chas. Decker moved into their new home Sunday.

Louis Larsen will give an "old fashioned" dance at the grange hall Saturday evening, April 21.

The friends of Mrs. Chas. Heath are glad to see her able to be back in the store again.

Charles Parsons was out visiting his mother Saturday. He looks mighty fine in his uniform.

PLEASANT HOME

Mrs. J. Iekler is spending a few days with Mr. and Mrs. H. Simmons and Mrs. L. Zahn of Ridgefield, Washington.

Mr. and Mrs. H. F. Wilhon took dinner with Mr. and Mrs. Allen Lane and family of Portland, Sunday.

Mrs. Grant Sloop underwent an operation at Good Samaritan last Thursday. She is reported to be doing well.

H. F. Wilhon is building a fence around his land, which adds much improvement.

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