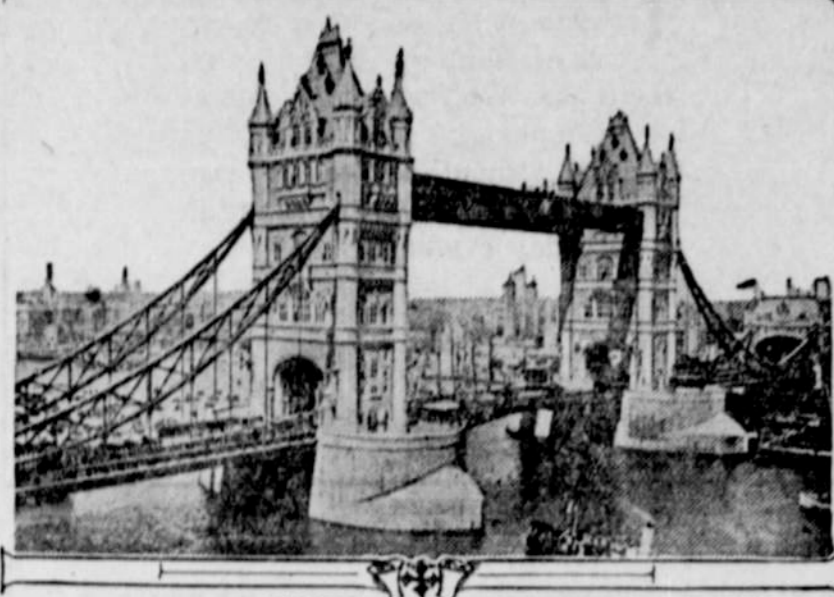


# London With Lid Off



TOWER BRIDGE, LONDON

A Londoner goes to Italy for a holiday, visits Rome, and comes back brimming with information about the catacombs. One wonders if an Italian, visiting London, learns anything of its subterranean marvels, for certainly the Londoner himself remains woefully ignorant of all the amazing systems of tubes, tunnels, drains, sewers, cellars and the like, which honeycomb the ground beneath his feet, and, compared with Rome's catacombs, are as a child's toy to St. Paul's cathedral.

Take an instance in point, says the London Weekly Telegraph. For more than two years, from 1909 to the beginning of 1911, a considerable area of the Strand behind St. Mary's church was inclosed by a gigantic hoarding. Literally millions of people must have passed and noticed that hoarding, but how many ever gave it a second thought? Yet if they had chosen to investigate they would have found that it inclosed an immense shaft leading down to one of London's greatest drains—a huge, low level culvert running all the way from Hammersmith to Bow, a distance of some twelve and a half miles, and costing more than three-quarters of a million to construct.

ways are probably even less familiar to the man who walks the streets. Everyone knows Loiborn viaduct, but how many are aware that through the iron gates just beneath the bridge is the main entrance to that part of subterranean London which is nearest to the surface.

So near to the surface are these subways that their silence is disturbed by a low murmurous hum which is the roar of traffic a few feet overhead. Through the subways run immense pipes. The biggest are the mains of the water board. There are others which belong to the hydraulic power supply, working lifts in thousands of tall buildings. Gas pipes, too, are everywhere. Festoons of telegraph wires belong to the general post office; others, carefully insulated, to the electric lighting companies. Overhead are the tubes through which, by air pressure, written telegrams are blown from the district offices to St. Martin le Grand.

These underground streets are well paved and lighted with gas, and they bear exactly the same names as their counterparts overhead.

## HEALTH IN DEEP BREATHING

One of the Most Important Considerations for Man Who Would Work to Full Capacity.

No piece of advice that the physician can give will bear more frequent repetition than the pithy sentence: "Breathe deeply." It is a perfectly simple rule of health, yet it is constantly broken. There is no reason why our lungs should not have all the fresh air they need for their work; the supply is unlimited. But in our folly we refuse to give them their fair share of it, because we are too lazy to breathe deeply.

We go on from day to day, drawing in little, inadequate puffs of air, living from hand to mouth, as it were; and then we wonder why we feel tired and nervous, why our skin is sallow and our eyes dull, why we catch cold easily and digest our food badly. When things have come to this pass there is nothing for it except to put ourselves to school and learn patiently to do what we were meant to do unconsciously.

There are two ways to learn to breathe. If our powers of self-discipline are poor, as is the case with most insufficient breathers, it is a good plan to join a gymnasium or calisthenic class and learn to use the lungs as a baby learns to use its feet and hands. But remember that lessons in breathing do no good if the scholar thinks he is absolved from his task except when he is in the class.

A simpler method for those who have not time or opportunity for the gymnasium is to turn life's daily routine into a continuous discipline in breathing. If the poor breather takes the trouble to watch himself carefully he will find that when he is engaged upon any work that calls for close attention he does not even breathe as deeply as usual; he almost invariably holds his breath. Then the blood current is vitiated when it ought to be cleansed; and the worker exhausts himself not so much by his labors as by his neglect.

Learn to make a breathing lesson of dressing in the morning, of going up and down stairs, of your duties in household, office or shop, of your walks, your games and your rest. Draw in deep draughts of air every time you take a breath and every little while stop everything else and fill your lungs a few times with breaths that test their capacity. You will be surprised to see the improvement that it will make in your general condition. —Youth's Companion.

She "iced" the cake. This is chiefly interesting, because it happens to be true: The Baltimore housewife who was preparing for a luncheon at her home, and a bang-up affair it was to be, finished the general layout of edibles, then hurried upstairs to dress, saying to the maid: "And Mary, while I'm dressing you may ice the cake."

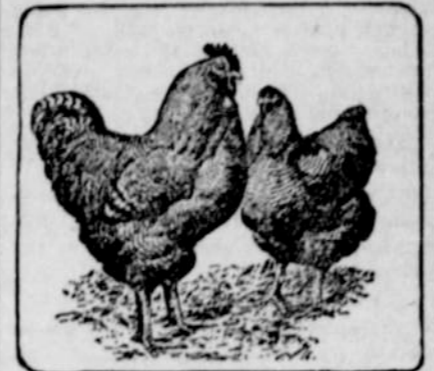
Mary was willing and industrious. When her mistress came down she found that Mary had cracked up a nickel's worth of ice and arranged it around and over the cake, which was crumbling away at the bottom in a little lake of water.

## MAKE PROFIT FROM CHICKENS

Lucrative Side Line for Farmers Who Will Make Most of It—Fowls Destroy Many Insects.

Specialized poultry farms are becoming more numerous each year. In many cases these are paying good returns on the money invested, but their effect on the supply of eggs and dressed poultry for our large markets is but as a drop in the ocean. It is for the small flocks of 50 to 300 fowls kept upon the farms as a side line that we must depend for our supply of poultry products in the future as in the past, says Prof. P. G. Holden in the Farm and Home Poultry Annual. No other branch of agriculture is represented on so many farms. The census for 1910 shows that 88 per cent. of all farms reported keeping poultry.

In no case can the business be made so profitable as where it is conducted as a side line of general farming. It is possible to allow chickens



Barred Plymouth Rocks.

to range through many crops that are grown on the farm without damage to the crops and by such practice secure double returns from the same piece of land.

Orchards or cornfields are ideal for this purpose and the presence of the chickens in them is beneficial rather than detrimental, as they will destroy large numbers of insects injurious to the crops. The movable colony house which is rapidly coming into general use on the farm makes it possible to scatter the chickens out over the fields.

This method is especially valuable for handling the young stock, as it gives freedom to the birds. The result will be stronger, more vigorous birds. By moving the house close to the fields where small grains have been harvested the birds are able to turn into profitable gains the shelled grain and scattered heads which remain on the field.

## SPRING WORK IN THE GARDEN

Early Vegetables May Be Grown Between Rows of Tomato Plants Long Before Latter Are Up.

Much of the space in the garden may be double cropped where the soil is kept free from weeds and hand hoeing is thoroughly done. To illustrate: Sow a row of onion seeds and, about two or three inches distant, a row of sets, or buttons of the evergreen onion. These will grow and be eaten before the black seed fairly starts growth. Or a row of onion sets and a row of lettuce, or radish, together. A row of parsnip, or carrot, and a row of sets, or lettuce, or radish. One will mature and be used before the other, and both are hoed and hand weeded at once as readily as if alone. A row of sweet peas may have early vegetables alongside it to advantage. Early vegetables may be grown between rows of tomato plants, melons or cucumbers, and used, or marketed, long before their comrades occupy the ground.

Hubbard squash and pie pumpkins planted among early potatoes set and mature their fruit after the potatoes ripen and their tops die down. Ground sown to early peas may be set to late cabbage or sown to winter radish or turnips after the peas mature and are removed. This late working the soil kills hosts of weeds and prevents them maturing seed after August 1, the time when garden weeds usually mature seeds.

## Farm Machinery.

Numerous investigations upon this farm machinery question have brought out that the life of farm machinery depends a great deal on the owner. The same identical machine or implement will last twice as long with one man as it does with another. The difference in duration is in favor of the machinery that is "housed." All leather belts and canvas parts should be taken from the machine and stored in a dry place and in a place free from rats and mice. A few of these rodents can do a great amount of damage in a very short time. Figure the cost of your machine and the per cent it earns on the investment and see if you cannot afford to shelter it well. The years that will be added to the life of it will offset the first cost many times over.

## Eggs More Profitable.

The production of eggs on the farm is always more profitable than the production of market poultry. Less equipment is necessary to carry on the business and the product is ready for market as soon as produced. If the greatest profits are to be secured from the business some attention must be given to the proper selection, feeding and care of the poultry. The product should be ready for the market when the prices are highest.

## Straw for Bedding.

Using plenty of straw for bedding improves the quality of the manure and keeps the land in good condition because it provides humus, and humus is necessary to all soil.

## USE SNAKES TO KILL SNAKES

South America Has Discovered an Excellent Way to Cope With the Universal Pest.

In South America, where the snake pest is a very serious proposition, they are now using snakes to catch snakes.

Even in the most civilized parts of Brazil over 1,000 persons are killed annually by snake bite.

The mongoose, which proved so effective in Jamaica and elsewhere, is of little use here. Necessity is the mother of invention, and nature and science together have at last discovered something which it is hoped may eventually exterminate the dreadful pest.

The discovery is nothing else than a "beneficial" snake which is harmless to man, and which kills and eats the poisonous species.

The murrusana, as it is called, is a thick, muscular snake about four feet long. It is possessed of an insatiable appetite for poisonous vipers, and it can tell of the approach of one in the same way that a pointer will "scent" game. When tackling its prey, which is frequently considerably bigger than itself, the "good" snake assumes a lethargic air as if it were glutted with food and could not fight. Seeing this the bad snake immediately attacks.

This is just what the other wants; for being rendered by nature completely immune from the poison, it seizes its enemy before it has had time to recover from the charge, and gives a fatal bite at the base of the brain.

**Shake Into Your Shoes.** Allen's Foot-Ease, a powder for the feet. It cures painful, swollen, smarting, sweating feet. Makes new shoes easy. Sold by all Druggists and Shoe Stores. Don't accept any substitute. Sample FREE. Address: A. H. Olmsted, Le Roy, N. Y.

## Old Treasures Found in India.

Images of Hindu gods and Buddha have been discovered at Dhalagaoon near Rampal, India, formerly the capital of King Ballal Sen. Two months back, an astrologer of Panchashar, Munshiganj, is said to have predicted that there lay hidden treasures in a pucca building underneath a tank. With the permission of the owner and the government, the tank is being bailed out by him. As a result, the images were recovered and traces of buildings found.

Be thrifty on little things like bluing. Don't accept water for bluing. Ask for Red Cross Ball Blue, the extra good value blue.

## Choir Invisible Has a Recruit.

A Kansas man who has lately been abroad reports that this inscription actually appears on an old tombstone in a cemetery at Saragossa, Spain: "Here lies John Cabeca, precursor of my lord the king. When he is admitted to the choir of angels, whose society he will embellish, and where he will distinguish himself by his powers of song, God shall say to his angels, 'Cease, ye voices! and let me hear John Cabeca, a precursor to the king of Spain!'"

Dr. Pierce's Pellets, small, sugar-coated, easy to take as candy, regulate and invigorate stomach, liver and bowels. Do not gripe.

## Good Sleeper.

Their political dispute, according to the account in the Kansas City Star, had not been confined to words, and at last one of the antagonists, with great dignity, said to the other: "Sir, you have called me a crook and a fool, you have broken my spectacles, you have punched me twice. I hope you will now embellish the sleeping lion in my breast, for if you should, I cannot tell what may be the consequences."

## TO CURE A COLD IN ONE DAY

Take LAXATIVE BROMO Quinine Tablets. Druggists refund money if it fails to cure. E. W. GROVE'S signature is on each box. 25c.

## Lamentable Ignorance.

Mrs. Kaller—Cooks are such ignorant things, nowadays. Mrs. Justwed—Aren't they? They can't do the simplest things. I asked mine to make some sweetbreads the other day and she said she couldn't.—McCall's Magazine.

## Woman's Rights.

A woman has the same human nature that a man has, the same human rights, the same human duties, and they are as inalienable in a woman as in a man.—Theodore Parker.

**Raises the Dough Better!**

25c Pound Can All Grocers

MR. A. H. POWELL, Spokane, Wash.

Dear Sir: Having suffered with stomach trouble for a number of years, and tried a great many doctors and a great many proprietary preparations but obtained no permanent relief until I took your stomach remedy, and am pleased to say that I have no further stomach trouble and can eat anything I desire and suffer no bad results. I am a professional nurse, having nursed for 30 years, some of the time for Dr. Holt of New York City, the greatest specialist on children's diseases; also had charge of Wardner Hospital at Wardner, Idaho, for two years. Since learning by my own experience the great benefit from the use of Powell's Stomach Remedy, I have recommended it to a great many of my children and adults, and in each case it has been remarkable for the good it has done. I cheerfully recommend it to anyone suffering with any kind of stomach trouble, as I am anxious to aid anyone suffering from sickness of any kind, and I have never known of medicine to compare with Powell's Stomach Remedy for all kinds of stomach trouble. Yours truly, ELISIE STEINER, 212 Boone Ave.

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The largest makers of Men's \$3.50 and \$4.00 shoes in the world.

Ask your Dealer to show you W. L. Douglas \$3.50, \$4.00 and \$4.50 shoes. Just as good in style, fit and wear as other makes costing \$5.00 to \$7.00—the only difference is the price. Shoes in all leathers, styles and shapes to suit everybody. If you could visit W. L. Douglas large factories at Brockton, Mass., and see for yourself how carefully W. L. Douglas shoes are made, you would then understand why they are so wanted to make better, look better, hold their shape and wear longer than any other make for the price.

If W. L. Douglas shoes are not for sale in your vicinity, order direct from the factory and save the middleman's profit. Shoes for every member of the family, at all prices, by Parcel Post, please see list. Write for illustrated Catalogue. It will show you how to order by mail, and why W. L. Douglas shoes save money on your footwear.

W. L. DOUGLAS - Brockton, Mass.

**Coffins Many Centuries Old.** Two tiny coffins have recently been found in the monastic burial ground of Peterborough, Northampton, England, and have been placed in Peterborough cathedral. They are said to be the coffins of the twin children of King Canute, who were drowned in Whittlesey Mere as they were crossing to be educated at Peterborough abbey.

**First Idea of Sewing Machines.** The earliest attempt at sewing by machinery of which there is any authentic record was in 1755, in which year a machine was patented in England by Charles W. Weisenthal. In this machine the stitch was formed by a needle, having two points with an eye at mid-length, which passed completely through the goods in imitation of hand sewing.

**The Stomach Is the Target**

Aim to make that strong—and digestion good—and you will keep well! No chain is stronger than its weakest link. No man is stronger than his stomach. With stomach disordered a train of diseases follow.

**Dr. Pierce's Golden Medical Discovery**

makes the stomach healthy, the liver active and the blood pure. Made from forest roots, and extracted without the use of alcohol. Sold by druggists, in liquid form at \$1.00 per bottle for over 40 years, giving general satisfaction.

If you prefer tablets as modified by R. V. Pierce, M. D., these can be had of medicine dealers or trial box by mail on receipt of 50c in stamps.

**Enriching the Language.** The growth and change which are inseparable from all living language cannot fail to interest the student, and a special interest attaches to the incorporation of the names of well-known men. Thus Wellington has come to mean a sort of boot; Brougham, a carriage, and Gladstone, appropriate enough, a traveler's bag, as that great man advocated the "bag and baggage" policy, which seems likely at length to be adopted.

Other names have been turned into verbs as well as nouns. For instance, the murderer Burke's name is perpetuated in the words to burke, burked, burking and burkism, while in quite recent times Captain Boycott's experiences resulted in the language being enriched by the phrases to boycott, boycotter, boycotting, etc.

The most notable case was probably that of the great and good man, Rev. T. Bowdler, D. D., who by publishing a "family edition" of Shakespeare in 1811, added the words "bowdlerize" and "bowdlerism" to our language.—Exchange.

**Large Demand for Silver Bullion.** In sensitizing film and paper for use in photography pure silver bullion is treated with nitric acid, and so large has the business grown that the leading producing firm in this country uses one-thirtieth of the silver output of American mines, or five tons a month.

**City's Many Fatal Accidents.** More than three thousand five hundred accidental deaths occur every year in New York.

**You Need NO "SPRING MEDICINE"**

If you keep your liver active, your bowels regular and your digestion good

**WRIGHT'S INDIAN VEGETABLE PILLS**

Regulate the Bowels Stimulate the Liver Improve Digestion and Purify the Blood

**"DIDN'T HURT A BIT"**

is what they all say

DR. W. A. WILE, President and Manager

"I don't have the kiddie at the theater very often," said an actor who recently returned to New York for the usual brief run in a house where the bill changes weekly, "but during the holidays I let my mother bring him down for a matinee, and arranged to have a box for them. The youngster remained remarkably quiet (for him) during the entire performance.

"That evening at dinner I jestingly remarked: "Son, how did you manage to be so good during the show?" "His answer surprised me. "Do you think I wanted you to scold me, daddy, before all those people?"

**Were Substantial Men.** A curious old document dated at West Point, August 19, 1783, gives the weight of several distinguished officers at the end of the Revolution, as follows: General Washington, 209 pounds; General Lincoln, 224 pounds; General Knox, 180; Colonel Henry Jackson, 238; Colonel Swift, 219, and Colonel Michael Jackson, 252 pounds.

**FILES CURED IN 6 TO 14 DAYS**

Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Files in 6 to 14 days. 50c.

**Much Sense in Question.** Small Susie had asked so many questions that her mother became impatient and told her that little girls should not be so curious. "But, mother," presently remarked Susie, without a trace of impertinence or "smartness," "what am I to do if I don't ask questions. Ain't I gotta learn?"

**Enlightening.** "Can't you remember the piece I mean, Mary? Miss What's-Her-Name played it that night at the Thingerings. It begins at the bottom of the piano and goes lam-tum-tumty-tum-tah."—Judge.

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