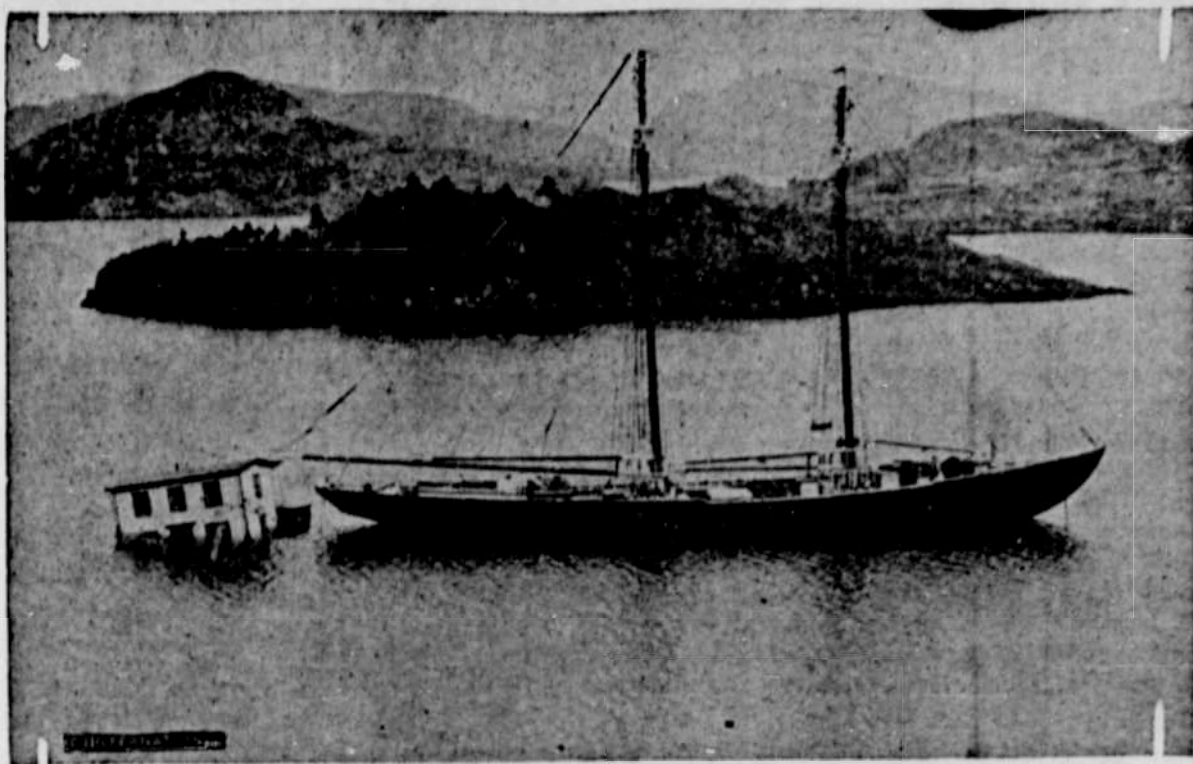


World Events Pictured

HAPPENINGS EVERYWHERE AND PERSONS OF NOTE AS SEEN BY THE CAMERA

Towing Back House Dislodged by Tidal Wave



This exclusive photograph from the Newfoundland area stricken by the earthquake tidal wave shows one of the dislodged houses being towed in from the sea by a returning fishing schooner. The house, along with many others, had been swept a distance of five miles by the gigantic inundation.

Canada's New Outlet to Atlantic Ocean



Construction camp at Churchill, on the west coast of Hudson bay, where Canada is building a new port for the shipment of grain to Europe.

LARGEST OF ROPES



A man standing beside what the manufacturers in Sydney, Australia, claim to be the biggest rope in the world. It has a circumference of three feet and is made of fiber. The completed rope is 400 feet in length and weighs nearly two tons. It will be used to anchor steamers off shore in the Pacific Islands where the ocean swell is so heavy that even the strongest chains snap under the strain.

ON LAND COMMISSION



Mrs. Mary Roberts Rinehart, whose tales of the great wide open spaces of the West have thrilled thousands, is the only woman member of President Hoover's public lands commission.

National Champion Milkmaid



Mary Fontana, fifteen years old, of Carruthers, Calif., who won the state and national championship milkmaid titles at the ninth annual Pacific Slope Dairy show.

Gold Medal Presented to Elihu Root



Detailed view of both sides of the new President's gold medal which the National Academy of Art presented to Elihu Root, in recognition of his distinguished service to the cause of fine art. The medal is the work of Robert Altken, American sculptor.

HOW TO LIVE LONGER

By JOHN CLARENCE FUNK, A. M., Sc. D., Director of Public Health Education, State of Pennsylvania.

Food Fads

IT WAS recently announced that two internationally known Arctic explorers sustained life most satisfactorily on an exclusive meat diet while living in the temperate zone and engaged in sedentary habits. Almost at the same time a young lady claimed that she had actually flourished for months solely on peanuts. And still another experimentalist announced to the world that bread, milk and cheese constituted the perfect dietary. Thus, food fads are born.

However, when it is all said and done, these digestive excursions merely prove the amazing flexibility of the human system to food adjustment. And while from a news standpoint such studies are interesting, they are likely to result in more harm than good. The reason for this is that there are so many fanatically minded people who are eager to try anything new if it relates to the food question and particularly if it is connected with the reducing idea.

It must be readily admitted that various kinds of food are definitely contraindicated in the actual presence of disease. But in general all foods, so far as the average person is concerned, are entirely safe and healthful to consume. Consequently sweets, meat, milk, grains and all their by-products have their proper place on the daily menu. The important thing is to maintain a rational diet balance and eat all things moderately.

Therefore, follow fads in clothing, interior decoration and motor cars if you have a falling for fads, but do not go crazy on the food fads. Long life is not in sympathy with such an attitude.

Don't Get Chesty

IT IS only natural to develop a superior feeling over man's present-day achievements. Airships, subways, skyscrapers and all the wizardry of electricity are enough to turn the head of the most modest of us.

And with modern filtration plants, sewage disposal works and all the other magnificent strides in disease prevention and cure, it seems entirely logical to develop a "high hat" attitude on the question of living.

Has not the span of life been increased at least twenty years in the last two decades? Are not the health laws the best and most efficiently enforced in man's history? Is not life easier and more protected than ever before? Well, the answer to all these questions is emphatically, yes.

But in spite of it, the outstanding and disturbing fact remains that for the great number of citizens who have attained fifty years, increased longevity has no application whatsoever.

Resting in a sense of false security, hundreds of thousands of adults who have reached the one-half century turn in life are dying at the same rate of years ago, and sad to say are increasingly dying. This is happening because they are confident that the modern conditions of life have automatically added two decades to their expectancy and consequently do little to help themselves. They have an idea that "George," in the form of health departments and regulations, had made life just that much safer and longer for them. A great idea, but a totally erroneous one.

Cancer, diabetes, tuberculosis and heart affections are today actually creating havoc among those over middle age. It is this group of maladies which maintains the unsatisfactory death rate among adults.

The annual physical examination alone, if employed, would by means of early diagnosis, save countless lives. Sensible living habits would take care of many more thousands.

Rest assured that adult mortality will not decrease until health interest increases. Don't get chesty over this modern living business. Do something about it.

Ownership of Arctic

The island of Jan Mayen in Arctic waters, between Iceland and Spitzbergen, was recently formally annexed to Norway, says a dispatch from Oslo. At the same time the director of the Norwegian meteorological station on the island was given magisterial authority on the island. The claim of Norway to Jan Mayen, an island 800 miles north of Scotland and 300 miles northeast of Iceland, has sometimes been contested by other countries. It was probably discovered by the English explorer, Henry Hudson, in 1607, as it has been identified as the island he visited that year, in latitude 71 degrees north, and named "Hudson's Tutchet." But it is certain that the Dutch navigator, Jan Jacobsz May (whose name it now bears), landed there in 1614. But it was then considered an English possession, and was granted to the corporation of Hull by James I in 1614. During the World War it was occupied and claimed by a Norwegian, but he further complicated the question of ownership by selling his rights to an American citizen.

Good Old Bunk
Bunk is a kind of grease that makes the wheels run smoothly, harmless kaffiodole to keep people interested. You kiss your wife to show her that you still love her. She knows just how much you love her without being kissed; yet she likes it.—American Magazine.

Valuable Record
When a housewife washes dishes three times a day for 40 years, she has a right to claim an endurance record that really amounts to something.

The KITCHEN CABINET

More living becomes real life when it becomes sacrificial. We begin to operate with vital forces when we cross the border into the land of sacrifice.—Dr. J. H. Jewett

OLD-FASHIONED RECIPES

There are many dishes which are handed down from one generation to another in families, who enjoy some of the old-fashioned dishes occasionally.

Salt Fish Dinner.—Soak, simmer, and drain the required amount of boneless codfish, until tender. Serve either as whole piece on a platter with plenty of butter poured over it, or flake it and add a rich cream sauce with hard-cooked chopped egg added and a bit of minced parsley. Accompany the fish with crisp brown fried salt pork, diced buttered beets and carrots, small potatoes cooked whole, rolled in butter and parsley and cooked onions, also buttered. Serve a portion of fish, vegetables, pork and sauce to each plate.

Delicious Pudding.—Take one pint of fine bread crumbs, soak in one quart of milk for 15 minutes. Beat together until light the yolks of five eggs, add one cupful of sugar; stir in a tablespoonful of softened butter, add a bit of grated lemon rind, two tablespoonfuls of lemon juice and a pinch of salt. Mix with the milk and bread and add one cupful of coconut. Bake in a pudding dish until the custard is set in the center. Test with a knife—if the knife comes out clean it is ready to take from the oven. Cover with a meringue, using the egg whites beaten stiff, five tablespoonfuls of powdered sugar; beat until well blended. Heap over the pudding and sprinkle with more coconut and cover with powdered sugar. Brown in a moderate oven. Serve cold.

Chowder.—This is a distinctive new combination. One may use fish, fresh or salt; clams, oysters fresh or canned, or any fish food one desires. The method for preparing is the same. Try out two good slices of salt pork cut into fine cubes until brown; add two good-sized onions thinly sliced, and cook, stirring five minutes. Add six or seven potatoes thinly sliced after quartering, add salt and pepper and cover with boiling water. Simmer until the vegetables are done. Then add if salt fish, the well-soaked and shredded cod, or, if clams, fresh fish, parboil in boiling water, then add to the hot mixture. Bring to a boil and add a quart or more of rich milk; when simmering hot add six to eight milk crackers which have been softened with a little hot milk. Serve at once. Parsnips, diced tomato or corn may take the place of the fish if desired.

Mariboro Pie.—Take one cupful each of sifted stewed apple, sugar and milk, one-fourth cupful of butter melted, two beaten eggs, a little grated nutmeg and lemon peel; bake in a pastry shell as for custard pie.

Ordinary Foods

Ordinary foods may be made extraordinary by the addition of seasonings and garnishment and the manner of serving. One of the ordinary dishes which is simple, easy to prepare as well as tasty is:

Apple Tapioca.—Take four tablespoonfuls of minute tapioca, add one-fourth teaspoonful of salt, and one-third cupful of boiling water, cook twenty minutes or until the tapioca is clear. Butter a pudding dish and cover the bottom with apples cut into eighths, sprinkle with sugar and cover with a layer of the tapioca, repeat and place in the oven with a few apple quarters on top. Bake until the fruit is done. Serve with sugar and cream.

Dubarry Macaroni.—Cut four slices of bacon into small pieces and fry. Add one sliced onion and one can of tomatoes which have been allowed to simmer until reduced to half. Season with cayenne, mace, allspice and a bit of bay leaf, salt and pepper. Cook thirty minutes, then add two cupfuls of cooked macaroni and serve.

Halibut on Toast.—Melt one-fourth of a cupful of butter and add two and one-half tablespoonfuls of flour; when well blended add two cupfuls of milk and cook until smooth, then add two cupfuls of flaked halibut; season to taste and add one teaspoonful of anchovy essence. Serve hot on squares of buttered toast.

For a delicious filling for a white layer cake add drained grated pineapple to a boiled frosting. It may be used with powdered sugar if in a hurry.

A most attractive pear salad may be garnished with strips of pimento and dressed with a snappy french dressing. Serve with a dinner menu.

Horseradish Sauce.—Take one-half cupful each of sour cream and grated horseradish, salt, a little sugar and a dash of cayenne. Serve with fish or oysters.

Add a teaspoonful of anise seed to the jars of pickled beets when canning them. The flavor is especially pleasant.

Neelie Maxwell
Architectural Whim
There are eight winding staircases in the State War and Navy building at Washington that are peculiar in that they have no columns supporting them, but are held up by the principle of the arch. If one stair were removed, the whole would collapse.

Redundancy Rebutted
He that uses many words for the explaining any subject, doth act like the cuttlefish, hide himself for the most part in his own ink.—Rev. John Ray (1628-1705), "On the Creation"

Athletes of Old Times

Never Out of Training

In comparing athletic feats of today with those of ancient times, it must be kept in view that the men of the old days did not spend their days in factories, or over desks, and take luncheon doses of exercise in a Y. M. C. A. gym at nights. Their whole lives were spent in exercises which fitted them for sterner work on the field of battle. Exercises and warlike sports were their A B C, first to eighth grade, high school and college.

About fifty years ago, in a small town called Jedburgh, in the south of Scotland, there lived a man named Dan Wight. This man was a noted runner and was the first man to be called "The Flying Scotsman." At one time he was the champion sprinter of Great Britain. It is, however, his unofficial record which is of greatest interest. He is credited locally with having run 300 yards in 30 seconds.

The writer once saw him give another runner about two-thirds the length of the course, and if the race had been one stride longer Dan would have won. It is of interest to speculate on the speed Dan attained while he was cutting down his competitor's start.

Too Many New Cures

Prof. Irving Fisher, the famous economist of Yale, said in New Haven the other day:

There are too many new cures—the liver cure for anemia, the gland cure for old age, the ultra-violet ray cure for everything under the sun.

"A man said in a restaurant: 'Walter, there's a fly in my soup.' 'But the waiter peered in my soup and answered:

"Oh, no, sir, you're barking up the wrong tree, sir. That ain't no fly. It's one of them vitamin bees, sir, wot we supply with each and every order."

Six Children Doctors

With the qualification of his daughter as a doctor, Major J. T. Hallinan of Lewisham, Ireland, believes his family holds a record in the medical world for six of his children are now practicing. Five sons had previously passed examinations, one grandchild is studying medicine, and another, aged twelve, declares that she will be a doctor. Neither Hallinan nor his parents were medical men. All his sons served in France with the Royal Army Medical corps, and two were decorated with the Military Cross.

Futuristic

Optimism was the keynote of a banquet in London, just prior to the departure of the British premier, Ramsay MacDonald, for America. It was a gala occasion and apparently the only skeptic present was Lord Dewar. Lord Dewar, when called upon to say a few words, said:

"You have all preached optimism. What is optimism? In my humble opinion optimism makes a man of ninety buy a new suit of clothes and two pairs of trousers."

Fishing Pond on Roof

A recently constructed building of Portland, Ore., has a real fishing pond on the roof for the accommodation of city residents who are unable to get into the country for a fishing experience. The pond is surrounded with growths which give it the appearance of nature and it answers many purposes.

Things We Don't See

so many of us go through the day and hardly notice the sparkle of sunlight on a lake or goblet, the majestic angle cast by a skyscraper or a picket fence, the grace, of a dandelion turned white and fluffy, of a gray road winding over a hill.—Woman's Home Companion.

Explained

"John," said Mrs. Dumbell, "what do they mean by a man being long-headed?" "That he isn't short-sighted," he grumbled from behind his paper.—Cincinnati Enquirer.

More Useful

Customer—Have you a copy of "Who's Who" and "What's What," by Jerome K. Jerome? Clerk—No, but we have "Who's He" and "What's He Got," by R. G. Dun.—Fort William Times-Journal.

Both Have Drawbacks

Blinks—I've seen a lot of rich people I don't envy. Jinks—Yeah? Well, I've also seen a lot of poor ones I don't, either.

Burning Skis Diseases

quickly relieved and healed by Cole's Carbolicaine. Leaves no scars. No medicine chest complete without it. 30c and 50c at druggists, or J. W. Cole Co., Rockford, Ill.—Advertisement.

Lake of Gas

American motorists, it is estimated, will use 14,000,000,000 gallons of gasoline this year—a lake five miles wide and four deep.

Nothing to Work On

"Could I interest you in a vacuum cleaner?" "No, I haven't got any vacuums."

Dainty white dresses for baby

or daughter made beautiful by Russ Ball Blue. Your Grocer has it.—Adv.

History records thousands of mistakes. This is why history is worth reading.

If your harvest is a failure remember you selected the seed.

Garfield Tea

Was Your Grandmother's Remedy

For every stomach and intestinal ill. This good old-fashioned herb home remedy for constipation, stomach ills and other derangements of the system so prevalent these days is in even greater favor as a family medicine than in your grandmother's day.



To Cool a Burn

Use HANFORD'S Balsam of Myrrh

Real Fighting Bull
A fighting bull in Spain recently broke loose from the box in which it was being transported from the Saltillo farm to Villa Sold when the train was stopped at the station of Los Parrales, in the province of Ciudad Real. The civil guards were called to take the situation in hand, and when they drove up in their truck, the bull "flew into it," damaging the truck considerably. The guards began shooting, and with each shot the bull became wilder and wilder, and died only after the forty-sixth shot had been fired.

Coast to Coast Good Grocers Sell

and recommend Russ Ball Blue. Better value than any other.—Adv.

Tin Found in Canada

The first find of tin in Canada has been made in the Shattford and Bernic lake districts of Manitoba and the announcement is hailed with great interest in that country. The country referred to is very rugged and inaccessible, but if the discovery warrants it there will be provided the means of getting the material out.

Easy to Select

It's reported that only one book was published in Turkey during the last year. The "book of the year club" couldn't make any mistakes over there.—Cincinnati Enquirer.

Those who plot the destruction of others often fail themselves.—Phaedrus.

UGLY DIMPLES?

Having trouble with your complexion and pale red nose to your nose, follow through with UGLY DIMPLES. It's the only medicine that makes you look like a new man. Try it today. It's the only medicine that makes you look like a new man. Try it today. It's the only medicine that makes you look like a new man. Try it today.

NR TO-NIGHT

TOMORROW ALRIGHT

RECTAL COLON

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15-years success in treating Rectal and Colon troubles by the Dr. C. J. Dean NON-SURGICAL method enables us to give WRITTEN ASSURANCE OF CURES ELIMINATED OR FEE REFUNDED. Send today for FREE 100-page book describing causes and proper treatment of such ailments.

Oregon & California Directory

Hotel Roosevelt

One of PORTLAND'S Newest Hotels. All rooms have shower or tub, \$2.00 up. FREE ROOM. 221 W. Park St. Coffee Shop. Garage opposite.

HOTEL WILTSHIRE, San Francisco

340 Stockton St. near Union Square. Butter 200. FRANKLIN B. SMITH, Manager. Outside rooms with bath, \$2.50 single, \$3.50 double. Court rooms with bath, \$1.50 single, \$2.50 double. Breakfast 50c, \$1.00, \$1.50, \$2.00. Dinner 50c; Sunday \$1.00.

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HOTEL ROOSEVELT

SAN FRANCISCO'S NEW FINE HOTEL. Every room with bath or shower. \$2.00 to \$3.00. Jones at Eddy. Garage next door.

Industrial Term

Cartel is a name applied to practically all forms of industrial combinations in Europe. Production cartels aim primarily at joint regulation or control of production. Their main purpose is to prevent overproduction. The selling cartel is one in which a single sales agency handles all or part of the output of the individual member plants. Price-fixing is generally included in its activities.

Who Wants to be Bald?

Not many, and when you are getting that way and losing hair, which ends in baldness, you want a good remedy that will stop falling hair, dandruff and grow hair on the bald head. BARE-TO-HAIR is what you want.

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