

For the LITTLE ONES

QUEER ILLUSION IN LETTERS

Optical Principle That Eye Exaggerates Upper Part of Object—Good Example Given.

Most people when they go to make letters or figures cannot make them so they look right. Try the best they can, there is still something wrong with the proportions. This is often due to the fact that our eyes do not see things exactly the way they are, but are all the time fooling us.

For example it is an optical principle that the eye exaggerates the upper part of an object and underestimates the lower part. If you make a letter B for instance and make the upper bow the same size as the lower, the letter will never look right, for the upper part will look too big and the letter will be topheavy. For this reason it is necessary in designating letters to allow for the error the eye

S8 S8

Optical Illusion.

makes and make the upper parts smaller than we want them to look when finished.

That this is the case you can easily prove by looking at the letter S and figure 8 here given. The ones on the left, being right-side up, look well formed, while those on the right, being wrong-side up, look topheavy. And yet the funny part about it is that if you will turn the paper upside down you will find that it is the first pair that look wrong and the second one that looks right.

In fact if you keep your eyes on either one of the S's or 8's while turning the paper upside down, the very shape of the letter or figure will appear actually to change. When you have to design anything remember this principle. Designs, remember, must satisfy the eye even though their proportions are not mathematically regular.

CHILDREN FOND OF BANANAS

Little Cubans Seem to Never Tire of This Fruit—Cooked in Many Different Ways.

Every day of their lives the bright-eyed little Cuban children eat bananas. They are so fond of this fruit that they never grow tired of it. Their mothers make a flour by grinding strips of dried bananas and from this flour make banana biscuits. The children also are fond of baked green bananas and they eat with relish a dish made of cooked banana sprouts. Practically every part of the banana tree and fruit is valuable. The long leaves from the top of the trees are used for making a dark dye, the tough fibers of the leaves are made into grass cloth and the tree trunks are used for building houses. Bananas do not live long, however. They die down every year after bearing fruit, but before departing they send up new shoots, which grow into trees in a few months. Some great clusters of bananas appear on them and before the trees are a year old heavy bunches of the fruit are cut from them and shipped to the United States and other countries.

GLOVE IS MADE REVERSIBLE

Excellent Idea for Making Baseball Mit Is Shown in Illustration—Fits Either Hand.

An idea that would seem to be particularly adaptable for baseball gloves is shown in the illustration. It is a reversible glove; that is, a glove which can be worn on either the right or the left hand. This is made possible by



Reversible Glove.

the provision of two thumbs, each of which has an outside pocket into which can be tucked when not in use. The glove is shown in the drawing as used for the left hand.

Damp Salt Before Rain.
Very few persons know that when the salt gets damp it is either because it is too near the sea or because it is going to rain. It is very hard to keep the salt cellar dry at the seashore as there is so much moisture in the air all the time; but in other places it is usually a sign of rain when the salt gets damp.

Things that help themselves to the water in the air are called "deliquescent," and salt is one of them. When water is in the air in the form of gas it sometimes becomes too plentiful for the air to hold, and then we get what is called "precipitation" or rain. But long before water vapor in the air is heavy enough to fall in rain there is enough of it to spare to make salt damp.

LITTER NEEDED BY POULTRY

One of Most Essential Requirements of Chicks, as it Promotes Growth and Development.

(By C. C. SHERLOCK.)

Outside of feed, grit and water, litter is the most important thing about the poultry house. It induces exercise, which is essential to the growth and development of the chicks. The poultryman should always be careful as to the material he supplies for the litter. Be sure it is clean and dry—never use musty or moldy litter. It will be disastrous. Many hens have been killed in musty litter.

The litter should be of a material easily digested, for it is a well-known fact that the fowls consume a large per cent. of their litter. Dry leaves make a good litter, but cannot be digested. Straw is excellent for the older fowls, but it is not advisable for the baby chicks.

Cut clover or cut alfalfa make the best litter one could provide for the chicks. It is easily digested, inexpensive, and is easily procured. Sand makes a good scratch material, but the little chicks are apt to eat too much of it, as they do not have a very good idea as to what they should eat. A mixture of cut clover and sand sprinkled on the floors of the brooders is hard to beat.

Never allow the litter to become damp. Dampness is the greatest enemy of chicks. Remove it every day and often if the weather is very damp.

OUR MOST DESTRUCTIVE BIRD

Cooper's Hawk Is Strong Enough to Carry Away Good-Sized Chicken or Cotton-Tail Rabbit.

(By W. L. MATEL.)

Cooper's hawk may be taken as a type of the group of hawks whose habits are responsible for the condemnation of birds of prey as a whole. This group includes three species: Cooper's hawk, the sharp-shinned hawk and the goshawk. They are often spoken of as blue darters, a name which expresses a characteristic difference in their manner of hunting from that of other hawks. The



Cooper's Hawk.

course over the country at great speed and capture their prey by sudden darts, seizing their victims while in full flight.

Cooper's hawk, which occurs throughout the United States, is preeminently a "chicken hawk," and is by far the most destructive species we have to contend with, not because it is individually worse than the goshawk, but because it is so much more numerous than the aggregate damage done far exceeds that of all other birds of prey.

It is strong enough to carry away a good-sized chicken, grouse, or cottontail rabbit. It is especially fond of domesticated doves and when it finds a cote easy of approach, it usually takes a toll of one or two a day. Practically every stomach of Cooper's hawk examined in experiments have contained remains of wild birds or poultry.

POULTRY NOTES

Feed your fowls a variety of foods. Get in plenty of litter for the winter scratching.

Alaying flock of fowls will drink about seven quarts of water a day. Hens will not lay when permitted to run about the farm in the wet and cold.

A large part of the food for poultry should be grains because they are natural grain eaters.

Green food of some kind is necessary to make hens do their best in the line of egg production.

All laying and growing chickens must have some kind of meat food in order to do their best.

Sudden fright and excitement at once tells on the egg crop. Never allow strange dogs about where the hens are.

Light framed birds that mature quickly, such as Leghorns and Minorcas, should not be kept with those of the heavier fowls.

The male bird is the most important individual in a breeding pen through which to raise the egg laying qualities of young fowls.

Visit the chicken house at night. Note the quality of the air, and the breathing of the birds. If the house is stifling, it needs more air.

White of the egg is recommended in cases of fracture in chickens, for soaking the bandages, thus binding them together and stiffening.

Exercise produces warmth, provides pleasure and promotes health, therefore it is well to let hens hunt in a deep litter of straw for all their grain.

HINTS ON VEGETABLES

WILL BREAK OR SNAP CRISPLY WHEN FRESH.

New Recipes for the Preparation of Various Vegetables That Are Well Worth Trying—Suggestions in Cooking.

A good digestion waits on appetite. Fresh vegetables will break or snap crisply. To cook vegetables, put into boiling water, slightly salted, and boil steadily until done. After they are done, drain at once.

Dressing for Green or Wax Beans, Cauliflower or Kohlrabi—Half cup of sour cream, yolk of one egg, one small teaspoon flour, small lump butter, a little nutmeg, half cup of water from the vegetables, which should be boiled in salt water. Stir together in sauce pan and cook gently to prevent curdling. Add salt if necessary.

Potatoes—Peel and cut into small squares, or pieces of equal size, raw potatoes; slice in one-fourth as much onion, two green peppers, and add boiling water to cook. When nearly done add a little sweet milk, salt and pepper and a liberal piece of butter. Thicken with little flour rubbed in milk or butter. They will be ready in 15 minutes.

Scalloped Tomatoes—Pour off nearly all the juice from a can of tomatoes; put a layer of bread crumbs in the bottom of buttered dish, then a layer of tomatoes seasoned with pepper and salt and a little butter and sugar; continue till dish is full, finishing with bread crumbs; cover and bake until hot, then remove cover and brown.

Cauliflower and Cheese—Cook cauliflower in salted water, cover with drawn butter sauce, then with ground eastern cheese or parmesan and place in a hot oven until cheese is browned a little.

Baked Onions—Boil until tender, drain and cut in halves or leave whole if preferred; put in a dish, pour over them a cup of cream or milk; sprinkle with salt, cover top with cracker crumbs, cut tablespoon of butter in small pieces, put over top and put into quick oven and brown.

Fried Celery—Boil until nearly tender, then dip into a mixture of egg and bread crumbs and fry in butter or oil. Serve hot.

Creamed Cabbage—Take a firm head of cabbage, chop rather fine and cook in salted water from a half to three-quarters of an hour; drain off water, put in a piece of butter, season and pour over enough cream or milk to almost cover cabbage; heat to boiling point and serve. This will be found a very nice way of cooking cabbage, and many who do not like cabbage relish it when prepared in this manner.

Stuffed Egg Plant—Cut the egg plant in half; remove inside, leaving shell one-fourth inch thick; boil the inside when tender, add one large tablespoon bread crumbs, a little chopped onion, a tiny bit of garlic and a small piece of butter; season with salt and pepper; fill shells with the mixture, sprinkle bread crumbs and grated cheese over tops and bake about 20 minutes. One egg added to every two egg plants is a great improvement.

Stuffed Chili Peppers—Take a half dozen large, green peppers and brown on top of stove; when done peel carefully and make a stuffing of cold meat chopped fine; add a small piece of onion and tomato, chopped, a little thyme, parsley and salt; then fry. When done, stuff the chilis; make a thin batter of flour and two eggs, dip the chilis in butter and fry in hot lard like doughnuts. When brown, arrange in a dish and make a sauce of browned flour and pour over them.

Canned Corn Fritters.

Empty the contents of a can of corn into a colander, run cold water over it to rinse off the liquid in which it was cooked, and thus rid it of the tummy taste, then crop the corn fine. Mix with two cupfuls of this a cupful of milk, to which you have added a pinch of soda, a tablespoonful of melted butter, two beaten eggs, two tablespoonfuls of flour and salt and pepper to taste. Drop by the spoonful into boiling fat, drain on brown paper laid in a colander and serve hot.

Spaghetti au Gratin.

Boil a half-pound of spaghetti in salted water until it is tender—about twenty minutes should suffice—take it from the fire, drain, and mix with it a half cupful of your chicken stock, a tablespoonful of butter, pepper and salt to taste and turn into a large bake dish or into individual cappelis. Strew grated cheese thickly over the top, set in the oven long enough to brown, and serve.

Apple Snow.

Prepare apples as you would for sauce, cook, and when cool put through squeezer, sweeten and flavor to taste, then take the whites of two eggs and beat to a stiff froth, then beat the apples in gradually with the beaten whites. When together beat for five minutes until it appears like a white foam. This is mixed with boiled custard.

Tutti-Frutti Candy.

Three cups of sugar, one cup of butter and one cup of milk should be boiled together for 20 minutes, then beaten as for fudge. Add to this one cup of chopped walnuts, one-quarter pound of chopped figs and one-eighth pound of chopped candied cherries. Cool in buttered pans.

RAISES THE DOUGH

Better than other powders—producing light, dainty, wholesome cakes and pastries—



Domestic Economist.

An excellent Manchester lady frequently invites her friends to tea, but she does not furnish her table lavishly. When her guests have eaten all the bread and butter and cookies, and realize that the meal is over, she looks brightly at the empty dishes. "Well, now," she says, in triumphant tones, "haven't I judged your appetites exactly?"—Manchester Guardian.



FOR CONSTIPATION and all forms of DIGESTIVE DISORDERS

Stevenson's Criticism.

Robert Louis Stevenson once went to hear Charles Halle play the piano at the Queen's hall. After the performance Stevenson, in his black shirt, walked in silence out Regent street to Oxford circus. He stopped at Oxford circus and, in a slow, meditative voice, pronounced this excellent criticism on the English musician he had heard: "The manner of the elderly statesman at the piano was somewhat austere and chilling."

To Clean a Gas Range.

The loose parts of a gas range frequently become so greasy and dirty that they can scarcely be cleaned. Place these parts on the coals in the furnace when the fire is low and it will quickly burn them quite clean without injury.

ONLY ONE "BROMO QUININE" That is LAXATIVE BROMO QUININE. Look for the signature of E. W. GROVE. Cures a Cold in One Day, Cures Grip in Two Days. 25c.

Peppercorn Rent.

Mr. Staveley Hill, M. P., was at Bushbury paid a peppercorn as rent. The berry was placed in an envelope and handed to Mr. Staveley Hill during a visit he paid to the old village school. In handing over the receipt, he remarked that he was probably the only man in England who received such a payment in kind.—London Telegram.

Error of Intellect.

Through the ordinary course of mortal failure and misfortune, in the career of nations no less than of men, the error of their intellect and the hardening of their hearts may be accurately measured by their denial of spiritual power.—Ruskin.

HOW MRS. BROWN SUFFERED

During Change of Life—How Lydia E. Pinkham's Vegetable Compound Made Her a Well Woman.

Iola, Kansas.—"During the Change of Life I was sick for two years. Before I took your medicine I could not bear the weight of my clothes and was bloated very badly. I doctored with three doctors but they did me no good. They said nature must have its way. My sister advised me to take Lydia E. Pinkham's Vegetable Compound and I purchased a bottle. Before it was gone the bloating left me and I was not so sore. I continued taking it until I had taken twelve bottles. Now I am stronger than I have been for years and can do all my work, even the washing. Your medicine is worth its weight in gold. I cannot praise it enough. If more women would take your medicine there would be more healthy women. You may use this letter for the good of others."—Mrs. D. H. Brown, 809 N. Walnut St., Iola, Kan.



Change of Life is one of the most critical periods of a woman's existence. Women everywhere should remember that there is no other remedy known to so successfully carry women through this trying period as Lydia E. Pinkham's Vegetable Compound.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

CUTTING DOWN THE FLESH

Heroic Struggles of a Fat Man Who Thought the Scales Were Deceiving Him.

I have about come to the conclusion that the good Lord intended some of his creatures to be fat and some thin, regardless of medicines and so-called infallible cures, writes a western man. For a long while I tried all the alleged obesity cures and none of them did me any good. Then I determined to starve myself and take lots of exercise.

All my life I had been a lover of good eating, and counted that day lost on which I did not consume for my dinner the better part of a sirloin steak as thick as a dorky's foot, with all the trimmings. For breakfast I usually destroyed a platter of cakes, three eggs and no end of thin-sliced bacon, besides fruits and two cups of coffee.

This lifelong system I abandoned for an entire month, cutting out all the meat and about all the vegetables, a piece of toast and glass of milk taking the place of my morning meals and a little rice being the chief item on the meager dinner bill of fare. Lunch I omitted wholly. In addition I walked at least six miles every day and did all sorts of stunts in my room with a gymnasium outfit. Prior to going to bed I perpetrated all sorts of muscular contortions and rolled on the floor till my body was bruised.

At the end of thirty days I felt fit to run a three-mile foot-race or go in the ring with the champion. About this time it occurred to me that I ought to get weighed and I made a bee line for the scales. My grocer assured me that they were correct to an ounce, but they showed I had gained 14 pounds in the period of my

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

Buzzing Sounds Made by Insects.

The different humming or buzzing sound in insects is caused by the vibration of the wings, and the more rapid the vibrations the sharper the sound. Scientists have estimated that the common house fly vibrates its wings about 335 times a second and the honeybee 400 times, though a tired bee moves its wings more slowly and makes a different sound from a fresh one. The butterfly is content to move more slowly and makes no noise.

Push Cart Fortune.

The proprietor of the finest cafe in Los Angeles formerly sold "hot tamales" from a push cart, and although he is now wealthy, he still preserves this old vehicle. In erecting a business block to house his modern restaurant he built a cupola just large enough to contain the old tamale cart, and it may be plainly seen from the street.

Pettit's Eye Salve QUICK RELIEF SORE EYES

More Caution Needed.

An exchange tells the story of a little boy whose mother decided that he was old enough to do without her sitting by him when he was put to bed until he fell asleep. So when one night she kissed the five-year-old and told him he was a big boy and brave enough to go to sleep without his mamma and in the dark, too, he pondered the situation a moment and then said: "Well, wait a minute. I've got to say my prayers again, carefuler."—Suburban Life.

"House Sisters."

The House-Sisters Association of Berlin was established not long ago to ennoble domestic service and to establish better relations between the employers and the employed. The association has a "Mother House" near the city, where girls are trained for services, situations being found for them when competent. Those in charge of the home keep in touch with the girls after they have gone out into the world to make their own way.

Red Cross Ball Blue, all blue, best bluing value in the whole world, makes the laundry smile.

His Unavailing Search.

"Well, James Henry Williams, did you enjoy yourself at the seaside?" "Yes, teacher, very much. I liked the sea, but I couldn't find the inthem's." "The what, James Henry Williams?" "The inthem's, teacher; where it says in the Bible, 'The sea and all that in them is.'"

Bachelor's Savage Comment.

A wealthy gentleman, who owns a country seat, on one occasion nearly lost his mother-in-law, who fell into a river which flows through his estate. He announced the narrow escape to his friends, expecting their congratulations. One of them—an old bachelor—wrote as follows: "I always told you that river was too shallow."

FILES CURED IN 6 TO 14 DAYS

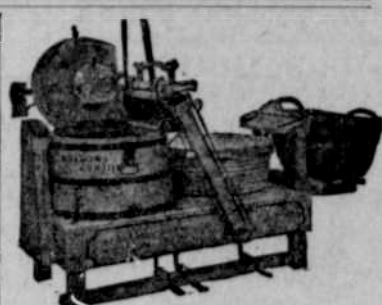
Your druggist will refund money if PAZO OINTMENT fails to cure any case of Itching, Blind, Bleeding or Protruding Files in 6 to 14 days. 50c.

Trouble for the Future.

First M. D. (from bedside of wealthy bachelor)—He is sleeping naturally—he will recover. Second M. D.—Yes, the worst is over. First M. D.—No, the worst is yet to come. Second M. D.—How is that? First M. D.—We have yet to break the news to his relatives.—Life.

Hen Holds World's Record.

A Barded Plymouth Rock hen at the Kansas station holds the first place in the world's records in egg production, with 323 eggs to her credit.



WOMEN

Were not made to do Machine Work, but there is a machine made to do Women's Work, and it does it quicker and better than it's ever been done before.

THE MEADOWS POWER WASHER TAKES THE WOIK OUT OF WASH DAY.

Free illustrated catalog sent upon receipt of the coupon below or postal mentioning this paper.



PORTLAND, OR. Send me your free Meadows Washing Machine catalog. Name..... Address.....

About Umbrellas.

Eyeglass wearers have long since complained that people are careless with umbrellas. Many pairs of glasses have been knocked off and broken by persons who selfishly refuse to move an umbrella so as to allow other people to easily pass. A few even persist in dangerously spinning an umbrella along a crowded street, endangering the glasses and sometimes eyes of passing walkers.

Some Good May Be Done.

I told something to a friend once and he replied, "Gee do you want a fellow to be perfect?" I said, "Yes, but I never expect to see one, but there's lots of rottenness which can be cut out of the efforts of all of us."—Exchange.

"Can you beat it?"

SURELY NOT, especially when it comes to a case of Poor Appetite, Sick Headache, Indigestion, Costiveness, Bilioussness, Colds or Malarial Disorders. It is then that

HOSTETTER'S STOMACH BITTERS

proves its merit. You really should try a bottle without delay. It will aid you wonderfully.

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