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Chicago Fair's White City.

The area covered by the World's fair at Chicago in 1893 to commemorate Columbus' discovery of America, was called the White city because the buildings were constructed of a white marble-like composition.

### Metal Resists Heat.

Tungsten, used for the filaments of electric bulbs, is a rare metal of the chromium group. When pure it is white and pliable. It can stand great heat and melts only at 6,150 degrees Fahrenheit.

### Nerves of Eye Shine.

All the nerves of the eye, when stimulated, shine by their own light, and some of the luminous nerves can be seen by the individual himself under certain conditions, according to a distinguished American scientist.

### Changing Human Nature.

The city fathers of Berlin have voted to make marriage easier, but they can do little to ease the torment of the proposal stage.-Indianapolis Star.

### Proof Tells.

Feminine intuition must be some thing like the masculine hunch, good when it comes true.-Toledo Blade.

Catching, or Being Caught The early bird catches the worm, it how am I to know which I am

Moon Is 250 Degrees.

The temperature of the moon at its noontime is 250 degrees Fahrenhelt.

# ROSY CHEEKS

are the sign of a healthy body. Keep your cheeks rosy and your body healthy with Bark Root.

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—A. G. KRAUS, Portland.

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SCHOOL DAYS A



### SOMETHING TO THINK ABOUT By F. A. WALKER

### IN THE MORNING

COMMON difficulty with the majority of drowsy mortals when waking to a new day, is to face it with becoming gladness of soul and cheerfulness of speech.

Anybody it is supposed can find a delectable bit of Joy in the blushing summer night, when the dew is on the grass and the alr is odorous with the delicious fragrance of night-born flow

But alas! how many of us, with habitually heavy eyelids and hearts unattuned to the beauties of the sky and the sod, can interpret the worshipful spirit of the earth and the sea, and lift our voice in adoration and praise, unless we are in love?

And this is what we ought to be-in love with God's wonderful handlwork all about us, the gleaming verdure, the rosy east, the crooning balmy winds and without wives and husbands, the chattering little children and their pursed up lips perpetually framing puzzling questions, eager to know and to understand the things surrounding them in a world in which they are not yet acquainted.

Whatever it may be with regard to others let the humor of beneficent happiness take hold of you and fill your morning with brightness until it radiates its inspiring rays like the

The Joys of others caught from you will be to your soul like sweet music, However shy it may be in the be-

ginning, it will grow bolder with the strength of the night and fit you for the duties of your day,

In the morning of life are born reso lutions which will take you a step nearer to the accomplishment of the great achievements of which you have been dreaming for years.

In the morning begin doing good to yourself by doing good to others, and this can best be done by being cheer-

Start the day right if you would greet its closing with a smile, conscious of having done your best as you trudged along the weary way.

In the morning the birds fill the air with praiseful songs; the hills and valleys wear their brightest colors and the heavens their softest bues, but man, the noblest creature on earth, frequently appears at his worst.

In the morning of his life he wastes his health and energy in loading his pocket with gold, and when the final night darkens his vision, he would gladly give all his wealth for a single grain of faith, such as was shown by the afflicted woman who touched the hem of our Master's garment that she might be healed!

( by McClure Newspaper Syndicate.)



"A man never realizes how much he likes to stay home," says observing Olivia, "until his wife asks him to take her somewhere."

# Mother's Cook Book

He came up smiling—used to say
He made his fortune that alway
He had hard luck a plenty, too,
And settled down and fought her
through,
And every time he got a jolt,
He just took on a tighter holt,
Slipped back some when he tried to
clipsh

But came up smilin' every time. SEASONABLE FOODS

GOOD main dish for lunch-A con is:

Luncheon Eggs. Wash and chop one-fourth of a

pound of mushrooms, melt one table-spoonful of butter in a saucepan, add the mushrooms and stir until all the moisture has evaporated; add tablespoonful of flour, blend well, then add one-half cupful of chicken stock, one-fourth of a teaspoonful of sait, and a little pepper, let cook two min-Cut into halves six hard-cooked eggs, remove the yolks and mix them with the mushroom sauce. Fill the eggs with this mixture and set them into a buking dish, surround with tomate sauce and heat thoroughly. Just before serving place a fillet of surdine on each stuffed egg. Serve from the baking dish.

Sour Cream Salad Dressing,

Whip the cupful of sour cream, add one tablespoonful of sugar, a teaspoonful of lemon juice and a dash of cayenne. Serve on sliced onlons, letfuce, cucumbers or any other vegetables. On cabbage it is especially good.

Sunnay Blat.

Spread dry bread with butter, sprinkle with finely cut or grated cheese (a rich cheese that will not become stringy when feated), put lly, cover with the following custard: ago. me egg to a cupfu of man, wall a and muk is used to well soak and cover the bread. Bake in a slow oven and serve at once when the custard is

Bardine Salad.

Skin and bone a dozen sardines, add a cupful of mashed hard-cooked egg yolks, two tablespoonfuls each of chopped olives and celery, a pinch of dry mustard, and lemon luice to moisten. Mix and form into balls, roll in bolled rice. Arrange around a mound of stuffed olives and serve garnished with roses of mayonnaise.

Here is a tamale recipe for those who enjoy them: Chicken Tamale.

Boll a fowl until teader, salt and season with onion or garlic while cooking. Remove the meat from the bones and chop fine, add a bit of gartic and a generous quantity of cayenne pepper. Make a thick paste of corn meal, salt and bolling water. Form the ment into rolls the size of the finger and encase each in corn meal paste. Wrap each tamale in corn husk, tie with a strip of husk and drop or three Mexican peppers and cook 

Chicken Salad.

Mix one pint of diced chicken with one cupful of celery, a little chopped cabbage, a bit of onion and green pepper and add well seasoned mayonnalse Serve on tender lettuce.

Apple with the chicken in place of cabbage makes a good change in the flavor of the saled.

Spanish Chicken Soup. Heat three cupfuls of chicken soup

grated onion, a finely minced carrot for furs with natives, and two stalks of celery chopped fine. Add one cupful of barley and simmer until the barley is done. Season to taste and rub through a sleve before

Last of Phillips' Bunch Lives in South Dakota.

1

Ft. Pierre, S. D .- In a gulley on the Missouri river's western bank a few hundred buffalo nestle laxily where once roamed thousands of their kin.

They represent the remainder of the old Scotty Phillips herd, once the largest buffalo herd in captivity and the source of almost all the buffalo to be seen in American parks and preaerves.

Phillips, an Indian trader and a rancher of a generation ago, was the first to take practical recognition of the fact that the buffalo was dving out. He established a herd of the shaggy beasts on his ranch here, and with his half-breed wife cared for the animals until the herd numbered many thousands and was virtually the only buffalo herd, wild or tame, in the United States,

Since the death of Philips some years ago the herd has been largely dispersed, and parks and reserves in a dozen states have established herds of their own by acquiring animals from the ranch here. Circuses and carnivals also have been good cus-

The Phillips herd now numbers less than 2,000, but each fall the ranch is the scene of a big buffalo hunt, in which sportsmen from throughout the country participate.

Pioneers of western South Dakota recall many interesting tales about buffalo hunts of bygone days. The most famous was at Buffalo Gap, S. D., so-called because there, at a pass through a mountain chain, the buffalo would congregate at the migrating season, sometimes to the number of 300,000.

The buffalo hunter's greatest peril lay in the danger of being unhorsed in the path of a buffalo stampede. The animals, running forward, would never swerve from a straight line. Occasionally the buffalo would charge a hunter, but the animals are easily

outridden if a path of escape is clear. Likelihood that the buffalo ever will become extinct has virtually passed. A hardy animal, the buffalo will live and flourish in captivity. He is difficult to transport by train, however, and most of the shipments of buffalo from the Phillips ranch have been made on passenger train schedule, longer trips proving fatal to many of the beasts.

### Cleopatra, the Charmer,

Ate Garlic and Onions have been making a special study of around to it that he had always felt

The pharnohs—even the beautiful Cleopatra-ate onions in large quantities in their salads, and used garlic and other high-scented ingredients.

Confucius ate cucumbers and the ancient Chinese used mustard, watercress and nasturtium leaves and flowers in mixing their elaborate salads. which often contained hard-boiled

Ancient Persia also was very fond of salads, and used lettuce and radishes much as they are used in modern salad making. Sour wine, not unlike layers into a baking dish until enough modern vinegar, was used on lettuce has been prepared to supply the fam- by the Persians four thousand years

### Cat With Wings Caught by Washington Rancher

Yakima, Wash.—Bats, owls and gobline, beware! The capture of a cat with wings has excited people at Wapate, where Arthur Kingray, rancher, is exhibiting the creature. Except for the wings it looks like any cat, weighing about twenty-five pounds. On the back are four rows of thick flesh and loose skin, which when extended possess a modified form of wings a foot

The cat has full control of this flappy skin, and when running stretches it out to help in speed and to expedite leaps to fences and perches. Usually the appendages are folded tightly to the body.

### Canadian Indian Who Carries Vanity Case

Edmonton, Alta.-There is at least one Indian in Canada who prefers the modern vanity case and make-up box to the war paint of his ancestors, according to H. P. Murphy, trapper, from the Ptarmigan lake district.

Murphy says that recently he met an into chicken stock to cook. Add two Indian on the trail wearing a vanity or three Mexican peppers and cook box where formerly a scalping knife had hung. From this the Indian pulled a powder puff, powdered his face and bined. then extracted a small mirror from the bag to assure himself that his make-up was good.

### Sourdoughs Look to Asia

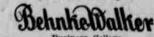
Juneau, Alaska. - Alaska sourdoughs, imbued with the "mush on' spirit, are looking across Bering sea to Siberia with visions of going into that region in numbers to wash the Asiatic sands for gold. A second Alaskn lies just over the straits, they bestock and the same of veal. Add a lieve, as well as oppositunities to trade

Our Film Exports

Washington.-The United States exported 216,139,974 linear feet of posttive motion-picture films, more than 40,000 miles, valued at \$6,534,202, dur-Nectice Maxwell same period there was a slight decrease in the export of negatives. ing the year ended June 30. For the

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MARRY IF LONELY: Join "The Successful Correspondence Club." Re-liable; Descriptions free. BOX 555, OAKLAND. CALIFORNIA.

The the first performance of "The Messiah" in Westminster abbey, the at twenty-one, Eve adds to her stature effect produced upon George II was such that he started to his feet and who go bald, here is only one Eve. remained standing until its conclusion. His example was followed by the entire congregation, and it has been customary ever since to stand during the performance of this chorus.

Ambition. .

Ever since we were a boy we have wished to write a discourse on chilblains, just the way Ralph Waldo London.-British food experts who Emerson said when he finally got the history of salads say the tomate about writing one on compensation, is the single new ingredient modern but we have never been able to think times have contributed to salad mak- of a happy ending.—Ohio State Journal.

Pepy's Diary Unique.

In all English literature there is nothing that so reflects society of the she was a skillful mistress of her art." time in which it was written, between 1660 and 1690, as Pepy's Diary. It was inscribed in shorthand by Samuel Pepy and was not published until 1825. The years in which he wrote were gay and profligate times.

### Practical Ornamentation.

Better the rudest work that tells a story or records a fact than the richest without meaning. There hould not be a single ornament pu upon great civic buildings without some intellectual intention.-Ruskin.

Pocket Gramophone. The smallest gramophone in the world has just been manufactured by a London firm. It can be carried in a man's pocket.

### "Sight" of Angleworms

Though angleworms cannot distinguish objects, they are not blind. They have light-sensitive organs distributed along the whole length of their bodies.

Give Him a Race, Anyway

Don't follow the leader even when he is on the right track, pass him, if you can .- N. N. in the Boston Tran-

**Gullets and Gullibility** 

Nobody ever choked to death trying to swallow rumors. They slip down too easily.-Toledo Blade.

Leads in Natural Gas. West Virginia produces more na tural gas than all the other states com-

Softening the Blow. "Would Use Cotton as a Club," says

stuffed club, so to speak. - Exchange. Renefits Everybody.

Inner sunshine warms not only the heart of the owner, but all who come

in contact with it .- J. T. Fields. Train to Fit.

For men of middle age, the best belt is the shortest.—Boston Herald.

Whole Duty of Man. Church slogan from Wakefield: "Be square all the week and then be 'round on Sunday." - Boston Tran-

### The Newburgh Addresses.

The Newburgh addresses was the name given to two anonymous letters to the American army, written from Newburgh, N. Y., by John Armstrong in 1783, reciting the grievances of the soldiers and asking for arrears of pay,

### His Name Perpetuated.

The humorous slang phrase, "to Bant," meaning dieting with the purpose of losing weight, originated in the making of a verb from the name Banting. Banting was the advocate of such a system, which bears his name.

### Where Eve Scores

Girl babies have a much better chance of life than boy babies. While the average Adam attains full height up to thirty. For every hundred men

### Kindness Universal. I have sped by land and sea, and mingled with many people, but never

yet could find a spot unsunned with human kindness.-Tupper. Absent-minded business man, after

### kissing his wife, "Now, dear, I'll dictate a couple of letters."-Awgwan.

Preserves Books To keep books on shelves or in cases in good condition, sprinkle them occasionally with powdered camphor.

Tack Up? "Man was made when nature was but an apprentice, but woman when

Path of Least Resistance Most men go through life as rivers

go tew the sea, bi following the lay

of the ground.-Josh Billings.

H. H. BROOTENS

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Health the Greatest Wealth

a daily paper headline. Sort of a

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All long rye straw stuffed. Insist on having the collar with the "Fish" Label. If your dealer does not handle this brand collar, write to us direct.

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