

# Fitness for Army Flying

Sense of Equilibrium One of the Most Important Tests Applicant Must Pass

The physical examination of candidates for the aviation branch of the army is more rigid than that for other branches. Among the most important tests a man has to pass is that of his sense of equilibrium. How this is done is described by Dr. Charles P. Small of Chicago in the Journal of the American Medical Association.

The candidate is seated in a Barany chair—so called after the discoverer of the organs of equilibration. This is a swing with footrest, a long handle with which it can be whirled around and a catch by which it can be stopped at once with the examiner's foot. The man's eyes are closed and his head is tilted at about thirty degrees. The chair is then rotated to the right, ten revolutions in twenty seconds, and suddenly stopped. The applicant is told to open his eyes and look straight in front of him at some object. If he be normal, his eyes will make jerky movements to the left for about twenty-five seconds.

The test is repeated, with the chair whirling to the left, which will produce eye-jerks to the right.

The examiner stands in front of the still blindfolded candidate, tells him to extend his right arm directly in front of him and with his forefinger touch the tip of the examiner's. Then he is told to raise his arm above his head and bring it down to exactly the same spot. This is repeated with the left arm. The chair is swung around ten times in ten seconds, and the instant it stops the examiner touches the candidate's forefinger as before and tells him to repeat the raising and lowering of the hand. If he be normal he will not touch the finger, but will "past point" several inches to the right of it. The test is repeated to the left, and the normal man "past points" to the left.

Those experiments test the normality of the horizontal canals. That for the perpendicular canal follows. The candidate bends forward at an angle of 90 degrees, eyes still blindfolded, his head resting on his fists held on his knees. The chair is rotated to the right ten times in ten seconds. The instant it is stopped the man is told to sit upright. If normal, he will fall toward the right. The test is then made by swinging to the left, when he will fall to the left.

This method of testing the sense of equilibrium has superseded all others because it is the most exact.

## Mother's Cook Book.

If I have faltered more or less  
In my great task of happiness  
If I have moved among my race  
And shown no happy morning face  
If beams from happy human eyes  
Have moved me not, if morning skies  
Books, and my food, and summer rain  
Knocked on my sullen heart in vain.  
Lord, thy most pointed pleasure take  
And stab my spirit broad awake.  
—R. L. Stevenson.

### Food for the Family.

Corn meal dishes are very good when good meal and careful preparation is thought worthy of attention. Even the member of the family who doesn't like corn meal, may be won over if appetizing dishes, well prepared, are served. As a mush with good top milk there is nothing better for the youngster's supper, and even grandfather longs for it, if he has had New England training. Then what was left may be molded and fried for breakfast, a dish fit for the king.

### Tamale Pie.

Make a mush by stirring two cupsful of corn meal into six cupsful of boiling water, add one and one half teaspoonfuls of salt and cook 45 minutes. Brown one onion sliced in hot fat, add a pound of hamburger steak and stir until well seared, then add salt and pepper and two cupsful of tomato. A sweet red pepper or a green one as an addition. Grease a baking dish and put a layer of the mush then a layer of the meat and cover with mush. Bake one-half hour.

English sparrows make fine eating. In many places they are caught with a trap and a dozen or fifteen make a good meal for a large family. They may be baked in a pie like the Mother Goose rhyme of four and twenty black birds baked in a pie.

### Good Pressed Meat.

Boil two pounds of pigs' hocks in salted water until the meat drops from the bones. In a separate pot, cook a pound of lean beef until tender. Mix the meat adding such seasonings as desired and mold in a loaf. The liquor in which the meat was cooked may be used for soup or to cook corn meal mush, giving it a most appetizing flavor.

*Nellie Maxwell*

### Farmers Would Save Quail to War on the Boll Weevil

When a Georgia farmer found the crop of a quail that he had killed on his farm loaded with boll weevils he immediately conferred with county authorities to ascertain if he could keep hunters off his land, which is not fenced. He was very much disappointed when informed that he could not do so.

It is stated on good authority that in farms in this part of the county where the quail and other insect-de-

stroying birds have been protected the boll weevil is but seldom seen, while on adjoining farms, where the public is permitted to hunt, cotton crops have been practically devastated by them.

A concerted movement is now on foot among the farmers to conserve the quail in an effort to combat the boll weevil. The matter will in all probability be brought to the attention of the legislature when it meets this summer, with the idea of having more stringent laws passed for the protection of insect-destroying birds.

### Says Hunting Dogs and Common Curs Possess War Service Qualifications

"French war dogs are not the only ones that could be taught to do great service in the world struggle," remarked H. R. Turner, a Kentuckian, discussing the marvelous feats performed by some of the dogs on the battlefields of France.

"The dog of America commonly called a cur has instinct for such service. Some patriotic women in the West have undertaken to train dogs for Red Cross work, and they have found that the 'cur' dog is possessed of all the natural qualifications for war service. But, in my judgment, the Kentucky hunting dog is better adapted for this work than any other because of his wonderful instincts. A few years ago a sportsman of Iowa had a hunting dog bred in Kentucky. It was an unusually fine dog and during the 'racing' season in Kentucky he sent his dog back to Kentucky to take part in the fox chasing. After the sport was over the friends to whom the animal had been sent lost him. They were much perturbed, because they had promised they would see that the dog was sent safe back home to Iowa. After many days of searching, however, they sent word to the owner that the animal had disappeared. Sixty days afterward they were informed that the dog had returned to his home in Iowa."

### Special Nicotine Tobacco Grown for Other Purposes Than Chewing and Smoking

While half the trades seem to be busy, to judge by advertisements, producing coffeeless coffee, tanninless tea, and tobacco without nicotine, it does seem a bit incredulous to learn of seedsmen offering seeds guaranteed to produce tobacco with from three to ten times as much nicotine content as is found in ordinary smoking and chewing grades, observes a writer in the New York Times. Of course, that is no evidence that the time-honored belief that nicotine harms humans has been discarded, for in the same seed catalogues one finds tobacco seeds commended to the planter because they will produce leaf with the minimum of the supposed poison. Doctors still tell us to smoke mild tobaccos, and the cigarette with its claim

that its makeup carries little nicotine continues to grow in popularity.

But there are not a few uses for tobacco other than smoking, chewing, and snuffing, and nearly all of these demand a weed that has lots of poison in it. Florists buy thousands of pounds every year to burn in smoldering piles in their greenhouses to kill insects and eradicate the tiny moths that lay eggs that produce plant destroyers. And it is the nicotine in the smoke that kills the pests.

Nicotine is about the most efficacious remedy when garden plants are attacked by sucking insects. These destroyers cannot be harmed by eating foliage and stems with Paris green and arsenic of lead, for they have long, sharp beaks; some carry proboscises proportionately as long as an elephant's, and these they drive into leaf and blossom stems and suck out the vital juices. Only a contact poison will kill them, and nicotine does it most surely. A green or pink or white plant louse, busily sucking the life out of a plant, turns brown the instant nicotine touches his body, stiffens his legs, draws out his beak, and drops dead.

Tobacco solutions that carry 30 per cent of nicotine sell for \$1.50 a pint, hence the ambition to grow tobacco rich in the deadly essence.

### Talking Photoplays Next; Eliminates the Phonograph and Utilizes Film Record

Numerous attempts have been made to link the phonograph with the projector and give speech to the silent drama. Inability to obtain perfect synchronism of sound and motion has been only one of the bugaboos encountered. The limited capacity of talking-machine records, the difficulty of amplifying the sound sufficiently for theater purposes without increasing the foreign noises to an objectionable degree, and the impossibility of cutting or mending a film without destroying the usefulness of the sound record have been other of the bewildering enigmas. Their solution has finally been undertaken in a new way and highly promising results attained.

The newest system of talking cinematography eliminates the phonograph and utilizes a film record that is produced by photographic and rendered by magnetic, instead of mechanical, means. This enables the sound and the picture records to be of corresponding lengths and synchronous. This method is described in the March Popular Mechanics Magazine.

## A SMILE FOR YOU

### Not Much to Ask.

His fiancée—"And now that we are engaged, my precious one, you won't mind if papa still throws you out occasionally—it has become such a habit with him."

### Accounts for It.

"I was told that your neighbors, the Spats, were breaking up housekeeping."  
"Oh, that accounts for the racket we heard in their flat this morning."



### The Reason.

"The fortune-telling business is a paying one, isn't it?"  
"It ought to be when it starts off with a prophet."

### Social Ambitions.

"Mrs. Comeup is not stopping at any expense to break into society. Her prizes at her charitable card parties are really princely."

"What are they? Jeweled ornaments?"  
"No, nothing so common as that. At her last party the first prize was a ton of hard coal."

### Retribution.

"I understand it was a gasoline car which struck Henry."  
"Exactly, and that is one reason he is 'smelling out a suit.'"

### Not to Be Disputed.

"Have you any definite theory as to why the cost of living has increased?"  
"Certainly; I think it is because prices have gone up."



### Comforting Instance.

Ned—"Is it true that men of brains live longer than others?"  
Ted—"Of course, not. You've lived a lot longer than I have."

### Always Trouble.

"There goes Swift in his airship. He says he is at home in an airship, yet he is always falling out."  
"Well, that's the way he is at home."

## STATE NEWS IN BRIEF.

Hereafter the study of the German language will be discontinued in the Salem schools, according to word sent to all of the instructors in that language by Superintendent Todd.

Superintendent Churchill has notified all county school superintendents that from March 31 to October 27 all school clocks must be set one hour ahead, in compliance with the terms of the Federal law.

The study of German in the Eugene High school will be eliminated next year, in the opinion of Superintendent of Schools W. R. Rutherford. Mr. Rutherford states that nearly all students have dropped the study.

Tourist travel is beginning to live up on the automobile route between The Dalles, Pendleton and Walla Walla. Those arriving state that the roads are in a fair condition although dusty in many places through lack of rain.

State Insurance Commissioner Harvey Wells estimates that the receipts of his department for 1918 will show an increase of about 60 per cent over the receipts for 1917. All but 11 companies have filed their annual reports with Commissioner Wells.

Mrs. J. M. Hatch, wife of a Hood River painter, accidentally shot herself through the foot Friday with a high-powered hunting rifle. Mrs. Hatch was cleaning house and in removing the rifle from a rack accidentally discharged it. Her foot was frightfully mangled.

Edward Skog, an alien for whom immigration officials hold a warrant of deportation and who escaped from the state hospital for the insane about three weeks ago, was captured Saturday at Astoria, according to information received by Superintendent Steiner, of the state hospital.

Word just received by Mr. and Mrs. I. V. McAdoo, of Sherwood, from their son Ferman, who is in the English service, says he is in line for a commission, and that he will know by April 5. If he is appointed, as he thinks, he will probably be sent to the Canadian officers' training camp.

The patriotic men and women of the Sherwood district are planning a monster patriotic demonstration on Saturday, April 6, opening day for the Third Liberty Loan. It is to be an all-day affair. It is also planned to have a parade at 12 o'clock and have everybody salute the flag as they pass.

Dr. A. A. Ausplund, of Portland, who was convicted of manslaughter as a result of an operation performed upon a woman and was sentenced to from one to fifteen years in the penitentiary, has appealed from the State Supreme court to the United States Supreme court. The State Supreme court recently affirmed the action of the trial court.

At a meeting of Pomona Grange held at Toledo Friday, 16 new members were initiated. The speakers included County Agricultural Agent Asbahr, D. D., grand master, and A. C. Miller, of Benton county, Master Loudon and others. Mrs. Swearingen gave an excellent half-hour talk on decorating and furnishing the rural home. Irvin McGee, of Eddyville, discussed birds on the farm.

Plans for the state encampment of the Grand Army of the Republic, which will be held in Albany, May 13 to 15, inclusive, were made Wednesday when J. G. Chambers, of Portland, department commander, and C. A. Williams, of Portland, department adjutant, met with officers and members of the Albany post.

"Hog" Woodward, forger who served in 15 different penitentiaries, who it was thought died in Pocatello, Idaho, last October, has suddenly appeared at Reno, Nev., with a number of charges against him. Woodward was brought to the Oregon prison in 1914 from Umatilla county for forgery and was paroled in September last year.

William Pollman, president, and S. O. Correll, secretary of the Cattle and Horse Raisers' association of Oregon, has issued the call of the association, which will be held at Ontario April 23 and 24. A number of speakers have been secured from different sections, some as far East as Missouri river points, and many subjects of interest to livestock growers will be discussed and considered.

Roads in and around Wasco are to be placed in splendid condition for summer travel, and nothing will be left undone to maintain the reputation this part of Oregon has gained during the past few years.

Arthur M. Decker, member of the 16th Company, Coast Artillery corps, died at the post hospital in Fort Stevens Sunday after a short illness. The deceased was 22 years of age and was the son of Mr. and Mrs. F. M. Decker, of Ashland.

## \$24,814 IN PREMIUMS

Awards at Lewiston Stock Show This Year Will Double Those of 1917—Medals Alone Cost \$1100.

Lewiston, Idaho—The Northwest Live Stock show this year will offer premiums totaling \$24,814, as compared with \$12,185 last year. In addition to the cash prizes the directors voted to award medals to the value of \$1100.

"This means that the Northwest Live Stock show will be placed on a standard with Chicago as to classifications, that our goal is to take a position with or close to the greatest live stock shows of the country," said Secretary Hendershot, who with President Thomas Wren and General Superintendent D. S. Wallace, is inspecting the live stock grounds and buildings this week to decide upon improvements.

### Wilbur Aims to Lead in Crops.

Wilbur, Wash.—Wilbur farmers are exceeding their crops, with hopes of leading this county again. In 1917 Wilbur ranked first in Lincoln county and Lincoln county was fourth in rank for wheat shipping in the state. Grain handled here last year totaled 331,500 bushels. One carload of flour from the Columbia River Milling company of this place was on the Tuscania, according to Henry Davenport, who was also on board. In the last few days this point has yielded over 1,000,000 bushels.

### To Seed Every Granger Acre.

Granger, Wash.—Every available acre of ground is being prepared for seeding during the coming spring. Many farmers, however, are discouraged over the potato situation, many of them purchasing seed potatoes last spring at \$80 to \$100 per ton and now receiving from \$16 to \$20 per ton, and so closely culled that enormous quantities are being rejected and wasted.

## NORTHWEST MARKET REPORT

Wheat—Bulk basis for No. 1 grade: Hard white, \$2.05. Soft white, \$2.03. White club, \$2.01. Red Walla Walla, \$1.98. No. 2 grade, 3c less. No. 3 grade, 6c less. Other grades handled by samples.

Flour—Patents, \$10; whole wheat, \$9.60; graham, \$9.20; barley flour, \$13@13.25 per barrel; rye flour, \$10.60 @12.75 per barrel; cornmeal, \$5.75 per barrel.

Millfeed—Net mill prices, car lots: Bran, \$30 per ton; shorts, \$32; middlings, \$39; mixed cars and less than carloads, 50c more; rolled barley, \$77 @79; rolled oats, \$76.

Corn—Whole, \$77; cracked, \$78 ton. Hay—Buying prices, delivered, Eastern Oregon timothy, \$27 per ton; valley timothy, \$24@25; alfalfa, \$24@24.50; valley grain hay, \$22; clover, \$18; straw, \$8.

Butter—Cubes, extras, 47c pound; prime firsts, 46c; prints, extras, 49c; cartons, 1c extra; butterfat, No. 1, 51c delivered.

Eggs—Ranch, current receipts, 35c per dozen; candied, 36@37c.

Poultry—Roosters, old, 20@22c per pound; stags, 24@26c; springs, 27@28c; broilers, 35c; ducks, 32@35c; geese, 20@21c; turkeys, live, 26@27c; dressed, 35@37c.

Veal—Fancy, 20@20c per pound.

Pork—Fancy, 21@21c.

Vegetables—Tomatoes, \$2.75 per crate; cabbage, 3@4c per pound; lettuce, \$2@2.25; cucumbers, \$1.25@1.75 per dozen; cauliflower, \$1.50@1.75 per crate; artichokes, 85c@1 per dozen; garlic, 7c; celery, \$3.75 per crate; peppers, 40c per pound; sprouts, 15c; rhubarb, 10@12c; asparagus, 15@17c; peas, 17c per pound; spinach, \$1.25 per crate.

Sack Vegetables—Carrots, \$1.25@1.50 per sack; turnips, \$1.50; parsnips, \$1.25.

Potatoes—Oregon Burbanks, 90c@1.10 per hundred; Yakimas, \$1.25@1.35; sweet potatoes, 8c per pound.

Onions—Jobbing prices, 1@1 1/2c per pound.

Wool—Eastern Oregon, 44@65c per pound; valley, 50@55c; valley lamb, 45@50c; mohair, long staple, full year, 50c; six months, 40@50c; burry, 35@40c.

Cattle—April 2, 1918.

Med. to choice steers	... \$11.00@12.00
Good to med. steers	... 10.50@11.50
Com. to good steers	... 8.50@10.00
Choice cows and heifers	... 9.75@10.75
Com. to good cows and hf	... 8.00@ 9.50
Canners	... 4.25@ 6.25
Bulls	... 5.00@ 9.00
Calves	... 7.50@12.00
Stockers and Feeders	... 6.50@ 9.50

Hogs—Prime light hogs, \$17.00@17.10  
Prime heavy hogs, 16.50@16.85  
Pigs, 14.75@15.75  
Bulk, 16.85

Sheep—Western lambs, \$15.00@15.50  
Valley lambs, 14.50@15.00  
Yearlings, 13.00@13.50  
Wethers, 12.50@13.00  
Ewes, 9.00@12.00