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New Things Not Found in Any Book

BUGS to EAT to Keep DOWN **COST of LIVING**

THE use of insects for food is very common among the natives of various countries. Almost every

kind of insect forms a staple article of food in me part of the world. The practice is a very ancient one, and the fact that increasing civilization does not

one, and the fact that increasing civilization does not seem to do away with it would tend to lead to the con-clusion that prejudice has much to do with the choos-ing of our food. The most popular insect food is the locust, or grass-hopper. Some tribes live almost entirely upon this finsect, as did John the Baptist of old. In ancient Athens locusts were regarded as dainties and the Arabs to this day make them into a sort of flour. Some African tribes prepare a soup of locusts, and grass-hopper pie is a favorite dessert among the natives of the Philippine Islands. In Russia the locusts are smoked like fish; in Algeria

In Russia the locusts are smoked like lish; in Algera they are bolled in water and salted. The legs and wings are always removed and the insect is dried before being caten; no tribe cats the green insect. When properly cooked and seasoned locusts are very palatable and resemble beef broth somewhat in taste. Fried locusts are also very delicious. It is certain that the locust is a very nourishing food,

for locust-eating tribes are invariably fat and healthy.

Among the native Filipinos the grasshopper is the most common article of food. The insects in the Philippines grow to a very great size and travel in swarms These swarms will settle on a farm, and while the grasshopper is eating up the vegetation he is in turn being captured by the farmer.

The natives have an interesting way of catching the insects. Bellboys are stationed in the towers of the large churches of a town and when a swarm is sighted the boys sound the grasshopper signals on the bell. Hundreds of catchers then turn out with large nets, similar to butterfly nets, and surround the swarms. Another way of catching them is by taking a long pole with a flat stick on the end of it and swinging it through the swarms of grasshoppers. Large numbers of the insects are in this way beaten to the ground, and, after they have been dried by the sun, can be collected. Still

How WOULD YOU LIKE Some of THESE INSECTS for YOUR DINNER? 5700 S. 11 5 TIX

Both the French Lizards Are a Beetlas Bolled Grasshopper Pie The Chineset The California find the Silk Indiana Grasshopper Pie The Chineset The California find the Silk Indiana Grass Grass Are Eaten in Frid Worm Very Pal-Fet on Dyfed The California Frider State St

another method employed is to ex-plode cartridges among the insects, which are stunned by the shock and

which are stummed by the shock and can be gathered from the ground where they sometimes lie two er three inches deep. The grasshopper industry is a prof-itable one. The insects sell for about two dollars a sack and can be found in the markets the year round. The natives fill their pockets with grass-hoppers and est them on the street as one would eat peanuts. A very tasty candy is made by sweetening the grasshoppers with brown sugar and adding chocolate trimmilags. Grasshopper cake and grasshopper ple are among the choicest dishes of the initive board. The ple especially

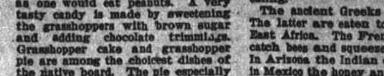
is a marvel of cookery. The insects are cooked in the pie and others are are structured in the pie and others are are structured in the filling reminds one a lifetie of raisin pie. In some parts of the islands the presence of raisin pie. In some parts of the islands the presence of grasshoppers are ground to a powder, reduced to a liquid and drunk—a sort of grasshopperade. Another favorite Filipine delicacy is the moth. These grow in such such these grow in such numbers that in some places they can be scraped off the walls by the quart Large expeditions go moth-hunting and legs of the moths by the application of an intense heat. The

bodies, caten with sugar, make, for the natives at least, very palatable delicacies. Insect foods only second in popularity to the grass-hopper are the caterpillar and grub. The grub of the common cockchafer is said to be a very dainty

In France the insect is rolled in bread crumbs, seas-oned with salt and pepper, wrapped in suttered paper and cooked twenty minutes. The result is declared to be the finest delicacy ever tasted. Americans who have been persuaded to eat them have found them very good eating.

The ancient Greeks ate harvest files and crickets. The latter are eaten to-day by some of the natives of East Africa. The French peasant children are said to catch bees and squeeze the honey from them for food. In Arisona the Indian children catch and eat ants, and in Mexico the honey ant is very much eaten. A curious

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When "FINDINGS Are Keepings"

THERE are a good many popular sayings on matters legal which if fol-

lowed literally may lead to trouble. Whe old saying that "Findings Are Keepings," ts one of them.

It is true that under the law the finder of lost property is entitled to keep it against all the world except the rightful owner, but he may get himself into serious trouble unless he makes a reasonable effort to locate the

he makes a reasonable effort to locate the treal owner. At least that is so in New York and prob-ably in some of the other States where New York's Penal Code is more or less closely followed. There is a section of that code which provides that, unless he makes a rea-sonable effort to restore it to its owner, the inder of lest property is guilty of larceny. "Just what amounts to "a reasonable effort," must depend upon the circumstances of each particular case. One would not be expected to go to any considerable expense to locate the owner of an article of little value, but, on the other hand, if the property found were worth several thousand dollars, the finder might reasonably be expected to expend his

own money, if necessary, to locate the loser. If he didn't, he would be guilty of larceny under the statute.

There is no duty upon the part of the finder to advertise for the owner unless that meth-od seems to be the most likely one to lo-cate him.

od seems to be the most ittely one of to-cate him. If you find a gold watch on a street car, it is your duty to turn it over to the con-ductor or to the lost property department of the railway company, not because the company has a better title to it than you, but because that is the most likely method of locating the owner. If the property is not reclaimed within a reasonable time, you may insist upon having it returned to you. For this reason, when you turn over lost prop-grty in this way either obtain a receipt for it admitting your claim to it as a finder, of if you cannot obtain such a receipt, deliver with the article a letter asserting your claim, keeping a copy of the letter. Again, if you find a pocketbook in a store, and there is no reason why you should turn it over to him unless by so doing the owner may be more easily found.

YOU MIGHT TRY--For Bruises.

STARCH or arrowroot, slightly moistened, keeps down swelling and facili-

For Soiled Coat Collars.

RUB the soiled part with a little paraffin oil on a soft cloth, and then

To Keep Parsley Fresh.

INSTEAD of keeping parsley in water, which often turns it yellow, put it

in an airtight jar in a cool place. This keeps it fresh for a much longer

GO over your carpets once a week with a broom dipped in hot water to which a little turpentine has been added.

To Clean Plaster Casts. DIP the cast in celd liquid starch. When dry brush off the starch and the

Rain Spots on Velvet. DO not brush but shake the valvet and let the water evaporate. Its original lustre can be readily restored by rubbing with a clean damp cloth.

To Make Carpets Wear Longer. ,

, hang the garment in the air for an hour to take away the unpleasant

tates the healing of bruises.

smell

time.

M OST persons know that eating a raw onion "drives out a cold," but why the onion should possess this beneficent power not one in a hundred persons who were cured would be able to say.

How an ONION

The oil contained in the onion, chives radish and horseradish is an oil that belongs in the category of spices, and this oil has a deadly effect upon certain pathogenic, that is to say harmful, bacteria flourishing in various organs of the human body. The intestinal flora against which Dr. Metchnikoff wages his flora against which Dr. Metchnikoff wages his incessant campaign are the best known of the pathogenic bacteria and are among the most dangerous. But the micrope which causes colds is quite annoying. According to Dr. Haig, the great uric acid specialist, all colds are due to a combination of three things—a chill, a microbe or a uric acid tendency which prepares a cell for the microbes' growth. In addition to being a sounce of great discomfort a cold is dangerous as well, because the person suffering from it is always in jeopardy of pneumonia. The pneumonia germ, the diplococcus pneumoniae, is present in moderate numbers in the mouth of perfectly healthy

persons, but the mucous membrane forms a sort of protective wall against it to bar it from entering the system. During a cold the extremely delicate membrane lining of the nose, mouth and throat is intensely irritated and its protective efficiency is greatly weak-ened, affording the pneumonia germ a better foothold than when the membrane is in nor-mal condition. mal condition.

Cures a COLD

Among the germs to which the oll of the onion is a deadly foe is the cold microbe, and by attacking it one of the causes producing colds is obviated. Thus the cold microbe, one of the necessary three factors that caused the cold, an onion, saten raw, will "drive out the cold."

Properly speaking, the onion is a vegetable, but because of its strong flavor, we have come to regard it almost exclusively as a spice. to regard it almost exclusively as a spice. There are other spices which have just as good an effect upon the human system. Accord-ing to Dr. Alfred Gigon, of Baesl, spices are a much abused constituent of the dist. He classifies spices into five divisions. Into the first class fall salt and the so-called aromatic spices—ginger, cinnamen, cloves, pepper, etc. These spices, by stimulating the flow of saliva and of the gastric julces, further digestion.

Prisons Only Crime Universities Seaweeds to Supply Fertility A Box of Bait.

By PRINCE KROPOTKIN, Author of "In Russian and French Prisons."

and Punishment," which occupies now so many prominent lawyers and sociologists, I shall limit my remarks to the question: "Are prisons answering their purpose, which is that of diminishing the numbers of anti-social acts?"

who has a knowledge of prisons from the inside will certainly answer by an emphatic No. On the contrary, a serious study of the subject will bring every one to the conclusion that the prisons-the best as much as the worst-are reeding places of criminality; that they contribute to render the anti-social acts worse and worse; that they are, in a word, the High chools, the Universities of what is known as Crime.

Of course, I do not mean that every one who has been once in a prison will return to it. There are thousands of people sent every year to prison by mere accident. But I maintain that the effect of a couple of years of life in prison —from the very fact of its being a prison—is to increase in the individual those defects brought him before a law court. These, being the love of risk, the dislike of regular work (due in an immense majority of cases to the want of a thorough knowledge of a trade), the despite of society with its injus-tice and hypocrisy, the want of physical energy and the lack of will—all these causes will be

and the lack of will—all these causes will be aggravated by detention in a jail. Five-and-twenty years ago, when I developed this idea in a book, now out of print ("In Rus-sian and French Prisons"). I supported it by an examination of the facts revealed in France by an inquest made as to the numbers of recidivistes (second offense prisoners). The result of this inquest was that from two-fifths to one-half of all persons brought before the assizes and two-fifths of all brought before the police courts had already been kept once or twice in jail. The very same figure of 40

EAVING aside the great question of "Crime inferior slave work. The result is that the prisoner begins to hate his work, and finishes by saying: "The real thieves are not we, but those who keep us in." The prisoner's brain is thus working over

and over again upon the idea of the injustice of a society which pardons and often respects To this question every unprejudiced person who has a knowledge of prisons from the inside rill certainly answer by an emphatic No. On he contrary, a serious study of the subject venge breeds revenge. The revenge that was exercised upon him he

The revenge that was exercised upon him he exercises upon society. Every prison, because it is a prison, destroys the physical energy of its inmates. It acts upon them far worse than an Arctic wintering. The want of fresh air, the monotony of existence, especially the want of impressions, take all energy out of the of impressions, take all energy out of the prisoner, and produce that craving for stimu-iants (alcobol, coffee) of which Miss Allen spoke so truthfully the other day at the Con-gress of the British Medical Association. And finally, while most anti-social acts can be traced to a weakness of will, the prison education is directed precisely toward killing every mani-festation of will.

Worse than that. I seriously recommend to Worse than that. I seriously recommend to prison reformers the "Prison Memoirs" of A. Berkman, who was kept for fourteen years in an American jail, and has told with great sin-cerity his experience. One will see from this book how every honest feeling must be sup-pressed by the prisoner, if he does not decide never to go out of this hell. What can remain of a man's will and good intentions after five or six years of such an

intentions after five or six years of such an education? And where can he so after his re-lease, unless he returns to the very same chums, whose company has brought him to the ining, whose company has brought him to the jail? They are the only ones who will receive him as an equal. But when he joins them he is sure to return to the prison in a very few months. And so he does. The jailers know it well.

I am often asked what reforms of prisons

police courts had already been kept one of the prise in fail. The very same figure of the treat was found in this country; while, as found propose, but now, as twenty-dive years of the otherwise. A prison has, and must have a degrading effect on its immates. Take a mail otherwise. A prison has, and must have a degrading effect on the immates. Take a mail otherwise. A prison has, and must have a degrading effect upon him, the beam of the one of the

By PROFESSOR JOHN L. COWAN. The Noted Farming Expert.

dirt will come with it, leaving the cast like new.

nually is justly regarded as good cause for national felicitation. That a very large number of the farmers who contribute to the production of this enormous total pursue the suicidal policy of taking from the soll all they can set, with no attempt to restore to it the elements taken from it by growing crops, is a fact as undeniable as it is lamentable.

Hence the United States Department of Agriculture and the State Agricultural Colleges and Experiment Stations have been of late assiduously preaching to the farmers of this country the fact that profitable farming, in the ong run, is possible only when the elements taken from the soil are restored to it, at least in part.

Roughly speaking, fertilizers are composed of phosphorio acid, nitrate of soda and some form of potash salts. Florida, South Carolina and Tennessee contain great deposits of phosphate rock, so that, as yet, the provision of an adequate supply of phosphoric acid presents no difficulties.

In a recent report of Secretary Wilson, of the Department of Agriculture, based upor investigations made by scientists of the Bureau of Soils, the following important and significant statements are made:

"The most promising source of potash at present is found in the large areas of kelp groves, or sea algae, lying along the Pacific Coast, growing wherever there is a rocky bottom and a rapid tideway, at depths of from siz to, ten fathoms. These groves are of various areas, from beds of a fraction of an acre up to stretches five miles in length and two or more miles in width. During the past Summer about 100 square miles of kelp groves have been mapped in different localities from Puget Sound to Point Loma, and have studied the character of the algae, as well as the conditions necessary to their utilization commercially, and their maintenance as a permanent resource of the country. Many more areas yet remain to be studied and mapped, but from what has been accomplished in this preliminary work I am assured that a conservative estimate shows that the kelp which could be gathered from the 100 square miles already surveyed, and without detriment to the permanence of the groves, should yield 1,000,000 tons of chloride of potash annually, worth at least \$35,000,000, or about thrice the value of present importations of potash salts from Germany.

"Satisfactory methods of gathering the kelp are yet to be worked out, but present only

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THAT the value of all products of the farms minor mechanical difficulties. The value of the of the United States now approximates kelp is, moreover, probably much greater than of the United States now approximate an- is represented by the contents of the potash nine thousand millions of dollars an- is represented by the contents of the potash and other useful products can be obtained which will pay in large measure, if not fully. the cost of gathering and abstracting the potash salts. Enough has been accomplished to show that this country has within its borders resources to meet the fertilizer requirements of the present and a greatly increased use in the coming years." The investigations undertaken by the

Bureau of Soils, upon which Secretary Wilson's report is based, constitute the first serious attempt that has ever been made at a systematic study of the kelp beds that border the coasts of California, Washington and Oregon. It has never before been thought worth while to map the forests of the sea, or to ascertain their ex-tent or the character and possible uses of the vegetation found in them.

However, the principal office of seawaeds in the economy of nature is to perform the same function in the water that ordinary forms of vegetation perform on land—that of making animal life possible. They assimilate inorganic animal life possible. They assimilate inorganic matter, existing in the water as impurities, and transform it into materials essential to animal life. Beyond doubt by far the greater mass of seaweeds exists in microscopic forms, floating everywhere, near the surface of the water, in inconceivable numbers. These seaweeds form the basis of the food supply of all animal life in the ocean, and fishes and other animals that do not subsist directly upon seaweeds must prevnot subsist directly upon seaweeds must prey

not subsist directly upon seaweeds must prey not subsist directly upon seaweeds must prey upon smaller or weaker creatures that do. Scientists, then, have long recognized the fact that the economic value of seaweeds is very great; but this form of vegetation has been regarded, in general, as of little value for industrial purposes. Until the official an-nouncement was made by Secretary Wilson, the thought could have occurred to but few that the kelps of the Pacific Coast might be of ines-timable value to agriculturists of the interior, and were capable of bringing to pass a material modification of our trade relations with Ger-many. However, months before Secretary Wil-son's report was made public a company was organized at San Diego for the purpose of har-vesting kelps and extracting from them the potash and other valuable constituents. The plans of this company, and the methods it pro-poses to follow, have been kept profoundly se-cret.

is roughly estimated that there are about 15,000 species of seaweeds. The simplest of all plants are the minute algae (both sait and all plants are the minute algae (both sait and fresh water), known as the blue-green allmes, of which there are approximately 1,000 species, found on rocks, wharves, the sides of ditches and on mud almost everywhere. The most numerous of the algae are the grass-green ses-weeds (also both fresh water and marine), of which there are from \$,000 to 10,000 species found floating on the surface of the ocean, lakes, rivers, brooks, ponds, ditches and pud-dies; on damp earth, walls, fences, on the sur-face of leaves and the bark of trees in damp forests, and existing in almost every place where there is moisture.

chance marriages, when the painter, Dembrevil, raised his voice: 'We need not loom very far for an example," he said. "Do you know what caused by daughter's marriage?"

"A box of worms that I used for balt." "Worms!"

"Worms!" "Tas. It happened on the Island of Addresy, where I have been in the abit of going every year to attend the opening of the fishing season. Having left Paris the day before. I anded on the Island very late at night. My wife, who is always afraid that I will catch cold, had made me womise to go to bed as soon as I with the work of the season of the sol-onning promised to be the most sober of men, but when I arrived at my old friend Ernest's hotel, about S 'clock in the morning, it was so near dawn that instead of going to bed I d'd as the rest of my friends and for-sort wife's warnings. "I found a lot of old acquaintances, mateur fishermen from all parts of the world. We chatted, haughed, mode our noses and said: "Well, what do you think of teses f Aren't they beauties? Did you wirks a solar solar bill you wirks a solar solar bill you wirks a solar solar beauties for bottles, and each one prouly exhib-ted his rods and kit, when a tall, andeome young fellow, whom I had aver mot before, held a box of worms under our noses and said: "To tell the truth they were fine, by is fust as when somebody parts is just as when somebody parts is fust as when somebody parts and ing some fault with her ator.""The field his worms?" "The hear i did not aracety criticing "Yes. It happened on the Island of

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"That is how my daughter owen her happiness to a box of worms."

BY U. L IVERSON. TT was in a cafe, the light air was fragrant with the aroma of ex-

passed by mine, which crossed the line first. "The young man took his defeat most gracefully and ordered the bot-tile of champagne, but it was then discovered that there was not a sin-sie bottle in the cellars and as it was quisite cigars. A group of artists, who had just returned from the "vernissage" at the salon, were discussing out of the question to get any from the continent at this hour, we had a

out of the question to get any from the continent at this hour, we had a number of other drinks all around." "If your wife had seen you!" "She would certainly have made it hot for me, but I had quite forget-ten all about my promise. At 3:30 we all started for the bosts." "And I suppose your catch was the biggest of all." "Now, that is the saddest thing I have to tell. With his big worms my rival caught more than fifteen of the most beautiful big fishes, while I did not eatch but a few small bleaks. When we met again I modestly re-frained from saying anything about my victory of the early morning. "L must not forget to tell you that Mms. Dembrevil and my daughter joined me at lunch, and in order that my tern spouse might not hear any-thing about the events of the night. I had our table set spart from the I had our table set spart from the rest, under a shady tree in the garrest, under a shady tree in the gar-den. Happy to see my family again. I gave my wife a glowing description of mr beautiful trip. I told her how I had followed her advice on every point, how I had gone to bed as soon as I arrived, and how every one was surprised at my firmness of character when I positively refused to have even a drop of wine. "I nearly dropped the strawberry I was about to eat when a waiter placed champagne goblets on the table.

table. "Why, Edouard! You don't mean to

say that you are going to drink champagne, when you have barely re-covered from your last_attack of rheumatism!" "At the same moment I saw

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