

# NEW VEGETABLE SEEMS SUCCESS

## HELIANTI IS FOUND DELICIOUS

Tuber Developed by F. Edwards on Dry Land Ranch Has Many Uses And is Highly Satisfactory as A Desirable Table Delicacy.

There seems every reason to believe that F. Edwards has developed a vegetable here that will be a great commercial success. It is called Helianti. Frost and drought have no effect on the tuber—for Helianti is a root—and already it has been raised with marked success on raw land, absolutely without irrigation.

Those who have eaten the tuber find it delicious. In appearance it resembles an under sized sweet potato, and in taste reminds one of an oyster plant. However, it is far more versatile than either, when it comes to cooking, for Helianti may be cooked and served in a multitude of ways. It can, for instance, be used like asparagus, like potato or even for soup. Further, experiments have shown that stock take to it greedily, and when big production is undertaken its importance in this direction no doubt will be developed.

Mr. Edwards, whose ranch is half a mile off the Bend-Burns road eight miles east of town, has been experimenting with crops for three years. Now he says that Helianti is by all odds the best he has discovered, and he is enthusiastic concerning its possibilities.

In a table of food values furnished by a physician, Dr. Koch, Helianti shows 540, while green peas register 465, turnips 125, and potatoes 125. According to authorities on this little known vegetable, and as stated by Mr. Edwards, it will produce more units of food value to a given area than any other vegetable known. Its tops are also valuable for stock fodder. Incidentally, they bear an attractive bloom, something like a large yellow cosmos.

# CURE FOR OLD AGE

Easy and Pleasant and Costs but Little to Try It.

## A GOOD WAY TO CHEAT DEATH.

The Prescription is to Mix Open Air and a Hobby, Shake Well and Take as Many Hours a Day or Night as Possible—The Cure in Real Life.

Old age can be cured. The prescription is a simple one. Mix open air and a hobby, shake well and take as many hours a day as possible. No one begins to age until he is bored, and the first gray hair comes when a man suddenly thinks to himself, "What's the use?" Then is the time when a hobby makes life interesting again.

There was an official on one of our great railroads who was retired at seventy. "He'll die now," said his friends kindly. But he didn't. Instead, he became interested in the wild flowers, and now he is too busy in looking for the ram's head orchid and trying to find a new station for the hart's tongue fern and tramping around in the woods and fields in all kinds of weather even to think of dying. Anyway, he would not have time until he's finished his monograph on the willows of the United States.

There is a woman in Baltimore, seventy-two years old, who years ago sought to forget a great sorrow by learning the butterflies. Her city home has become a rendezvous for entomologists all over the world and houses a famous collection. While her contemporaries are dodging their lives away in cabs and easy chairs she spends her summers in the mountains and her winters in Florida with a butterfly net. Twenty-one new species to identify are her contribution to the lepidoptera, and she plans to live until the last goal of an entomologist is reached—the using of her single initial species.

An octet of men in Philadelphia, all well past their threescore years, some in business and some foot loose, belong to the same ornithological society. They are afield every day of the year, rain or shine, to watch the ever changing bird life. In the spring each prepares nicker sheets showing the arrivals of the hundred odd migrants that pass through every place every year. There is great rivalry as to who shall score the most warblers or identify the largest number of birds in one day. At present writing the oldest of the club holds a record of seventy-five different kinds of birds seen or heard in one day between dawn and dark—one for each year of his age and one to grow on.

A man in North Carolina by the sudden death of two of his family was left alone with but little money, no friends and the cheering dictum from his doctor that he had only a year to live. To while away the few months still left to him as well as to help out his household expenses he took up the study of edible mushrooms. At the end of a year in the open he notified his indignant physician that he had become too much interested in his

# Helianti

## The New Winter Vegetable! Better than Asparagus and Far Cheaper. Specially Adapted for Dry Farming.

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or F. EDWARDS, Box 286, Bend

hobby to confirm his diagnosis. In ten years he has discovered, classified and tested 170 kinds of edible mushrooms and has published a book which is one of the standard authorities for mushroom eaters of the world.

Another septuagenarian attributes his long life to the stars. Confined to business during the day, he sought the open air at night and began to study the changing constellations and the perplexing planets. Then he found that with an opera glass he could detect their colors and revealed in the blue light of Vega, the green glare of Sirius, the rose red of Aldebaran, the flame color of Betelgeuse and the strange shades of other gleaming sky kings

Finally he bought a small telescope. Now, at seventy, he has published a monograph on the double stars, besides a quaint little star guide that has interested thousands in his hobby.

None of the nature studies requires much money or time. A cheap illustrated guidebook, an opera glass and, if possible, some walks and talks with an expert, and you will learn almost immediately to identify a score or more of flowers, or birds, or constellations, or mushrooms, and you will have found a hobby on which you may ride away from death.

Try it, young men, lest you grow old. Try it, old men, before you grow tired. Escape into the open from these nar-

row indoor days and learn the way to where the wild folk dwell. In their land you will find the help of the hills and hope wide as the world, and strength, and youth, and happiness. Try it.—Samuel Scoville, Jr., in Lippincott's.

### Across the Atlantic.

The narrowest part of the Atlantic is between Brazil and Guinea, where the ocean is only about 1,800 miles wide. From Newfoundland to Ireland, the narrowest breadth north of the equator, is nearly twice as far. From New York to the nearest point of France is nearly three times as far.

### The Lesser Evil.

"It's Mr. Boreleigh I think I'll send him word I'm out."

"Won't the still, small voice reproach you?"

"Oh, yes, but I'd rather listen to the still, small voice than to Mr. Boreleigh's."—Boston Transcript.

The most deadly foe to success in the future is the inertia which springs from self satisfaction in the success of the past.

### Flower and Weed Test.

How to tell the flowers from the weeds: Pull them up by the roots. If they are flowers that will be the last of 'em; if weeds, only the beginning.—Chicago News.

### COTTAGE CHEESE.

Fresh cottage cheese on sale at the Creamery at all times. Adv 2932p

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