

CENTRAL POINT HERALD

WM. R. BROWER, Publisher

AN INDEPENDENT local newspaper devoted to the interests of Central Point and the Rogue River Valley.

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IRONING DAY MENU.

TUESDAY—BREAKFAST. Sliced Peaches. Cornmeal Mush. Vegetable Hash. Bacon Rolls. Brown Bread Toast. Coffee.

LUNCHEON. Cold Tongue. Potato Salad. Baking Powder Biscuits. Iced Orange Tea. Cup Cakes.

DINNER. Jellyed Bouillon. Baked Stuffed Bluefish. Hashed Browned Potatoes. Stewed Carrots. Cucumber Salad. Iced Watermelon.

Tasty Pastry.

SALLY LUNN.—One and one-half cups of flour, two ounces of butter, pint of milk, one teaspoonful of salt, three eggs, one-half yeast cake and one-quarter cupful of sugar. Scald milk, let cool and when about 100 degrees, or blood warm, stir in the butter, sugar, salt and flour, beat well, then add yeast cake, that has been dissolved in one tablespoonful of warm water, and eggs; beat five minutes, pour in well greased square pans and let rise in warm place for three hours, which doubles the bulk; bake in moderate oven for thirty minutes. Send to table hot. This can be prepared the night before and ready to bake for breakfast.

Florida Corn Pone.—Into cups of cornmeal mix one teaspoonful of salt and a teaspoonful of sugar. Scald with two cups of boiling water and let it stand until it becomes lukewarm. Then add half an ounce of compressed yeast dissolved in a little cold water. If too stiff reduce it with warm water to a consistency to retain its form, then put in a baking pan and let it rise four hours; bake in a moderate oven until thoroughly done. Better eaten fresh and warm, but is very nice toasted after it is a day or two old.

Cheese Squares.—Out of a pint of milk take enough to wet up a quarter of a cupful each of flour and cornstarch, seasoned with a half teaspoonful each of salt and paprika. Add this to the remainder of the milk, scalded in a double boiler. Stir constantly until the mixture thickens, then occasion all for twenty minutes. Add the yolks of two eggs beaten up with a quarter cupful of creamed butter and a half cupful of grated cheese. As soon as these are cooked turn out into a shallow pan and when cold cut in shapes. Lay these in a baking pan apart from each other, cover thickly with grated cheese, reheat and brown in a quick oven.

Anna Thompson

EXERCISE AND HEALTH.

Simple Rules For Developing the Body and Keeping "Fit"

"It isn't necessary to give a lot of time to the job of keeping fit," said the physical director of West Point Military Academy, "Ten or fifteen minutes of setting up exercise in the morning and a walk every day—not necessarily a long one, but one in which you march briskly like a soldier, with your head and chest up and your shoulders back—will work wonders. Do you know why so many men are narrow chested and weak? It is because they never have given themselves a chance to breathe and never have given their muscles enough exercise. "Many people, men, women and children, are semi-invalids most of their lives because of the lack of a few minutes of daily exercise and also because they have never been taught a proper posture and carriage—such, for instance, as we insist upon at all times in cadets—a position in which every organ of the body is held in its proper place, with ample space to carry on its own particular function without restriction, and in which every muscle of the body is furnishing its own transportation, so to speak, and not depending upon other muscles to do for it what it was intended it should do for itself. "Proper posture and carriage, with shoulders square, chest arched, head erect and body well stretched from the waist up, will of their own account contribute much toward relieving our people of the many petty and not a few of the serious ills from which they are now suffering. They are the foundation of robust health and should be insisted upon in children from the very beginning until they become a habit and as such will displace the disease breeding, slouchy habit now so prevalent among people of all ages and stations."—World's Work.

There Are Others.

"It is very strange that no one has ever been able to find Captain Kidd's treasure. "Oh, well, Captain Kidd isn't the only man who has put his money into real estate and couldn't get it out."—St. Louis Post-Dispatch.

ECLIPSED A PRINCE

Beau Brummel Outshone and Then Snubbed the Regent.

STORY OF A FAMOUS CRAVAT.

After His Historic Quarrel With Wales the Beau Won a Sartorial Triumph That Almost Choked His Royal Master With Envy and Dismay.

It was Beau Brummel who was described as "the glass of fashion and the mold of form," and today there are ordinarily only two things which the name of the famous dandy of the English court suggests. One is an arbiter of fashion, the other the incident in which Brummel asked of a companion of the Prince of Wales, "Who is your fat friend?"

In 1830 Beau Brummel still was living, and the New York Mirror, a weekly publication "devoted to literature and the fine arts," printed a biographical sketch of him as a figure in contemporary history. Reading it today makes very real a character now little more than a tradition.

"For an obscure individual without fortune or rank to have conceived the idea of placing himself at the head of society in a country the most thoroughly aristocratic in Europe, relying, too, upon no other weapon than well directed insolence; for the same individual to have triumphed splendidly over the highest and the mightiest—to have maintained a contest with royalty itself and to have come off victorious even in that struggle—for such a one no ordinary faculties must have been demanded," the Mirror said in its issue of June 4, 1830.

It will be well to recall here that George Bryan, Brummel's father, was Lord North's secretary; that the son at Eton and later at Balliol college acquired a reputation for being a "swell dresser," and that still later he was a favorite of the Prince of Wales, who was to become George IV, of Great Britain. The Mirror related the familiar story of the "fat friend," immortalized in a Punch cartoon, explaining the circumstances which led up to it.

A mutual friend had dared Brummel to give an order to Wales, who was then prince regent, and at a dinner the dandy said to him, "Wales, ring the bell!" The prince did so and when a servant appeared said, "Show Mr. Brummel to his carriage." It was to repay the regent for this public humiliation that Beau Brummel uttered his famous question the next day in the street. The prince was growing corpulent and sensitive of the fact, so a feud between the two was launched with the remark.

It is an old story up to this point, but the Mirror proceeded with some facts which probably have never been published since. Brummel boasted that he would put the prince regent out of fashion, made his plans at once and spring his coup at a brilliant ball given by the Duchess of Devonshire in the Mirror's own words:

"When the whole assembly were conversing upon his supposed disgrace, Brummel suddenly stood in the midst of them. Could it be indeed Brummel? Could it be mortal who thus appeared with such an enlacement of radiant glory about his neck? Every eye was upon him, fixed in stupid admiration; every tongue, as it slowly recovered from its speechless paralysis, faltered forth, 'What a cravat!'"

And then the description of the cravat which confounded the guests at the Duchess of Devonshire's ball:

"There it stood, smooth and stiff, yet light and almost transparent; delicate as the music of Ariel, yet firm as the spirit of Regulus; bending with the grace of Apollo's locks, yet erect with the majesty of the Olympian Jove; without a wrinkle, without an indentation. What a cravat! The prince regent saw and shook, and uttering a faint gurgle from beneath the wadded bag which surrounded his royal thorax, he was heard to whisper with dismay:—'him! What a cravat! The triumph was complete.'"

The Mirror added that the Prince of Wales sent an emissary to Beau Brummel to learn the secret of the wonderful creation in neckwear and that Brummel sent back word, "Tell your master that you have seen his master."

It was not until his debts forced him to flee from England and to take the obscure position of British consul at Caen, in France, where he contracted more debts and finally died insane in 1840, that the secret of the cravat became known. The Mirror said:

"There was found after his departure written upon a sheet of paper upon his table the following epigram of scorn: 'Starch is the man.' "The cravat of Brummel was merely starched. Henceforth starch was introduced into every cravat in Europe."—Kansas City Times.

St. Bernard Dogs.

The true St. Bernard dog originated in the fourteenth century, being a cross between a shepherd dog from Wales and a Scandinavian crossbreed, half Dane and half Pyrenean mastiff. The last pure descendant of the tribe was buried beneath an avalanche in 1814.

There is a perfect specimen of a true St. Bernard dog in the Natural History Museum at Bern, where the stuffed body of the famous Harry is preserved. There is plenty of St. Bernard blood left, however, crossed with other strains, and the fame of the breed can never perish.

Man is immortal till his work is done.—Williams.

FIGHTING AN ELEPHANT.

A Bishop's Story of an Exciting Experience In Africa.

The strongest opponents to the advance of civilization in west Central Africa, says Bishop Lambuth, the Methodist missionary, are the wild elephants. They break down fences, trample gardens, pull up trees and even telegraph poles, because they object to anything strange in their familiar haunts. One savage monster nearly wrecked a small steam launch belonging to the mission on the upper reaches of the Congo.

The boat, with three white men, including the bishop, and a crew of five negroes, had tied up on the edge of a forest in a quiet bend of the river. A stout plank was laid as a gangway from the bow to the bank, and the crew worked until nightfall cutting and piling firewood for the boat's furnace. Then they came on deck for their evening meal. The three white men were already at dinner when a fearful yell from the natives brought them out of the cabin to see a large elephant viciously attacking the woodpile. The blacks went ashore with firebrands snatched out of the cook stove to drive the monster away. But he paid no attention to them until he had demolished the woodpile, when he whipped one man with his trunk heels over head into the river and chased the others back into the boat.

Thundering after, with red gullet open, tusks flashing and trunk flailing the air, he planted both tremendous fore feet on the gangplank. It bent until it cracked under his weight, but he held stoutly, although the whole boat creaked and seemed ready to capsize.

In another moment the elephant had crossed the plank and was astride it with hind feet on the shore and fore feet on the boat. There he stood, afraid to advance or retreat, a gigantic image of baffled rage. In his fury he began stamping with those great fore feet, and the boat rocked crazily back and forth.

What might have happened if the monster had come aboard with all his frenzied weight can only be imagined, for the captain by this time had fetched the only rifle on board and, risking all on one shot, had thrust the muzzle almost into the gaping mouth and pulled the trigger.

Fortunately the bullet lodged in the base of the brain. The elephant tumbled to his knees and into the water next the bank, his bulk thrusting the boat aside so suddenly that it snapped the bowlines and sent the men staggering to the gunwale.

At the next government trading post the captain had two splendid tusks to show as the result of his cool daring; but, to his astonishment, he was arrested for shooting the elephant without a license. It was with great difficulty that the government official was convinced that the animal had been shot in self defense. Even then he confiscated the ivory.—Youth's Companion.

CARE WITH ELECTRICITY.

Extreme Caution Should Be Used In Handling All Fixtures.

"Electricians think nothing of touching with their fingers a 110 volt or 220 volt A. C. or D. C. switch to ascertain whether it is alive or not," says the Electrical Experimenter. "On the other hand it is claimed in a number of authentic cases on record that 110 volts, such as is used for ordinary lighting circuits, has sufficed to produce fatal results to a human being. Therefore it behooves every one to take the utmost care in handling electrical apparatus of any nature, no matter whether it is a small toaster or an innocent looking electric light switch of the push button variety.

"A good point to keep in mind would be to exercise extreme caution in manipulating all lamp sockets or switches during or directly after a severe storm, which may have blown down high voltage wires so as to cause them to drop across low tension wires supplying house circuits.

"Those having electric lights in their homes should always exercise the greatest care in manipulating any of the devices connected to such service. In the bathroom especially they should never touch the socket or wall switch while standing in the bathtub or with wet feet on a floor where there is any water, as these accidents happen at the most unexpected moment. They are practically immune from danger if they would just take the trouble to see that they always stand on a dry floor."

TREES ON PASTURE.

Poor Location Results In Loss of Fertility.

Perhaps one of the greatest sources of loss of fertility from pasture soils results from the poor location of shade trees and brush, according to the author of the "Grazing Industry of the Blue Grass Region," a bulletin recently published by the department of agriculture. Trees and brush, he states, should always be set on the higher portions of the field and not along the banks of running streams, as so often is the case. With good grass the animals do not graze more than one-third of the time. The rest of the time is spent lying down or standing in the shade fighting flies. Hence much of the manure that is made does not get back directly on the land that produced the grass. If the manure produced while the animals are not grazing is deposited on the tops of the hills its beneficial effects on the grass may be noted for several rods from the hillsides. It is a costly belief that if one-half to two-thirds of the manure is lost from pasture fields and none is added the crops must gradually deteriorate.

ADVANCE IN FARM VALUES.

The advance in farm values has been almost beyond belief in recent years, says the Farm and Fireside. In 1900 the census found the average acre value for the country \$15.57. Ten years later it was \$32.40. In 1912 it was given as \$36.25, in 1913 as \$38.10, in 1914 as \$40.10, in 1915 as \$40.85 and in 1916 as \$45.55.

It is explained that the unprecedented increase in the last year—almost \$5 an acre—has been caused in part by a reaction in the south, following a temporary depression at the beginning of the war, and in part by the stimulus given by war prices for the exportable surplus.

CANNING PUMPKINS.

Proper Blanching and Sterilization Essential to Success. [Prepared by United States department of agriculture.]

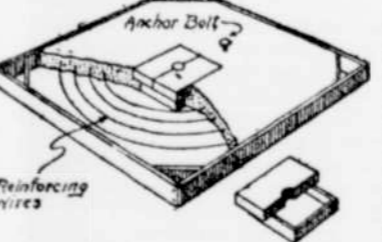
In making pie fillings of pumpkin and squash they are cut into convenient sections and the cores and skins removed. The pumpkin or squash is then cooked for thirty minutes and reduced to pulp and packed in the glass jar or tin can, adding one cupful of sugar and one teaspoonful of salt to each quart of pulp. Partially seal the jar or tin can and sterilize in the hot water bath outfit for one hour. Then remove and tighten the covers and invert the glass jars to see that the tops fit tightly. If tin cans are used cap and tip.

In preparing squash or pumpkin for canning, to be later fried, creamed or baked, the squash or pumpkin is cut into uniform sized cubes, blanched in boiling water for ten minutes and plunged quickly into cold water. Pack the jar or can full of the cubes, adding water containing one level teaspoonful of salt to each quart, and fill in the space about the cubes with boiling hot water. Place the rubbers on the cans and caps in position, but not tight. If tin cans are used cap and tip. Sterilize in hot water bath for one hour. The jars or cans are then removed and covers tightened and the jars inverted to cool.

Certain substances in some foods can attack the container and dissolve the tin, which then enters the food and is considered harmful. The use of lacquer lined cans prevents this solvent action to a great extent. Such products as rhubarb, berries, pumpkins, squash and beets exert a strong corrosive action on tin and should be packed in the lacquered cans. Much experience in canning vegetables and fruits is necessary before the canning of meat products is undertaken, and the operation should be thoroughly understood. Meats, unless thoroughly sterilized and properly canned, are liable to produce highly poisonous products of decomposition. Proper blanching, sterilization, etc., of course are essential to success in canning any kind of fruit, vegetables or meats.

A Concrete Well Platform.

A well platform made of concrete is one of the most pleasing and satisfactory improvements I have ever made to my farm, writes a contributor to the Farm Progress. A frame four feet square and four inches deep is built and placed on a clean level space of



ground. Two blocks of two inch material are cut so as to make a twelve inch square.

Underneath this is placed a frame ten inches square and two and one-half inches deep. It will be noticed that this arrangement will form a one inch shoulder for the blocks to rest upon and also give the platform a half inch slope in all directions from the center. Since the two center blocks must be removed to admit the pump cylinder they should be tapered slightly on the outside edges.

One and one half sacks of cement are sufficient for a platform of this size, and by adding old fence wire for reinforcement and an anchor bolt for the pump brace you will have "a thing of beauty and a joy forever."

Corn Silage Compact.

Eight tons of corn silage can be stored in the same space required by one ton of hay or, approximately, 400 cubic feet. One ton of alfalfa hay contains about 1,800 pounds dry matter or 1,000 pounds digestible nutrients; eight tons of well matured corn silage contain about 4,200 pounds dry matter or 2,800 pounds digestible nutrients. Therefore the same space will store nearly three times as much digestible nutrients in the form of corn silage as in the form of alfalfa.

Dwarf Fruit Trees.

Dwarf fruit trees are ornamental and easily cared for; they fruit much sooner than standard trees and are particularly suitable for small gardens. The quality of the fruit is equal to that of standard trees and with proper care will be superior.

Dwarf cherry trees will produce a crop of fruit in two or three years. The sweet varieties are the strongest growers and are as beautiful as any shrub when in flower.

200 Pieces Sheet Music Sold

WE have sold over 200 pieces of popular sheet music. Have you secured your share? The racks will not hold the music we have in stock, say nothing of the new music we have on the road. Get yours while getting is good. Your own selection of any of our 15c sheet music, vocal or instrumental for only 5c each, in lots 20, or 7 1/2c each in less quantity. Think of being able to buy music for less than we paid for it wholesale before the raise. Sale continues until November 15th. Come in and try the music on our piano. Make yourself at home.

Music at less than Cost

Hull's Music Store

THE PEASANT'S RIDDLE.

And How the Sicilian Kept the Promise He Made to the King.

A Sicilian laborer told us this story. He says his mother told it to him when he was a child. It sounds like one of Grimm's tales and is undoubtedly very old folk lore.

"My mother told me that once there was a king who saw a peasant working in a field and asked him how much he earned. And the peasant said, 'Four carlini a day.' 'What do you do with your 4 carlini?' asked the king. 'One I eat, the second I put at interest, the third I return, and the fourth I throw away.' This puzzled the king, and he asked the peasant what he meant. And the peasant said:

"I buy my food with one. I feed my children with the second, and that is putting money out at interest. I feed my old father with the third, and that is paying back what has been given me. I give the fourth to my wife, and giving her money is throwing it away."

"That's a good riddle," said the king, and I must tell it to my friends. Promise me that you won't tell any one the answer till you have seen my face a hundred times.' So the peasant promised, and the king went back to his palace and asked them the riddle. Nobody could answer, but one remembered seeing the king talk to a peasant, so he went to the peasant and asked him about it. But the peasant said: 'I can't tell you. I promised the king I wouldn't tell the answer till I had seen his face a hundred times.' 'Oh, that's easy!' said the king's friend, and he took a hundred lire out of his pocket, and every piece of money had the king's face stamped on it.

"So the peasant told the king's friend the answer to the riddle, and the king's friend went back to the palace and said to the king, 'I can guess your riddle now,' and he did. Then the king became angry and said: 'You couldn't have guessed it. That peasant has broken his promise.' So the friend had to tell the king how he had fooled the peasant."—Cleveland Plain Dealer.

Also Spoke In Devon.

Though "some" is recognized as an Americanism today, it has really been borrowed from us, one of our verbal emigrants that have found a wider application in a new environment and visit us now with a "Made In U. S. A." stamp on them. The word is still part of the vernacular of Devon (Teign valley district), where you may be greeted by "It did rain zum some," to indicate the extent of a recent down-pour. Devonshire has furnished the United States with other verbal emigrants, such as "guess," "calculate" and "reckon," all now branded as American goods.—London Chronicle.

SACKING A THEATER.

What New Yorkers In 1765 Did For an Offensive Play.

Here is an account of the sacking of a theater in New York from the Gazette of that city of May 3, 1765:

"The play advertised to be acted last Monday evening having given offense to sundry and divers inhabitants of this city, who thought it highly improper that such entertainment should be exhibited at this time of public distress, when great numbers of poor people can scarce find means of subsistence, whereby many persons might be tempted to neglect their business and squander that money which is necessary to the payment of their debts and the support of their families, a rumor was spread about the town that if the play went on the audience would meet with some disturbance from the multitude.

"This prevented the greatest part of those who intended to have been there from going. However, many people came, and the play was begun, but soon interrupted by the multitude, who burst open the doors and entered with noise and tumult. The audience escaped in the best manner they could. Many lost their hats and other articles of raiment. A boy had his skull fractured and was yesterday trepanned. Death is his. Several others were sorely set upon and injured. But we heard of no lives lost. The multitude immediately demolished the house and carried the pieces to the common, where they consumed them in a bonfire."

American Inventive Ingenuity.

Of the epoch making inventions of the world during the past fifty years, forty-eight in number, Americans are credited with thirty-five, which include the telephone, typewriter, cash register, incandescent lamp, talking machine, electric furnace reduction, electrolytic alkali production, transparent photographic film, motion picture machine, buttonhole sewing machine, carburettum, chain stitch shoe sewing machine, single type composing machine, continuous process match machine, chrome tanning, disk plow (modern type), welt machine, electric lamp, recording adding machines, celluloid, automatic knot tying machine, machine for making barbed wire, etc.—Popular Science Monthly.

Giving Due Credit.

"I presume Mr. Grabcon, the eminent capitalist, poses as a self made man?"

"Well, no. Mr. Grabshaw frankly admits that some of his biggest deals could not have been put through without the aid of his lawyers."—Birmingham Age-Herald.

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