

## Inventions and Appliances

### HUNTING VEST HOLDS SHELLS HANDILY.

**W**HEN one shell is pulled out of the receptacle in a new hunting vest, another automatically takes its place. The vest is "loaded" from the top, over which a can-



vas flap buttons securely, and the long, tubular receptacles sewn into the vest are made for any gauge shells. The vest will carry 32 shells.

### COMBINED TOOTHPICK AND TOOTHBRUSH.

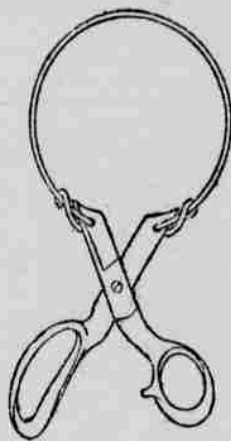
**A** COMBINED toothpick and toothbrush is a novelty recently perfected. It is made of a special wood which can be shredded to form a soft and fleecy brush at one end, doing away with the necessity of inserting any of the usual brush materials. The idea is that after using the pointed end to pick the teeth, the device can be turned and used immediately as a brush. It is stated that the market price of this article will be so low that it can be thrown away after being used once.

### NEW INSULATING AND RUST-PREVENTING CHEMICAL.

**A** NEW insulating and rust-preventive material, known as "paracit," has been brought out in Germany. This material is said to possess extreme resistance to chemical influences of all kinds. It is an efficient electrical insulator and is neither cracked by heat nor split off by fatty acids. Paracit coatings, to be dried in the air or in an oven, are applied to metal objects by brush, immersion or spraying methods, and if the material is intended to stand high temperatures it is subjected to heat treatment. Such coatings are being used not only to resist acids, alkalis and atmospheric influences, but are being applied successfully to boiler tubes to protect them from the corrosive action of the water.

### REMOVING SCREW TOPS ON FRUIT JARS.

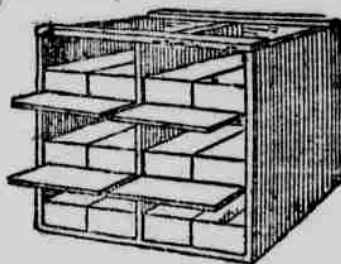
**A**N OLD broken pair of shears can be made into a useful tool that will come in handy during the canning season, or at any time that a fruit can is to be opened. The broken ends are ground to make them rounding, and a hole is drilled in each end large enough to allow a wire, about  $\frac{1}{8}$  inch in diameter, to pass through them. The wire is



formed as shown, and the ends are fastened in the holes. It should be of such length as to reach over the fruit-jar cover when the shears are opened. Place the wire over the cover and close the shears with a good grip. The wire then takes a good hold on the cover, and it is an easy matter to tighten or loosen it.

### MOVABLE NEST BOXES.

**I**T IS frequently desirable to have nest boxes which are readily removable from each other. Such an arrangement is shown here. The frame pieces are strongly made of one-inch stuff, firmly nailed together. The wires support the boxes and are firmly attached to the two ends and middle boards. Strips may



be used in place of the wires if necessary. The nest boxes are made of half-inch lumber and are 11 inches wide, 12 inches long and 5 inches deep. The bottom is made to project 6 inches, leaving a step for the hens to light on. A space of 12 inches should be left between the wires so as to give sufficient room for the hens.

## PRIZE CONTEST

First prize \$10.00, next nine best \$1.00 each. An interesting novelty for every contestant. Read the conditions carefully. Write for details.

The person sending us the largest list of names and addresses of people wearing glasses will receive FIRST PRIZE, next largest SECOND PRIZE, etc. Accompanying these lists must be the name of an OPTICAL SPECIALIST who prescribes RHUDON lenses. You can learn who this specialist is by inquiring of everyone whom you know fits glasses until you locate the right party.

This contest closes Nov. 30th, 1914. You must send in your list in weekly installments. Send all you have on Nov. 14th, any you wish to add Nov. 21st and any additional names Nov. 28th. Prizes will be awarded as soon as the counting is completed.

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## Health and Sanitation

### PROTECTING AGAINST DEFECTIVES.

**I**F ANYONE doubts the urgent need of effective measures for reducing the number of defectives in this country, let him consider the pertinent facts: The number of insane, imbeciles, inebriates and criminals is steadily increasing; and all these conditions are the result of bad heredity. Or, stated in another way, if none of these conditions existed at the present time they would not exist in the future, excepting the negligible numbers caused by injuries.

The study of heredity is making tremendous strides these days. And one of the facts it has established beyond dispute is that feeble-mindedness is hereditary, and transmissible to offspring in exact proportion to the mental capacity of the parent. Thus if both parents are feeble-minded all of their children will be defective without exception. Even when one parent is normal, and the other is feeble-minded, a large proportion of their children will be defective, and none of the others will be exceptionally bright.

Prof. H. H. Goddard, who has charge of the institutions for mental defectives at Vineland, N. J., has spent many years in proving these facts. Some of the evidence he presents is most convincing. For example, he has the record of a Revolutionary soldier named Martin Kallikak, who first married an imbecile girl, and later a normally-developed woman. Both women bore him children, whose descendants have been ferreted out after years of patient toil by Prof. Goddard. The imbecile girl's direct descendants number 480, the normal woman's 496. There are 144 feeble-minded, and only forty-four normal children recorded in the imbecile wife's line of descendants, while no case of feeble-mindedness is recorded among the descendants of the more fortunate woman.

### USE OF SKIMMED MILK IN FEVERS.

**A**N EASTERN clinician, who has been making some exhaustive studies of various diets, offers some useful suggestions in the treatment of fevers. Solid foods should not be taken during an acute febrile attack of any kind. The tolerance for starchy foods during fever is limited and in many cases contraindicated. Fat in the form of butter or cream may be harmful; but skimmed milk diluted with an equal quantity of water may be used freely and in many ways. Thus a farina or oatmeal gruel, or a barley gruel made with diluted skimmed milk is well borne, and can be made very appetizing. Fruit juices, particularly orange juice and pineapple juice, are useful in quenching the thirst; but water, and plenty of it, is the standby, and has the advantage of being slightly laxative in febrile conditions. By this method of feeding the patient receives a very low percentage of sugar and casein, and practically no fat.

### A NOVEL METHOD OF INDUCING SLEEP.

**E**VERYONE is familiar with the time-honored method of inducing sleep by conjuring up imaginary animals and counting them. An even more effective method, if we may believe the author of "The Science of Happiness," is one precisely opposite—that of keeping out imaginary objects instead of conjuring them in.

"Challenge systematically any line of thought that appears, and banish it from consciousness," he instructs. "The thing is not difficult for a disciplined mind. You have simply to vow mentally as you find yourself thinking on any subject: 'I will not think about that,' and as it were you shut off the current in that direction. Of course, through association your mind is instantly supplied with some other line of thought; but this also you challenge in the same way as soon as it appears, and so on as long as you are conscious. You thus prevent any single line of thought from becoming paramount in consciousness, and one line after another be-

ing subordinated, the tendency is to a lower and lower level of mental activity, till presently consciousness is lost. It is possible for some persons to put themselves to sleep voluntarily in this way at any time when they choose even during the day and in the midst of most active thinking."

### "SUNBURN" THAT DOESN'T COME OFF.

**A** NEW variety of "sunburn" has recently made its appearance in California, and seems to be spreading. The curious part of it is that a person may get it without being exposed to the sun. But what is even more peculiar is the fact that the "burn" develops on the hands and face, which are the parts usually exposed to sunlight.

This peculiar condition may follow what appears to be an attack of indigestion, or a long period of nervousness, or nervous break-down; or it may precede any of these conditions. In any event, it usually makes its appearance as a discoloration of the skin over the knuckles, the backs of the fingers and hands, and on the forehead, the discoloration resembling ordinary sunburn, but having a peculiarly bronzed appearance. This condition is not caused by sunlight, but is a symptom of the dangerous disease, pellagra.

This disease has been observed for some time in the South. In that region it is found mostly among the poorer classes living in bad hygienic surroundings, and eating poor and badly-cooked food. As these people live largely on corn meal, and as the corn eaters in Europe are affected with this disease, it was thought for some time that this cereal was responsible for the malady. But this belief has been discarded, and the exact cause of the disease is still a mystery.

Recently the disease has appeared in California, and seems to be making headway. On this coast, however, it is not confining its attacks to the poorer classes, or to "corn eaters," but is invading the upper walks of life as well.

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