

Democratic Whipman

Belleville, Pa., May 9, 1902.

THE BOY WHO SUCCEEDS.

There is always a way to rise, my boy, Always a way to advance; Yet the road that leads to Mount Success Does not pass by the way of Chance...

Milk A Substitute.

High Price of Meats Cause Families to Change Diet. A Weapon Against Beef Trust. Experts Assert that There is an Abundance of Nutrient as Well as Health Improving Properties in Bread and Milk.

One solution of the problem presented to many families by the greatly increased prices of meats is a resort to milk as food. It is asserted that the man who secures three quarts of milk and a half a loaf of bread can do a full day's labor of whatever sort he is accustomed to, and laugh at the beef trust...

Dr. Morris referred to a paper he had read many years ago before the county medical society. 'On cow's milk as food in health and for invalids.' In this he had cited many carefully prepared tables showing the average composition of good milk and the nature of its constituents in comparison with tables showing the composition and nutritive value of rations used in various armies, hospitals, etc.

From these the inference was drawn that two quarts of milk and twelve ounces of bread would afford a sufficient supply of nutritive material for the full performance of all the functions of a man in health, but this he regarded as a minimum, and assigned three quarts of milk and twelve ounces of bread as the portion that would prove ample in health; 'but, when wasting disease makes a wasting demand on the system,' the paper continued, 'or excessive exertions are drawing away the blood of the patient or exhausting discharges are rapidly diminishing its forces, the quantity demanded, and I may add, readily absorbed and assimilated, is far beyond this. Thus, in diabetes from six to eight quarts will be taken with apparent ease in many cases, while four to five quarts may frequently be personified with advantage in cases of anemia, following acute diseases or exhaustion from profuse discharges, hemorrhage, suppurative processes, etc., and many cases of obscure nature, which baffle our powers of diagnosis—which can scarcely be ranked under the head of dyspepsia, hydrocele, and that destroyer of the peace of mind and comfort of individuals, will yield readily to a pure diet of milk, strenuously insisted on and faithfully and rigidly carried out.'

'Especially is a milk diet of benefit in the treatment of fevers, in all stages of which it will be more easily tolerated than any other form of nourishment, and may be given freely, either entire, skimmed or diluted, and sweetened, as may be most agreeable to the patient. We should, however, be careful here not to administer too large quantities at one time, as some gastric oppression might be formed which the enfeebled digestive powers might not be able to dispose of.'

Dr. Morris recalled many interesting incidents in this connection, all tending to show that even for those who could 'never bear milk,' with whom 'it never agreed,' etc., they could bear it, and it did agree with them to their own great improvement in health. He remarked that there was what he smilingly called an endless variety of ways of serving it, as it could be given sometimes cold, sometimes hot, with or without a little salt, or flavored with vanilla, and so forth, while in combination with rice, potatoes, toast and so on, there is still further variety to be enjoyed. It may be well to add the advice often given by Dr. Morris to persons who complained that milk would not agree with them—'chew your milk,' which may be interpreted to mean that the milk should not be gulped, but sipped, so that it may be affected by the saliva before passing into the stomach. At the time of his inquiry, for the purpose of the paper referred to, Dr. Morris found that the consumption of milk in Philadelphia would average about 5 1/2 to 6 ounces daily for each man, woman and child, and while the average in England was something less than this it was twelve ounces in Wales, eighteen in Scotland and nineteen in Ireland.

According to a writer in the New York Sun, this country does not have so many millionaire Senators as is generally supposed. He says they number but a dozen, and gives their names and their wealth as follows:

- William A. Clark, Montana.....\$25,000,000
Thomas Kearns, Utah.....10,000,000
John Kean, New Jersey.....4,000,000
James McMillan, Michigan.....5,000,000
S. B. Elkins, West Virginia.....4,000,000
John Dryden, New Jersey.....5,000,000
Redfield Proctor, Vermont.....3,000,000
George P. Wetmore, R. Island.....2,000,000
Nelson W. Aldrich, R. Island.....2,000,000
Marcus A. Hanna, Ohio.....2,000,000
Chauncey M. Depew, New York.....2,000,000
Eugene Hale, Maine.....1,000,000

A \$4,000 Fire in Lewistown.

Fire started by three small boys playing with matches at a pile of straw Thursday afternoon destroyed stables belonging to Mrs. Raukin, Mrs. Aikens, Mrs. Bleit, I. C. Dimm and the Vines estate and a dwelling house and blacksmith shop belonging to Mrs. Fetzer, all situated in the Fourth ward, Lewistown. Loss, \$4,000, mostly insured.

New Advertisements.

COMMISSIONERS' SALE OF Seated and Unseated Lands.

By virtue of the several Acts of Assembly, relative to the sale of Seated and Unseated Lands in the County of Centre, for taxes due and unpaid, the County Commissioners will offer the following tracts and properties at public sale, at the court house, Belleville, Pa., on

MAY 16TH 1902, AT 10 A. M. The sale will be adjourned from time to time until all properties have been sold.

UNSEATED LANDS.

Table with columns: Acres, Per, Warrant, Suptd Owner, Taxes and Costs. Lists various land parcels across different townships like Bennertownship, Boggs Township, BURNSIDE TOWNSHIP, CURTIN TOWNSHIP, GREGG TOWNSHIP, HAINES TOWNSHIP, HALF-MOON TOWNSHIP, HARRIS TOWNSHIP, HOWARD TOWNSHIP, HUSTON TOWNSHIP, LIBERTY TOWNSHIP, and SEATED LANDS.

New Advertisements.

MARION TOWNSHIP.

Warrant, Suptd Owner, Taxes and Costs. Lists land parcels in Marion Township.

MILES TOWNSHIP.

Warrant, Suptd Owner, Taxes and Costs. Lists land parcels in Miles Township.

PENN TOWNSHIP.

Warrant, Suptd Owner, Taxes and Costs. Lists land parcels in Penn Township.

POTTER TOWNSHIP.

Warrant, Suptd Owner, Taxes and Costs. Lists land parcels in Potter Township.

RUSH TOWNSHIP.

Warrant, Suptd Owner, Taxes and Costs. Lists land parcels in Rush Township.

SNOW SHOE.

Warrant, Suptd Owner, Taxes and Costs. Lists land parcels in Snow Shoe.

WALKER TOWNSHIP.

Warrant, Suptd Owner, Taxes and Costs. Lists land parcels in Walker Township.

UNION TOWNSHIP.

Warrant, Suptd Owner, Taxes and Costs. Lists land parcels in Union Township.

WORTH TOWNSHIP.

Warrant, Suptd Owner, Taxes and Costs. Lists land parcels in Worth Township.

SEATED LANDS.

Howard Borough, MILES BOROUG, PHILIPSBURG BOROUG, SO. PHILIPSBURG BOROUG, PHILIPSBURG BOROUG, UNIONVILLE BOROUG, BOGGS TOWNSHIP, BURNSIDE TOWNSHIP, RUSH TOWNSHIP, BEAVER LUMBER CO., DANIEL HECKMAN, PHILIP H. MEYER, A. BRAM V. MILLER, SNOW SHOE TOWNSHIP, SPRING TOWNSHIP, UNION TOWNSHIP.

May Have Been Religion.

A young preacher went down to the Ozark Mountain country of Missouri to take charge of two churches, one of which was out in the country. The first Sunday morning he arrived he drove out and on the way to the church he stopped in the road opposite a log cabin, in the door of which a serawny mountain woman was standing smoking a corn-cob pipe.

Blessing Came Disguised.

James M. Barnes, of Baltimore, has been a great sufferer from stomach troubles, and several weeks ago, while using the stomach pump he had a coughing attack and the rubber tube fell into his stomach. Medical treatment failed to dislodge it and an operation was advised.

How Birds Migrate.

Many of the smaller and weaker birds, like the fly-catchers, vireos, warblers, kinglets and bluebirds, in order to avoid their enemies, the hawks, make their long flights by night, stopping for rest and food in the day time. The larger and bolder ones, like the hawks and crows, and those of extremely rapid flight, like the swallows and humming birds, migrate fearlessly by day, and there are some, like the Canada geese, which travel just when they choose, by day or night. Migrating birds usually fly at a height of from one to three miles, and this enables them to see the rivers, the mountain ranges and the coast line. By these they direct their course, the old birds remembering the way they came before, and the young ones following.

STAND LIKE A STONE WALL.

Between your children and the tortures of itching and burning eczema, scaldhead or other skin diseases—How? why, by using Bucklen's Arnica Salve, earth's greatest healer. Quickest cure for Ulcers, Fever Sores, Salt Rheum, Cuts, Burns or Bruises. Infalible for Piles. 25cts. at Green's Pharmacy.

Tourists.

\$50.00 Round Trip to California. Chicago & Northwestern R'y from Chicago, May 27th to June 8th. The New Overland Limited, the luxurious every day train, leaves Chicago 8 p. m. Only three days enroute. Unrivaled scenery. New Drawing Room, Sleeping Cars and Compartment Cars, Observation Cars (with telephone). All meals in dining cars. Buffet Library cars (with barber). Electric lighted throughout. Two other fast trains 10:30 a. m. and 11:30 p. m. daily. The best of everything. Daily and personally conducted tourist car excursions to California, Oregon and Washington. Apply at your nearest ticket agent or address A. Q. Tallant, 507 Smithfield street, Pittsburg.

California Illustrated.

The Chicago 400, an illustrated journal of travel and topics, issued by the Chicago & Northwestern railway, is one of the finest illustrated publications ever printed. The tinted half-tones rival those of the finest magazines, and the letter-press of the whole edition is perfect, pictorially and descriptively mirroring California's wonderful scenery. Copy delivered free on application, or mailed to any address upon receipt of two cents postage, by W. B. Kniskern, 22 Fifth avenue, Chicago, Ill. 47-17-07.

Special Excursions.

Via Chicago, Milwaukee & St. Paul Railway to Pacific Coast points, for which tickets will be sold from Chicago May 27th to June 8th, July 16th to 26th and August 2nd to 8th, good sixty days. To Colorado and Utah points tickets will be on sale during June, July, August and September good to return until October 31st, 1902. Home seekers excursion tickets are sold on the first and third Tuesdays of each month to points West and Northwest of Chicago, good twenty-two days. For particulars call on or address John R. Post, District Passenger Agent, Room D, Park Building, Pittsburg, Pa.

Business Notice.

Castoria

FOR INFANTS AND CHILDREN. The Kind You Have Always Bought. Bears the signature of CHAS. H. FLETCHER.

In Use For Over 30 Years.

Medical.

A LASTING EFFECT.

THIS EVIDENCE SHOULD PROVE EVERY CLAIM IN BELLEVILLE.

ACCIDENT INSURANCE.

LIFE INSURANCE.

REAL ESTATE AGENCY.

GRANT HOOPER.

RELIABLE FIRE.

LIFE.

ACCIDENT AND STEAM BOILER INSURANCE.

INCLUDING EMPLOYERS LIABILITY.

SAAMUEL E. GOSS is employed by this agency and is authorized to solicit risks for the same.

Address, GRANT HOOPER, Office, 1st Floor, Orville's Stone Building, 45-18-19 BELLEVILLE, PA.

Fine Groceries.

SECHLER & CO.

FINE GROCERIES

BUSH HOUSE BLOCK.

If you are looking for Seasonable Goods—We have them.

Not sometime—but all the time—Every day in the year.

Don't spend your strength during this extreme weather in a fruitless search for what you need, but come straight to us and get the goods promptly.

TYRONE AND CLEARFIELD, R. R.

WESTWARD.

EASTWARD.

Nov. 24th, 1901.

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