

GRESHAM OUTLOOK

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KEEPING FIT.

In these strenuous days of excessive speed, close competition and consequent haste and worry something is needed to offset the drain on mental and nervous energy. What shall it be?

We are told we need more relaxation. By this most people understand periods of cessation from activity. This would be good, if possible. The physical worker, when tired after long activity, needs to relax his muscles and give the body a chance to recuperate its strength.

The mental worker, however, needs something different. His work may be at the desk, the counter, or tending the machine which relieves him of physical exertion. He needs relaxation but not necessarily physical rest.

In seeking rest and relaxation each person should study his or her own needs and conditions and try to discover and apply the means and methods found most helpful. It is in general, however, most useful that for recreation one do something outside the usual lines of profitable employment.

Recreation is found in doing something voluntarily, something one likes to do, something that has in it the element of fun, play, sportsmanship. It may be vigorous, taxing, even tiring in itself but will invigorate, renew and rest the person and increase one's efficiency in the business of life.

A person following such a method will not rust out, nor wear out, nor grow morose, nor become a back number, no matter what his years or the color of his hair. Everyone owes it to himself and to those who surround him to keep himself most fit and efficient.

MORE MUSIC NEEDED.

Music should have a larger place in every life, in every home, in every community. Probably nine out of every ten persons are capable of fair attainment, if not distinction, in some line of musical activity.

Music is so diversified that everyone can find a form of it to suit his or her taste and natural ability. Fortunate is the person who was taught some form of musical expression in childhood or youth. But if this part of one's education was neg-

lected during this most favorable time of life one should not deny oneself the pleasure and profit of its attainment later if circumstances can possibly permit. And in this it is more true than in many other things. Where there is a will there is a way. Everyone must have and should plan for some recreation. Vast sums are spent for recreation much of which yields only passing pleasure with little or no permanent benefit and sometimes positive injury.

Music affords recreation and of a kind that is permanently beneficial. It rests and quickens the mind, refines the character, affords needed physical relaxation and widens one's circle of helpful influence. Music is essentially unselfish that like mercy it blesseth him that gives and him that takes.

Music develops the personality, is a means of self-expression and has a broadening effect.

Many, when urged to devote some time to music, say, "I haven't time." But would it not be well to let something else go and find time, take time, to develop a taste for music and an ability to sing or play one or more musical instruments?

REGULATORY WORK IN AGRICULTURE

"Ordinarily, regulation carries the idea of some sort of police work," said Henry C. Wallace, Secretary of Agriculture in a recent interview for auto-caster service. "In the regulatory work of the Department of Agriculture, the term has a much broader meaning. It seeks not only to punish the offender, but to bring about better practices. It stands as the friends of better business methods. Unlike most kinds of regulation, that of the Agricultural Department requires the highest scientific knowledge. The regulatory work grew out of research work."

In this manner Secretary Wallace briefly outlined the policy behind the regulatory work of the department. From a small beginning the number of laws administered by this branch of the government has steadily grown from year to year until it now constitutes one of the important lines of work.

A close study of the different regulatory activities shows that it gets the various groups together on terms of equality. In some instances, it gives to the different groups what might be called a "common language." This is so in the establishment of standards such as under the Grain Standards Act. When the Department took hold of the work each section of the country had its own grain standards which meant nothing to the average man in another section. (There were as many grain grades as there are dialects in China). After exhaustive investigations, a tentative schedule of grades was drawn up, giving each a name that would be common throughout the country. It prescribed the requirements that grain would have to meet in order to be put into commerce as grain of that particular grade. For instance, the requirements for No. 1 wheat were to be the same the country over, and a man in Nebraska would be speaking a common language with a man in New York when he spoke of No. 1 grade and the buyer would know just what he was buying.

Through the administration of the Food and Drugs Act by the Bureau of Chemistry, the food industry is on a higher plane than ever before. Most manufacturers of food endeavor to put out a good product. "It's good business to do so, they find. A permanent, prosperous business cannot be built upon sophistication and falsehood," says Secretary Wallace.

A survey of any butcher shop reveals evidences of the regulatory work of the Department. One of these is the little purple stamp of the meat inspector which reads, "U. S. Inspected and passed." It is the evidence that the meat is from a healthy animal and was prepared in a sanitary slaughterhouse and that it is wholesome for human consumption.

The most recent regulatory of the Department is the Packers and Stockyards Act. This Act brings under the supervision of the Department the packing business, the important stockyards, and the commission men, traders, order buyers, and others engaged in the livestock business. It was through the administration of this law that Secretary Wallace recently issued a complaint against the proposed merger of the Armour and Morris meat packing companies.

The major agricultural crops of the country are guarded against diseases and insects. This work is performed by the Federal Horticultural Board. The secretary has wide authority in laying down regulations to protect your agricultural crops against pests and diseases in this country and against the entry of others from foreign countries.

Through the Insecticide and Fungicide Board the Department sees that no fake remedies enter into interstate commerce. Samples of insecticides and fungicides are gathered by the Board and carefully analyzed and tested by skillful chemists.

Among the activities of the Department, which have a humane feature as their primary object, is the 28-hour law. This is designed to prevent cruelty to cattle, sheep, swine, and other animals while in interstate commerce. The Department is also charged with the task of preventing the spread of animal diseases. In this it regulates the movements of domestic animals in interstate and foreign commerce.

Under treaty with Great Britain, the United States is obligated, together with Canada, to protect birds migrating between the two countries.

Among the other important laws administered by the Department may be mentioned the Virus Serum Toxin Act, the Warehouse Act, and other acts governing the importation of hides and skins, the importation of cattle, sheep, and other animals, seed importation, and process or renovated butter.

His First Million. A crabby millionaire, as he got out of his limousine, was approached by a newsboy. "No, I don't want a paper. Get out!" he snarled. "Well, keep your shirt on, boss," replied the newsboy. "The only difference between you an' me is that you are making your second million and I'm still working on my first."

State School Funds. For farm loans at 5 per cent. Loans made on basis of one-third agricultural value of land. Prompt action—no commission charged.

JOHN A. BECKWITH, Attorney for State Land Board, 614 Porter Bldg., Sixth and Oak streets, Portland.

WANTED—A young horse, true and kind, weight about 1400. Phone 336. A. Klinski, Gresham.

MARE FOR SALE or trade. Weight about 500 pounds. F. Franz Pleasant Home, Address, R. A. Gresham.

GOOD WORK HORSE for sale, weight about 1400. T. C. Miller, Sandy road, between Rockwood and Barker roads.

SPAN OF HORSES for sale. Weight about 2800. Gentle, sound and true. V. H. Hillyard, phone 425.

FRESH HOLSTEIN-JERSEY cow for sale. Also two Chester-White sows, one with 8 small pigs at side. Charles Ruther, 1/2 mile west of Dunn's corner on Bluff road.

FOR SALE—One registered Holstein bull, 7 years old, and several fresh cows. O. S. Custman, 2 miles east of Boring.

TWO FRESH COWS for sale. Both heavy milkers. J. M. Brophy, Cottrell Station. Address Boring, Oregon.

FRESH COW for sale. Gives 6 gallons of milk a day. Phone Gresham 227.

SEVERAL GOOD FRESH COWS for sale. E. Baumann, Gresham, phone 2441.

FRESH MILCH GOATS and goat's milk for sale. F. L. Ellsworth, Gresham, near Gillis station.

FOR SALE—25 good pigs and shoats. S. T. Lind, phone 288.

WANTED—Year-old Chester White boar. Must be registered stock. J. P. Miranda, Troutdale, Oregon.

FOR SALE—Cheap if taken at once, small chicken house, new 4x10 with 4x10 scratch pen. Just the thing for young chickens. Also some new netting. Mrs. A. F. Hoover, Gresham, phone 1937.

FOR SALE—Barred Rock eggs for hatching, \$1 for 15. Mrs. W. I. Harris, 3/4 mile north of Orient, Gresham, phone 1628.

BARRED ROCK AND R. I. REDS hatching eggs for sale, 75c for 15. Mrs. W. H. Gibson, phone 32x.

CHOICE PEN OF RANNEY'S RHODE Island Reds for sale. Ten birds, male took first prize in club exhibits at Pacific International. Or hatching eggs from same at \$2.50 per setting. Mrs. C. M. Zimmerman, phone 2491.

PUREBRED BARRED ROCK hatching eggs from trap nested stock. Mrs. C. M. Zimmerman, Gresham, phone 2491.

PURE BRED BARRED ROCK COCKERELS for sale. Also Barred Rock setting eggs. All birds are prize winning stock. A. Hammar, Gresham, phone 961.

WHITE LEGHORN hatching eggs from Hanson hens mated to cockerels from 270 egg Hollywood cockerel and Tanager. Mrs. H. C. Compton, Boring, Oregon. Phone Gresham 95x.

Real Estate, Rentals, Loans. FOUR FURNISHED HOUSEKEEPING rooms for rent. Electric light, gas and water. Mrs. E. Boughner, Novelty store, Powell street, Gresham.

FOR SALE—3 acres, 2-room house in good condition. Bull Run water and electric light available. Large orchard. Located 2 miles east of Gresham on the Powell Valley road. For further particulars call or see Karl J. Hagberg, R. A. Gresham, Oregon. Phone 1075.

FOR RENT—4-room house with bath, on Powell street, Gresham. T. R. Howitt, phone 1016.

MUST SELL AT ONCE, my house, and four lots, barn and other outbuildings. Am leaving country. John Burdine, Box 152, Troutdale.

FOR SALE CHEAP—5 acre ranch, 4-room house and pantry, barn, 2 large chicken houses, a brooder house and stove for 1000 baby chicks, fattening pen, cellar, house and woodshed, good well of water. The land slopes to the south. Soil good for berries. 2 cows and some chickens and furniture and everything goes with the place. For price and terms call fifth house south of Orient. Mrs. Price.

FOR SALE—10 acres, 2 1/2 acres cleared. Good barn, chicken house. Well; running water; good small house. For particulars call Sandy 201.

PLANTS, SEEDS, ETC. CULL POTATOES for sale. T. C. Townsend, Gresham, phone 51.

CYPRINE RASPBERRY PLANTS for sale. Phone Gresham 1036.

FOR SALE—Shadland Climax oats. Pure clean, fanned seed. Phone Damascus 94.

FOR SALE—Hannchen seed barley, also British Queen seed potatoes. Andrew Brugger at 12-Mile Corner. Phone 1604.

HILL SELECTED Low-Top, Burbank seed potatoes. Better speak early. B. C. Altman, phone 468.

SEEDS. MARQUIS SPRING WHEAT. Matures in 20 days. SWEET CORN, Golden Bantam. It's not mixed. A. HEINEY, Phenix Farm, Gresham, phone 98.

FOR SALE—Choice Yellow Bantam sweet corn seed, 10 pounds or more, 20c per pound. G. N. Sager, R. 1, Box 711, Phone 82.

LOST AND FOUND. LOST—Certificate No. 22 for one (1) share stock in Oregon Canning and Canning company, Inc. Finder notify office of the company, Gresham, Oregon, phone 1881.

CLASSIFIED, BUSINESS AND PROFESSIONAL ADS.

LIVESTOCK HORSES WANTED—A young horse, true and kind, weight about 1400. Phone 336. A. Klinski, Gresham.

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AUTOMOBILES 1918 FORD FOR SALE, trade, or terms. Phone 2281, C. E. Osburn, Gresham.

FORD COUPE for sale, cheap, cash only. R. S. Baker, Gresham, phone 26x1.

3-SPEED MOTORCYCLE for sale. Will take good bicycle in trade. O. Stromquist at Outlook office.

Storage battery repairing and recharging, starter and generator work. Baker & Son.

MACHINERY. Good Used Implements. One nearly new 3 1/2-in. wagon, 1/2 truck, 3/4 tire; one 3 1/2-in. Mitchell wagon, half truck; 2 Oliver sulky plows; two 8-18 disc harrows; one 8-18 reversible disc; one used 222 walking plow; six other good used plows; two good used mowers; three good used binders; three good riding cultivators. A large line of other good used implements. Reliability W. A. HESSEL, Services Gresham.

WANTED—Deep well pump on water system, Milwaukee. Myers, 28 other systems. C. C. Anderson, Gresham.

FOR SALE—One U. S. cream separator, used very little. H. C. Compton, Boring, Oregon, phone Gresham 95x.

MISCELLANEOUS SUN HATS for men, women and children, 25 to 35 cents, also children's hats, better quality. Mrs. E. Boughner, Powell street, Gresham.

MANNING KEROSENE BURNER and pressure tank for sale. In good condition. \$15. R. F. Walters, phone 1731.

BALED HAY for sale, \$25 per ton. A. Heiney, Phenix Farm, phone 98.

PASTURE FOR RENT, 13 acres, 1918 Ford, good condition, sell or trade. E. Dunn, phone 93.

KINGSBURY PIANO AND BENCH for sale. In walnut. Mrs. Bailey, opposite Library.

STUMP PULLER for sale, also 100 feet of cable, 2 heavy chains and 2 root hooks. Complete outfit for \$100. J. N. Skeie, R. 3, Box 727, Leita, Phone Sunset 4361.

FOR SALE—Oil range, \$25; breakfast table and two chairs, \$6; 2 hoses, rake, shovel, \$3; 18 sq. yds. linoleum, \$15; 1 rug 10 x 14, \$30. Phone 1051 Gresham.

WANTED—Men, women and children in every community to send a post card for Sunset's big, interesting Gift Catalogue. Just out. Hundreds of useful, valuable rewards to return for a little "spare time." Address Catalogue Dept., Sunset Magazine, San Francisco.

SPRAYING DONE From 10 to 25 cents per tree. H. G. Andrew, phone 256.

WOODSAWING done by C. Melugin and C. R. Cox, successors to Les Perry. Phone Gresham 327.

FIRST GROWTH wood for sale. C. E. Osburn, phone 2381.

WANTED TO BUY—Old growth fir timber or cordwood on stumpage basis, from 2000 to 5000 cords. Write J. O. Lee, Gresham, R. 4, Phone 30x, after 4 o'clock in the evening.

Ignition Expert \$25 will be given to him who proves that I can not find the deficiency of his machine on starting, lighting and ignition. Main Street Garage. Phone Gresham 1228.

ROBERTS BROS. Designing and Consulting Engrs. Estimates and Surveys Office, Robert's Confectionery and Pool Room. Main Street between First and Second Phone, Gresham 1361

Funeral Directors Phone 1901 Licensed Morticians Lady Assistant Day or Night MORTUARY Oregon Gresham, J. E. METZGER

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PHYSICIANS Phone: Office 1261 H. H. HUGHES, M. D. Hours: 10-12 A. M. 2-4 and 7-8 P. M. Office, Withrow Building GRESHAM, OREGON

Office 2251 Res. 2253 GEO. INGLIS, M. D. Physician and Surgeon Special Attention to Eye Diseases and Fitting of Glasses. Office, over First State Bank GRESHAM, OREGON

Phone 167x1 Emily F. Bolcom, M. D. Physician and Surgeon for Women and Children Gresham, Oregon

A. W. BOTKIN, M. D. Physician and Surgeon Office over First State Bank Hours 2 to 5 P. M. Phones—Office 1271; Residence 127x Gresham, Oregon

H. V. ADIX, M. D. Physician and Surgeon Office over Bank of Gresham Office phone 1481 or 179 Res. 1423 With Dr. W. J. Ott Best phone for appointment

Hours 10 to 4. Others by Appointment Office Phone 1191 for Appointment DR. D. J. FASCHING Osteopathic Physician and Surgeon Over Powell's Pharmacy. Diseases of Women, Children, Nervous System, Obstetrics and General Practice.

Phone 2201 DR. EMIL ROSENBERGER Osteopathic Physician Congdon Hotel Suite 1-2 GRESHAM

H. C. JOHNSON, D. V. M. Veterinarian Office Powell Street between Main St. and Roberts Ave. Gresham, Ore. Phones, Office 1551; Res. 12x1 and Tabor 3026.

DENTISTS Phones: Office 2184; Res. 2185 DR. W. J. OTT Dentist Nerve Blocking Dental X-Ray Office over Bank of Gresham

DR. H. H. OTT Dentist Withrow Bldg. Gresham, Ore. Phone 1263

Phone 123x DR. B. H. PEDERSEN Dentist Office over Gresham Theater Office Hours, 9 to 4 Gresham, Oregon

ATTORNEYS Phone—Main 1249 Gresham 1591 McGuirk & Schneider Attorneys at Law At Gresham Office. Tuesdays, Thursdays and Saturdays Gresham Office, Withrow Bldg. Portland Office 721 Corbett Bldg.

MUSICIANS Florence M. Honey Accredited PIANO Studio First State Bank Bldg. Phone 2111

Frieda E. Bratzel Accredited Teacher of Piano STUDIOS: Gresham, Ridge Ave., Phone 791 Boring Home of Wm. Morand Phone 408.

TOM G. TAYLOR ORGAN PIANO VOICE Certified Teacher for High School Credits Wednesdays at Mrs. A. M. Wilkinsons Gresham. Phone 1051

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Firestone

will not increase prices until May 1st

Firestone Prices on Fabric and Cord Passenger Car Tires and Tubes, also Solid and Pneumatic Truck Tires Will Advance May 1st

The postponement of this price revision is possible only because of our realization of the price danger in the British Crude Rubber Restriction Act which became effective November 1, 1922. We were fortunate in our rubber purchases before the Restriction Act increased the price of crude rubber 100%.

We have always endeavored to champion the cause of better made tires delivered at lowest cost to the tire user by economic manufacturing and distribution. And we are glad of the opportunity to give the car-owner the additional saving at this time.

Firestone Cords embody certain special processes which result in their producing

mileage records, heretofore unheard-of in the industry. Among the more important of these superior methods are blending, tempering, air-bag cure and double gum-dipping.

Firestone Dealers are co-operating with us in our movement to supply your needs at present prices as long as their stock lasts and we have advised our dealers that we will supply them with additional tires this month only so far as our output will permit.

See the nearest Firestone Dealer. Purchase a set of these Gum-Dipped Cords. Prove for yourself their remarkable mileage advantages and easy riding qualities.

Firestone Tire & Rubber Co., Akron, Ohio

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CASH PAID for Fresh Cows, Beef Cows, Hogs, Calves, of any kind See Me for Cattle Hauling E. BAUMANN, Gresham, Phone 2441