

ENGLISH NAVAL EXPERT SAYS WE WILL FIGHT JAPS

Criticises American Officials for Not Making Greater Preparations for War—Says We Live in a Fool's Paradise of Security.

LONDON, June 23.—Gerard Fleenes is the latest English naval expert to predict that America and Japan are drifting toward war. Fleenes declares that the minor explosions of war talk may be taken as a serious indication that both countries will fight, and he criticises American officials for not making greater preparations for the struggle he predicts will soon come. There are a hundred indications, he says, in an article in the London Graphic which show that a collision between Japan and the United States is approaching. The Americans live in a fool's paradise in this matter.

"The Japanese are full of contempt for American brag and bounce, for the lack of national spirit, or even of true nationality, which they discern in the Americans. They have a profound disbelief in the warworthiness of the American navy and an acute realization of the fact that the strategic situation is overwhelmingly in their favor.

"It is objected that the Japanese are too poor to fight. When will people realize the fact which all history teaches—that is, the poor nations—not those who have grown rich and comfortable—which fight. Japan is rich enough to afford war because, directly or indirectly, she will make warfare pay for itself.

"It is furthermore a profound mistake to suppose that the Japanese look upon us as we do. They do us service to aspirations after peace, but in their hearts they regard war as cleansing and antiseptic. In a land where the proudest ambition of every man is to die for his emperor where every mother ardently desires that glorious fate for her sons, there is no thought of stricken homes to turn the wavering scale in favor of peace.

"Japan will fight, in the last analysis, very much for the reason that prompted Bismarck to fight France. The war will be a war of consolidation of the yellow peoples. The Chinese despise force but easily yield to the fear of it. Japan has beaten the most aggressive of the white powers already; victorious over another, she will appear to her huge neighbor invincible. The United States offers at once the most practicable and the surest prey.

"In the first place the United States is not Europe. I suppose if Japan were to order Germany out of Kiao Chau tomorrow, Germany would have no choice but to go, but the fiery cross would fly through Europe and with the German and French navies using French coaling stations and with Russian armies in Manchuria, Japan would be overwhelmed.

"But Europe is not going to lift a finger. I imagine, when war breaks out between Japan and the United States, to save the latter the islands of which they deprived Spain. Europe has a 'Monroe doctrine' of its own, and it includes the determination to let the United States stew in their own juice."

THIS COUPLE WED UNDER DIFFICULTY

Parson Stood Forty Feet Away and Shouted Ceremony at Them—Honeymoon Is Being Spent in Isolation Hospital.

WENATCHEE, Wash., June 23.—Mr. and Mrs. Ellis McKee are spending the first day of the honeymoon in the isolation hospital here today, where McKee is confined with the smallpox, following their marriage late yesterday by a justice of the peace, who stood thirty feet away from the couple and shouted the words which bound the two for life. McKee was brought to the hospital a week ago suffering with the smallpox. Yesterday Mrs. McKee, who is the daughter of Hart Cornell of Monahan, went to visit her sweetheart. She embraced her lover before a horrified physician could stop her. Cornell caused his daughter to be disinfected and started to take her home. Once more the young woman rushed into her lover's arms. As a result the physician in charge refused to allow her to leave. Her father thereupon handed \$10 to the hospital attendants and bid them to secure a marriage license.

UXTRA! UXTRA! CORBETT WINS

Veteran Scores Clean Knockout in First Round—Victim Was an Enthusiastic Jeffries Supporter

RENO, Nev., June 23.—Veteran Jim Corbett has another knockout to his record today and it did not come in a "sparring exhibition" either. It was a fight undisputed.

The victim was an enthusiastic Jeffries supporter, who tried to make a social call on the undefeated champion at his Moana Springs training quarters last night. Jeffries was not in an amiable mood and refused to receive the unknown visitor.

Manager Sam Berger told the man that he could not shake hands with Jeffries and the visitor declared that he would have his own way. He brushed Berger aside and started toward Jeffries.

But Corbett interceded and reiterated what Berger had said. "I am a fighter; look out," threatened the stranger, striking a fighting attitude. That rolled Corbett and a fight was on.

The obstreperous visitor rushed the ex-champion and struck at him wildly. Corbett's science came into play and in a few brief moments the stranger was down for the count. "A left hook to the jaw did the work."

The man was assisted away from the camp, shaky in the knees and bleeding from the nose.

JEFF CONFIDENT OF THE OUTCOME

Succeeds in Standing Higher Altitude Easily—Fishing Near His Camp Pleases Big Fellow—Is Not Worrying.

RENO, Nev., June 23.—When Governor Gillett slipped a right hook to the jaw of the fight game in California and the big fuss was moved up to Reno, the croakers asked:

"Can Jeffries stand the high altitude? Can the heart of a man of his age, worked to the fine edge, stand up under the rarified atmosphere and come out whole?"

The answer is ridiculously simple. Jeffries can stand the change, and the chances are 10 to 1 that when it comes to a case of acclimation he will be far better able to stand the change than Johnson. Jeffries is a born mountaineer.

Barring the altitude, Moana Springs, where Jeffries has set up training quarters, is Rowdy Dow over again. In front of his cottage is the green sward, to the rear is a little lake, bordering the driveways are graceful poplars, the hills are all about, and within stepping distance are trout innumerable. The beautiful Truckee river, flowing through the heart of the city, winds its way not far from Moana, and to add to the attractions, up the road a bit toward the hills there is a private reservoir where small-mouth bass are found.

If there is one weakness the big fellow has, it is hooking the small-mouth bass. Therefore Moana is homelike to Jeffries.

Jeffries had not been in town five minutes before he inquired about the fishing. Strolling to the ball park at Moana he met a native with all kinds of tackle hooked to his hat. In a minute Jeffries opened up a line of conversation that spelled trout. For a full half hour he argued as to the merits of certain brands of leaders and flies, how to work a sinker and when to make the pull. If he thought of the fight on which the eyes of the sporting world are focused he was the last man in the party who gave any evidence of it.

Absolute unconcern is Jeffries' present mood. If he has to have a battle he seems to be the last man in the world concerned about it. In his presence there is no talk of fight; in his demeanor no sign of fight.

With him it is all determination, mixed with a free-heartedness that shows his great confidence in the outcome.

The Fourth of July is merely a holiday with him. He gives no more thought to what may happen to him on that day than does the little black-legged sheep with which he has already made friends. He is fit and ready and wants to fight, and he has no more fear of what is to come than has a small boy stealing apples.

The "bargain hunter" who studies the ads is also a bargain finder!

Home Course In Domestic Science

XVIII.—Food For Invalids and Children.

By EDITH G. CHARLTON, In Charge of Domestic Economy, Iowa State College.

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THE chief difference between cooking for the sick and for those in good health is that the sick person must have his food properly prepared and the one who is perfectly well ought to have it properly prepared. One is a case of necessity in order to regain health; the other is a case of prevention to ward off sickness. There is no medicine more important and powerful than the right kind of food cooked and served in the best way to make it easy of digestion and nutritious. Since this is true there is no part of nursing more important than that of preparing the invalid's meals. Selecting and cooking meals for one who has little appetite mean more than choosing certain nutritious foods and cooking them well. They mean presenting the proper food to the patient in such an attractive way that an appetite will be awakened and there will be a desire to eat. It is essential, then, that special care be taken in arranging the patient's tray. A sick person is unusually sensitive to details. Little things which possibly would pass unnoticed by the person in normal health may cause actual discomfort to the one weakened by disease. The tray should always be covered with a clean cloth. The smallest stain or a rumpled appearance may take away the patient's desire for the food. The prettiest, thinnest china and glass, the brightest silver, should be sent to the sickroom. These in themselves will appeal to the eye and thus aid digestion.

The food should be served in small quantities and by courses. It is not unusual for the sight of a tray loaded



A MODERN OUTFIT FOR INFANT. 1. Band. 2. Band to be worn after second month. 3. Stockings. 4. Shirt. 5. Petticoat. 6. Nightgown. 7. Cambric slip.

with many dishes on which generous helpings of food are served to take away the patient's appetite before he has tasted a mouthful. A well filled tray may be gratifying to the person convalescing from a long illness when food was limited to liquids, but as a rule it is unappetizing almost to every person. Before taking the tray to the patient make sure that his room is in order and that he is ready for the meal. Freshen the air in the room for a few moments, wipe the patient's hands and face with a dampened cloth, straighten the bedclothes and rearrange the pillows. Then bring in the tray with the food on it freshly prepared. Serve hot things hot and cold things cold. Have everything as nearly perfect as possible. Place the tray within easy reach of the patient if he is able to feed himself and then while he eats talk to him of interesting, pleasant things, which will cause him to forget himself and what he is doing. Do not sit down beside the bed and watch every mouthful he takes, occasionally remarking on his improved appetite or the lack of it. Such a procedure is very likely to make the patient feel he has eaten enough before he is fairly started on the meal.

The patient's diet is naturally somewhat limited. There are a great many kinds of foods that he is not allowed to eat, and even those that are permitted cannot be cooked in all sorts of ways. The physician in charge of the case will give a list of foods allowed, and in some cases he will state how they are to be prepared. But his directions are often general, as "give him soft cooked eggs" or "let him have a bit of chicken or a nice cream soup." Any specific instructions regarding recipes or different ways of serving the same food are not often attempted by the doctor. If the nurse—be she wife, mother, daughter or professional—does not know how to serve eggs in a variety of ways, how even beef tea and gruels may be given new

forms and flavors, then the patient will probably weary of them, perhaps refuse to eat them. Fortunate is the woman who knows how to prepare simple foods attractively, making old friends appear as new acquaintances. But there are certain "don'ts" that must be observed when cooking for the sick.

Don't give an invalid or little child fried food of any kind. It is hard to digest, and the digestive organs of both sick people and children are weak.

Don't include pork in the invalid's bill of fare. A little crisp bacon or bacon gravy may be allowed occasionally.

Don't serve highly seasoned food. The sense of taste is generally very keen in sickness, and the natural seasoning of food is often enough. Besides, spices may weaken by overstimulation the digestive glands. Do not use pepper, mustard or vinegar and use salt sparingly.

Don't boil eggs for either invalids or children. Always cook them in water which has not quite reached the boiling point.

Don't cook milk directly over the fire; it is almost sure to burn. Even if it does not, milk should not be boiled for the same reason that an egg should not. Boiling (temperature makes the albumen tough and indigestible.

Don't cook cream soups or boiled custards directly over the fire. Use a double boiler to keep the temperature below boiling.

Don't serve insufficiently cooked cereals. Rice, oatmeal and cornstarch should be cooked for a long time over hot water. Rice requires about two hours and oatmeal at least four hours' steam cooking.

Don't serve fried potatoes. When they are allowed they are much better baked, because they are more quickly digested in that form.

Don't serve cheese and don't cook butter too long. In making cream soups add the butter just before serving.

Nurse's Care of Herself.

The woman who is acting as nurse in her home is very apt to neglect herself. It may be hard for her to do otherwise, especially if there are other demands on her time and strength. But if the patient needs constant care then it is almost imperative that the person who is caring for him should be relieved of other duties and responsibilities. His recovery demands this, for the nurse's mental and physical condition has often a marked effect on the patient. If the nurse is tired out, has been obliged to do without sufficient sleep for several nights, she is not likely to be herself. She will be nervous, easily excited, perhaps irritable and utterly unfit to give her best effort to her task.

She should have regular hours for sleep, when her rest will be unbroken for at least seven hours out of each twenty-four. Then a short time should be allowed every day for outdoor exercise. Constantly breathing the air of even a well ventilated sickroom soon tells on even robust health. The nurse should have also good, nourishing, easily digested food at regular hours. When sickness comes into the family such matters as guarding the health of the nurse and keeping the other members of the household in good health are often overlooked, and a single case of illness very often becomes two or three just because of this neglect. Everything should be done to hasten the recovery of the patient as well as preserve the good health of the rest of the family.

The nurse should wear comfortable clothing—a washable dress and broad soled shoes—and if the disease is at all infectious she should be careful to wash her hands each time she touches the patient. Professional nurses learn very early in their training the importance of disinfecting and using every precaution to prevent further development of the disease germs, but the inexperienced sometimes find it hard to realize how very powerful and insidious are these minute germs.

It is not at all necessary for the home nurse to be versed in drugs and medicines, nor should she be required to put on complicated bandages, prepare dressings or administer treatments which require professional skill and experience. All such matters will be undertaken by the physician when a trained nurse is not employed. But the woman who knows how to put on a simple bandage, how to stop an ordinary attack of nosebleeding, what to do when some one faints and also is familiar with simple remedies for simple ailments will always find the knowledge useful. In fact, it is a part of the all round woman's education to know these things and be able to apply them in a common sense way.

The Care of Little Children.

No woman should consider her education complete until she has an intelligent knowledge regarding the care of little children. When we consider that the material out of which either heroes or invalids are made is found in the nursery it behooves every woman to see to it that either by her personal effort or by her influence she is doing her part to have the future generation composed of strong men and women, capable of being heroes, and that the number of weaklings is lessened. One of the greatest errors made in the management of children relates to their nutrition. "If the child is properly fed he will stand a great deal of abuse in other directions," says one authority, but more is necessary than food if the child is to develop properly. He must have fresh air, suitable nutrition and a chance to live as a young child should, free from care, with nothing to excite nerves or prevent the proper development of body and mind—as nearly like a young animal as possible.

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Walter L. McCallum HOTEL NASH LOBBY

New York Fruit Market.

Rae & Hatfield, under date of June 18, say:

The sales of California deciduous fruits for the last half of the week were as follows:

Wednesday, 6 cars California; Thursday, 8 cars California; Friday, 12 cars, 11 cars California, 1 Idaho, making a total for the week of 43 cars. Included in the offering yesterday was one car of Idaho Bing cherries of good quality and fair condition, which averaged \$1.58.

The condition of the California cherries was only fair, a number of lines showing weak. Plums and apricots, generally in good condition. Peaches, good. With the rainy weather than has prevailed during the week, market on all varieties was inclined to be easier.

We expect a heavy offering for Monday's sale, but think the market will take the quantity without any material decline.

Marriage Licenses.

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