

GRESHAM OUTLOOK

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THE SLUGGING MATCH.

Last night occurred a slugging match. To many so-called sports it was the acme of sport. It must be so considered because this exhibition of brutish tact and strength drew an assemblage of 150,000 spectators who paid nearly three million dollars to witness the signal event.

Besides, the plans to broadcast it were never more complete and extensive and it is probable 25,000,000 in this country listened to the sordid details as given from the ringside.

It was no fault of the principals that either was not damaged physically beyond recovery. The fight lasted for only 10 rounds because the law of the state of Illinois in which the bout was staged limits such affairs to 10 rounds. The fight was perfectly fair, it is said, so far as the established rules were concerned. Dempsey hit mostly body blows, Tunney, the champion, mostly head blows and at the end Dempsey's face was badly cut. However, the result came near being a draw, but Tunney, the young marine, was declared the winner and retains the coveted title.

The fans who delight in this brutish sport will have something to gloat over while they begin to conjecture what and where the next one will be. In the meantime, Tunney can enjoy his million dollars, won in this fight, and Dempsey likewise his nearly half a million.

"What fools these mortals be!" Poor fools!

An all wise Creator, who meant man to be noble, kind, enlightened, exalted in spirit and endeavor, looks down with pitying eye on the poor fools who, possessing God-given attributes and possibilities, choose to pervert them to debasing uses and ends.

Col. Charles L. Lindbergh pilots a Ford passenger plane carrying 12 persons from San Diego to Los Angeles. Persons contemplating buying an airplane are advised to wait for the New Ford plane.

Portland will have a sort of air derby and exhibition next week centering on Swan Island, the new Portland air port.

The chorus is the greatest vehicle of musical expression, because it is an orchestra of human instruments. —Dr. Wm. J. Finn, C.S.P.

Swan Island is suggestive of wings and a graceful bird.

Autumn begins today.

Health Notes

Live Food.

Without vitamins a food is dead. Vitamins are essential to life. An adequate diet necessitates definite quantities of all of them. Man cannot make the vitamins. It must be taken in the food either from animal or vegetable sources. There are a large number of vitamins, but only five or six are recognized at the present time.

Vitamin A is known as the anti-phthalic vitamin or "fat-soluble A." It is found abundantly in milk, butter, egg yolk, liver, kidneys, pancreas, fat fish such as salmon and herring, and in glandular fat organs. It is unaffected by boiling, pasteurizing, or canning. Cod liver oil contains 250 times more of it than is present in butter fat. It occurs in green leaves and the growing shoots of plants, especially in spinach, cabbage, Brussels sprouts, lettuce, etc. In cereal grains the germ or outer bran layer contains it, but it is absent in the endosperm which is the part usually consumed in food as represented by white flour and polished rice. The lack of vitamin A in animals causes deterioration of health and a liability to acute infection, particularly affecting the lungs and eyes.

Vitamin B is the anticurcitic vitamin or "water-soluble B." It promotes growth and its absence induces polyneuritis or beriberi. This vitamin is found in animal seeds, leaves, and tubers. It is found abundantly in the bran layer of all cereal grains. Yeast is rich in this vitamin.

Vitamin C is the anticurcitic vitamin or "water-soluble C." This vitamin is particularly abundant in oranges and tomatoes. Green vegetables possess it abundantly, and the fresher they are the more they possess. Milk is poor in it. Fruits also contain it abundantly.

Vitamin D — the antirickets (rickets) vitamin. This vitamin is one of the factors directly concerned in the prevention of rickets. It occurs in cod liver oil and in most fish oils and egg yolks. Sun light is another factor in preventing rickets.

Vitamin E is the reproductive vitamin, it is necessary for the normal healthy reproduction of an-

imals, and it is present in vegetable oils and muscle tissues.

Vitamin P. P. is the pellagra prevention vitamin, and is a new dietary factor particularly associated with yeast.

It is important to remember that if the food of nursing mothers does not contain vitamins in abundance the infants will not develop properly, and will be predisposed to disease. It is comparatively easy to prepare diets from ordinary wholesome foods, which will contain several times the minimum amount of vitamins on which normal nutrition can be maintained.

GRESHAM WOMAN GIVES GOOD PICKLE RECIPE

At this season of the year when the industrious housewife naturally turns to the matter of making pickles for the family's supply during the winter, it is pleasing to have a recipe that can be depended upon to give satisfactory results. Such a recipe has been contributed by Mrs. G. A. Cox of Gresham and will be read with interest by those who are planning to add sweet cucumber pickles to the larder. Wash and wipe dry 300 small cucumbers. Put into a large dish and sprinkle through them two-thirds of a cup of salt. Turn boiling water over them, taking care that the cucumbers are well covered and stir occasionally. Let stand until the water is cold, then remove from the brine, wipe dry and put into a crock.

Add to one-half gallon of cold vinegar four heaping tablespoons dry mustard and the same of salt and sugar and one-half cup of mixed pickling spices. Mix and pour over the cucumbers. Weight down so they will all be under the vinegar and put in a cool place. Weigh out three pounds of sugar and each morning add a handful to the pickles until the sugar is all used, stirring well each time.

Mrs. Cox says if this recipe is followed carefully, especially regarding the adding of the sugar each morning, the result will be fine pickles. She has kept these as long as nine months in an open jar and the last ones were as good as the first. Small cucumbers should be chosen for this recipe, preferably not over 2 1/2 inches in length.

FREE GASOLINE

Five gallons each week for two months. That's what three lucky persons will get. Mt. Hood Service Station, Powell Valley and Ava avenue.—Adv.

Repair Driveways.

Now is the time to repair your driveways with crushed rock or road gravel. See Walrad & Wright, Gresham, phone 1631.—Adv.

Window Cleaning.

For expert window cleaning see S. Tajima, or leave orders with J. Ross Brown, Gresham, phone 2501.

New things under "Classified."

Roof Paint Special!

Five gallons asphalt roof paint, \$4.25. One roof brush FREE!—Kidder Hdw. Co.—Adv.

Furniture Decorations!

Flower, Juvenile and Parrot transfer patterns, 15c each and up. TODD, the Paint Man, phone 1821, Gresham.

IGNITION SPECIALIST.

That's us. Bring your car here for any repairs, adjustments or parts for the starter, generator, switches, wiring, lighting, etc. Work done by an expert and is positively guaranteed. We carry a complete line of ignition parts. Gresham Garage, phone 2391.

Piano Tuning.

Piano tuning, \$3.50. Piano and organ repairing. Fred H. Jones, 2625, 49th street S.E., Portland. Phone TAbor 8952 or Gresham 1561.—Adv.

Battery Service.

A guaranteed battery for \$3 or \$4 and your old one charging, 50c. Powell Valley Service Station, 523 street. Phone TAbor 0284 after 7 p. m.—Adv.

Lumber for Sale.

All kinds rough and dressed lumber, two miles south of Sandy. A. W. Bell Lumber company, phone 594 131.

FREE GASOLINE

Here is where you get something for nothing. Come and see. Mt. Hood Service Station, Powell Valley and Ava avenue.—Adv.

Insurance funds for farm loans. No commission or brokerage. Very easy terms. B. W. Thorne.—Adv.

Do You Know?

Questions and Answers by M. D. Nelson.

Answers to questions elsewhere in today's Outlook. "Wise up" on the Want Ads. also.

ANSWERS.

1. The Bridge of Sighs is a bridge in Venice connecting the Doge's palace with the city prison. Across this in old times the condemned prisoner passed to the place of execution.

2. The fork in the tail of the fish avoids the space immediately behind the axis of the body, where the stream lines following the sides of the moving fish, converge. A rounded or pointed tail would be a drag to the fish movement.

3. The California prune contains about 2.33 per cent more sugar than the Oregon prune, that is 13.89 per cent as against 11.56 per cent. The California prune is the "Agen", variety, also called the French and the Petite prune. The Oregon prune is the Italian variety.

4. The "lung fish" is a fish having lungs. This fish is found on the Amazon. When the water in which it swims dries up the fish burrows in the mud and breathes with its lungs till water comes again.

5. The Jersey cattle bred in Oregon are larger than those bred in the Island of Jersey, whence the breed comes. This is because of the greater abundance of luscious forage found here.

6. The small size of the Japanese people is in considerable part due to short rations through many generations. Even the first generation of Japanese born in this country average larger than their immigrant parents.

7. Andrew Johnson, president after the death of Lincoln, never went to a public school. He could not read till after he was married. His wife taught him.

8. Gen. Dick Taylor, a notable general of the Confederacy, was the son of President Zachary Taylor.

Administrator's Sale.

Must sell at once to close estate. Want your bid on eight lots in Gresham, ten acres two miles southeast of Gresham close to Mt. Hood Loop, fifty shares Independent Land company.

COMING TO PORTLAND

Dr. Mellenthin SPECIALIST

in Internal Medicine for the past fifteen years.

DOES NOT OPERATE

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Office Hours: 10 a. m. to 4 p. m.

Three Days Only

No Charge for Consultation.

Dr. Mellenthin is a regular graduate in medicine and surgery and is licensed by the state of Oregon. He does not operate for chronic appendicitis, gall stones, ulcers of stomach, tonsils or adenoids.

He has to his credit wonderful results in diseases of the stomach, liver, bowels, blood, skin, nerves, heart, kidney, bladder, bed wetting, catarrh, weak lungs, rheumatism, sciatica, leg ulcers and rectal ailments.

Below are the names of a few of his many satisfied patients in Oregon who have been treated for one of the above named causes:

- Elmer Booker, Condon. Chas. Deuch, Portland. D. G. Horn, Bonanza. Fred Shields, Klamath Falls. Daniel Stinson, Allegany. R. E. Neal, Central Point. Joe Sheoships, Gibbon.

Remember the above date, that consultation on this trip will be free and that his treatment is different.

Married women must be accompanied by their husbands.

\* Address: 211 Broadway Bldg., Los Angeles, California.

Classified Ads BUYING OR SELLING THEY GET RESULTS

COAL BRIQUETS A TRUCK FOR EVERY KIND OF WORK EKSTROM TRUCK SERVICE Daily Trips to Portland Gresham Phone 1681 Powell and Maple Portland Ft. East Taylor Phone East 6889

WANT AD. RATES. First insertion, 1c a word, minimum 20c; subsequent insertions, 1/2c a word, minimum 10c.

Cattle 2-YEAR-OLD HEIFER for sale, \$45. A. J. Stout, Gresham, at Hogan Sta.

WEEK-OLD BULL CALF for sale. C. P. Tallman, one half block east and a block north of Mt. Hood depot.

FRESH JERSEY COW for sale. Three miles east Gresham on Section Line road. W. L. Rhoades.

ALL KINDS OF LIVESTOCK bought. 15th and Powell Valley road, opposite Kelly's Butte, phone SUNset 5746.

WANTED—Fresh milk cows and springers that will give four gallon and up. Best calves, hogs and veal wanted. Newberg Packing Co., Gresham, phone 1151.

WANTED—Beef, veal, hogs, and cows to freshen soon. Fresh cows for sale. C. A. Butcher, Rt. 1, Box 415, Portland. Base Line and Hickory avenue. TAbor 4979.

Goats FOR SALE, \$50 for the lot, 2 pair Toggenburg milk goats. Call at Kraenick's 1/4 mile south of Hills-vale school.

FARM GOATS FOR SALE CHEAP. One just fresh, others coming fresh. Arthur Moore, Gresham.

Horses HORSE FOR SALE—Weight about 1300 pounds. Ruby stock. Price \$65. W. H. Wilson, Flower Acres, 2 1/2 miles west of Fairview.

HORSE FOR SALE—Weight about 1600 pounds. Sound and true in every way. Mrs. A. J. Ault, phone Sandy 2951.

PIGS FOR SALE. Phone 2656. E. T. Sell, Gresham, Oregon.

POULTRY 100 WHITE LEGHORN CHICKENS for sale. Hollywood strain, 4 months old. Corner Cleveland avenue and Section Line road. Phone 33.

100 HOLLYWOOD STRAIN WHITE Leghorn pullets for sale, \$1.25 each, 2 1/2 months old. W. W. Hastings, phone 12731.

"BIG BARGAIN", if you act now. 450 number of choice W. L. hens. These birds took first prize for pullets at fair last summer. Call Gresham 31 between 8 and 11 a. m. Richard C. Sears.

POULTRY WANTED ALL KINDS, ANY TIME WE PAY CASH GRESHAM PRODUCE CO. Phone 1103 Gresham, Oregon

Real Estate, Rentals, Etc. FOR RENT, 4-ROOM HOUSE and 7 acres, two miles east of Gresham on Powell Valley road. Phone 2652x.

FOR RENT—Warm, comfy shack, \$6. Road, E. K. Brook, phone Sandy 2951.

SMALL, 3-ROOM DWELLING for sale, bath, very desirable location in Woodlawn. Easy terms. B. W. Thorne, phone 2751.

BEST BARGAIN IN GRESHAM—Four acres in city of Gresham, mostly improved, gas, electricity. Bull Run water available. Good road. Price \$1200 if taken now; \$800 with handle. This is good land and price \$300 less than it cost purchaser. Would sell five or six acres if desired. See me at once. A. Meyers, Gresham.

WANTED AT ONCE—5- or 6-room modern bungalow, unfurnished. Must be in good shape. Would consider lease. Address S. care Outlook.

10 TO 20 ACRES, good farm land for sale. Close to Base Line road. H. W. Cooley, Gresham, phone 512x.

FOR RENT—Seventy-five acre farm Cherry Park road. Now occupied by 153 P. Paepke. Inquire of Milton O. Nelson, Hope Gardens, Troutdale. Phone 2692x.

BARGAIN. 25 acres, 22 cleared, spring, berries, orchard, pasture. New house, 5 rooms and bath, basement, water system, lights. Barn, milk house, garage, tool shed, 2 chicken houses, brooder houses. Four Jersey cows, 2 horses. Harness. All machinery. Grain and feed on place. Cottrell road, half mile off station, one-eighth mile north Cottrell street. Listed with B. W. Thorne, Gresham.

MONEY TO LOAN on real estate security. K. A. Miller, Gresham, Ore.

MY HOME on Main street for sale. Modern in every respect. Good dry basement. Terms. H. W. Cooley, phone 512x, Gresham.

BARGAIN—80 acres near Boring, 40 acres good tillable land, 6 acres cleared, balance excellent pasture plenty of running water. Gravel pit on premises. Rents to county \$50 per year. Price \$1000, only \$1000 cash required. A. Meyers, Gresham, Oregon. Telephone 1441.

MONEY TO LOAN on real estate, short or long loans. Farm loans made at 6 per cent. No commission. B. W. Thorne, phone 2751.

FARMS FOR SALE, large or small. In the agricultural section. Karl J. Hagberg, Rt. 2, Gresham, phone 574.

THINK THINK THINK "If all criminal offences and acts of disobedience could be punished by hard labor only at common labor wages, and the law strictly enforced, crime would decrease at the rate of fifty per cent per week."—H. W. Snashall.

PLOWING AND GENERAL TEAM work wanted. Grading and basement digging. All work done by day or contract. E. Wall, Gresham, phone 3254x.

LOST AND FOUND. LOST—Female black and white rat carrier. Phone Gresham 1381.

Miscellaneous HEATING STOVE FOR SALE; also sideboard and china closet in walnut to match; fine condition. Phone 563.

BONNIE JERSEY PEARS for sale. Also wood heater. A. R. Holloway, South Roberts avenue, Gresham.

GRAVEL—Table use, jelly and juice. G. C. McCloud, Birdsdales avenue, first house north Section Line. Phone Gresham 3296.

GRAVEL IN PIT or screened in bunkers, also delivered. I. L. Davidson, Hensley road near Troutdale. Phone Gresham 1521.

NOTICE OF FINAL ACCOUNT. In the Circuit Court of the State of Oregon, for the County of Multnomah, Probate Department. In the matter of the estate of Emma Johnson, deceased.

NOTICE OF FILING FINAL ACCOUNT. No. 2741. In the Circuit Court of the State of Oregon, for the County of Multnomah, Probate Department.

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Professional Ads.

PHYSICIANS — MEDICAL Phone, Office 1851 H. H. HUGHES, M. D. Hours: 10-12 A. M. 2-4 and 7-8 P. M.

Office—Withrow Building GRESHAM, OREGON Office 2251 Residence 2258

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DOCTORS — CHIROPRACTIC Dr. Mary F. Becker Chiropractic Physician

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McGuirk & Schneider Attorneys at Law Gresham Office Withrow Bldg.

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Office 2501 Phones Res. 3283 Insurance Real Estate Accident, Health, Automobile Oregon Fire Relief Assn.

Oregon Life Insurance Company B. W. THORNE, Agent GRESHAM, OREGON

Office 2751 Phones Res. 2757 EAST 2747 Gresham 1591

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Lady Assistant Phone Gresham 2471. GRESHAM FUNERAL PARLORS Phone 1901 J. E. METZGER DIRECTOR

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Peter Lenard Cleaning and Pressing 1211 Our cleaning plant is in Gresham We call and deliver

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