

## WHY

## Excitement Has Bad Effect on Digestion

Good nature and good health go hand in hand, according to Dr. Hugh S. Cummings, surgeon general of the United States public health service.

"It has long been recognized that various emotions are accompanied by special facial expressions," he said. "It is known that certain kinds of feeling, especially the happy kind, help the proper functioning of the organs while others have an unfavorable action."

"Studies have shown that the conditions favorable to proper digestion are upset when we experience vexation, worry and anxiety, or when emotions such as anger and fear are allowed to prevail."

"By strong excitement, particularly of the unpleasant kind, the secretions of the glands of the mouth, stomach and intestines and the flow of the bile may be checked for some time. In such conditions the food lying heavy in the stomach is an irritant rather than a benefit."

"The moral is that if we have experienced an outburst of passion or strong excitement it is well not to take nourishment until we are calmed down and are willing to look at things good naturedly or with a courageous poise."

"This applies to man, woman and child and if the rule were followed there would be fewer nervous disorders."

Doctor Cummings pointed out that digesting, assimilating and rearranging the ingredients of our diet, the body works with a precise and admirable harmony in which all the organs and cells interplay.

"A good nature, especially at meal time and just preceding it, or better than a good nature, a cheerful, courageous poise, gives digestion and assimilation a boost and allows the inner harmony of the system to go on pleasantly and efficiently."

"Starting the day or the meal with a cross, fretful or angry feeling tends to check indigestion in the ordinary individual and to throw a greater stress on the inner harmony that is necessary for our customary vocations."

## Why Trees Kill Grass

## Explained by Research

It is a matter of common observation that grass does not grow so well close to trees as in the open. The same is true of grains. Experiments in this country and in England have shown that the deleterious effects upon one another of grass and trees are mutual. The trees suffer as well as the grass and grain. This is especially true of fruit trees. The cause is ascribed to the excretion by the trees, on the one hand, of substances poisonous to the grass, and by the grass, on the other hand, of substances poisonous to the trees. It thus appears that the failure of grass to grow well near trees should not be ascribed to too much shade, nor to the exhaustion by the tree roots of the food needed by the grass.

## Why No Cover for Ice

As the object of ice in an icebox is to cool the air, it is not desirable to cover it, since that would prevent the object sought. It is important that the icebox be well insulated and that the ice in the refrigerator should not be insulated by the use of a blanket or paper. An exception to this rule of the uselessness of an ice blanket occurs when conditions are such that the refrigerator can be fed only at intervals of several days. Under such circumstances somewhat more uniform conditions can be obtained by partly covering the ice with a blanket or with paper during the first day when the supply is extra large and removing the blanket when the ice is partly melted.

## Why Prejudice Is Silly

Prejudice is one of the most startling things that a man can carry around with him in his soul. The scornful person who hates strange people and keeps strictly to his own set cherishes the illusion that he is shutting out the world from fellowship with his valuable self. What he is really doing is to shut himself out from fellowship with the valuable world. He is not, first of all, making the world poor; he is making himself poor.—Dr. Harry Emerson Fosdick.

## Why Bow Inside Hat

The origin of the bow inside a man's hat is described in an answered question in Liberty. Formerly, it is explained, hats were made in only a few sizes. To adapt them to varying sizes of heads, a string was woven around the inside of the hat, which could be drawn up or loosened to suit. The bow has been retained because it serves to distinguish quickly between the back of the hat and the front.

## Why Soda Water "Fizzes"

Soda water is an aerated water containing a small quantity of bicarbonate of soda solution. The aeration is caused by charging the water with carbonic acid gas, which is very soluble in water under pressure. The release of the pressure is followed by the escape of the gas.

## Why Owl Travels Softly

The owl's feathers are specially constructed. The edges of the feathers are very soft, which allows the air to pass over without making the slightest sound. This is why owls have such soft feathers.

## HOW

TO CHECK DEPREDEATIONS OF DREADED CUT WORM.—Frequent complaints are heard regarding the depredations of cut worms which often work havoc with small fruits, vegetables and other crops. The New York experiment station has issued a statement setting forth effective methods of controlling the pests. For quick results an inexpensive poison bait is recommended, either broadcast in the field, or, in the case of small fruits, sprinkled about the base of each plant. The following formula is said to provide enough material for five acres: Bran, 20 pounds; Paris green, 1 pound; cheap sirup, 2 quarts; 3 lemons, and 3½ gallons of water. The bran and Paris green are mixed dry. The juice of the lemons is squeezed into the water and the peel and pulp chopped to fine bits and added to the water. The sirup is then dissolved in the water and fruit mixture and the liquid stirred into the bran thoroughly in order to dampen it evenly. If a smaller quantity is wanted, the amounts of the different ingredients may be reduced proportionately. It is recommended that the poison bait be applied in the evening, because the cut worms are night feeders, and the bait will thus be in a fresher condition than if applied earlier in the day.—Pathfinder Magazine.

## How Machinery Speeds Production of Glass

Introduction of machinery in the glass industry has had a most dramatic effect upon labor productivity and the character of the labor force, according to a summary of a recent study published in the Monthly Labor Review. As an extreme example, the output of four-ounce prescription bottles per employee per hour is more than 41 times as great with the automatic machines as with the hand processes which were in general use less than 20 years ago. This means not only a great reduction in the number of workers but also a great change in the character of the labor force. Instead of the employment of highly skilled glass blowers with unskilled boys as assistants, mechanics and machine operators are employed on the automatic machines and there is little or no demand for hand labor. Machines are now in general use in the production of standardized ware in large quantities although for small orders and for odd-shaped ware the hand processes are still the more efficient method of production.

## How Worry Affects Health

If we indulge in worry to any great extent, it is pretty sure to result in disease, says Doctor Currier. Insanity is not infrequently the consequence. The tendency to worry comes late in life. It is often due to severe application to work, insufficient sleep, misfortune, disappointment, sorrow, sickness, and many other causes. It is like the drink habit. Unless you have good will power it will get you. On his deathbed, at the age of one hundred twenty years, St. Jerome said—"So the story goes—'So many of the evil things I have worried about have never come to pass.' Isn't that true of everybody?"

## How Eye Muscles Work

Turn on the radio and shut your eyes, is the advice of the Massachusetts State Board of Optometry. In a simple set of eye-saving rules reported in Popular Science Monthly, it is pointed out that eye muscles and nerves are subjected to greater strain than any other part of the body. To rest them, as well as to avoid distracting sights, close the eyes when listening to a concert or speaker. And when you read at night, shut your eyes for two minutes at the end of every 20 pages.

## How Water Mark Is Made

Water marking of paper is accomplished by means of a roll containing the water mark in the form of raised characters. This roll is so fixed on the paper-making machine that it presses against the moist paper. The paper is made thinner where the raised characters press it, making the design show against the body of the paper.

## How Watches Are Affected

Travelers frequently are inconvenienced by their watches gaining or losing time and damp climate is blamed for the trouble, but many watchmakers declare that change of altitude is more likely to affect a timepiece than differences in climate.

## How to Put Out Camp Fire

Put the coals while soaking them with water. Turn small sticks and green both sides. Wet the ground around the fire. If you can't get water, stir in dirt and tread it down until it is packed tight over and around the fire. Be sure the last spark is dead.

## How to Keep Piano Dry

If the inside of the piano becomes damp hang an electric light bulb in the interior of the instrument and let it burn a few hours. Do this occasionally and the piano will always be dry.

## Two-Piece Outfit for Summer Wear

## In Lines and Combinations That Bring New Fashion Into Limelight

The two-piece dress that dominates the mode so distinctly, merely follows up its popularity of last year. It comes, however, in lines and combinations that are new and so serve to establish a new mode.

Dresses in two-pieces are now to be found in the jumper fashion, of course, but are also seen in bolero effects, opened jackets with vestees and in contrasting fabrics of varied colors.

Skirts in the two-piece mode are permitted a wide choice in their designs. They may be rather circular, giving a pronounced flare; they may be straight with but one plait to relieve the severity; they may be entirely plaited in side or accordion plaits; they may be of a plain yoke or pleated below or be cut so as to flare and give an uneven hemline.

Bouses, too, have variety. They are bloused or straight; they are tailored or lavishly trimmed; they are either in fabric or heavy. They have bows at shoulders, bows at the waist, flying scarfs, low collars, high collars, tucks, shirrings or plain lines. The blouse and skirt may vary in shades as well as fabric. Sometimes



Two-Piece Dress of One Color and One Fabric.

The only connecting link lies in the trimming.

Of course there are dresses in two-pieces which are of one color and one fabric and it is such a frock that Nall Barr, "movie" star, wears in "Diamonds in the Rough."

## Laces and Chiffons in Animated Designs

Every woman loves a flattery sort of frock for warm weather festivities. The success of scalloped and irregular chiffons has been amazing. Now come laces and more chiffons in all sorts of "animated" designs. This frock has been used to distinguish such frocks as are at their best in action, as against dresses characterized by "statue" draperies.

It seemed to some who attended the Paris midsummer opening that there was a tendency toward what some one described as "nearer evening dresses," "Plainer" or even "more severe," might be a better way of expressing it. Chanel started the minds of makers of smart clothes along tailored channels when she added saddle buckles and tailored-looking belts and buttons to chiffon and lace dresses intended for the more frivolous moments of life. Now one finds lace being used in one and two-piece models that are almost severe in effect, and that, like so many other models, are belted, even buckled.

"Women of importance," as some tactful soul has called the dowagers, or perhaps the matrons, are partial to soft lines. Severely tailored things belong to youth, mature figures being best concealed under graceful draperies. Hence the continuance in favor of uneven hems achieved by petals or pointed panels, of plaits, and of draperies, especially those which occur at either the side or front.

## Light-Weight Sweaters

## Made of Shaggy Wool

Angora wool is one of the important innovations of French summer styles, as compared with spring fashions. Light-weight sweaters are made of the shaggy wool, and some of the prettiest embroidery on sports things is worked in angora wool thread. Embroidered dots are the usual form, but angora wool band embroidery and angora cross-stitch are also seen.

Worth has a pretty rose-colored angora sweater with a white zigzag design woven in it and white dots embroidered in the angles. A plaited skirt of rose crepe de chine goes with it.

## Blocked Linen Dress Is Liked for Summer



The silhouette of this blocked linen dress, says the Women's Home Companion, is slim and yet there is a generosity of fullness which is introduced by means of an inverted plait in the front and two side plaits in the back. The front panel, piped with bias binding, makes a long line that terminates with an angle which has a real reason for being. Continuing from a panel of the same width in the back are two side plaits which supply a graceful flare to the dress when the wearer moves. White for collar, cuffs, blind tings and full buttons is just the contrast that gives this dress a delightful crispness. A blue suede belt matches the color of the print.

## Summer Evening Wraps Are of Chiffon Velvet

That summer evening wraps of chiffon velvet are being chosen by many well-dressed women is an item of which to ponder. For several summers shawls have been our idea of what was proper for warm weather wear, and shawls in many lovely colorings continue to fascinate, but that insatiable thirst for novelty must be taken into account. So clever shopkeepers are offering beguiling evening

The cape naturally seems to be a worthy substitute for the shawl. Capes of sheer velvet, lined with brilliant or soft colors contrasting with the cape itself, have attained popularity among women who see elegance in simplicity. A black chiffon velvet cape, lined with rose, tush or any preferred color, answers the perplexing question of what to wrap about one self for evening, and answers it practically. Many of the smartest summer evening wraps are uncolored.

## Flannel Coat and Suit in Lead for Sports Wear

A word of praise must be said for the flannel coat and, for that matter, for the flannel suit, as well. From some smart French resorts comes word that gray and beige lead to sports wear, and everyone feels confident that the long-anticipated vogue of gray is about to begin.

Less plaiting and more intricacy of cut may be considered as the last word in sports detail. Yokes, notches and otherwise, have become of supreme importance, both for houses and coats including to yokes of one sort or another.

A lively interest in the sweater suit is manifested in junior clothes and for skirts that offer a pleasing contrast to either the sweater or jumper. It is not surprising that plaited plaids with plain cardigans or even blouses should make an appeal, especially when the fabric of the skirt is repeated in the casually knotted bandana.

## Long Gloves Return to Favor With Paris Women

After an absence of many seasons, long gloves for evening have reappeared on the night scene of Paris in the form of black kid gloves.

One of the best known literary countesses of Paris is credited with having started the fashion. She prefers black for evening and has appeared several times wearing shoulder-length gloves of black.

## Formal Gloves

In the old days long gloves were worn for the more formal occasions. Now the shorter glove the more formal it is. It is the long pull-on which is worn for informal wear.

## Dress for Women Who Wish to Look Slender



Flattering to many, but especially to those who wish to look slender, is the long surplus line of this dress. The Women's Home Companion continues below the skirt cape it gives an impression of greater height and at the same time furnishes a skirt with the broken hemline of smart this season. There are many possibilities in the double fold of waist that is set on the front hem with a hemstitching. It may be made into a wrap or a bolero or a jacket. It may be made into a vest or a bolero or a jacket. It may be made into a vest or a bolero or a jacket.

## BUSINESS REVIEW

## BUYER'S GUIDE

## AUTOMOBILES

Nash: Gies Co., 775 Oliver Road.

## AUTO SUPPLIES, ACCESSORIES

Schaefer: Service Station, Child and Maple Streets.

## AUTO TIRES

W. J. Van De Walle, 515 Main St.

## AUTO REPAIRING

G. A. Higgins, 10 Gardiner Park.

## AUTO REPAIRING

Bob A. Norman's Garage, 1430 Lake Ave.

## BAKERY

Town Talk Bakery, 104 West Main St.

## BUILDERS SUPPLIES

Schaefer Bros., 114 Power Street.

## BUILDERS SUPPLIES

Portland Builders Supply, Inc., 1075 Ridge Road.

## CANDLES, BLOCKS

Rogers: Oliver Block Corp., Nostrand Street.

## CONTRACTORS

Homer Knapp, 1482 Main St.

## COAL DEALER

Edelman Coal Co., 31 Portland Ave.

## COAL &amp; COKE

McGarry Coal Co., 1 Keyhole Arcade.

## DRUGS

Cramer Drug Stores, East Ave., Dover Ave.

## ELECTRICIANS

R. D. Ward Electric Co., 1550 Lake Ave.

## FLOORS

Ben-Art Flower Shop, 104 Main Street West.

## FURNACE

Charles Diehl, 115 Jay St.

## GROCERIES

Never-Best Bros., 1478 Lake Ave.

## GROCERIES &amp; MEAT MARKETS

Neumanns, 171 Oak Ave.

## HARDWARE

J. S. Hunt, Co., 110 Thurston St.

## JEWELERS

De Vries Bros., 1430 Dover Ave.

## JEWELERS

Marlin Van Dusen, 286 North St.

## LUMBER

Robert B. Rowe, 1006 Chalmers St.

## MOVING AND CARRYING

Whitman-Jackson Co., 45 Warehouse Street.

## MOVING AND CARRYING

J. C. Olney Carling Co., 1 Grand Avenue.

## OIL STATIONS

Scher's Service Station, Child & Maple Streets.

## PAINTING AND PAPER HANGING

O. E. Benham, 27 Pullman Ave.

## RADIO DEALERS

R. D. Ward Electric Co., 1550 Lake Ave.

## REPAIRS AND SHOE REPAIR WORK

Reese and Sons Shoe Work, 211 Kings & Bos.

## SAMPLE DRESSES

Edmunds, 1141 Lake Avenue.

## STORAGE AND MOVING

Service Storage Co., 104-112 Clinton Ave.

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