

OLD SHOES.

How much a man is like old shoes? For, instance, each a soul may lose. Both have been tanned—both are made tight by cobblers—both get left and right, need a mate to be complete, and both are made to go on feet.

How Chinese Keep Warm.

They Don Many Coats, One Over the Other, and Shed them as Circumstances May Require.

A singular thing about a Chinaman is that, so far as outside appearances go, he dresses himself exactly alike both winter and summer.

He appears neither more bulky or thinner as the seasons go by, and the style, cut and texture of his raiment, unless searching investigations are made, seem unchanged. However, as the winter weather comes on, the snow begins to fall, and the chill winds to whistle through the cracks in his laundry, or other places of business, he does make certain changes in his wearing apparel, while, while they do not show upon the outside, have the required effect of keeping him warm and comfortable.

In summer time the Chinaman wears a few clothes as permitted by custom. The wide flowing silk coat, with balloon sleeves, equally wide jeans and a glimpse of white stocking in the shoe, are all he thinks it necessary to wear. Other articles are regarded as superfluous.

At this time of the year such a Chinaman has concealed beneath this same silk coat and jeans a variety of things designed to keep him warm. During cold weather the un-Americanized Chinaman wears at least six or seven coats. When he rises early on a cold winter's morning, the first thing he reaches for, as a rule, is a silk or worsted coat, which he dons, tight fitting to the skin. Then he hastily gets into a worsted blouse, made in the shape of the usual outdoor garment of the Chinese, and then has two or three silk coats to put on, which are followed by a closely knit muslin coat, another silk coat and the top coat, or blouse. This last is so made that no suggestion is given of the others underneath. It never bulges, and no flap or edge of the undercoat shows. His jeans are put on next, underneath which he wears a closer fitting pair of jeans. If particularly chilly, he wears extra pairs of the silk jeans. The outside jeans are made out of heavy muslin, as is also the winter top coat.

Concerning his stockings and his feet, the Chinaman who still adheres to his native customs in wearing clothes has trouble. According to the statement of Wong Wing, an intelligent Chinaman, no Chinaman who still professes the religion of his forefathers, is permitted to wear shoes or boots closed over the instep, or reaching above the ankle, unless he is a priest. Consequently in winter the only protectors of his feet that the Chinaman has is heavy stockings, and having very thick cork and worsted soles put on his shoes. The stockings of the Chinaman are not bought in this country, but come from China by way of San Francisco, and are not a common garment.

One difference between them and the American stocking is that they are neither as short as that of the ordinary citizen or as long as that of the school boy. The top reaches just below the knee, and the stockings are made of a peculiar kind of worsted, very finely knitted and very warm. This completes the winter garb of the Chinaman, which he affirms keeps him as warm as he wants to be.

Many of the top coats worn by them are wadded all over on the inside with cotton, in almost the same way as a foot ball player pads his trousers. A Chinaman will frequently start the day with all his coats on and feeling cold. As the day gets warmer and the temperature of the laundry rises he will begin to shed coats until he has on only two or three. As a rule he is very imprudent in regard to his health, and rarely gets through a winter without contracting a bad cold through carelessness in going out without all his coats on or taking too many off to get cool. There are art in regulating the number to take off or put on at certain intervals, such as mittens or gloves.

Very few Chinamen wear anything like a collar about their necks, as the various coats fit so closely to the neck that the wind cannot get down their backs. Gloves are another article that are not worn except in rare cases, as the voluminous sleeves form the best kind of muff for the hands and keep them much warmer than mittens or gloves.

There are some Chinamen who wear in the winter time regular suits of flannel underwear instead of the silk or worsted shirt, which hangs considerably below the waist. The Chinaman does not wear suspenders, but keeps his jeans up by means of a Chinese belt made out of silk, heavily braided. A Chinaman has one style of hat—a black soft felt hat, which meets all his requirements. Wong Wing says that it is considered "too sassy" for a Chinaman to wear a white or brown hat, and says he knows only two in Baltimore who ever wear a hat that is not black.

The colors of the coats and various garments of the Chinaman are more usually purple than anything else, because it is his natural favorite. Outside of his own person, however, he infinitely prefers red to any other color. He drapes his washstands, his iron boards and his entire room with red cloth. All his tapestries are red, and the things with which he announces his name and business is red. Red is the religious color of the Chinese, and the presence of red in a laundry always denotes that the proprietor has not yet been Christianized, while the lack of this color is said to be clear proof that he has accepted the religion of this country and cast aside his own.

White is worn as a sign of mourning. The Chinaman is this country has of recent years taken to wearing his queue curled about his head instead of hanging as before which is a mark of respect to American customs. Nearly all of their clothes are imported from China.—Baltimore Sun.

To Cure a Cold in One Day.

Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. 25c. The genuine has L. B. Q. on each tablet.

The Dangers of Alcohol.

At the meeting of the Paris Medical society held on December 15th, M. Legendre, alarmed by the ever-increasing amount of drunkenness, asked if it would not be possible to withstand this by means of meetings, insistence on the dangers of alcohol, and by what he considered an even better method, that of getting up for the instruction of patients lantern shows with exhibitions of anatomic preparations to show the dangers of alcohol.

Most of the diseases treated in the hospitals arise from alcoholic drinks—that is to say, they are either caused or aggravated by the abuse of alcohol. All alcoholic drinks are dangerous, and the most harmful are those which contain aromatics in addition to alcohol—as, for instance, absinthe and the so-called aperients, called *afters*.

Alcoholic drinks are more dangerous when taken on an empty stomach or between meals. A man necessarily becomes an alcoholic—i. e., slowly poisoned by alcohol—even if he never gets drunk, when every day he drinks alcohol in the form of liquor or too much wine, more than one litre per diem.

Alcohol is a poison the habitual use of which destroys more or less quickly, but none the less certainly, all the organs most necessary to life—the stomach, the liver, the kidneys, the blood vessels, the heart and the brain. Alcohol excites man, but does not strengthen him. It is no substitute for food, but takes away the taste for it. Those who often drink alcohol or too much wine (more than one litre a day) are much more liable to illness, and when ill are much worse, for the disease is often complicated with fatal delirium.

Alcohol is a frequent cause of consumption by its power of weakening the lungs. Every year we see patients who attend the hospitals for alcoholic consumption, some months later suffering from consumption. Fathers and mothers who drink often have children who are deformed or who die from fits and a man or woman who drinks has not one chance out of ten of living through pneumonia.

Premises and Conclusions. Recently, while a number of newspaper men were interviewing a governor, one of whom drawing certain inferences, tried to put words into the governor's mouth.

There is a class of people. Who are injured by the use of coffee. Recently there has been placed in all the grocery stores a new preparation called GRAIN-O, made of pure grains, that takes the place of coffee.

It beats the band. The newest and most inspiring piece of sheet music, arranged for piano, is "The Pioneer Lighthouse" composed by Capt. Frederick Phinney, Bandmaster United States band, published by S. Brainerd & Sons Co., Chicago, Ill.

A Lamplight Companion. Between now and spring time there will be many opportunities of an evening to read up on the different portions of the Great Northwest.

Some Notes to a Druggist. Here are some orders recently received by a druggist in a neighboring city: "This child is my little girl. I send you five cents to buy two sitless powders for a grown up adult with six cents."

Medical. PEOPLE WE KNOW. THEY ARE BELLEFONTE PEOPLE AND WHAT THEY SAY IS OF LOCAL INTEREST.

McAlmont & Co. THE BEST FERTILIZERS. LINSEED MEAL, COTTON SEED MEAL FEED AND BRAN. DAIRY FIXTURES. AND BUYS FARM PRODUCTS.

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Medical. HEALTHY, HAPPY GIRLS. often, from no apparent cause, become languid and despondent in the early days of their womanhood. They drag along always, tired, never hungry, breathless and with a palpitating heart after slight exercise so that merely to walk up stairs is exhausting.

What Her Own Fair Hands Did. "These are splendid biscuits, Maria. You made them with your own fair hands, didn't you?" "No. These are buns from the bakery. My fair hands, simply paid over the money for them. You've been drinking again, John."

Business Notice. Castoria. Bears the signature of CHAS. H. FLETCHER. In use for more than thirty years. The Kind You Have Always Bought

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Travelers Guide.

PENNSYLVANIA RAILROAD AND BRANCHES.

Table with columns for routes, stations, and departure times. Includes routes like Harrisburg to Philadelphia, Harrisburg to York, Harrisburg to Pottsville, Harrisburg to Scranton, Harrisburg to Wilkes-Barre, Harrisburg to Binghamton, Harrisburg to Elmira, Harrisburg to Rochester, Harrisburg to Albany, Harrisburg to New York, Harrisburg to Boston, Harrisburg to Philadelphia, Harrisburg to Washington, Harrisburg to Baltimore, Harrisburg to New Orleans.

TYRONE AND CLEARFIELD, R. R.

Table with columns for routes, stations, and departure times. Includes routes like Tyrone to Clearfield, Tyrone to Lewisburg, Tyrone to Harrisburg, Tyrone to Philadelphia, Tyrone to New York, Tyrone to Boston, Tyrone to Washington, Tyrone to Baltimore, Tyrone to New Orleans.

LEWISBURG & TYRONE RAILROAD.

Table with columns for routes, stations, and departure times. Includes routes like Lewisburg to Tyrone, Lewisburg to Harrisburg, Lewisburg to Philadelphia, Lewisburg to New York, Lewisburg to Boston, Lewisburg to Washington, Lewisburg to Baltimore, Lewisburg to New Orleans.

ALTOONA & PHILIPSBURG CONNECTING RAILROAD.

Table with columns for routes, stations, and departure times. Includes routes like Altoona to Philipsburg, Altoona to Harrisburg, Altoona to Philadelphia, Altoona to New York, Altoona to Boston, Altoona to Washington, Altoona to Baltimore, Altoona to New Orleans.

CENTRAL RAILROAD OF PENNA.

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BELLEFONTE CENTRAL RAILROAD.

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