

THE ANT-LION AND ITS TRAP.

The Ant-Lion is an insect with such thin, delicate wings, that it is often called the Lace-wing. It is called the Ant-Lion because in its young state it feeds on ants and other insects; and it has a very odd way of catching them. It does not run after them, but it digs a pit in the sand and then hides itself at the bottom of it. When an ant or any other small insect comes near the edge of the pit the loose earth gives way under its feet and it falls into the trap; the young Ant-Lion at once seizes it and eats it, and then hides again and waits for another insect to fall in. When the young Ant-Lion is ready to go into the chrysalis form it buries itself in the sand and makes a little case out of the grains of sand, glueing them together by means of a sticky fluid which it makes, and the inside is lined with beautiful silken threads. It stays in this case for about two months, and then comes forth with its beautiful lace-like wings.

HINTS AS TO BEAUTY.

There is nothing more unfavorable to female beauty than late hours. Women, who either from necessity or choice, spend most of the day in bed and the night in work or dissipation, have always a pale, faded complexion and dark-rimmed, wearied eyes. Too much sleep is almost as hurtful as too little, and is sure to give the person unwholesome fat. Sleep just as long as you can sleep soundly; do not jump out of bed before you are fairly conscious, nor doze half an hour after you

have slept enough. Diet also has a marked influence upon personal beauty. A gross and excessive indulgence in eating and drinking is fatal to the female charms, especially when there is a great tendency to "making flesh." Regularity of time in the daily repast and good cooking are the best means of securing not only good health, but good looks. The appetite should never be wasted during the intervals between meals on pastry, confectionery, or any other tickler of the appetite which

QUALITY OF FOOD AND CARE.

The quality of food is more important than the quantity. If a man lives upon food that contains but little nutriment, he only lives; but he has but little strength or heart for the active duties of life. Going out into the open air just at evening or early in the morning, without protecting the body with sufficient clothing, is always hazardous. Becoming frequently overfatigued is apt to result in debility, and debility is disease. The last, but not the least, important cause of disease is want of attention to the condition of the bowels.

No parent does his whole duty who neglects to look after the health of his children, and there is nothing more important than regularity in this respect. It may save them years of misery, and early death from some disease certain to be induced by habitual constipation. Nothing will so effectually protect a person against fevers and all other diseases, as regularity of the bowels. We wonder that this trouble is so prevalent, since it may be permanently remedied in almost every instance. Nearly all diseases are contracted through carelessness or ignorance, and they are allowed to be-

come chronic and to wear away life by neglect of timely and proper treatment.

Sixty-six sugar-beets raised in Coos county weigh 2,018 lbs., and Coos is not Oregon's best sugar-beet county either.

Rich copper mines have been discovered on Pine creek, Wasco county.



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gratifies the taste but does not support the system. Exercise is, of course, essential to female beauty. It animates the whole physical life, quickens the circulation of the blood, heightens the color, develops the growth, and perfects the form of each limb and the entire body. It also gives beauty and grace to each movement.