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VALUE OF MILK IN CHILD GROWTH

The value of milk and butter fat in the child's diet was never more forcefully brought out than in the story of the Rhoten twins as told by the father, E. A. Rhoten, during the recent hearing on oleomargarine before the joint legislative committee appointed to investigate the dairy industry.
Mr. Rhoten, who is advertising manager for the Pacific Homestead of Salem and well known among the stockmen and farmers of the state, told how their home was blessed six years ago with a pair of twin boys, how it became necessary to substitute cow's milk for mother's milk, and the difficulty in getting one of the boys to continue the use of milk as soon as he was old enough to take other food.
As a result of his refusal to drink milk and to eat butter Rex failed to keep pace with his brother Ray who was at all times a glutton for milk and butter. Ray has grown into a rugged lad while Rex shows plainly the stunting effect of the absence of the vital element of nutrition found only in butter fat, fat of eggs and in the leafy vegetables.
At birth they were the same weight. Today, at a few days past six years, Ray weighs 58 pounds while Rex tips the scales at 47 or 11 pounds less.
Up to the age of five years the general appearance of Rex showed plainly the effects of malnutrition, and caused the parents no end of grief. It was then that they discovered that Rex could be induced to eat cottage cheese. This was supplied and was seasoned with cream which has resulted in a marked improvement in the boy's appearance and growth. This is in exact accord with the experiments of Dr. E. V. McCollum, the noted scientist on nutrition.

Items From Many Localities

CORBETT

Mr. Sterns, our genial station agent, went to Sherwood Monday to look after his real estate there. Mrs. Sterns accompanied him as far as Portland and will visit at the home of her son until Mr. Sterns returns.
Mrs. C. J. Littlepage, of Mosier, came Monday to visit her daughter, Mrs. Henry Nelson.
Mrs. James Pounder, who has been in poor health for some time, was taken to a Portland hospital last Wednesday.

Mrs. Eva Fox and daughter Frances and Mrs. Lewis Bradley, of Portland, visited their parents, Mr. and Mrs. W. H. Reed, last week.
Fred Conkle, who enlisted at the time our government entered the war and who has been in service overseas and was several times wounded, returned Saturday and is visiting friends in this vicinity.
Mr. and Mrs. G. W. Kite from Idaho are visiting their daughter, Mrs. Dorden, and at present Mrs. Kite has charge of the postoffice.

Rev. George Enoch, who grew to manhood in this vicinity, and for the past ten years has been a missionary from the Seventh Day Adventist church to India, will give a lecture at the Corbett church Monday evening, February 17.

Leona Spybrock was born in Belgium in 1867 and departed this life February 2, 1919. Mrs. Spybrock has lived in this community since her marriage to E. Spybrock and leaves besides her husband, two sons and three daughters to mourn her departure.

PLEASANT VALLEY
J. F. Wing, of Lents, was looking after business interests in this vicinity one day recently.
Chris Borges has been mustered out of the service and returned home. Chris got as far as camp Meade, Md.
August Heller has received an honorable discharge from the U. S. army and has returned to his farm. Mr. Heller was stationed in New York for some time.
A baby girl arrived at the home of Mr. and Mrs. H. F. Sager on the 5th inst.

G. H. Richey attended a meeting of the county fair board last Tuesday. Mr. Richey is a member of the board.
Chas. Kennedy, a Creston business man, was a valley visitor on business matters one day this week.
Chas. Dahlquist was transacting business in Gresham last Monday.
Mr. and Mrs. Geo. O'Connell, of Portland, were out and spent the week-end at the home of Mrs. O'Connell's father, A. B. Olson.
A. C. Ball accompanied by his mother, Mrs. E. Ball, and Mr. and Mrs. W. F. Garrison, attended church at Lents Sunday.

ROCKWOOD CHURCH ANNOUNCES SERVICES

Services were begun at the Rockwood M. E. (community) church last Sunday, after a lapse of one month without services. The attendance was good both at the Sunday school in the morning and the preaching service in the evening.
It is the desire of the pastor and Sunday school superintendent to build up a good adult Bible class, with its own officers, who will map out the program which they deem best to follow, providing the plans do not conflict with the policy of the church.
The service is to be made as attractive as possible with sermons on live gospel topics and special music.
Sunday school convenes at 10:30 in the morning and preaching services will be held at 7:30 in the evening.
The pastor, Rev. F. J. Schnell, says that everyone will be accorded a warm welcome. E. W. Peterson is superintendent of the Sunday school.

POST AND CORPS TO INSTALL OFFICERS

The installation of officers of the M. A. Ross Post and Womens Relief Corps will be the feature of the regular meeting of those organizations tomorrow. All officers-elect are urged to be present on time.
Rev. I. B. Self of Fairview, a past commander, will be the installing officer for the Post. Captain J. B. Varney of Portland, a member of Summer Post, will be the officer of the day.
Rev. Mr. Self has recently received the appointment as aid on the staff of General Adams, National Commander of the G. A. R.

That Terrible Headache.

Do you have periodic attacks of headache accompanied by sickness of the stomach or vomiting, a sallow skin and lull eyes? If so, you can get quick relief by taking Chamberlain's Tablets as directed for biliousness, and you may be able to avoid these attacks if you observe the directions with each package.—Adv.

Ford and Chevrolet repairing. C. E. Osburn, Gresham. tf

MELROSE AND VICTORY

Alton, the two-year-old son of Mr. and Mrs. H. L. Douthit, is seriously ill with intestinal grip. He is being nursed by Mrs. S. R. Bradfield of Gresham and is reported to be improving.

Percy Conrad, who received his discharge at Camp Lewis about two weeks ago, left Tuesday to join his brother, Orrie, in Nebraska. The two will visit with relatives in Nebraska and Ohio.

Mr. and Mrs. George Hayden and family, who have been at Brighton near Tillamook for several months, have returned to their farm here. Mr. Hayden has been night foreman in a mill working on government contracts.

Alexander Thompson received a letter from his son, Stuart, on Monday, stating that he expected to receive his discharge soon from Camp Lewis. The Seattle strike has interfered somewhat with the demobilization plans at the Washington camp. Stuart has been in Camp Mills, Long Island, and in Camp Lee, Virginia; was one day actually on the water on the way to France, but was recalled upon the signing of the armistice. Aside from that, measles are the biggest thrill he had, but he made a perfect recovery. He wrote of visiting old Fort Petersburg of Civil War days, while at Camp Lee.

Alexander Thompson was a Gresham visitor on Thursday.
Fred Morgan, of Beaver Bend, was in Gresham on business this week.

FAIRVIEW

A surprise party was given at the home of Mr. and Mrs. J. W. Townsend Tuesday evening in honor of their son, Earl, the occasion being his birthday. The evening was spent in social conversation and music, and refreshments were served. Those present were, Mr. and Mrs. Earl Tegart, Mr. and Mrs. Blaihe Turner, Mr. and Mrs. Cedric Stone, Miss Rosalie Luscher, Roy and Clyde Stone, Jack Luscher, Leroy Stone and Josephine Townsend.

Grandma Whetmore, who has been quite sick, is slowly improving.
Attention is called to the patriotic memorial services to be held at Smith Memorial Presbyterian church on Sunday, beginning at 11 o'clock. An interesting program is being prepared. It will include readings, recitations, solos and other features. You are invited to take part in the service in honor of our great presidents, Washington, Lincoln and Roosevelt.

KELSO

Mrs. C. Bowen and children, of Portland, spent several days last week with her mother, Mrs. C. A. Sindall.
Ned Nelson, who has been quite ill, is improving.
Clarence Cassidy of Bull Run was a Kelso visitor Sunday.
The Kelso Red Cross Auxiliary will meet regularly every Wednesday. A full attendance is requested as there is still much work to be done.
R. Jonsrud has been appointed captain of the drive for the Armenian and Syrian relief. The people of these countries are in dire need of food. Thousands of woman and children are destitute and in the most pitiable condition. Let us think of them as neighbors and open our hearts and pocket-books for their relief.
Robert Jonsrud recently sold dragsaws to the following—Chas. Krebs, Fred Suckow, Wm. Fisher, and Mr. Widner of Sandy Ridge, and to Bill Andrews of Cottrell.

The marriage license of a couple was seen in a Portland paper recently, namely Gus Herz and Lula Lamoreaux. Gus Herz is the youngest son of Adolph Herz, a pioneer farmer of Kelso; and Miss Lemoreaux, who lived here some years ago has since resided in Portland.
E. V. Erickson is still confined to home with sickness.

SANDY BLUFF

Mrs. John Barnett has returned home much improved, after taking medical treatments in Portland.
Miss Lilah Hengstler was taken to the hospital again where, after an X-ray examination, it was found necessary to operate on her ankle as the bone was affected. It is hoped now she will rapidly recover.
Anthony Hengstler is home after spending several months in North Yakima.
Byron Edwards has rented his place to Elmer Dukes, who has moved his family there and is working in Portland.
Mr. and Mrs. Brook and daughter, Lily, spent a couple of days of last week with their daughters, Mrs. Chandler and Myrtle Brook of Troutdale.
Clarence Edwards is staying a while with his Uncle, Elmer Edwards, who is now at home.

All auto top parts and repairs. Quick work. E. S. Palmquist, Gresham.

Nobody Will Compel

you to save, but later on in life, when you're up against it, you may wish most emphatically that you had a part of the money you have frivoleed away with nothing to show for it.

Why not open a Savings Account here. We pay 4 % interest, compounded every six months.
We pay 4 per cent Interest Compounded every six months.

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County and City Depository

Electric Vacuum Laundry

ROUGH DRY AND WET WASH

PROMPT DELIVERY
PRICES REASONABLE
ROSS BUILDING, MAIN STREET, NEAR GRESHAM BAKERY

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SANITARY MARKET

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Home-made Sausage and Lard, Sweet-Cured Ham and Bacon.
We buy Beef Cattle, Calves, Hogs, Hides, Etc.
FARMERS, ATTENTION!
We Smoke Your Meat
Phone 881

RUNNING THE FORD IN COLD WEATHER

"Ford owners could save themselves a lot of trouble in cold weather if they would only use a good, zero cold test oil of light body refined from California crude," said C. A. McCarty, special agent for the Standard Oil company, in discussing cold weather lubrication yesterday.
"In the Ford motor, the clutch is combined with the engine and lubricated from the crank case. If the oil gets thick and sluggish in cold weather, the discs of the clutch stick together. This is what causes hard cranking and that persistent creeping forward as if the clutch were partly engaged.
"Zerolene Light is refined from California crude of the naphthene series has a natural zero cold test; it flows freely down to zero temperature. It does not become stiff and sluggish because it contains no paraffine to congeal and thicken in cold weather. When such an oil is used there is no trouble with hard cranking, inefficient lubrication or sticky clutch."

COTTRELL

Roland Manary, who has just returned from France, called on his grandmother, Mrs. J. Manary, Sunday. He was accompanied by his parents, Mr. and Mrs. James Manary.
Miss Hazel Goger spent a few days at home with her parents. Miss Goger recently received her diploma as a graduate nurse from Reed college.
A. R. Goger is serving on the February jury.
Miss Maud Colvin, who spent the winter with her sister, Mrs. Robert Manary, has returned to her home at Marshland.
Oscar Seaberg, of Portland, was a Sunday visitor at the Craswell home.

Dreadful Cough Cured.

A severe cold is often followed by a rough cough for which Chamberlain's Cough Remedy has proven especially valuable. Mrs. F. W. Olsen, Marysville, Mo., writes: "About two years ago my little boy Jean caught a severe cold and coughed dreadfully for days. I tried a number of cough medicines but nothing did him any good until I gave him Chamberlain's Cough Remedy. It relieved his cough right away and before he had finished taking one bottle he was cured. I think it is just fine for children."—Adv.

Getting Rid of Colds.

The easiest and quickest way to get rid of a cold is to take Chamberlain's Cough Remedy. This preparation has been in use for many years and its value fully proven. No matter what remedy you use, however, care must be taken not to contract a second cold before you have recovered from the first one, and there is serious danger of this. A man of middle age or older should go to bed and stay in bed until fully recovered. It is better to stay in bed three days at the start than there weeks later on.—Adv.

MARKET QUOTATIONS.

POTATO PRICES DECLINE
Potato values have declined throughout the shipping areas the past week from 10 cents to 20 cents per cwt. and Sacked stock in Greeley, Colorado is now moving mostly at \$1.00 per cwt and in Southern Idaho at 80-90 cts. Bulk stock around Waupaca, Wis., is bringing \$1.29 per cwt. where last week it was \$1.45-1.50. The best Stockton stock is now going at \$1.85, a drop of 15 cts. Similar declines are noted in the Atlantic Coast markets. In New York, bulk white stock that was bringing \$2.00-2.25 last week is now going at \$1.90-2.10.
In the middle West carlot market prices have been fairly steady. At Kansas City Minnesota and Colorado potatoes ranging from \$1.55-1.75 per cwt. in carlots. The Chicago market strengthened a trifle and Wisconsin round whites sacked are up 10 cts. to \$1.65-1.75. The Fort Worth market for Colorado and Idaho round whites is down to \$1.80 to \$1.85 per cwt in carlots. The jobbing markets have a weaker tendency. Northern Burbanks lost 15 cts at New Orleans to \$2.35-2.40 and Stockton Burbanks declined similarly at Los Angeles to \$2.00-2.15 for fancy stock. Prices are declining in the Northwest where the top for No. 1 stock is \$1.75-1.85. Shipments for the week total 1964 cars in comparison with 2337 last week and 2790 the week before. In addition 162 cars were imported from Canada. During the week California shipped 120 cars, Idaho 140, Washington 90, Oregon 35 and Nevada 30.

ONION MARKET CONTINUES STAGNANT

Onion movement is dragging in all parts of the country with practically no change in prices for the past week except slight declines in the Northwestern consuming markets, due to the marketing of stocks that were not keeping well in storage. In Rochester, N. Y., shippers are still taking \$1.90-2.10 for their best stock and at the San Francisco stores the best Australian Browns are ranging from \$1.75-2.00. In the Texas markets, jobbing prices are ranging from \$3.00-3.50 for Western stock and mostly \$2.50-4.00 for North Central stock. The shipments for the week totaled 28 cars. Last week there were 319 cars and the week before 35.

Mountain Meadow Butter

Manufactured by SANDY CREAMERY CO.

The name "Mount Hood Butter" has heretofore been used by permission of the Mount Hood Ice Cream Co., which has all its dairy products registered under that title. That permission has ceased, hence the change of name, which became effective on January 1. "Mountain Meadow Butter" will be found at all the leading stores in the county. Ask for it

PHOTOS

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New Gallery

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GILT OR NATURAL WOOD
Neat and Cheap
MAX SCHNEIDER
Mathews' Bldg, Main Street
Phone 541

PLEASANT HOME

Rev. E. A. Leonard will preach at the Baptist church next Sunday morning. A cordial invitation is extended to all.

GILLIS

A meeting will be held at Gillis church next Tuesday evening, February 18, at 7:30 o'clock, when Elder Enoch, a former resident of this part of the county, but recently a missionary in India, will give a stereopticon lecture illustrating the spiritual condition prevailing in India. All are invited.



GRESHAM MARKET

We Have Heard a Lot

about the compliments that our patrons are paying us, and we want to say right here and now, "Mr. and Mrs. Customer, we thank you. Your kind words are sending your friends to this shop, and we are going to treat them right. Again, we thank you."

A. J. W. BROWN, Prop. Gresham, Ore.

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- SOME USEFUL HINTS
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| Motor | Traveling Iron |
| Vacuum Cleaner | Curling-Iron and |
| Washing Machine | Drying Comb in one |
| Floor, Table and | Vibrator |
| Desk Lamps | Heating Pad |
| Chafing-Dish | Radiator |
| Toaster | Portable Stove and |
| Grill | Oven |
| Coffee Percolator | Range |
| Milk Warmer | Fan |

ELECTRIC STORE

Electric Building