

Portland Telegram Bargain.
The Portland Telegram is making a special bargain offer lasting until March 1, when the yearly subscription by mail will be \$3.75. Send your subscription through the Outlook. Both papers for one year, \$4.50.—Adv.

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The new styles are here in Nash clothes for spring and summer. Extra good patterns. Same quality, same price, \$3.50 with order, \$20 on delivery. P. F. Black, Gresham, phone 1801.—Adv.

GRESHAM LOCALS

L. L. Welch of Fresno, California, a brother of R. M. Welch, and a cousin, William O. Walden, of Trochu, Alberta, Canada, visited with Mr. Welch and family Monday and Tuesday. Mr. Walden has been operating a section and a half ranch in Canada and is now on a home-seeking tour throughout the Pacific northwest. He is much pleased with Portland and vicinity and may locate near here this coming spring. Mr. Walden now has 250 acres of wheat and 100 acres of oats lying under snow, waiting to be threshed when the snow disappears. He states that the snow will not injure the grain in the least. During the recent cold snap of two weeks in this locality, the thermometer in Trochu dropped to 62 degrees below zero.

Dr. and Mrs. Wilbur Thompson have gone to Oak Ridge, Oregon, where the former has opened up an office as a practicing physician. Oak Ridge is east of Cottage Grove in Lane county.

Mr. and Mrs. Edwin Opager, formerly of Todd county, Minnesota, are now registered Oregonians. Mr. Opager left Long Prairie, Minnesota, about a year ago for the west and a couple of months ago was joined at Salem, Oregon, by Miss Lydia Hanson, of Clarissa, Minnesota, who promptly became Mrs. Opager. They are now located on the farm of Neibauer & Son, four miles east of Gresham, where Mr. Opager has a position of driver on the dairy truck.

Mr. and Mrs. George Moffitt are making preparations to move to Gresham from their farm near Pleasant Home.

Wm. Byers, of Union, Oregon, was a Gresham visitor yesterday. He was looking after business affairs and was on his way to the meeting of the North Pacific Fair association at Aberdeen, Washington. Mr. Byers says he hopes he can have the privilege of showing here this summer. He is developing some fine new features.

Mr. and Mrs. J. W. Pitts of Vancouver, Washington, spent Tuesday at the G. S. Vedder home.

George Leslie, Jr., of Portland, who broke his leg about a month ago and who has been in St. Vincent's hospital since that time, was operated on Monday when it was found necessary to re-break and re-set the bone. He was injured near Stevenson, Washington, when he fell from a railroad speeder.

The Radio Electric company, operated by J. T. and J. R. Horr, is moving its equipment from the location next door to the Todd paint shop to the room which was formerly occupied by Dr. H. C. Johnson. This has been newly papered and is much larger and lighter than the place they are moving from. The Todd paint shop is contemplating some improvements, the plans of which are indefinite at this time.

J. Gantenbein visited last week with his cousin, Burkhardt Gantenbein, who lives at Tillamook, Oregon. He went over partly on business and more especially to give his cousin an account of his recent European trip. Mr. Gantenbein made a trip occupying 50 days to Switzerland, his old home, where both parents and two sisters and two brothers reside. He went by way of France, returning through Germany. He has been in the United States 25 years, the last ten of which has been spent in Gresham.

Wayne Trimble, who went to Molalla with his parents a few weeks ago, has returned to Gresham to finish the high school year at Gresham Union high. For the present he is staying with his sister, Mrs. H. S. McMurry.

Two new arrivals in the community are a son which was born to Mr. and Mrs. B. J. Perry on Sunday, February 1 and a daughter born to Mr. and Mrs. B. A. Miller January 26.

In honor of the birthday of Mrs. Roy Gibbs, Mr. and Mrs. W. E. Hauck gave a dinner Sunday at which were present besides the host and hostess, Mr. and Mrs. Roy Gibbs and son and Claude Welch.

Mr. and Mrs. J. A. Bushong and two children, Willa and James, attended the Free Methodist district quarterly meeting at St. Helens, Oregon, Sunday. They formerly resided at that place and renewed many old acquaintanceships at the meeting Sunday.

Mr. and Mrs. B. F. Dahlhammer and daughter, Edith, are leaving Saturday for Abilene, Kansas, to be present at the one hundredth birthday anniversary of Mr. Dahlhammer's mother. They expect to be gone about a month.

Mrs. Ohmit, who lives near Rockwood, has been brought to the Thomas sanitarium for treatment. Friday night she arose from her bed, when a dizzy spell seized her and she fell against an article of furniture in the room, fracturing her hip. As she is 86 years old, it is feared the accident may confine her to the bed for some time. She formerly resided at Pleasant Home, where her sons, Bert, Irwin and Charles were engaged in the garage business.

Dr. A. W. Botkin recently called on his mother, Mrs. O. F. Botkin, of Cherryville. About two months ago she had the misfortune to fall, breaking her hip, and although she is past 90 years old, he reports that she is doing well.

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Indigestion.

Any refusal of the stomach to care for the food put into it, together with nausea, belching of gas, and pain in the pit of the stomach is usually called indigestion. If you are subject to these symptoms you should see a competent physician. You will very likely answer, "Why? a little bit of indigestion is nothing." In a number of times you may be right but the time when you are wrong means trouble. Indigestion may mean the beginning of serious trouble.

The most frequent cause of indigestion is improper diet. Either the amount of food is too large or the character of the food eaten is improper, or it is eaten too rapidly. It is a wonder that the human stomach does its work at all considering the way it is abused. You overload your stomach with all manner of improper foods and then it balks and you call it indigestion. The prevention of this condition is the regular meals, proper food, but not too much, and thorough mastication.

There are many causes of indigestion other than improper diet and it is these possible causes that demand serious consideration. Not infrequently it is the only manifestation, to yourself at least, of chronic appendicitis, ulcer and cancer of the stomach, gallstones, kidney diseases and certain nervous disorders.

Since the first indication of many serious diseases may be indigestion, it is important that you discover the cause of your indigestion at a time when treatment may be effective. If the only thing you need is correction of diet, and you follow the advice of your physician, you will be well repaid. If it is found that your indigestion is the beginning of some serious disease, it may be that this early knowledge will make it possible to establish a cure. If, however, you elect to guess what the trouble causing your indigestion is and guess diet, and you are right, you are lucky. If you guess diet and you have ulcers or cancer of the stomach, you have made a mistake that you must pay for. Guess work is poor policy. It pays poor dividends in either health or comfort.

If you are having disturbances and indigestion after meals, and if simple regulation of your diet, such as eating regularly and cutting down the

amount of food and eating well balanced meals fails to effect a prompt relief, lose no time in consulting your doctor. Nothing is gained by delay—everything may be lost.

Farm Reminders.

February is the month in which clover is usually seeded on winter grains in Oregon. To maintain a reputation as a grower of good clover seed, it is desirable to sow clover as free from buckhorn as possible. The seed testing laboratory at Corvallis will be busy in February and March, so it is desirable to get samples of clover seed to the laboratory early for testing.

The crop of Grimm alfalfa seed was considerably larger in 1924 than heretofore, and the seed will probably be somewhat cheaper. There will doubtless be a larger variety of that very important variety in western Oregon this year, says the experiment station. It is important to get this planted on soils that are mellow, well drained, and sweet, and can be made reasonably free from weeds.

Cultivation of grapes should begin early in Oregon in the spring and continue at frequent intervals throughout the season until late summer. Usually it is advisable to plow early in the spring so as to warm up the soil for early activity of the plants, says the experiment station. Many growers find it of advantage to plow toward the vines in the fall and away from the vines in spring. If such practice is followed, it is easy to clean out the weed growth by the use of the grape hoe. After plowing in the spring, disking is usually advisable, followed by some form of harrow to form a dust mulch. The harrow should be used often enough to prevent the formation of a crust and to develop a dust mulch that will stop the evaporation of the soil.

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