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DR. CHAS. J. DEAN
 2ND AND MORRISON PORTLAND, OREGON
 MENTION THIS PAPER WHEN WRITING

Holland's Odd House.
 Rotterdam has the highest house in the country. It is known as the American skyscraper, and is actually seven stories high. It is built of porcelain tiles and stands upon piles. Amsterdam has the queen's palace, the foundation of which is 13,600 piles, and there are so many other buildings there supported that way that the town really roosts on tree trunks.

Youthful Mrs. Malaprop.
 She was a nice little thing, but somewhat of a Malaprop turn of speech. "You know," she said, "I think we shall be going this year to a dear little place in the Austrian Tyrol. It's very hilly, but they've got a lovely vernacular railway."—London Tit-Bits.

Praise of the Beautiful.
 The useful encourages itself; for the multitude produce it, and no one can dispense with it; the beautiful must be encouraged; for few can set it forth, and many need it.—Goethe.

Damp, We Should Imagine.
 Ad in Exchange—"For rent, house on Maple avenue, 5 rooms—nicely papered with town water."—Boston Evening Transcript.

Uncommon Sense . . .

By JOHN BLAKE

LEARN TO AIM

BEFORE the soldier is permitted to shoot his rifle he is taught to aim it. Over and over again he must practice holding his weapon, and sighting it.

It is discouraging work. With the target before him the recruit naturally wants to try to hit it.

But to permit him to fire too soon would be fatal to his efficiency. He will never shoot well unless he first learns to shoot correctly.

And the long drill in holding the rifle properly, and aiming it properly is never wasted.

These rules are as necessary in life as they are on the rifle range.

It is easy enough to aim high, but it is not easy to reach your target.

Before you actually set out to accomplish your ambition you must learn how to accomplish it. This means long and often uninteresting toil, but without it all your aiming at the target will be useless.

There can be no success without training, severe and continuous.

You can no more become a bank president without learning how to be

Misunderstanding

By GRACE E. HALL

YOU'RE far away tonight, my dearie, dearie, The sunshine has been mocking me all day; I've strained my eyes 'til they are weary, weary, Longing to see you passing by this way; Within my heart a pain is growing, growing, The truth insists that I shall heed and know That further still you're ever going, going, And oh, I love you dearie, love you so!

The world is very cold, my dearie, dearie, Outside the magic circle of your arms; My heart is pleading to be cheery, cheery, Safe locked against your breast from all alarms; The tears persist tonight in falling, falling, The breezes whimper of an unknown woe, And 'cross the silence I am calling, calling— Come back to me, I love you, love you so!

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Have a packet in your pocket for ever-ready refreshment.

Aids digestion. Alays thirst. Soothes the throat.

For Quality, Flavor and the Sealed Package, get



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Explaining the Smell.

Betty likes to doll herself up and she makes free with her mother's toilet articles whenever she gets a chance. One evening there were several guests to dinner, and conscious that there was a strong odor of perfume in the air, Betty remarked, "If you smell anything, that's me."—Boston Evening Transcript.

Home of the Patriarch Abraham.

The Temple of the Moon, the home of the patriarch Abraham, recently uncovered in the Chaldees, may be between 6,000 and 7,000 years old. It is probably the oldest known edifice. The British museum and the museum of the University of Pennsylvania have charge of the research work in this section.

Bear a Swimmer.

Nansen claims for the polar bear a farthest north of 84 degrees, says Nature Magazine. It seldom goes more than a day's journey inland, but it is an expert swimmer, and will go 40 miles from shore in the ice-packed seas with ease.

Noah Webster Wrote of Epidemics.

Noah Webster, the great lexicographer who wrote "Webster's Dictionary," also wrote the first general history of epidemic diseases published in this country.

Nothing New.

An auto has been invented that runs on legs, but this is nothing new, as many a poor victim in the hospital can testify.—Boston Evening Transcript.

You Must Get Up.

Yet a little sleep, a little slumber, a little folding of the hands of sleep; so shall thy poverty come as one that travelth and thy want as an armed man.—Solomon.

Making Virtue of Stubbornness.

Stubbornness is a bad quality in a character, but if it can be changed to persistence it is turning a liability into an asset and is as good.—O. H. Barnes.

Miners to End Strike

Sydney, N. S. — Coal miners of South Cape Breton decided at a mass meeting at Glace Bay Saturday night to return to work Tuesday.

The North Cape Breton men are expected to follow suit. Their action would end the strike of miners of district No. 26, United Mine Workers against the presence of troops in the district.

Salem.—The 1923 crop of pears in the Willamette valley will be the largest for several years, according to Earl Percy of the Oregon Growers Co-Operative association. Although no definite offers have yet been made growers anticipate that they will receive not less than \$35 a ton for their products.

Bend.—A budget for the Bend school district of \$223,271.39, of which the district must raise by taxation only \$76,059.51, will be submitted to the school board at a district meeting to be called soon by the budget committee, which Saturday night completed compilation of the amount necessary to run the schools the coming year.

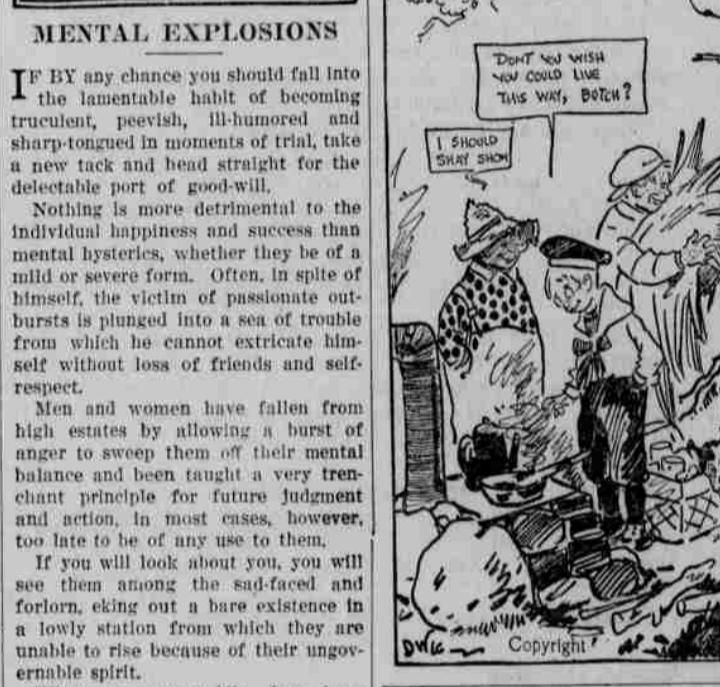
Red Cross BALL BLUE

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P. N. U. No. 31, 1923

School Days



Has Anyone Laughed At You Because —

By ETHEL R. PEYSER

You are fussy about the way folk handle books!

"Don't be an old fuss!" This is what the unbookish and sometimes the bookish hurl at you. Never mind! You really love a book and you can't stand being a witness to its mutilations. Books mean something to you—probably the laughers couldn't stand seeing you hurt their field glasses, or their tennis rackets, etc. A book is a marvelously contrived thing, going through hundreds of processes between the brain of the writer and store counter. You, owning it, appreciate it, and appreciation is jealous always of depreciation. Books are one of the greatest of man's possessions and as such deserve a little more than casual care, especially by book-lovers and collectors!

SO

Your get-away here is: At the worst—you are over-"fussy" over something worth being "fussy" about.

(© by McClure Newspaper Syndicate.)

Mother's Cook Book

Every task wrought out in patience. Brings a blessing to the door; Joy comes to the waiting worker. But eudes the swift pursuer.

GOOD THINGS FOR OCCASIONS

THE olive is such an appetizer and many dishes that it should always be found on the shelf.

For garnishing dishes one may cut into a queen olive with a sharp knife and keeping close to the stone, pare in a spiral fashion. This will leave the olive still shapely without the stone.

Zwieback.
 Zwieback is often not obtainable and a recipe for it will be cherished by many.

Take a yeast cake softened in one-half cupful of warm water, two tablespoonfuls of sugar, and mix well. Add flour to make a thin batter, about half a cupful. Set aside to rise in a warm place, covering well with a cloth. An hour later, when bubbles form on top, add two more tablespoonfuls of sugar, two tablespoonfuls of melted lard, two well-beaten eggs, cinnamon and salt to taste and two cupfuls of flour or a bit more. Beat well, cover and let rise again in a warm place. When light make into two small loaves and bake in a hot oven fifteen minutes. Take from the oven, cool, cut in half-inch slices and bake until brown on both sides, in a hot oven. Keep air tight. Fine for babies and convalescents.

Cheese Salad.
 Break a cake of cream cheese into pieces and wash to a paste with two

Something to Think About

By F. A. WALKER

MENTAL EXPLOSIONS

IF BY any chance you should fall into the lamentable habit of becoming truculent, peevish, ill-humored and sharp-tongued in moments of trial, take a new tack and head straight for the delectable port of good-will.

Nothing is more detrimental to the individual happiness and success than mental hysterics, whether they be of a mild or severe form. Often, in spite of himself, the victim of passionate outbursts is plunged into a sea of trouble from which he cannot extricate himself without loss of friends and self-respect.

Men and women have fallen from high estates by allowing a burst of anger to sweep them off their mental balance and been taught a very trenchant principle for future judgment and action, in most cases, however, too late to be of any use to them.

If you will look about you, you will see them among the sad-faced and forlorn, eking out a bare existence in a lowly station from which they are unable to rise because of their un-governable spirit.

When an automobile has been wrecked by a careless driver it serves as a warning to others, but it fails to restore the car.

Just so do foolish persons who have ruined their life prospects through impetuous impulse serve as warnings to the observing and thoughtful.

And yet the world goes on, a large part of it unmindful of what is taking place under its very eyes.

The true conclusion is obvious: if you will apply the experience of others to yourself, profit by their follies and hold your spirit in check when it is about to burst forth into a violent quake, you will have nothing to fear.

ONCE IS ENOUGH

