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makes our bread acceptable to the most "finicky" stomach. The most confirmed dyspeptic can eat it without fear of after results. And with all its lightness it is very nourishing as well as palatable. It makes bone and sinew in the young and is indeed a staff of life for the old. Try a loaf.

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Heath & Milligan Mixed Paints  
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Room & Mouldings  
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Dry Paste

## CARRIE R. SCHMICK STUDIES ABROAD

Mrs. Carrie R. Schmick, formerly a resident of Cleveland, Ohio, who spent last year and the year before on her property in the valley, graduated last month in the class of kindergarten teachers selected as representative of every civilized country in the world to be taught by Dr. Maria Montessori Montessori at her school in Rome. Mrs. Schmick is now in Geneva, Switzerland, studying the Caserand system of teaching music, which is beginning to attract as much attention among teachers and the Montessori system of kindergarten teaching. The following appearing below was written by Mrs. Schmick for the Cleveland Plain Dealer.

We come to our first observation day at the convent school of the Via Guisto, with its lovely gardens and flowers and white-robed nuns and the little orphans—200 of whom were taken by the sisters after the great earthquake.

As we were admitted, armed with our notebooks and doubly armed with prejudice and skepticism, systems and theories of our own, we entered a large sunny room opening into the garden and seated ourselves in a double row around the room where the little white tables and chairs of different sizes and heights were scattered about.

Vases of flowers and growing plants were on the low cupboards and drawers. Pictures and low blackboard were on the wall and there was a table of dolls and toys.

As we were looking at these things, the children, from four to six years of age, dressed in pink and blue aprons according to sex, came in offering their hands to us, with smiles and shy-ness, but in a natural, graceful manner and wished us "Buon Giorno!"

While the children were laughing and talking and we were all buzzing to one another in a confusion of tongues more than at the tower of Babel, there was a sudden hush and looking up we saw the sister writing the word "Silencia" on the board. Instantly, quietly every child went to a little chair and sat, some with closed eyes, others with hands over their faces. The silence grew more intense. Not a movement, except ours, was heard; from the garden the song of the birds, the faint noise of the city and even the rustling of the leaves floated in.

We heard a faint whisper from the sister who stood at the back of the room and a wee baby, carefully and lightly as a thistle-down almost floated to her side. In their names were called, some ran lightly and quietly, others, boys larger and with heavy shoes, carefully and painstakingly tipped each step, as if treading on eggs.

Some, too, close to the tables, swung their little legs over the chairs in a truly acrobatic manner, while others lifted the chairs back and carefully, gently set them down again. Can you imagine a high spirited, boisterous boy doing this?

When the 20 odd children were gathered around her she said something in a whisper, at which there was a deeper hush, an almost breathless silence; then at a word from her, talking and laughing, some ran to their chairs, others to the cupboards, when each selected what he or she wished to play, or rather work with.

Several tots ran and got soft rolls of colored felt, which they spread on the floor and began constructing a pink tower; others lying prone on the mats, were busily engaged in sorting, counting, figuring with their slates and pencils, or copy books.

Some had taken the boxes of colors which contain 64 reels of colored silks, eight primary colors and seven delicate shades of each, and were imperceptible in the difference of graduation, but in a short time the children had them all beautifully arranged like a rainbow, on the white tables.

When we tried this we made the most ludicrous mistakes.

Those boys will never be scolded by their wives for not being able to match goods. A few months later, when they come to drawing, they do the most exquisite and correct shading of flowers, landscapes and birds as a result of this simple exercise, and they are never taught as we know teaching.

Some called to the sister to be blind-folded and we watched her take a collection of silk and velvet and cotton goods of different texture and pair them together.

Others, also blindfolded, balanced tiny blocks of wood, of different weights, on each other and rapidly placed them in proper heaps.

The very small children were lazing and hooking and kittinging and tying bows on frames.

Several took the boxes of pink letters of the alphabet and began to make words and sentences on the tables, even on the mats on the floor.

Several were at the blackboard writing and such beautiful writing! The letters were so perfect that it seemed impossible to better them, yet these babies would erase over and over again until one became weary watching, but they were never satisfied until they had formed the absolutely perfect letters they had learned by tracing the sandpaper letters with their fingers.

When I thought of the awful scrawls and potbooks, the years of laborious copy books at home and the result, not one good writer in a thousand—I gasped in bewilderment.

All the time the children accompanied their efforts with little exclamations of joy—"bella, bella," (beautiful, beautiful) or with frowns and "brutto, brutto," (ugly ugly) and swipe! it would be erased!

Some with slates were doing the same, with the sandpaper letters before them.

And this went on hour after hour without any suggestion or advice, approval or disapproval, from the teacher, or scientist, as we must now call her, unless the child calls to her to come and see for herself. Strange to say, it is the child who calls the teacher for instruction or help, or approval, or to have a lesson, or wishes a word to spell or write, or a pencil sharpened the only thing the child does not do for himself.

Aside from this the teacher never heard; one would not notice her in the room, as watchful, alert, observing when the child needs a lesson, or is in perplexity, sitting quietly down beside him, or bestowing a word of approval here, answering an exclamation of delight or joy there, tying a bandage for a child that desired it.

There is healing in Foley Kidney Pills. You need a mighty good medicine if once your kidneys are exhausted by neglect and overwork, and you have got it in Foley Kidney Pills. Their action is prompt, healing and tonic. Sound health and sound kidneys follow their use. John Phillips, Mgr. Hambleton Gro. Co., Hambleton, W. Va., says: "Three boxes of Foley Kidney Pills completely cured me of kidney and bladder trouble, and I consider them invaluable. I see nothing over my own recommendation." Try them. Sold by Chas. N. Clarke.

## OKANOGAN MAN PRAISES CASTNER

(From Penticton, B. C. World)  
W. N. Meers, who is the head squeeze over a 600 acre orchard near Okanogan, Wash.; Fred Culver, who also holds extensive interests near that place, and J. Brown, Mr. Meers' horticulturist, came up from the republic during the latter part of last week to make a study of the firelight situation here, in order that they might be able to make practical application of their knowledge in dealing with the pest, should it strike Okanogan.

The Americans went into contact over Penticton, and Mr. Meers, particularly, expressed the greatest surprise that his work was not more generally appreciated. Mr. Castner was the man who originally stamped out firelight in the Hood River Valley, and the prosperous state of the grove in that district today was largely the result of his efforts. Mr. Castner, with a pitifully inadequate force, was doing wonders against the pest, but he should have at least 20 men under him to show anything like effective results.

Mr. Meers and Mr. Culver will make another trip to Penticton, bringing a number of other orchardists from across the border especially to meet Mr. Castner. Mr. Meers states that he would not take \$1000 for the information which he received from his trip here.

In referring to the work of G. R. Castner, the firelight inspector here, Mr. Meers expressed the greatest surprise that his work was not more generally appreciated. Mr. Castner was the man who originally stamped out firelight in the Hood River Valley, and the prosperous state of the grove in that district today was largely the result of his efforts. Mr. Castner, with a pitifully inadequate force, was doing wonders against the pest, but he should have at least 20 men under him to show anything like effective results.

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**Eases Torment of Asthma, Hay Fever**  
For the discomfort and misery of asthma and hay fever use Foley's Honey and Tar Compound. It puts a healing, soothing coating over the swollen, tickling membranes, and eases the throat and choking sensation. Helps you to breathe easily and naturally. Mrs. Agatha Longacker, Fond du Lac, Wis., says: "My left lung was greatly affected by a severe cold, and one-half bottle of Foley's Honey and Tar Compound relieved me of any substitute offered; sold by Chas. N. Clarke.

**Useful Maps for Campers**  
The United States Forest Service at 401 Beck building, Portland, has on hand maps of the Oregon national forest and of the Columbia national forest. The Oregon national forest lies in the northern portion of the Cascade mountains in Oregon, extending from the Columbia river southward to the divide between the Clackamas and Santiam rivers. The Columbia national forest is situated in the Cascade range in the southern part of Washington.

These maps give much information to campers, as they show trails, roads, streams and convenient camping places. They can be had without any charge by calling or sending in name and address.

**Surprising Cure of Stomach Trouble**  
When you have trouble with your stomach or chronic constipation, don't imagine that your case is beyond help just because your doctor fails to give you relief. Mrs. G. Stenge, Plainfield, N. J., writes: "For over a month past I have been troubled with my stomach. Everything I ate was terrible. One of Chamberlain's advertising booklets came to me. After reading a few of the letters from people who had been cured by Chamberlain's Tablets, I decided to try them. I have now taken three-fourths of a package of them and can now eat almost everything that I want." For sale by all dealers.

**Indian Struck by Train**  
Joe Thomas, brother of Mrs. Amos Underwood and uncle of Mr. Harry Olsen and Mrs. Ed Underwood, of Underwood, Wash., was painfully injured Wednesday of last week, when struck by the freight of O. W. R. N. train No. 17, in the west end of the local freight yards. He was injured about the back and hips and his head was badly cut. He was taken to the Cottage hospital the latter part of the week.

**You're Bilious and Costive!**  
Sick headaches, bad breath, sour stomach, furred tongue and indigestion mean liver and bowels clogged. Clean up tomorrow with a bottle of Dr. King's New Life Pills today and empty the stomach and bowels of fermenting, gassy foods and waste. A full bowel movement gives a satisfied, thankful feeling makes you feel fine. Effective, yet mild. Don't gripe. 25c, at your druggist. Bucklen's Arnica Salve for burns.

**Party Camps on West Fork**  
A jolly party is camping this week on the West Fork, having left for that vicinity the latter part of last week. Those in the camping party are: Claude Thompson, Harold Hershner, Miss J. Hershner, Mrs. Brown, of San Francisco, who is spending the summer with the family of C. D. Thompson, Miss Flora Furrow, Miss Betha Masters and William Masters, of Portland, and Crawford Lemmon, a Japanese cook was taken along.

Members of the party returned to the city yesterday in order to vote for the Columbia highway bond issue.

**Causes of Stomach Trouble**  
Sedentary habits, lack of out door exercise, insufficient mastication of food, constipation, a torpid liver, worry and anxiety, overeating, partaking of food and drink not suited to your age and occupation. Correct your habits and take Chamberlain's Tablets and you soon will soon be well again; for sale by all dealers.

**Local Water Permits Granted**  
The following permits have been issued by State Engineer John H. Lewis, for the appropriation of water in Hood River county during the past quarter:  
W. D. Trotter, of Wyeth, secured a permit for the irrigation of two acres, the development of three horsepower, including domestic supply, diverting water from an unnamed stream in sec. 31, 2p 2n, r 8e. E. K. Schetkey, of Hood River, secured a permit for diverting water from an unnamed stream in sec. 31, 2p 2n, r 11e. F. H. Miller, of Hood River, for the irrigation of 25 acres, diverting water from an unnamed stream in sec. 10, 1p 2n, r 10e. C. C. Piper, of Hood River, for the irrigation of 15 acres, including domestic supply, diverting water from Kershaw creek in sec. 31, 2p 2n, r 11e. E. E. Rivers and A. Shogren, of Portland, for the irrigation of eight acres in sec. 12, 2p 2n, r 11e, diverting water from Mosier creek.

Doing hard work in a bent or stooping position puts a stitch in the back that is painful. If the muscles have become strained, you can't get rid of it without help. The great penetrating power of Ballard's Snow Liniment will appeal to you as invaluable at such times, because it is the very thing you need. Price 25c, 50c, and \$1 a bottle; sold by C.N. Clarke.

## MALBOEUF HEADS NEW ASSOCIATION

C. A. Malboeuf was last week elected general manager of the recently established Western Oregon Fruit Distributors, the new subcentral that has established offices in Portland. Mr. Malboeuf has announced that the work of enlisting other localities than those now represented in the league will be pushed, and that by the time the big movement of fruit begins not only the transportation phase will be disposed of, but an eager market will be found.

With the establishment of the headquarters here of the North Pacific Distributors' selling department, under Wilmer Sieg, Portland is put on the map as one of the world's great fruit markets. Out of this city will be handled the entire crop of the Hood River, Wenaschee and Walla Walla districts, as well as the product of the Willamette valley.

It was explained at the organization meeting that Portland is better suited for this than any other coast city, because of its proximity to tidewater and the great transcontinental rail lines, which makes the transportation problem easier. It is expected that buyers will come here from all over the country.

**Stops Neuralgia—Kills Pains**  
Sloan's Liniment gives instant relief from neuralgia or sciatica. It goes straight to the painful part—soothes the nerves and stops the pain. It is also good for rheumatism, sore throat, chest pains and sprains. You don't need to rub-it penetrates. Mr. J. R. Swinger, Louisville, Ky., writes: "I suffered with four months without any relief. I used Sloan's Liniment for two or three nights and I haven't suffered with my head since." Get a bottle today. Keep in the house all the time for pains and all hurts. 25c, 50c and \$1, at your druggist. Bucklen's Arnica Salve for all sores.

**A. M. GOOCH RAISES RECORD BERRIES**  
A record strawberry crop was raised by A. M. Gooch, of the West Side, this year. Mr. Gooch has berries between the trees of a five acre tract, the trees taking up about a third of the space. From the records of the Apple Growers Association, Mr. Gooch this year shipped the following amounts of fruit:  
Crates of extra fancy berries, 902; field pick, 87 crates; culls, 57 crates. He sold 11 crates at his packing sheds. Mr. Gooch will net more than \$1500 from his berry crop.

A bad taste in the mouth comes from a disordered stomach, and back of that is usually a torpid liver. A condition which invites diseases. Lertine is the remedy needed. It corrects the stomach and makes the liver active and regular. Price 50c. Sold by Chas. N. Clarke.

**FOR SALE**  
\$5,000.00 6 per cent Irrigation District Bonds, East Fork Irrigation District Hood River, Oregon.

Sealed proposals will be received by the Board of Directors of East Fork Irrigation District their office in Rooms 5 and 6, Hall Building, Hood River, Oregon, until one-thirty o'clock P. M. on Tuesday, August 18th, A. D. 1914, for the purchase of the first forty (40) shares of the unpaid portion of an issue of bonds authorized and issued by the above named District, the entire issue having been in the sum of one hundred fifty thousand dollars in the aggregate sum of \$150,000.00 dollars, and of the following description: Six (6) bonds, each of \$10,000.00 each, maturing July 1, 1922; six (6) bonds, each of \$10,000.00 each, maturing July 1, 1923; six (6) bonds, each of \$10,000.00 each, maturing July 1, 1924; six (6) bonds, each of \$10,000.00 each, maturing July 1, 1925; six (6) bonds, each of \$10,000.00 each, maturing July 1, 1926; six (6) bonds, each of \$10,000.00 each, maturing July 1, 1927; six (6) bonds, each of \$10,000.00 each, maturing July 1, 1928; six (6) bonds, each of \$10,000.00 each, maturing July 1, 1929; six (6) bonds, each of \$10,000.00 each, maturing July 1, 1930.

Proposals for the purchase of the above mentioned bonds should be accompanied by a certified check or cashier's check on some responsible bank for the sum of two (2) per cent of the face value of the bonds to be purchased, to be held by the Board of Directors of East Fork Irrigation District, to be forfeited as liquidated damages in case the bidder shall withdraw his bid or shall fail to accept to take and pay for said bonds, should the same be awarded to him. The bonds will be sold to the highest responsible bidder, provided, however, the right to reject all bids is hereby reserved.

All proposals should be marked "Proposals for Irrigation District bonds" and addressed to J. L. Jones, President of East Fork Irrigation District, Rooms 5 and 6, Hall Building, Hood River, Oregon.

By order of the Board of Directors of East Fork Irrigation District.  
Dated July 11, 1914.  
GEORGE R. WILBUR, Secretary.

**Notice of Sheriff's Sale**  
By virtue of an attachment execution duly issued by the Clerk of the Circuit Court of the County of Hood River, State of Oregon, dated the 6th day of July, 1914, in a certain action in the Circuit Court for said county and state, wherein Elma Rosetta Wiley, as plaintiff, recovered judgment against Frank Orville Wiley for the sum of one thousand, eighty-six and 25/100 dollars and costs and disbursements taxed at sixty and 10/100 dollars, on the 6th day of August, 1914, at the front door of the court house, in Hood River, in said county, at one o'clock in the afternoon of said day, sell at public auction to the highest bidder for cash, the following described property, to-wit: Lot 19, of block 9, of Hall's Sub-division of Tracts "A" and "B" of Pleasant View addition to the City of Hood River, County of Hood River, State of Oregon. Taken and levied upon as the property of the said Frank Orville Wiley, or so much thereof as may be necessary to satisfy the said judgment in favor of Elma Rosetta Wiley against said Frank Orville Wiley, with interest thereon, together with all costs and disbursements that have or may accrue. THOS. F. JOHNSON, Sheriff.  
Dated at Hood River, Oregon, July 6, 1914.

**Notice of Sheriff's Sale of Execution**  
Notice is hereby given that by virtue of an Execution and Order of Sale to me directed, issued out of the Circuit Court of the State of Oregon for Hood River County, in the suit of Orville E. Hall, plaintiff, vs. David Currier, Jr. and Melvin Currier, Jr., defendants, a judgment, a corporation, and Edward McCreger, defendants, I will on Wednesday, July 22nd, 1914, at the front door of the Court House in the City of Hood River, Oregon, sell at public auction to the highest bidder for cash in hand, the following described real property, to-wit: commencing at the Southwest corner of the Northeast quarter of Section twenty-one in Township Two North, of Range one, East of the Willamette Meridian, running thence east 30 chains, thence north 10 chains, thence west 20 chains and thence south in chains to the place of beginning, said tract being the south half of South-west quarter of the North-east quarter of said section 21, excepting from the above described tract a 10 foot strip for a school road along the west end and south side of said tract.

Which said real property to satisfy the Decree in the above entitled suit in favor of the plaintiff and against the defendant, David Currier, Jr., for the sum of \$500.00 with interest thereon from the 1st day of October, 1912, at the rate of seven per cent per annum, the cost and disbursements of this suit taxed at \$25.00 and the further sum of \$500 attorney's fees.  
Dated this 26th day of June, 1914.  
JULIUS JONES, Sheriff of Hood River County, Oregon.



Maxwell "25-4" 2-passenger Roadster 1915

YES, THERE ARE other good motor cars but to avoid disappointment it's better to be sure and buy a Maxwell "25-4", then you know you have the best.

We have all car accessories and garage equipment, gasoline and oils. Repairs made.

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