

WHYS AND WHEREFORES.

Pleasant Old Time Dietetic Habits Justified by Modern Science.

There are many eating habits which, though followed merely because they have been customary from time immemorial, really have a scientific basis. Such is the eating of butter with bread, which by itself, though rich in starch and having a fair proportion of proteid, at all events when made of whole meal flour, has not the fat which is dietetically necessary. Similarly with rice puddings the milk is added to make up for the deficiency of proteid in the rice.

The Justification of Milk in Tea.

The scientific justification for adding milk to tea is quite different. When taking meat with tea, the tannic acid contained in the latter combines with albumen to form tannate of albumen, which is practically leather, so that by drinking tea the coating of the stomach is made leathery. But milk also contains albumen, and when milk is added to tea the molecules of tannic acid select their albumen from it, and, as a divorce is unknown to tannate of albumen, the albumen of the stomach is less liable to be affected by tannic acid than it would be if the tea were taken alone.

Sharp and Smooth of the Salad.

There is a chemical reason for adding vinegar to salads. Raw vegetables are easily enough digested by cows and horses, but with difficulty by the human stomach, because they contain that hard, fibrous substance, cellulose. But acids dissolve cellulose to some extent, and vinegar is an acid. That is why it is a good thing to take vinegar or lemon juice with salad and cabbage, and doubtless that is why it tastes so well, for the palate is an excellent judge of what is good for the stomach. The justification for adding oil is partly that there is practically no fat in the salad itself and partly that it protects the lining of the stomach from the action of the acid in vinegar.—Boston Cooking School Magazine.

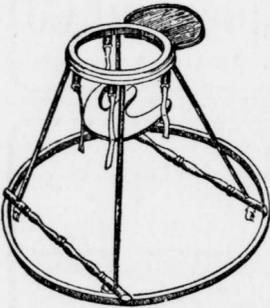
A NURSERY DEVICE.

The Baby Walker Is a Host of Good Things Rolled into One.

The baby walker is a host of good things rolled into one. It provides a hanging seat for baby on which he can sit at ease and dine off the contents of his silver porringer. If it is not meal-time he can have a toy or two handy to play with on the little adjustable shelf. When he tires of sitting still the seat can be tucked out of the way, the shelf let down, and he can

Trot a white horse To Danbury Cross

as long as his little legs will hold out, and that, too, in perfect safety provid-



A BABY WALKER.

ed he does not steer in the direction of a staircase. The average baby will amuse itself in a baby walker for hours at a stretch and give his mother leisure for doing something besides baby tending. These baby walkers are so constructed that none but a baby Hercules can upset them.

The upper part is a small circle coming under the arms of the standing child and giving the needed support that takes much of the weight off the legs and so prevents bandying.

There should be no rugs or obstructions in the way of baby when he goes about in his walker. All should be "plain sailing" to insure safety. Babies like the walker and doubtless cry for it. Mothers who have never tried it will now know of a great help in keeping baby quiet and happy, concludes a writer in the Ladies' World.

A Simple Floor Treatment.

One of the simplest as it is the prettiest of treatments for a floor is as follows: Wash the floor well and let it dry; then cover it with a cloth dipped from time to time in coal oil, which not only cleanses but penetrates the floor, so that less of the boiled oil is required. In two quarts of boiled oil put beeswax the size of half an egg and boil together till melted and thoroughly mixed. The utmost care must be taken in doing this, as both materials are very inflammable. While the oil is still warm apply with a wide paint brush. If the wood has a handsome grain, the oil brings it out beautifully. It only requires dusting from week to week.

Planked Shad.

Shad to be at its best should be planked on a thick hardwood board which has been heated. Split the shad down the back, lay the skin down on the board, rub with butter and seasoning of salt and pepper and cook for half an hour in a hot oven. Send to the table on the plank, garnished with parsley and thin slices of lemon.

The Submerged.

Robert Hunter says, "Even in prosperous times not fewer than 10,000,000 persons in the United States are underfed, underclothed and poorly housed."

Novel designs in hats are in open scroll work, topped with one or two stones.

THE SEISES DANCE.

It Is Reported to Have Originated With the Apostles.

At Seville, in Spain, the dances of the "seises" are gravely reputed to have originated in the apostles having followed the example set by David and danced around our Lord after the last supper. While St. Augustine contemned the dance devotional, St. Chrysostom is said to have taken part in it, and, notwithstanding a prohibitory decree of 692, it was exceedingly popular in Spain at the commencement of the seventeenth century. During certain ceremonies the seises dance daily before the high altar of Seville cathedral in the presence of enormous crowds, including the archbishop and all the "Now," writes an eyewitness, "the dancing boys are dressed in the costume of Philip and Mary's days, with short capes, an abundance of streamers, plumed hats and white silk shoes. The organ is supplemented by a string band. The old world air and song of the seises have been compared to the music of a comic opera. After sundry movements the castanets are used. "Now," writes an eyewitness, "the dance grows faster and more varied—a chaise croise is succeeded by a circular figure, in which the dancers follow each other round and round, swaying their bodies as they sing rhymed couplets in the soft, slovenly accent of Andalusia.

A DANGEROUS LIQUID.

Hydrofluoric Acid Is Most Safely Kept in Golden Bottles.

A gold bottle stood on the chemist's table. "In that bottle," he said, "my hydrofluoric acid is kept. Hydrofluoric acid is used in glass etching. The etching on glass thermometers is all done with it. It is colorless. It looks like water, but a drop of it on your hand would bore clean through to the other side like a bullet. Its inhalation is sure death.

"Hydrofluoric acid can be kept safely in gold bottles alone. Sometimes bottles of india rubber, of lead or of platinum are used. None of these, though, is as safe as gold.

"Even when this acid is in a gold bottle precautions must be taken with it. It is volatile, and hence a paraffin covered plate must be clamped tight over the bottle's mouth; also the temperature of the room must not rise over 60 degrees or the gold bottle will burst.

"This acid, whose sole use is in glass etching, is probably the most dangerous thing in the world to work with. The steeplejack, the lion tamer and the diver do not take their lives in their hands to half the extent the glass etcher does when, with his gold vial of hydrofluoric acid, he etches the scales of our thermometers."—Philadelphia Bulletin.

ABSURD CLOTHES.

Caustic Comment on the Style of Attire Affected by Man.

"I like to feel clean," wrote George Bernard Shaw, the English dramatist, in the London World of Dress, "and my great idea of clothes is that they should be clean and comfortable as far as such a thing is possible in London. This, of course, excludes starch. I couldn't wear a thing which, after having been made clean and sweet, is then filled with nasty white mud, ironed into a hard paste and made altogether disgusting. To put such a garment on my person, wear it, move in it, perspire in it—horrible!

"The shiny white tubes on the wrist, the shiny black cylinder on the head, the shiny white front to the shirt, the shiny black boot, the rain pipe trouser leg, the Japanese zinc sleeve—that is your fashionably dressed man, looking like a cold black-leaded stove with asbestos fuel. The great tragedy of the average man's life is that nature refuses to conform to the cylindrical ideal, and when the marks of his knees and elbows begin to appear in his cylinders he is filled with shame."

Disraeli as a Dandy.

A contemporary of Disraeli in his memoirs records this impression of that famous dandy's personal appearance: Usually he wore a slate colored velvet coat, lined with satin; purple trousers, with a gold braid down the outside seam; a scarlet waistcoat, long lace ruffles falling down to the tips of his fingers; white gloves, with brilliant rings outside them, and long black ringlets rippling down over his shoulders. When he rose in the house he wore a bottle green frock coat, with a white waistcoat, collarless, and a copious supply of gold chains.

German Field Guns Unsatisfactory

Although adopted only a few years ago the entire quick-firing field artillery of Germany has been condemned, and it is to be replaced by field guns similar to those used by the Japanese. In the selection of a family medicine the people of our own country have also made mistakes. They have been deceived time and again into trying this or that remedy in the hope of obtaining a cure but without success. Not so, however, with those who selected Hostetter's Stomach Bitters, for in it they found good health and happiness. Better, by far, than anything else for the cure of indigestion, dyspepsia, constipation, biliousness, chills, colds, la grippe, spring fever, impure blood, torpid liver and female complaints. That's why so many people stick to it so faithfully and why we urge you again to try a bottle this spring.

Ballards Horehound Syrup.

Immediately relieves hoarse, croupy cough; oppressed, rattling rasping and difficult breathing. Henry C. Stearns, Druggist, Shullsburg, Wis., writes, May 20, 1902: "I have been selling Ballard's Horehound Syrup for two years, and have never had a preparation that has given better satisfaction. I notice that when I sell a bottle they come back for more. I can honestly recommend it." 25c, 50c, and \$1.00. Sold by McCroskey Bros.

Squirrels never refuse it. Watt's Squirrel Poison. There is something about it that compels them to eat it. For sale only at Elk Drug Store.

A Queer Capture

(Copyright, 1905, by T. C. McClure.)

In the year 1884 the British survey steamer Comet left Bombay to resurvey the Maldive islands.

The Comet had shipped ten new men before starting out, all half castes and, as appeared later on, members of a secret band that had sworn vengeance on anything British. These men mutinied and, having got possession of the brig, ran her into Shark bay, on the northernmost island. The captain and other officers were set afloat on a raft, unprovided with sail, water or provisions, and no doubt they perished in the storm that swept over the waters next day.

The leader of the half castes was a man known as Dondra. He was a sailor by occupation and probably as great a ruffian as could be found in all India. When a start was made from Shark harbor a course was laid for Ceylon, and during a voyage lasting four weeks the Comet captured seven coasting vessels. In each and every case the crews were put to death; the cargoes transhipped and the craft scuttled.

It was piracy after the old style, except that the brig did not dare attack larger vessels. Her acts finally reached the ears of the authorities, and men-of-war started from Bombay and Calcutta to overhaul her.

After sailing part of the way up the coast of Ceylon the Comet put about, and she was halfway back to her harbor of refuge when the Serpent (man-of-war) sighted her. It was during a heavy gale, and nothing could be done but chase. It was three days before the Serpent fired a gun. Just as evening was coming on on the third day and after the mutineers had refused to surrender she crept up and fired a broadside into the brig and sent her to the bottom. It was supposed at the time that everybody aboard was drowned, but two months later news reached Bombay that Dondra and four other half castes had got away in a boat and reached an island at the mouth of the gulf of Manaar. A gunboat was sent down to make an investigation and a reward of £2,000 offered for the five men.

In the month of September of the year mentioned the bark Southland, bound from Liverpool to Bombay, was making her way up the Malabar coast under light breezes. One night in the middle watch it fell a dead calm, and this state of weather continued all next day and night. At midnight on the second night the officer of the deck heard faint shouting and singing to the east, and as no vessel had been sighted in that direction he was mystified. As the noises continued the mate awoke the captain, and it was finally decided that there were men afloat in a small boat a mile or so away. We burned a flare to guide them and heard shouts in reply, but it was two hours before a yawl crept up to us out of the darkness. The little craft contained five half caste Hindoos, and they were suffering terribly for the want of food and water. There was but one oar and no sail.

The story told by the men, all of whom spoke English fairly well, was that they were part of the crew of a coaster named the Emerald and while she was making her way up the gulf of Manaar she had been struck by a squall and turned turtle. They had clung to her bottom for several hours, but had finally managed to loosen the boat and drift out to sea. They claimed to have been afloat for three days. We had no room to stow their boat, and it was cast adrift, but not before we had seen that her name had been erased.

When questioned separately the stories of the men did not agree, but as we had heard nothing about the pirates we could not make out what the fellows had been up to. Their leader was an impudent swaggerer, who would not promise to do any work in return for his passage to Bombay, and he had not been aboard two days when the captain ordered him into irons. This action sobered him up, and presently he was as humble as you please and begging for his release. When restored to liberty he was zealous in his duty, and all suspicions on our part would have been lulled but for a discovery made by one of the apprentices who understood the Hindoo language.

Thinking themselves alone in the fore-castle one afternoon, the strangers plotted to take the ship, and the lad overheard every word and carried the news to the captain. He passed word to the crew, and of a sudden the Hindoos were fallen upon and made prisoners.

Not three hours later the gunboat from Bombay boarded us to give us the news about the pirates and ask that we keep our eyes open for them. Great was the surprise of her commander to find that we had prisoners aboard who answered to the description of those he was after.

The Hindoos saw that the game was up, and one of them made a confession. Their leader was Dondra himself, and they had been hiding on an island in the gulf. Learning that their whereabouts was known, they had put off to sea in a panic and in a boat stolen from another vessel. Two of their number had been stabbed to death during a quarrel and their bodies thrown overboard. The five survivors intended to fall upon our crew of eleven men and murder us all.

Of course the men were surrendered to the gunboat, and upon being taken to Bombay proof sufficient to hang them was easily obtained, and within three months of their boarding us in midocean they were dangling at the ends of hangman's ropes. We had done little or nothing to bring about their capture, but the government of India paid us the reward and added its thanks to the money. M. QUAD.

# Orchard Lands at Two Rivers, Wash

Near Junction of Snake and Columbia Rivers in Walla Walla County, Wash.

IMMEDIATELY OPPOSITE THE FAMOUS KENNEWICK DISTRICT

Watered by the Snake River Irrigation Co.'s Immense Power Plant

Choicest lands in the Northwest. Warm, sandy soil with southerly slope insures the earliest crops of any place north of Los Angeles. Snake river furnishes the water supply which is unailing.

Two Trans-Continental Railroads afford quick and easy access to all the markets of the Pacific Coast, the Orient and the East.

5, 10, 20-Acre Tracts Offered at \$60 to \$90 per acre

Strawberries grown in this neighborhood last year were on the market two weeks before any others in the Northwest, and in some instances netted the grower nearly \$700 per acre.

Can you afford to overlook this opportunity? Prepare your ground and raise a crop this year.

An investment in these lands means a handsome income for life. To induce settlement, we are offering a limited number of acres at these low prices and upon easy terms.

At the opening of the Clarkston district, similar lands sold at \$250 per acre, and now are rated at from \$100 to \$1500 per acre. At Kennewick, lands which sold two years ago at \$40 per acre now command \$400 and upwards. Kennewick is an object lesson. See our agents and arrange for transportation. Excursion rates made from all railroad points to Two Rivers.

BYER & NEWC MB, 10 North Second street, Walla Walla, Wash.

HEREFRD & FISHER, 41 and 42 Jamieson block, Spokane, Wash.

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JOHN LYONS, Colfax, Wash.

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E. S. JACKSON, 246 Stark street, Portland, Ore.

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T. A. HUDSON, The Dalles, Ore.

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OUR MARKET IS CLEAN

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THE CITY MARKET

MEYERS & HULL, PROP'S. Phone Main 391. Colfax, Wash.

Caution Necessary.

The young man moved a little closer. She moved a little farther away. "Why are you so cold and distant this evening, Miss Plinke?" he asked. "I am not at all cold, Mr. Spoonmore," she answered, "but I am compelled to be distant. My vaccination is taking."—Chicago Tribune.

Her Strong Point.

"Mrs. Wibbleson is a woman of strong points, isn't she?" "Well, rather. At the reception the other evening she gave me a dig with an elbow that left no doubt in my mind concerning her strength of at least one of her points."—Chicago Record-Herald.

Truth Prevails.

"I hope," she remarked as she toyed with the new solitaire he had just placed on her finger, "this isn't a cheap imitation." "No," he answered frankly; "it's the most expensive imitation I could find."—Chicago News.

Procrastination is the gentle art of not doing things when you have a chance to inconvenience yourself by doing them.—Council Bluffs Nonpareil.

A Daredevil Ride.

often ends in a sad accident. To heal accidental injuries, use Bucklen's Arnica Salve. "A deep wound in my foot, from an accident," writes Theodore Schuele, of Columbus, Ohio, "caused me great pain. Physicians were helpless, but Bucklen's Arnica Salve quickly healed it." Soothes and heals burns like magic. 25c at Elk Drug Store.

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