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THE STORY OF AMERICA IN PICTURES THE DISCOVERERS

"LEARN ONE THING EVERY DAY"

NO. 6. HENRY HUDSON

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ONE day, many, many years ago, some Indians were out in a canoe fishing on what is now the Hudson River. Suddenly they saw a strange apparition coming toward them up the stream. It appeared to be either a big canoe or a wonderful wigwam. Quickly they paddled for shore, after seeing that there were people moving on this strange contrivance and informed the rest of their tribe. Everyone thought that it must be a number of Manitous (gods) come to visit them. So they dressed themselves in their gayest skins and beads, and went down to the shore to greet the visitors.



When a number of their fair-skinned guests had landed, he who seemed to be the Chief Manitou of all, poured something from a bottle into a bowl and passed it to the Indian chief. This one solemnly smelled it and then passed it to his neighbor. He also merely smelled this liquor with the pleasant odor. And thus it went around the circle of braves. Finally, when the bowl reached the last man, he resolved to taste the liquor. He thought that it would probably kill him; but he was not afraid to die for the honor of the tribe. He raised the bowl to his lips and emptied it. Soon he began to sway from side to side, and finally fell to the ground and lay like one dead. After some hours, however, he revived and declared that he had and a fine time, and wanted some more of the strange liquor. This encouraged the

rest of the braves to try it, and soon the entire tribe was intoxicated. That is the Indian legend of the discovery by Henry Hudson of the great river that has been named after him. It was in September, 1609, that the little Half Moon sailed into the mouth of the Hudson River, and its navigator landed on Manhattan Island. But Hudson never dreamed that only three hundred years from that time this small wooded bit of land would be part of the second greatest city in the world—New York. In fact, he was not there to found a city. He had but one idea—to discover a north-west passage to India.

Contrary to the belief of many people, Henry Hudson was not a Dutchman, but an Englishman and a citizen of London. He was born here in the latter part of the sixteenth century.

Hudson made his first voyage in 1607, and his second in 1608. It was on his third voyage, in 1609, that he explored the Hudson River. The surrounding country was soon to be pleasant and fertile and full of game. They found few hostile savages, and did a great deal of profitable trading with the peaceful Indians.

On his fourth and last voyage Hudson sailed from England in the *Discovery* to seek a northwest passage. He did not accomplish his purpose, but he did discover the great bay that now bears his name. The provisions on the ship ran low and his crew mutinied under the leadership of Robert Juet. Finally, Hudson was thrust into an open boat, together with his little son John and seven sick sailors and the boat cut adrift. Thus he perished on a midsummer's day in 1611 in that great waste of waters which is "his tomb and his monument."

Every day a different human interest story will appear in *The Times*. You can get a beautiful instant reproduction of this picture, with five others, equally attractive, 7 by 9 1/2 inches in size, with this week's "Mentor." In "The Mentor" a well known authority covers the subject of the pictures and stories of the week. Readers of *The Times* and "The Mentor" will know Art, Literature, History, Science, and Travel, and own exquisite pictures. On sale at *The Times* office. Price ten cents. Write today to *The Times* for booklet explaining *The Associated Newspaper School* plan.

SOME EGG RECIPES

Egg Ways and Values.

EGGS, like milk, form a typical food, inasmuch as they contain all the elements, in the right proportion, necessary for the support of the body. Their highly concentrated nutritive value renders it necessary, however, to use eggs in a combination with other foods rich in starch, such as bread, potatoes, etc. This food the stomach may have enough to act upon, for a certain amount of bulk must generally be furnished.

Eggs, being rich in protein, serve as a valuable substitute for meat. A pound of eggs (about nine) is equivalent in nutritive value to a pound of beef. Strictly fresh eggs have the highest value, for an egg, after the first day, steadily deteriorates.

How to Boil Eggs

The usual way is to place eggs in boiling water and cook them rapidly, but that is really the wrong way. White of egg contains albumen in its purest form, and this coagulates at a temperature from 134 to 160 degrees, so herein lies the importance of cooking eggs at a low temperature, thus rendering them easy of digestion. Eggs cooked in boiling water are tough and horny, difficult of digestion, and so it can be readily understood that they are not best served that way.

The right way to do is to put the eggs in boiling water to cover, cover the saucepan, and remove to back of range, where water will not boil. Leave them there 6 to 10 minutes if they are wanted soft, from 20 to 40 if wanted medium hard or hard. Another way is to place eggs in cold water, allowing water to heat gradually until the boiling point is reached, when they will be "soft boiled."

Sweet Omelet

Beat 5 or 6 eggs light, salt, add 4 or 5 almond macaroons pounded fine, beat well together, and fry as usual. Strew plentifully with sugar and serve.

Poached Eggs

Put buttered muffin rings in a shallow pan about two-thirds full of boiling, salted water. Break eggs separately into cup and slip carefully into rings. When a film forms over top and the white is firm remove with a buttered skimmer to pieces of buttered toast, and season with salt.

Egg and Milk Punch

Break a fresh egg into a shallow dish, add a small pinch of salt and one-half teaspoon sugar, and beat vigorously about five minutes, or un-

This Interests Every Woman.

A family doctor said recently that women come to him thinking that they have female trouble, but when treats them for their kidneys and bladder, they soon recover. This is worth knowing, and also that Foley's Kidney Pills are the best and safest medicine at such times. They are tonic in action, quick in results. They will help you. Owl Prescription Pharmacy, Frank D. Cohen, Opposite Chandler Hotel, Phone 74.

til the yolk and white are thoroughly mixed. Then beat in three-fourths cup of rich, creamy milk, add just a dash of grated nutmeg, and 4 to 5 teaspoons of good medicinal brandy. Pour into a thin glass. This is excellent nourishment, yet cannot eat much.

Egg Toast

Beat well the yolks of 6 eggs, add 3 cups sweet milk, season with salt, and into this mixture dip slices of stale bread. Fry in hot butter to a nice delicate brown. Beat the whites of the eggs to a froth, add 1 cup powdered sugar and juice of 2 lemons, mix well, and then beat in 2 cups boiling water. Serve this over the toast as a sauce.

Egg Snow Pyramids

Beat the whites of 5 or 6 eggs to a stiff foam, add a small cup of currant jelly and whip all together. Half fill as many saucers as you have guests to serve with thick cream, and drop in the center of each about a tablespoonful of the egg white and jelly mixture, in the shape of a pyramid. This makes an excellent hasty dessert dish.

Egg Custard

Break 8 eggs into a dish, add one-half pound granulated sugar and a pinch of salt and beat to a good froth. Put 1 qt. milk in a double boiler set in boiling water, pour in the egg and sugar mixture, and stir until it thickens. Excellent for invalids, old people and children.

Roast Duck With Forcement

Clean the duck with care, wash well and rinse out with soda and water. Lay in cold water for half an hour, wipe dry and stuff with delicious onion and liver forcement. For each duck chop one-fourth pound onion and fry in butter; add the chopped liver of the duck to the onions. Mix one and one-half cups stale bread

DR. EVANS ON SLEEP.

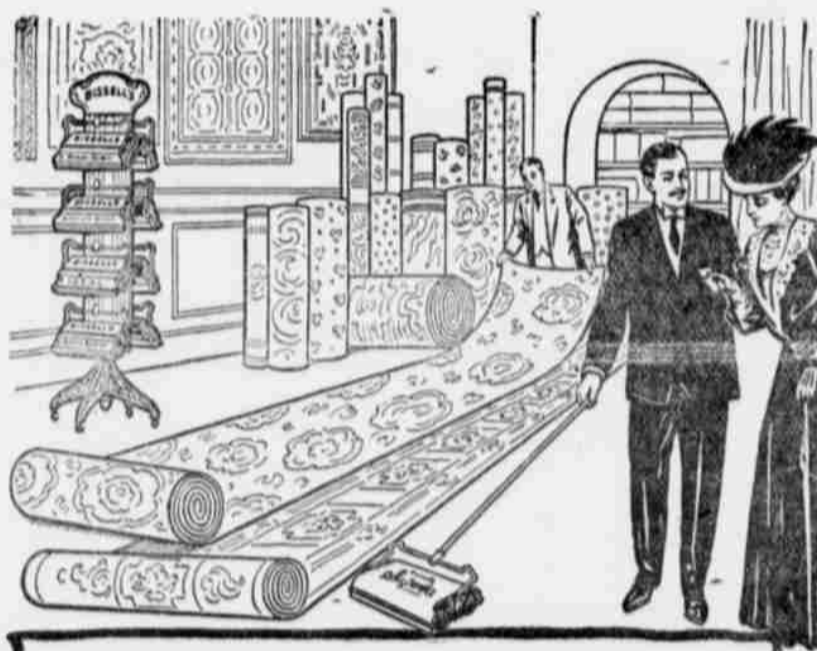
Everybody knows it is bad to have too little sleep. Many people contend that it also bad to have too much, and in this category is as high an authority on hygienic matters as Dr. William A. Evans, formerly health commissioner of Chicago. He said: "A great many persons go on a long sleep every Saturday night, and as a consequence wake up Sunday morning with a headache, from too much repose. They think Sunday offers a good chance to make up all the sleep they have missed during the week, but this is a great mistake. If you have lost sleep during the week it is best to aim to make up only one-third of it on Sunday."

Many a person has discovered that he is as sluggish after a too prolonged slumber as if he had denied himself a portion of his needed rest. Dr. Evans warns against the notion that sleeping inordinately long on Sundays is beneficial.

When cleaning chickens, before taking out the entrails, give the bird a bath by rubbing it all over with baking soda; then wash in cold water. You will be surprised how much dirt comes off and how nice and white your chicken will be.

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NOTICE TO CREDITORS. Notice is hereby given that the undersigned has been duly appointed administrator of the estate of Andrew Johnson, deceased, and letters of administration upon said estate issued to him.

Now, therefore, all persons having claims against said estate are hereby notified to present the same to the undersigned, with the proper vouchers duly filed as by law required within six months from the date hereof, at the office of James T. Hall, 11 Elwood Bldg., Marshfield, Oregon. Dated this 19th day of April, 1913. C. E. HANSON, Administrator of the estate of Andrew Johnson, deceased (First publication April 19 and May 24.)

APPLICATION FOR LIQUOR LICENSE. I, the undersigned legal voters of Lakeside, No. 1 Precinct, Coos County, State of Oregon, respectfully petition the Hon. County Court of Coos County, State of Oregon to grant a License to W. H. Short to sell Spirituous, Malt and Vinous liquors in less quantities than one gallon in Lakeside, No. 1 Precinct Coos County, State of Oregon, for the term of Six Months, as in duty bound we will ever pray.

Fred Muetzel, E. Vanburger, H. R. Holcomb, Emil, Ponthun, L. C. Call, W. M. Young, Jack Flanagan, Will Judd, J. Justrom, A. Ingersoll, Frank Bowron, Chas. Olles, A. R. Bowron, C. Schroeder, Peter Menegat.