

# THE POLK COUNTY POST

LARGEST CIRCULATION IN SOUTH POLK COUNTY

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## REED DELIVERS APT SPEECH

The parent teachers association held a very interesting meeting Tuesday afternoon. Edwin T. Reed of C.A.C. delivered a lecture on what shall we play and sing. Miss Benita Stroud, state public health demonstrator was also an instructural speaker.

## CULT SLAYS ENEMIES

Revelations in Raid on Society Astound Tokyo.

Temples of the Secret Organization Hide the Bodies of Foes of World Dominion Movement.

Tokyo.—Revelations of the work carried on by the "Omotokyo" cult, which began when the police raided the headquarters of the organization at Ayabe, near here, continue to astound the people of the empire. Newspapers accuse leaders of the cult of aspiring to set up an "Omotokyo" dynasty, to which all Japanese would flock with the hope of attaining world dominion.

In the secret passage leading from the temple of the organization at Ayabe to the residence of Wanisaburo Deguchi, leader of the society, the police declare they discovered a portrait of Deguchi wearing a costume resembling that usually seen on the image of Ama-Terasu, the sun goddess, the traditional grand ancestress of the Japanese imperial family.

It is alleged that in the temple were found crypts in which were placed the bodies of those who were slain for betraying the secrets of the organization.

It is declared that "unspeakable crimes" were committed against women by members of the cult, who are said to have bordered on fanaticism in their zeal. Cartloads of alleged seditious literature has been seized, including a famous volume bearing the title of "Fire." This volume is interpreted as embodying projects for a social upheaval of a "dreadful nature" and incompatible with the present government of Japan.

It is said that the followers of "Omotokyo" numbered 300,000. When the police seized the collection of pebbles representing the divinity of the organization, a band of the faithful clutched their fists in fury, declaring the act of the officers to be sacrilegious. Leaders made addresses, urging forbearance and long suffering in the presence of the desecration of their deity by the "heathen."

An Osaka newspaper owned by Deguchi has issued an extra edition denying reports that bombs were discovered in the temple and explaining that swords found there had been given to the temple. The newspaper declares that followers of "Omotokyo" have committed no crime.

## PUTTING MORE MILK IN FOOD OF FAMILY

Numerous Dishes Are Enumerated by Home Specialists.

Milk Toast, Cream Soups, Creamed Vegetables, Fish and Scalloped Dishes Are Favored—Recipe for White Sauce.

Milk toast, cream soups, creamed vegetables, creamed fish and scalloped dishes are all good ways of putting more milk into the daily food of the family, say home economics specialists in the United States Department of Agriculture. The milk for all of these is thickened into a sauce, thick or thin. To make the sauces, melt the fat, stir in the flour, add the milk gradually, and cook until thickened, stirring constantly unless a double boiler is used. All measurements are level in these recipes.

Thin White Sauce. 1 cup milk 1/2 teaspoon salt 1 tablespoon flour 1/2 teaspoon pepper 1 tablespoon fat

Medium White Sauce. 1 cup milk 1/2 teaspoon salt 2 tablespoons flour 1/2 teaspoon pepper 2 tablespoons fat

Thick White Sauce. 1 cup milk 1/2 teaspoon salt 3 tablespoons flour 1/2 teaspoon pepper 3 tablespoons fat

For milk toast and with vegetables use the thin sauce. For scalloped or creamed vegetable and meat dishes use the medium sauce. The chief use for the thick sauce is as a binding material in croquettes and loaves.

## BALANCED RATIONS FOR MAN

Fruits, Vegetables, Whole Grains, Milk, Eggs, Butter and Nuts Are Most Healthful.

How many human beings eat balanced rations? The best foods for health and strength are fruits, vegetables, whole grains, milk, eggs, butter and nuts, with meat in moderation. Heavy meat eating, artificial sugars, white flour, polished rice, peeled potatoes—these are said to create acidosis which is the forerunner of many serious diseases.

## AT HOME AND ABROAD

France has 450 women physiatrists.

Italy imports American-made spaghetti.

Poland has begun to use motor-driven plows.

Ten per cent of the married women of Boston are employed.

There are 10,200 posts of the American Legion and 2,150 auxiliary units.

The normal schools and colleges of Argentina now provide courses in English.

There are 749 officers and men and 4,734 reservists in the Royal Canadian navy.

Do your Christmas shopping early.

## The Tree of Love

I Am The Tree Of Love  
I am the light  
That Christmas-tide  
Brings. I am ever green  
My limbs are yearning to  
Bear the burden of gifts of  
Noel. I live in the high, open  
Spaces where God smiles bright-  
est on the world, where his light  
Keeps the memory of Christ's birth  
Refreshed. Years ago men fought and  
Knew no time to think of the Gentle  
One who spoke of Love. And then one  
Night a star beamed in the east and filled  
Me with a sweet grace. My soul quivered,  
And I was born again. And now I come  
With the Christmas time to remind you of  
Love—Love, that fades, but lives again. I am  
But a dream unless you know me. I wish  
To ache under the burden of love gifts.  
Yes, I am ever green; I live forever, but  
You do not know me always. I ask  
You to remember the little ones  
Whom Love has passed when some  
Forget me. I pray the light that  
Never dies shall flame out again  
In your heart. For this I live.  
For this I ask. I wish  
To live and serve.  
I am  
Love  
Hope  
Life  
I am the Tree of Love.

## Our Institutions of Higher Learning Provincial About the Others

By JAMES R. ANGELL, President Yale University

It is interesting how very provincial our American institutions of high learning are about other American institutions, and how little they know what is going on outside their own sphere of activity.

It is certainly necessary that we should take a reasonably intelligent outlook of those things which are being done about us; the matter of the preceptorial system at Princeton and how it is working out; how our friends at Amherst are succeeding in their attempt to revive interest in the classical studies and how Harvard is succeeding in its endeavor to introduce a type of general examination. It is a matter of interest that we should know how in the Middle West the great institutions are endeavoring to work out some combination of the professional with the classical education. These are all things that any man who is interested in higher education should have some knowledge of and some interest in.

I feel that there is a considerable opportunity of improving our relations among American institutions of higher learning by some more self-conscious examination of the educational movement as it goes on in centers other than our own.

## United States' Foreign Trade Policy Should Be Live and Let Live

By FRANK A. VANDERLIP, New York Financier

The very necessity of her situation will compel Germany to organize her industries on the most efficient possible basis, which means low production costs. It is up to us to meet German efficiency with equal or greater efficiency, not for the purpose of killing off German foreign trade, but simply to maintain our position.

Our foreign trade policy should be live and let live, recognizing that in the case of both England and Germany, their existence as great nations depends upon their ability to export great quantities of goods. Their export trade is vital to them. With us foreign trade is important but not vital.

There had been developed over a period of many years a machine of the greatest intricacy and delicacy for the exchange of goods among nations. The war smashed this machine into bits. It will require time, great intelligence and much patience to put it together again.

## THREE MACHINES IN ONE.

Home laundry work in its entirety includes not only washing and wringing the clothes, but ironing them, too, and that is regarded as no light task by many housekeepers. Therefore a new type of washing machine, described with illustration in Popular Mechanics Magazine is made unusually interesting by the fact that it performs all three operations, using electric power. The ironer is less than two feet long, and its roller may be heated either electrically or by gas. It is pivoted at a corner of the washing machine, alongside the wringer.

The man who is in constant fear of death belittles the very life he hates to lose.

## SOME SHIPPING FACTS

The first steamboat, the Comet, plied on the Clyde in 1812. Three years later the first steam vessel was seen on the Thames, while in 1818, the Atlantic was crossed by a Canadian steamer for the first time.

An ice-breaking vessel was first employed in 1870, daily weather charts being issued for the first time two years later. Twin screws were first used in 1863, and the first turbine steamer was launched in 1894.

## LEMONS CONDUCE TO HEALTH AND PLEASE

Have New Importance in Diet, Say Specialists.

Long List of Beverages and Desserts in Which Juice Can Be Used, as Well as in Number of Sauces for Fish and Meat.

In the olden times sailors who took long trips and ate no fresh vegetables and fruits for weeks or months were likely to fall victims to scurvy. Finally a cure or a partial cure for it was found in lemon juice.

Of late years scientists have been making a study of scurvy, its cause and its cure and of the conditions that make the body proof against this disease. They have discovered a substance called vitamin C, which seems to prevent and even to cure this disease. It is found in many foods, among them tomatoes and such citrus fruits as oranges, grapefruit and lemons.

Lemons, therefore, have a new importance in the diet, according to food specialists in the United States Department of Agriculture, office of home economics. They are no longer to be valued simply for their flavor, but also as a source of one of these necessary substances.

Lemons can be prepared in all sorts of ways in the preparation of meals. There is a long list of beverages and desserts in which lemon juice is used, as well as a number of delicious sauces that expert cooks have invented to serve on fish and meat. Many of these sauces the busy housekeeper has no time to make, but she can cut a lemon in two and put it on the table to serve with fish, oysters, or meat. Some people think that a little lemon juice adds just the zest needed to make eggs on toast a tasteful dish. Lemon juice is also good on spinach and other green vegetables, on many kinds of salads, and also as flavoring for pudding sauces and cakes.

## RESTING PLACES FOR BIRDS

Agricultural Department Points Out Necessity for the Preservation of Marsh Areas.

If migratory birds are to be increased or their present numbers maintained, it is necessary to conserve water and marsh areas, say specialists of the biological survey of the United States Department of Agriculture. Small lakes, swamps along coasts or inland or marsh areas are used by these water fowl for feeding, resting and rearing their young, and it is absolutely essential that during their migration and in winter the birds have these necessary places in which to live.

Reports received by the biological survey during the last few months from all parts of the country agree that the former alarming decrease in migratory wild fowl, which preceded the treaty and the act of congress for the protection of migratory birds, has changed to a marked increase. This successful outcome of a great conservation measure has become apparent even more promptly than was anticipated. Thus the first important step toward insuring the perpetuation of wild fowl—without question a great national asset—has been achieved. Another step of almost equally vital importance, the specialists say, consists in the conservation of lakes and marsh areas.

## BAZAAR SEASON IS FLOURISHING

The Bazaar season is on and every one is taking advantage of the beautiful hand made articles on sale at such reasonable prices. Last Friday the Methodist ladies had a beautiful array of hand made gifts which were soon disposed of. An enjoyable program was rendered in the evening. An especially interesting entertainer was Victor Morse, a dramatic reader and member of the high school corps. The ladies are highly pleased with the receipts.

Last Saturday the ladies of the Presbyterian Needlecraft displayed their wares to a number of delighted purchasers. The articles were pretty and went fast.

Owing to the large amount of advertising and printing given to the Post at the eleventh hour, we are unable to handle it all. As a result considerable advertising and news matter must be omitted from this issue.

An attachment for water meters enables them to be read at a distance by telephone, the number of clicking sounds heard representing the passage of known quantities of water.

## OREGON Theatre SALEM

Beebe Daniels in "The Speedy Girl"

Thurs. Friday Saturday Dec. 8-9-10

COMING SUNDAY For Four Days

Zane Grey's

Celebrated Story

"The Last Trail"

## The Best Gift Of All Is Clothing

Santa Claus will tell you that. What better gift is there than an Overcoat, Suit, Hat, Shirt or pair of shoes. If you don't wish to pay so much there's Neckties, Etc. Buy your Christmas presents at this store and you'll have something worth while.

# O. A. Kreamer

INDEPENDENCE, OREGON

## Investigate Then Invest

We have small tracts, large tracts, small houses, large houses. Let us show you the property you are looking for. If you want to sell list your holdings with us.

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