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"Those who eat whole wheat bread," said a baker, "never get appendicitis. I believe that it is the fine white flour that has become so popular of late which is the cause of much of our appendicitis to-day. I know of a young woman who had eleven attacks of the disease, but she took to eating whole wheat bread, corn pone and mush and from that day to this she has been well. The colored people of the South never get appendicitis, and it is because they never use fine white flour. In Germany they were appendicitis-free till they adopted our milling processes for their wheat, and now they have as many busy appendicitis specialists as America. Whole flour, milled till it is finer than dust, looks well and makes beautiful bread, but it is an indigestible, non-nourishing stuff, and the sooner we stop using it the better off we'll be."

LUCK IN THIRTEEN.—By sending 13 miles Wm. Spirey, of Walton Furnace, Va. got a box of bucklen's Arnica Salve, that wholly cured a horrible Fever Sore on his leg. Nothing else could. Positively cures Bruises, Felons, Ulcers, Eruptions, Boils, Burns, Corns and Piles. Only 25c. Guaranteed by Green's Pharmacy.

Birthplace of Prosperity.

All Wealth Comes Out of the Ground. Rising Stocks Mean Nothing.

It is a fact which many persons seem to forget that all the material wealth comes out of the ground. The pathetic stories from the large cities connected with the fresh-air aids have told more than once of little children who had never seen grass and who had no idea of the open country until given these outings. There are grown-up people of abundant wealth who are equally ignorant of what the country is in its relation to general business interests. They assume that when stocks go up ten points the country is richer thereby, and that when a great syndicate takes \$50,000,000 worth of property and capitalizes it at \$500,000,000, this paper performance has created \$450,000,000 of new wealth.

They buy and sell and go speculating through life on this sort of assumption and do not stop to think that it is only as the iron and coal are dug up and as the sunshine and the rain bring the grain to the harvest that anything is added to what already is. If we should find at the end of the season that the early droughts and the later floods that have been so prevalent have resulted in a serious crippling of the crops, if investigation demonstrates that we have consumed more than we have produced, then no amount of booming can keep prices up. As yet it is early to determine as to this. We have an immense agricultural territory, and the food-destru-cting everything in one valley may bring needed moisture to thousands of square miles of other fields, and prove vastly more beneficial than injurious. It is the destructive flood we fear of rather than the fruiting showers. But meanwhile in our minds that while speculators can grow rich in their big deals, and the world can watch with wonder their great achievements, still they are not producers. Somebody else gives up what they get, and it is the unnoticed producer who furnishes the tangible material elements of prosperity. Even legitimate buying and selling, what goes under the general name of trade, keeps so many people busy, adds nothing to what already is. When two men trade horses there are still only those two horses at the end of the trade.—Harford Courant.

Democratic Watchman

Bellefonte, Pa., November 7, 1902.

An Indian Drink.

Sofka is Made of Cornmeal and White People Rather Like it.

Sofka, the national drink of the Creek Indians of the Indian territory, is to them what the mint julep is to the native Kentuckian. It is made of corn and water. There are three kinds—plain, sour and white. The latter two are fancy mixed drinks. The recent invasion by white people of the domain of the Creek Indians has popularized sofka until the fashion of drinking it has spread all over the Southwest, and it promises to become an equal favorite with the mint julep and whiskey sour. Indians have a dish made expressly for sofka. When an Indian wants a sofka dish he goes to the woods, hews down a hickory tree and cuts therefrom a block 10 inches thick. In one side of this block he hollows out a bowl shaped cavity six inches deep and makes the inside as smooth as possible. In this vessel the Indian places his corn, and with a pestle, which is sometimes made of stone but more commonly of hard hickory, he pounds the corn until it is a coarse meal. Then he takes some kind of fat or something which will take its place and fans the broken grain until all the husks fly away. If the broken grains are uneven in size he takes out the larger grains and beats them into a finer meal.

A potful of hot water and two quarts of meal are used in making sofka. When the corn and water have been put in the pot and the pot has been placed over the fire takes some vessel having perforations in the sides or bottom and put in it some clean wood ashes. Then nearly fill the vessel with water. Hold the vessel over the pot containing the meal and let the meal drop into the sofka. Then the mixture is allowed to boil for three to five hours. It is next set aside and not drunk for days later. This is plain sofka. The sour sofka is made in the same way, but the mixture is set aside until it has soured or fermented. The soured mixture is the popular drink among the full blooded element. White sofka is made from white corn and tastes much better. The Indians have a finer white corn which they raise exclusively for this purpose. In making white sofka the grains are cooked whole and the flakes are eaten later after having been boiled in the water and lye. The corn is then known as big hominy. The Indians eat with their sofka a dish known as blue dumplings, which are quite as necessary as cheese and crackers with beer. In the making of blue dumplings two cups of corn meal are used, a half teaspoonful of baking soda and a small quantity of butter. The meal and soda are mixed thoroughly. Enough butter is used to make the meal hold together and it is rolled into little balls. These little balls are dropped into a pot of boiling water, boiled for from three to five minutes removed with a spoon and served hot. The dish is fit for any palate.

Plantations Devastated.

Coffee Lands in Guatemala Wrecked. Life in Zone is in Great Peril.

SAN FRANCISCO, Oct. 30.—The entire coffee zone of Guatemala has been destroyed by flames and smoke from the volcano of Santa Maria. Eruptions threaten the destruction of every living thing within reach of the fumes and fire that pour from the burning mountain, according to cable to Castle Bros., importers of this city, received from their coffee plantation in Guatemala. Only mesage details are given.

"Last Monday," said Louie Hirsch, of Castle Bros., "I wired to our representative there asking for news of the eruption of Santa Maria, and last night I received in reply this cablegram: 'It is true. Enormous losses. Probable volcanic eruption. Coffee zone destroyed. Our lives are in danger. Further reports will follow.'"

"The coffee districts referred to," said Mr. Hirsch, "are the Costa Cusa and Costa Grande. They are the finest plantations in the country. If the coffee district is destroyed as the cable seems to indicate one-third of the crop is most likely involved. The volcano of Santa Maria is located between Retabulen and Quezaltenango. The towns in the neighborhood most likely to be destroyed are San Felipe, Mazatenango and Quezaltenango. The volcano has been quiet for many years."

WASHINGTON, Oct. 30.—A cablegram received to-day from Consul General McNally reports that the eruption of the volcano at Santa Maria adjoining Quezaltenango continues; that the city is covered with six inches of volcanic matter; rich coffee plantations on the coast side buried under seven feet of sand and ashes from the volcano, and that detonations from the eruption were heard in the capitol. There have been frequent earthquakes, and another eruption is reported in the department of Tomador. Much excitement prevails.

Fastest Record Across the Pacific.

The Pacific Mail Company's new steamer Korea arrived at San Francisco at noon last Tuesday from Yokohama, breaking the record across the Pacific. The steamer made no stop. From Yokohama by direct line to San Francisco is 4,000 miles. The Korea sailed from the Japanese port on October 18th and made the passage in 10 days, averaging 470 miles a day.

Subscribe to the WATCHMAN.

Voting Myths Didn't Sign for Their Mail.

Hundreds of Registered Letters and No Claimants. Hub-Post of the Fictitious Committee for Good Government is Detecting Missions to Certain Election Divisions and gets two-thirds of them back.

Convincing evidence of the great extent of fraud in the registration of voters, and of the means by which the Republican organization of Philadelphia proposed to save their ticket was given by the United States Post office Department. So far as a certain number of divisions in the Fifth, Tenth and Thirteenth wards are concerned, the proofs are obtained by the letter carries to the large number of fictitious names on the lists are conclusive. Even the Machine will probably not accuse those postmen of recklessness or inaccuracy in making reports concerning registered letters addressed to the mythical persons named in those lists.

This plan of exposing the frauds was conceived by Chairman Rudolph Blankenburg, of the Allied Committees for Good Government. He sent registered letters by the hundred, and 63 per cent. of the "voters" addressed could not be found by the carriers, the letters coming back unopened to Mr. Blankenburg, who, in a statement "to the citizens of Philadelphia," gives the following details:

MOST OF THE LETTERS RETURNED.

For the purpose of exposing the unparalleled fraudulent assessments made by order of the Machine, a number of election letters were selected and registered. The envelopes were addressed and mailed to each alleged voter in the respective divisions.

The envelopes bore the printed notice: "For personal delivery only," and this additional instruction to the Post Office Department: "If not found as addressed, please return not later than Thursday, October 30th, noon, to Rudolph Blankenburg, Chairman, 1326 Arch street, Philadelphia."

These were mailed on Tuesday, October 25th, in order to give ample time for their delivery.

The result of this effort to expose one of the fruitful sources of ballot frauds is astounding.

1. Sixty-three per cent. of the registered voters were returned for various reasons such as "not at," "removed," "not in," "deceased," etc. etc.

MALONEY'S BAILLIWICK TESTED

2. No. 269 South Second street, Fifth division, Fifth ward, a four-story brick building, 20x97 feet harbors 44 voters. Forty registered letters were returned marked "not at home." This house is the home of 10 watermen, 13 salesmen, 10 laborers, 2 dentists, 1 plumber, 1 superintendent, 1 driver, 1 carpenter, 1 cigarmaker, 1 moulder, 1 printer, 1 weaver.

3. No. 300 South Second street, Fourth division, Fifth ward, a three-and-a-half-story brick building, tobacco store and lodging house, 16x79 feet, is said to contain 43 voters, and of the 43 registered voters mailed, 13 were returned marked "not in hospital," 2 "deceased," 2 "not at" and 9 "removed."

4. No. 334 South Sixth street, Sixteenth division, Fifth ward, a four-story brick building 29x44 feet, assessed at \$4000, holds 48 expectant voters, of whom 23 were "not in," 15 "not at home at night," etc. etc. Forty-one of the 48 letters were returned. There is much sentiment among the occupants. They consist of 1 janitor, and 47 laborers. The packing together of so much voting humanity in a house 20x44 feet, if not a fit subject for judicial inquiry, certainly should attract the attention of the Board of Health.

TENTH AND THIRTEENTH WARDS.

5. Nos. 151-153 North Ninth street, Second division, Tenth ward.—Out of 62 letters mailed, 61 were returned marked "not at home." These premises are occupied by 7 gentlemen, 5 waiters, 2 cashiers, 1 bricklayer, 3 clerks, 4 cooks, 1 electrician, 1 stevedore, 1 professor of music, 1 soldier, 1 printer, 5 salesmen, 2 bakers, 2 merchants, 1 moulder, 3 florists, 1 driver, 1 boilermaker, 3 plumbers, 1 bartender, 2 restaurant keepers, 1 book agent, 1 book-keeper, etc., a remarkable aggregation of voting capital.

6. No. 309 North Ninth street, Eighteenth division, Thirteenth ward, a three-story brick building 20 by 81 feet, assessed \$5000, contains 47 voters. Of the 47 letters mailed, 44 were returned. Thirty were marked "not at home," 13 removed, 1 "deceased."

7. No. 133 North Fifteenth street, Eleventh division, Tenth ward.—Of the 33 voters mailed, 11 had "removed," 1 "not at," showing more than 33 per cent. of the names at odds with the assessor's lists.

SPECIMEN NICHOLSON'S LIST.

8. No. 250 North Ninth street, Fourth division, Tenth ward, is credited with 36 voters. Six houses in this division are assessed as containing 172 voters over 21 years old and entitled to vote, or more votes in these six houses than were cast last fall in each of 500 entire divisions for the combined candidates on the Republican and Democratic State tickets. To emphasize, six houses in the Fourth division of the Tenth ward are packed with more pretended voters than the vote cast last fall for the Republican candidate for State treasurer in any one of 910 of the 1046 election division in our city.

Of the 36 registered letters sent to the above address, 15 were returned marked "not at," "removed," 2 "not known," 1 "at almshouse" and 2 "home at night." In other words, 29 of the 36 names are fictitious or fraudulent.

Is it any wonder Messrs Ashbridge and Durham claim the majorities in Philadelphia they do? But it will be even a greater surprise if our citizens longer submit to the usual shabby thefts of the most sacred blessing and privilege of the American citizen.

These few examples should suffice to convince even the most stalwart "honest" Republican that the majority in Philadelphia is manufactured by order of the Machine.

MACHINE TOO, REGISTERS LETTERS.

Machine leaders of these wards, discovering that some agency was at work to expose them by means of registered letters, caused a lot of such letters to be sent to voters in the city, and they were addressed from an anti-Machine source. But the Machine men took the precaution of arranging with heblers and rouders to impersonate the imaginary voters and sign receipts for the letters.

It is proposed to use such receipts whenever possible or necessary, with the view of giving subscribers election officers an excuse for disregarding protests against receiving votes in the names of the fictitious persons on the registers.

Appropriate.

Ann.—Arthur, how does it happen that Willie Jones is promoted at school so much oftener than you other boys are? Arthur.—Hub! His father's a promoter!—Chicago Daily News.

Mirage in Washington.

The White Dome of the Capitol Vastly Enlarged. Pictures on the Sky.

Scientific circles in Washington are discussing the wonderful mirage which appeared in the sky on Wednesday afternoon to the south of the city. Thousands of residents of Washington saw the manifestations, but it is accounted particularly fortunate that officials of the weather bureau had their attention called to the rare occurrence in time to view it and accumulate scientific data.

The mirage was as clear and distinct as if painted with a gigantic brush on the sky and showed the dome of the capitol building, surmounted by the Goddess of Liberty at a point in the heavens opposite the side of the building. The sky picture was vast, enlarged, covering an immense area of the heavens, and the white dome was thrown in sharp relief against the deep blue of the upper atmosphere.

The weather bureau officials had their attention called to the atmospheric phenomenon by a telephone message from Frances H. Whitney, Postmaster General. Payne's private secretary, who saw the mirage while looking out of the south window of the postoffice department. Realizing the rarity of the manifestation, he made haste to call the attention of those whose observations might prove productive of information of value to the scientific world.

The mirage lasted only seven minutes, and then did not fade gradually, but vanished as suddenly as it had appeared. The close proximity of the mirage to the object reflected is considered as remarkable by scientific men. There are well-established observations of mirages seen many miles distant from the location of the reality, but this is believed to be the first instance, in this country at least, of a sky picture, clear and distinct and in size, apparently, within a short distance of the object of which it was a reflection. The data taken by the weather bureau officials as to the atmospheric conditions which was obtained at the time the mirage was seen, with the deductions as to the exact nature and cause of the phenomena, will be made public within a few days.

His Good Fortune.

They raised his salary two years ago last May.

The said increase amounting to thirty cents a day.

Since then they raised the prices Of carrots and of beefs, Of flowers and of meats, Of corn and coal and fruits, Of babies' little boots, Of potatoes, milk and cheese, Of the product of the bees, Of hats and socks and coats, Of all that sinks and floats. He's paying out the money that he saved before his raise.

But prosperity's upon us, and his heart is full of praise.—Chicago Post.

Saved His Little Master from a Bear.

The five-year-old son of John Lukens, living on a farm east of Manton postoffice, in California in southeastern Shasta was saved from death by a faithful shepherd dog. The boy had gone into the woods with his elder brother hunting, and the dog accompanied them as company for the small boy, to whom he was firmly attached.

A short distance from the farm the elder Lukens spied a squirrel and gave chase. The little boy and dog staying behind. In a short time the cries of the child and bay of the dog brought the elder Lukens boy back to the spot where he had left them. The dog had nearly finished a good sized brown bear in a bloody fight.

The bear had evidently attacked the boy and handled him roughly, as several severe scratches and cuts were found on his head. The dog apparently sprang to the rescue and saved the youngster's life. The bear's hide now adorns the Lukens' sitting room.

Inconsiderate.

"I really shall have to leave this hotel," said the weary man to the proprietor. "There is a baby in the next room to mine, and he cries all night."

"I don't see why you should complain," said the proprietor. "His father and mother have him in the same room with them, and they haven't said a word."

Pennsylvania Railroad's Winter Excursion Route Book.

In pursuance of its annual custom, the Passenger Department of the Pennsylvania railroad company has just issued an attractive and comprehensive book descriptive of the leading winter resorts of the East and South, and giving the rates and various routes and combinations of routes of travel. Like all the publications of the Pennsylvania railroad company, this "Winter Excursion Book" is a model of typographical and clerical work. It is bound in a handsome and artistic cover in colors, and contains much valuable information for winter tourists and travelers in general. It can be had free of charge at the principal ticket offices of the Pennsylvania railroad company, or will be sent postpaid upon application to Geo. W. Boyd, assistant general passenger agent, Broad street station, Philadelphia.

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"A hunch appeared on the left side of my neck. It caused great pain, was lanced, and became a running sore. I went into a general decline. I was persuaded to try Hood's Sarsaparilla, and when I had taken six bottles my neck was healed, and I have never had any more trouble of the kind since." Mrs. K. T. Snyder, Troy, Ohio.

"My sister had a scrofala sore break behind her ear. Our doctor advised her to get Hood's Sarsaparilla which she did, and after taking one bottle the sore was healed." LIZONA MAXSON, Ohio, Ind.

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