

DIGESTION AND HEALTH

By DR. SAMUEL G. DIXON,
Commissioner of Health of
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Upon the health of every man, woman and child depends our national defense. Let us, therefore, stop to realize the necessity of laying the foundation for the temple of peace.



This structure must be made up of individual units strong and resistant to invasion. This strength depends largely upon assimilation of foodstuffs.

Attention may be called to the fact that starchy foods are more quickly and thoroughly digested in the secretions of the glands of the mouth than in any other part of the digestive system.

Origin of the Wedding Ring Of Today Has Been Traced Back to Days of Old Egypt

How many brides, as they tremulously present a coy finger for the clasp of the magic circlet, even suspect that the welcome symbol of hymeneal bliss comes down to them from Old Egypt? In the land of the sphinx and the pyramids was the cradle of emancipated womanhood, where materfamilias ruled her willing household with despotic sway—a fair and benevolent despotism but none the less tyrannical, borrowing her smug authority from the mothergoddess Isis, the indomitable and supreme.

In ancient times the influence of the Egyptian wife extended far beyond the domain of the family dwelling, for she was mistress of the storerooms, the granaries, and all the provisions: "Mistress of the Seals," "Mistress of the Linens," "Mistress of the Khetemu," the sealed rooms. All the doors, boxes and jars of the household were elaborately sealed and under her sole supervision. This, it is said, accounts for the great number of scarab seals found by the side of females in mummy cases.

In this capacity as supreme arbiter of the household and its appurtenances, on the wedding day the Egyptian woman's lord, but not her master, presented her with a little string of seals which she wore like a bunch of keys. At first the jewels were suspended from a string hung about her neck. Then she wore them on a cord or string tied around her wrist, and later, for greater security, they were attached to the finger by a string or a wire. This wire is said to be the direct forbear of the signet ring and of the wedding ring.

With the advent of locks these seals gave way to keys, and the husband ceremoniously presented his mistress with the keys of the household or estate on a ring. These becoming too cumbersome or uncomfortable, a plain metal band was given with the keys. Says Cicero: "The key was given to the bride on entering her home to signify that she was appointed mistress—materfamilias—of the house—in fact, to be used by her to lock up her storeroom, and in case of divorce was taken away."

Thus the wedding ring comes—in proud perpetuity to the brides of today from the sacred shores of the drowsy Nile.

Bargain Sale.

A small boy had a bicycle which he wished to sell, so he placed a sign in the basement window, which read: "Bicycle for sale. Five or seven dollars."

MERIT

By GEORGE MATTHEW ADAMS.

Merit does find its true reward. In the final summing up, people pass for what they actually are. The gauge of Merit works straight and sound. Luck and Chance are the mere teasers of Fate.

Merit nothing beneath you. Do more than is expected of you. Do each task better than people think you can. Believe all things are possible with you and you cannot fail to Merit big. It is better to aim for Perfection and miss it, than to aim at Imperfection and hit it.

Merit nothing beneath you. Be not troubled over the accidents of Destiny. The rule of Merit will safely guide you into the wide way of Winning. True Merit is the rule and not the exception. Thousands of pages of History illustrate this truth.

Merit nothing beneath you. Whatever you Merit and are worthy to receive, you will get. Concentrate your thoughts for the purpose of elevating your aims and ideals, for these are they that lead you on and up.

tem. The digestion of starch always begins with the saliva. The proper mastication of starchy foods depends upon their being held in the mouth long enough to permeate them thoroughly with ptyalin. If the starch is swallowed without being saturated in the mouth it passes on through the stomach proper into what might be called the second stomach, where its digestion is again taken up, but there is no substance like the secretions of the mouth.

The expert chemists are constantly testing the commercial substances sold as digestive agents, yet I never heard of any of them that would compare in digestive strength with the saliva of the mouth.

POULTRY NOTES

The chicken business is old—the Egyptians built incubators and raised chickens ages ago.

Ninety-five per cent of the poultry is raised on the farm as a side issue.

No man makes a success in poultry keeping unless he has the right idea and right aim.

Don't forget to keep the chicken-house in sanitary condition. It is important to do this in cold weather as well as in hot weather.

Poultry raising is an industry which needs special attention. It should be taken up as a business and managed as a business and time and effort put into it.

Eggs of inferior market quality, as to size, shape and color, should not be used for hatching because the pullets hatched from them may lay the same kind of eggs.

No business pays better than poultry raising in proportion to the money invested. The poultry industry of South Dakota nearly equals in value that of dairy products.

The poultry raiser should stick to one particular breed and make a specialty of that breed. There is no best breed. The best breed is the breed which one likes best.

If a hen has to sit on a cold roost all night, with all the warmth she gets drawn from within, she will not be likely to lay the next day.

Watch the water supply and see that the hens drink only pure water, and that they get plenty of it, also that they get it in clean vessels.

Cut a head of cabbage in halves and hang where the hens can help themselves. The green food will be greatly relished and is a necessity to their diet.

Produces Patriotism.

A people that studies its own past and rejoices in the nation's proud memories is likely to be a patriotic people, the bulwark of law and the courageous champion of right in the hour of need. —Joseph Anderson.

The important lesson to maintain health in youth and old age is the proper digestion of the starchy foods by mixing them up with the saliva in the mouth and not swallowing them down until that takes place. This will produce the chemical condition necessary for it to be taken up and circulated through the body and give strength to it along with that given by meats, beans and fats.

The following represent some of the starches to be well masticated and mixed with the saliva before swallowing: Potatoes, corn, rye, hominy, rice, white bread, toast, macaroni, bananas, crackers, all cereal breakfast foods, tapioca, arrow roots, sage, buckwheat, barley and parsnips.

STATE NEWS IN BRIEF.

Reports received by Superintendent Churchill from various parts of the state seem to indicate that a county unit plan of taxation for school purposes is meeting with considerable favor.

Irrigation for Langell valley lands in the Southeastern part of Klamath county from the waters of Clear Lake in California, was indorsed at a big meeting of prospective water users at Lorella postoffice in Langell Valley Friday.

At the regular meeting of the Medford city council Tuesday night a special election was called for April 3, when the so-called extension payment plan will be voted upon. The call was made in answer to initiative petitions signed by over 500 citizens.

Dairy meetings were held during the past week in Grants Pass, Medford, Ashland and Gold Hill. Subjects of feeding, breeding, marketing and co-operation were discussed by E. B. Gitts, of the O. A. C. extension service, and J. D. Mickle, Dairy and Food commissioner.

The National party will have difficulty entering Oregon if it wishes to secure a foothold here, in light of the recent opinion of Attorney General Brown, which holds that the Prohibition party cannot assign its rights to the National party and allow it to hold a convention for the nomination of candidates.

Professor F. G. Young, of the economics department of the University of Oregon, has received appointment as representative of Oregon on the national war prison board. Professor Young has wired his acceptance, and been instructed to nominate county representatives to act under him in the new work.

The contents of five five-gallon kegs of whisky and alcohol gurgled joyously down the Toledo courthouse hill Tuesday afternoon and when Sheriff Bert Geer, in the presence of Deputy District Attorney McCluske and quite a crowd of citizens, bored holes in the containers and created the necessary gravity, there was an unmistakable odor that savored of the days gone by.

The California-Oregon Power company, of Klamath Falls, has been appointed by the Federal authorities as agent to make a survey of Southern Oregon and Northern California. A military map is being prepared to outline the work for the power company in that section. Every tunnel must be shown, with its capacity; every culvert, train, highway bridge and fording place must be shown.

Fears of Marshfield people that the \$20,000 appropriation of the last legislature for the construction of an armory there might lapse and revert to the general fund before the city is able to present a suitable site to the state, are set at rest in a letter from Attorney General Brown to the Marshfield authorities. He assures them that the appropriation will not revert at the end of the present biennium.

Father's old clothes cut down to fit Willie, or mother's dress of last season transformed into dainty garments for the little girl of the family, as a result of the war and the national call for economy and thrift, are to be given places of prominence in the list of premiums to be offered by the Lane County Fair next fall. Made-over garments are to be given the place of honor. Provision will be made for special awards for knitting and the making of Red Cross supplies.

Outlook for the sale of the \$500,000 worth of highway bonds for which bids are to be opened in Portland March 15 seems to be particularly bright. Numerous inquiries are coming in from bond buyers all over the country, between 15 and 20 having been received in one day alone by the department offices at Salem. Greater interest has been shown in this block of bonds than in any other since the state began selling road bonds.

Hog production in the state of Oregon is rapidly falling off, according to Professor E. J. Fjalstad, of Oregon Agricultural college, who has just completed a series of lectures to Lane county granges in an effort to encourage hog raising and give instruction in proper methods of feeding at a minimum cost at present high prices of feed. There are about 100,000 hogs in the state at present, as compared with 145,000 to 150,000 in normal times, he stated.

Amedee M. Smith, of Portland, was Thursday reappointed by Governor Withycombe as a member of the Industrial Welfare Commission for a term of three years.

Announcement was made this week by President James Snipes, of The Dalles Diamond Mills company, that he had sold the entire plant to the Kerr-Gifford company, wheat exporters of Portland. The new owners have stated that they will improve and enlarge the mill to from 450 to 500 barrels more capacity.

War Recipes

Cut out the following recipes and paste them in your cook book to help you Hooverize. They have been thoroughly tested by instructors and special lecturers in the department of home economics at the University of Washington.

Baking is one of the most satisfactory methods of cooking fish. Large and small fish may be baked, but small ones are usually broiled or sautéed, baked with the head and tail on, or removed, and the body split open. Steaks and filets may also be baked.

Fish may be stuffed for baking, or baked in a sauce, such as tomato or brown sauce, or may be brushed with fat, and sprinkled with fine bread crumbs or corn meal. Fish without decided flavor is improved by being marinated with a mixture of vinegar and spices for an hour or two before baking. Granyfish, red snapper and flounder are good prepared in this way. Salmon trout and rock cod are good stuffed and served with tomato sauce. Halibut, red snapper and catfish are good baked in tomato sauce. Bake fresh mackerel in brown sauce, covered with crumbs.

Baked Catfish With Mock Hollandaise Sauce—Dressed catfish, salt, pepper, melted fat, fine bread crumbs. Wipe and dry the catfish. Sprinkle with salt and pepper and rub with melted fat. Sprinkle with crumbs and bake until tender, basting frequently. Serve with mock Hollandaise sauce.

Mock Hollandaise Sauce—3 tbs vegetable oil or butter substitute, 3 tbs cornstarch, 2 eggs, 2 cups milk, 1 tsp salt, juice of one lemon, speck of cayenne. Melt the fat, stir in flour, and blend well. Add milk slowly, stirring constantly until thick. Add lemon juice just before serving.

Stuffed Rock Cod—Rock Cod weighing 3 lbs., salt, melted fat, pepper. Dress fish, leaving on the head and tail. Remove scales, beginning at the tail and working toward the head. Rinse the fish and dry well with a cloth. Fill the cavity with fish stuffing. Sew the sides together, using a piece of twine. Place in a dripping pan; bake until tender; baste frequently with melted fat. Serve with tomato sauce.

NORTHWEST MARKET REPORT

Wheat—Bulk basis for No. 1 grade: Hard White—Bluestem, Early Bart, Allen, Galgalus, Martin Amber, \$2.05. Soft White—Palouse bluestem, fortyfold, white valley, Gold Coin, White Russian, \$2.03. White club—Little club, Jenkins club, white hybrids, Sonora, \$2.01. Red Walls—Red Russian, red hybrids, Jones five, Copel, \$1.98. No. 2 grade, 3c less. No. 3 grade 6c less. Other grades handled by sample.

Flour—Patents, \$10. Millfeed—Net mill prices, car lots: Bran, \$30 per ton; shorts, \$32 per ton; middlings, \$39; mixed cars and less than carloads, 50c more; rolled barley, \$66@68; rolled oats, \$66.

Butter—Cubes, extras, 51c; prime firsts, 50c. Jobbing prices: Prints, extras, 52c; cartons, 1c extra; butterfat, No. 1, 55c delivered.

Eggs—Oregon ranch, current receipts, 35@35½c per dozen; candled, 37c; select, 39c.

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

Veal—Fancy, 20@20½c per pound. Pork—Fancy, 21@21½c per pound. Sack vegetables—Carrots, \$1.50 per sack; beets, \$1.50 @ 2.00; turnips, \$1.50; parsnips, \$1.50@2.00.

Potatoes—Oregon Burbanks, \$1@1.25 per hundred; Yakimas, \$1.50; sweet potatoes, 5@5½c per pound.

Onions—Oregon, buying price, \$1.75 per hundred. Green Fruits—Apples, \$1@2.25; pears, \$2.25; cranberries, Eastern, \$17.50 per barrel.

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Cattle—Med. to choice steers, \$10.50@11.50. Good to med. steers, 9.50@10.50. Com. to good steers, 9.00@10.00. Choice cows and heifers, 8.50@9.75. Com. to good cows and hf, 8.50@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, \$16.85@17.00. Prime heavy hogs, 16.50@16.85. Pigs, 14.00@15.25. Bulk, 16.85@16.95.

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.

FAVORITE OF THE FILMS



Anna Little.

Piquant young movie actress who has won many friends.

Modernized Proverbs.

Never put off till today what you can do tomorrow.

Poverty is no sin, but it's more unpopular.

Necessity and lots of lawyers know no law.

There's nothing good nor bad but the moving picture men have made it do its bit.

Little pitchers have wide ears; larger ones, wide curves.

A good workman never quarrels with his boss.

A fool and his wife are soon parted.

Whoever a man seweth, that shall his wife have to rip.

Charity pictures cover a multitude of screens.

MUSIC'S INFLUENCE ON CHILD LIFE

By JOHN D. SHOOP, Superintendent of Chicago Public Schools.

The value of music in the economy of human life is neither widely nor fully appreciated.

We reflect to a greater or less extent in our own personalities the rhythm and harmony which pervades all nature. This rhythm relieves the monotony of existence and is the agency through which we are able to bring ourselves into harmony with the forces of nature and the thoughts and emotions of our fellow humankind.

Music constitutes one of the most pleasing and highest forms of expression through which thought and emotions find utterance. It is the avocation which provides restfulness from the strain of daily pursuits and comes as a solace to the weary brain and as a stimulus to the depressed spirits.

Music forms the basis, also, of the most effective correlation and concentration of the energies and the purposes of the social body. The church has long recognized its power and utilizes it in blending the emotions of its worshippers into a harmonious and unified whole. There is a psychological value in the song which precedes the discourse. It corresponds to the preparation of the seedbed by the farmer to encourage germination and a growth of that which he sows.

There is a marked analogy between the rhythm of nature and that of which the mind of man sooner or later becomes conscious. It should be the aim of education to encourage the discovery of this relationship through the adaptation and application of music in the training of the child at every stage of his existence.

The jingle of the Mother Goose melody, that is always so welcome, and the soothing lullaby that brings to the child peaceful slumber indicate clearly that music is indigenous to the nature of childhood.

If we are careful not to conventionalize too early in the life of the child that which is to supply this yearning and longing for the forms of rhythmic expression, music will naturally and unconsciously weave itself into the fabric of character and personality.