

THE STORY OF VEGETARIANS OF OTHER DAYS

These days of enforced food conservation bring out stories of voluntary abstinence from certain kinds of food for altogether different reasons. The vegetarians are not so numerous that they attract much attention at any time, yet here have been notable instances where people have done without the use of meats and other favorite articles of diet for years without feeling any the worse for their experience.

Some high authorities assert that a person cannot be a strict vegetarian and perform satisfactory labor of any kind especially manual labor.

There are many, and they are in a big majority, too, who will say that meat as a diet is absolutely necessary for human beings. Man is an omnivorous animal and can eat anything not absolutely poisonous. Therefore, the great variety of food consumed including meats and fats of all kinds.

Control of the appetite is an easy matter. Many things that are eaten may be left off the menu that most people imagine are entirely necessary. Among such things are included meat of all kinds, coffee, tea, salt and all condiments. While they all taste good none of them seem to be essential to health, and there are many cases where people have been not only strict vegetarians but have foregone the use of some things that some of the so-called vegetarians continue to use, thinking that if they abstain from meats they are living the life that all good vegetarians should live to be healthy and happy.

Probably the most noted family of vegetarians in Oregon was the Luellings who lived at Milwaukie. Mr. and Mrs. Seth Luelling were early pioneers and lived as all their neighbors did up to about 1860. Venison was a common luxury in those days and the family, which included four growing, healthy children, had plenty of it. Mr. Luelling was a mighty hunter and game was plentiful, and they had to make meat a part of their diet because of the scarcity of fruits and vegetables in this part of the world during the pioneer days.

Their change to a more simple diet of vegetables and fruits came about when Mrs. Luelling's health began to fail. They ascribed her illness to the use of too much meat and high seasonings. Before 1860, however, there were plenty of vegetables to be had and fruits were less scarce. Mr. Luelling was one of the pioneer nurserymen, who afterward originated the famous Black Republican cherry and later on the Bing, and he was growing wealthy. They could afford to eat anything but Mrs. Luelling's health was of more importance than the great variety of food that they had been eating, so they decided to try the experiment of living on a vegetable and fruit diet for the benefit of the woman who was slowly but surely growing worse.

Their first experiment was in the nature of eliminating meat from the table. Mrs. Luelling's health began to improve and they left other things out of the family bill of fare. In a short time they had ceased to use white flour, tea, coffee, salt, eggs, butter, fats and condiments of every kind. They became the strictest vegetarians ever known, perhaps, and there is yet living evidence that their diet in no way detracted from the ability of any member to do a full day's work of the hardest kind. Mrs. Luelling fully regained her health and all felt better for the change.

Their mode of living was simple but they had plenty of everything that they desired. They made but one concession to flesh and that was the use of milk. They kept a cow and drank her milk but never made butter. Every vegetable that could be grown here was used; also a great variety of fruit from an orchard of forty acres. From graham flour, the genuine kind that used to be ground at the Deep Creek mill at Damascus, they made all their bread, pies and cakes. They used sugar, syrup, beans, rice and corn largely and always had nuts on the dinner table.

Salt was an abomination. Vinegar was banished for the reason, as Mrs. Luelling said, "that anything that would eat the bottom out of a tin vessel was not fit to put into the stomach." In order to have a variety of fruit out of season they put up more than a thousand quarts each summer in tin cans.

Their strict diet, to which was added a cold shower bath every morn-

MOVEMENT FOR SHIP CHANNEL ALONG SLOUGH

Representative D. C. Lewis has written the Outlook that he is interested in the dredging of a channel the entire length of the Columbia slough, from Blue lake to its outlet into the Willamette river, and has asked that a meeting be arranged for him whereby he may present plans to the people of this vicinity and give information on the subject. The idea will probably be his slogan for re-election this year to the legislature.

The idea is not a new one, however, to Mr. Lewis as it was broached nearly five years ago in these columns by the late L. H. Wells, who was for several years the Outlook's Portland correspondent. The matter was mentioned several times and was then laid aside. It has now come up again and was mentioned a few weeks ago by Mr. Lewis in an address before an East Side club. More recently the matter has been taken up by Commissioner Barbur of the department of public works of Portland.

The plan is to dredge the slough for a channel 14 feet deep and about 300 feet wide with an intake from the Columbia river near Blue lake which would be used as a settling basin where silt may settle and thereby prevent the slough channel from filling up.

The principal idea is to provide a sewage channel for the Peninsula district, although the channel would be used by boats. It is estimated that 30,000 acres of land would be affected and that the total cost would be about \$900,000, of which it is proposed to have the federal government provide \$540,000, the state \$270,000 and a local assessment district \$90,000.

It is also intended to build a conduit through the Sun-dial property from the Sandy river to Blue lake. This conduit may be a large pipe which will add somewhat to the volume of water in the new channel.

It was recently reported in these columns that a drainage reclamation district had been formed to take in the same territory through which the channel will pass if made. Whether the two projects will conflict or not is a question as yet unanswered. The proposed channel will take considerable land that the drainage development projectors intended to reclaim, but they may be able to work together and perhaps each one will be a help to the other.

MRS. ELIZABETH KENT BURIED SATURDAY

Mrs. Elizabeth Kent, whose sudden death was recorded in the last Outlook, was laid to rest in Mt. Scott cemetery on Saturday, following funeral services at Carlson's chapel, at which Dr. A. Thompson officiated. The members of Gresham Chapter Order of Eastern Star, of which Mrs. Kent was a member, conducted the burial service.

Mrs. Kent was born in Stockholm, New York, November 23, 1849. She was married to A. E. Kent, who survives her, on June 4, 1868. After residing several years in Oakes, N. Dakota and Payette, Idaho, they came to Oregon in 1911 and settled near Rockwood, where she died. She is also survived by two daughters, Mrs. George Hageman and Mrs. Jas. Gray of Portland and five grandchildren. She was a member of the First Presbyterian church of Payette, Idaho, of the Gresham grange and the M. A. Ross Women's Relief Corps.

Card of Thanks.

We wish to thank the many friends for their help and sympathy in our bereavement, for the beautiful floral tributes and the use of automobiles. Especially do we wish to express our appreciation to the members of the Gresham Chapter Order of Eastern Star for their participation in the burial service.

E. A. KENT AND FAMILY.

ing, restored Mrs. Luelling's health and she lived for twenty-five years true to the vegetarian faith until she died. Mr. Luelling, who was several years older, lived about ten years longer, both living to a ripe old age, healthy to within a few weeks of their last days.

With such evidence as this who will say that a person cannot live comfortably without the use of meats and many of the other things they think to be so absolutely necessary to existence?

FRUIT GROWERS' OFFICERS MAKE OPTIMISTIC REPORT

The annual meeting of the stockholders of the Gresham Fruit Growers' association should have been held yesterday but a majority failed to appear and the meeting was adjourned to Monday, February 18. There was a large attendance, however, and the reports of the directors and the financial statement of Secretary Elkington were read and made public. The financial reports are in two parts, the first part giving the status of the association for the last month of 1916 and the first two months of 1917, while the new building was in course of construction. The report of the directors is as follows:

We, the directors, desire to report to you our stewardship of your business for the past year. On your direction, we proceeded and rebuilt the cannery building using all of our available funds in the construction of the building and with the increased cost of material and labor we found that we would not have sufficient money to complete the building and install machinery and equipment. At this time Mr. W. W. Cotton made us an offer to lease the building from us for a period of two years, furnishing the machinery himself and pay us a rental of \$600 a year and also pay all taxes and fire insurance premiums on the building for the two year period. He also agreed to buy all berries and other fruit at the market price and allow us a commission of \$2.00 per ton for all contracted by us, that was delivered at the cannery. He agreed to loan us what money we might need, to complete our building. We accepted his offer and made a lease and contract for the two years.

Following this we made a canvass and made contracts on nearly all of the producing acreage in the locality in all about 25 acres, and we also arranged for and had planted 22 acres more and contracted for an additional six acre lot for this and the succeeding three years. We also have the promise of the planting of 20 acres more this season. This gives us a total of 31 acres in full bearing, 22 acres planted last year and with the 29 acres promised, a grand total of 73 acres in all, of Outhbert raspberries. This acreage, in the judgment of your directors, is too small for profitable results, and should be at least doubled and in addition we need 100 acres of Loganberries, 100 acres of Lawtons, 100 acres of Evergreens and 100 acres of strawberries. Also a large acreage of beans, beets, carrots, cabbage and corn. We earnestly urge you at this time to so shape your affairs so that you can give us the acreage needed as it is of vital importance to the prosperity of the community.

Following is the secretary's report of receipts and disbursements from December 1, 1916 to March 1, 1917:

RECEIPTS	
Cash on hand	\$ 154.55
Received from fruit shipped	5,279.48
Salvage sold	653.15
Insurance on stock	4,235.68
Insurance on buildings and machinery	4,560.00
Motors sold	50.00
Miscellaneous	9.16
Total	\$14,902.04
DISBURSEMENTS	
Notes Paid	
D. E. Towle	\$5,600.00
U. S. Nat. Bank	1,700.00
P. R. L. & P. Co.	80.00
Growers	675.00
Total	\$7,455.00
Interest	\$ 133.59
W. W. Cotton	1,000.00
Cost of handling salvage	90.05
Growers' accounts	201.71
Box companies	675.76
Anderson-Barnegrover Co.	443.00
Sandy Fire Lumber Co.	417.00
M. D. Kern	85.97
Hardware and other bills	658.95
Total	\$11,165.02
Balance on hand	\$ 3,737.01

FARM LABOR IS AMPLE IF RIGHTLY UTILIZED

By utilizing every bit of the available farm labor supply in Oregon it will be enough to plant, care for and harvest the big war crops called for by the government, says J. W. Brewer, farm labor agent for Oregon.

Co-operation and sacrifice by farmers, laborers and business men are necessary. To the usual labor forces must be added retired farmers, capable farm women, high school boys, clerks and office assistants temporarily relieved by substitution of women and older men, and men about town. Exchange of help in local communities and shifting of reserve forces to points of emergency will also be necessary. It is also expected that business men will stand ready to throw off their coats and help the farmer out in the pinches.

Mr. Brewer represents the U. S. Office of Markets, but will correlate his work with that of the State Council of Defense, the State Labor Commissioner, the Agricultural College Service, the Portland Free Employment Bureau, and the local county

Receipts and Disbursements from March 1, 1917 to December 31st, 1917.

RECEIPTS	
Cash on hand	\$ 3,737.01
Scrap iron sold	61.65
Rent received	600.00
Note and interest	27.26
A. Rupert Co.	7.35
Cotton loan	1,625.00
Commission on berries	76.11
Trays, etc., sold to Cotton	180.00
Total	\$ 6,314.38

DISBURSEMENTS	
Building	\$ 4,357.63
W. W. Cotton account	1,191.47
Settling	185.49
Note and interest, P. R. L. & P. Co.	320.00
Typewriter	30.00
Repairs on boiler	164.91
Miscellaneous	108.52
Total	\$ 6,268.62
Balance on hand	\$ 45.76

Balance Sheet, December 31st, 1918

ASSETS	
Bank of Gresham	\$ 33.46
First State Bank	12.30
Furniture and fixtures	50.00
Machinery and equipment	764.91
Side track	640.00
Real estate	1,380.00
Building	4,737.63
Profit and loss	3,538.71
A. Rupert Company	131.81
Total	\$11,288.82

LIABILITIES	
Bills payable	\$ 1,650.00
Growers ledger	64.82
Capital stock	9,574.00
Total	\$11,288.82

Profit and Loss Account, Dec. 31st, 1917

DEBIT	
Commission on stock sales	\$ 250.00
Expense	344.46
Interest	33.72
Total	\$ 628.18
Balance	\$ 209.44
Total	\$ 828.62

CREDIT

Rent	\$ 600.00
Commission	197.94
Donations	10.00
Discount	20.68
Total	\$ 828.62

Trial Balance, December 31st, 1917

DEBIT	
Bank of Gresham	\$ 33.46
First State Bank	12.30
Furniture and fixtures	50.00
Machinery and equipment	764.91
Side track	640.00
Real estate	1,380.00
Building	4,737.63
Commission on stock sales	250.00
Profit and loss	3,538.71
Expense	344.46
Interest	33.72
A. Rupert Co.	131.81
Total	\$12,117.44

CREDIT

Bills payable	\$ 1,650.00
Growers ledger	64.82
Capital	9,574.00
Rent	600.00
Com. on fruit and vegetables	197.94
Donations	10.00
Discount	20.68
Total	\$12,117.44

CHEVROLET COST IS TO BE ADVANCED

By reference to Ed Osburn's advertisement it will be seen that the cost of the popular Chevrolet is going to be advanced fifty dollars on March 1. Now is the opportunity to save that sum in the cost of a car. Prompt deliveries can be made on all orders direct from the Portland headquarters. See Ed. about it.

Notice.
Beginning January 15 milk will be \$3.20 per quart a month. Gresham Dairy. John Streich, Prop.

The silo increases the size of the farm 50 to 100 per cent by increasing the stock carrying capacity. See Hessel's Farm Machinery.

He who wastes a crust of bread prolongs the war.

agricultural councils or other local bodies. Only by the closest unity of all these forces will the plans succeed. This is assured, Mr. Brewer thinks, and farmers are encouraged to go ahead with their plans for maximum crops.

NO PROFITEERING AND AMPLE SUPPLY

The Sun Dial mills are again announcing prices in today's Outlook. It will be noticed that prices quoted today are only slightly higher than they were last year when weekly quotations were being published. It is apparent that there will be no profiteering in feed commodities and that there is going to be an ample supply from now on.

DAMAGED WHEAT FOR STOCK AND CHICKENS

Just received two cars of wheat, damaged by fire and water. Suitable for hog and chicken feed. For quick turn, \$25 per ton cash. Sun Dial Ranch, Fairview, phone 611.

Have you pulled that sweet tooth?

COUNTY FAIR DATES FIXED, SEPT. 17--21

Yesterday's meeting of the 1917 fair board marked the windup of its affairs, followed by the organization of the board for this year. Several of the members were absent on account of pressing duties but the ten members present began the work of 1918 with the optimistic feeling that this year's fair will be better than any of its predecessors.

The financial affairs of last year are shown in the report of the treasurer, which includes the sum of \$3500 as receipts—the amount received from the county fair fund:

RECEIPTS	
Bal. on hand, Jan. 1, 1917	\$ 245.20
Received during year	7,255.19
Total receipts	\$7,500.39
DISBURSEMENTS	
Paid on warrants	\$ 7,454.41
Balance on hand	45.89
Total	\$7,500.30

Two of the new members elected to the board, Mrs. Elyth Tozier Weathered and John M. Mann, were present at the reorganization. The third member, T. J. Kreuder, is on his way to Denver but will qualify upon his return.

H. A. Lewis and A. J. Krueger were re-elected president and vice president respectively, but the election of secretary and treasurer was deferred until another meeting.

The dates of this year's fair are set for September 17-21 and a premium list committee was named consisting of H. A. Lewis, A. F. Miller and A. J. Krueger. Twenty-five hundred copies of the book were authorized, the contract for printing being awarded to the Outlook.

On motion of Mrs. Weathered President Lewis was elected a delegate to the North Pacific Fair association which will meet in Vancouver, B. C., on Thursday of next week, lasting two days.

All matters pertaining to the fair of last year which may yet come up were referred to the president and secretary for settlement. The next meeting of the board will be held on Monday, February 4th at 1 p. m.

LOCAL MACHINERY MAN URGES EARLY ORDERING

Signs of a revival of spring trade are apparent on every hand. The indications are that the farmers and berry growers are beginning early to plan for one of the best producing seasons in the history of eastern Multnomah.

No better indication of this fact can be had than the statement of W. A. Hessel that inquiries regarding farm machinery are coming in thick and fast and many orders are being booked for future delivery. He says there is bound to be a rise in prices in the near future on some if not all farm machinery and there will be increasing difficulty in getting deliveries on necessary farm implements and machines.

Hence farmers who are placing their orders now are not only going to realize a considerable saving but are going to be sure to have their tools when they need them.

It seems far from potato planting time but Tom Townsend is taking time by the forelock and has ordered a potato planter for delivery next May. He has also ordered other machines for spring and summer use. Andy McMillan has purchased a large disc harrow for early spring use. Many Japs are, Mr. Hessel says, placing orders for machinery for spring and summer deliveries. J. C. Bettis, on the former Hunter place, who has considerable wood to cut, has bought a Pacific Drag saw, the kind made in Gresham.

Mr. Hessel also mentioned as among recent purchasers of Anker-Holth cream separators, H. C. Whilow, Pete Johnson and Frank Beers. He is also taking orders for silos and urges all who intend to build to see him early about it.

Although Mr. Hessel is still somewhat handicapped by the use of crutches he is able to be at his store in Gresham and by the use of his auto can get around wherever needed. He is gratified by the increasing patronage received and the signs of prosperity for the season 1918.

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

The silo conserves the feed produced. Build a silo and save your feed. See W. A. Hessel, Gresham, Oregon.

ANNOUNCES HIMSELF FOR U. S. SENATOR



R. N. STANFIELD.

Stanfield, Ore., Jan. 10.—At the annual Community meeting of the agricultural and dairying interests of Umatilla county, held here today, R. N. Stanfield, Republican candidate for the nomination for United States Senator, was the principal speaker. There were hundreds of his neighbors and life-long friends and acquaintances present, and in the course of his address he stated the principles upon which he would stand in his campaign, which are as follows:

1. To support the national administration and the heads of the government with all my ability and energy in the speedy and vigorous prosecution of the war to a peace satisfactory to the democracy of the world and compatible with the highest ideals of our civilization.
 2. To a selective draft in practice as well as in theory, which shall insure organization of the national army and at the same time reserve the necessary labor and supplies for the continuation of our industrial pursuits and commerce.
 3. To an equitable control and regulation of food supplies, commerce and industry, and the establishment of a primary market in Portland on equal basis with Chicago and Eastern ports.
 4. To a nation-wide prohibition and to all measures which shall make it practicable and operative and not theoretical.
 5. To permanently establish equal suffrage in both state and nation.
 6. To establishment by the federal government of a naval base at the mouth of the Columbia river.
 7. To effective rural credit legislation and administration with a particular view to its adaptability to the needs of Oregon.
 8. To construction by the federal government of a military highway along the Pacific Coast, and federal aid in the construction of permanent highways.
 9. To see that Oregon participates, all things being equal, in national trade, commerce and industry, and that our state is given recognition in the federal expenditures made necessary by the war.
 10. To legislation which shall bring to a settlement the public lands question, and the greater development of Oregon's natural resources, including the development of water power, reclamation of arid, swamp and logged-off lands.
 11. To the organization and mobilization of all industrial forces, with a just and proper consideration of the rights of labor, which shall guarantee co-ordination of American efforts during the war.
 12. To legislation that will permit resources of the great West and Alaska to be used, at the same time being careful that these natural resources are used economically.
 13. To the removal of the misunderstanding and opposition on the part of the federal authorities which has restricted Oregon's commercial expansion and retarded her industrial development.
 14. To the development of Oregon's great shipping ports, through federal improvement of waterways and harbors; the maintenance of a merchant marine on the Pacific ocean, and a just recognition on the part of the federal government of the importance, value, commercial and industrial advantage of Oregon's location, situation and harbor, and shipping facilities.
 15. To a policy of conservation and reconstruction which shall insure our national integrity, honor and commerce and the moral and civic purity of our people, which is typified by a conscientious and moral observance of true Christian civilization.
 16. To have that high regard and consideration for the interests and progress of humanity and the nation at large, which should actuate the motives of every public man.
- As to why he was a candidate and in respect to the issues raised, and in presenting his declaration of principles, he said:
- "The great national duty of the hour is effective, intelligent and patriotic support of the government in a vigorous and successful prosecution of the war against Germany and her allies.
- "The obvious political and commercial need of Oregon is competent and resultful representation in congress at Washington.
- "I pledge myself, if elected United States senator, to respond to every appropriate call upon me for service to my country and similarly pledge myself, if defeated, to perform, to the limit of my power, the duty of a citizen."

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