

THE SCALE—A FOOD GUIDE

Man's Ration One Per Cent of His Weight Daily.

GETTING FAT A SECRET

How to Grow Thin Also Revealed in This Simple Rule for Regulating Diet—Starch and Sugar Declared the Best Food for the Sustenance of Physical Exertions.

Dr. Harvey W. Wiley, Chief of the Bureau of Chemistry of the Department of Agriculture, is authority for the statement that every man eats every day "one per cent. of his weight in dry foods, and it requires one hundred days for him to eat his head off."

Dr. Wiley said he had never made an investigation to determine the best foods for mental labor, but he believed the general opinion that particular kinds of foods nourished particular parts of the body was quite erroneous.

"Nerve and brain foods are advertised, but they are all nonsense," said Dr. Wiley. "Nor do drugs have a fattening effect. On the contrary, most of them have a degrading effect."

"A man may drink a glass of typhoid germs if he is in vigorous health and may not get typhoid fever, because his system may throw off the poison, but if he is broken down one of the germs will produce typhoid."

"What do you consider the best food for a man to eat?" he was asked.

"I think a man ought to choose his own ration," replied Dr. Wiley. "Lots of people are vegetarians. I think we eat too much meat for health. For the sustenance of physical exertion if you have hard work to do there is nothing better than starch or sugar."

"The young men are first allowed to eat wholesome food," he went on. "We buy the best in the market. It is carefully inspected by myself and analyzed. They have a preliminary period, during which we vary the ration, so that they do not either gain or lose weight."

"Nothing is wasted. If they trim their finger nails they have to bring the trimmings to us, or if their hair is cut they bring us their hair, so we can keep track of the income and outgo, just as you keep a bank account. In that way we can determine whether these things disturb the natural progress of affairs."

"We keep that up until we make them ill, until we produce some effect, a disturbance of some kind. Then we put them on the old ration and observe that for ten or fifteen days, until they are restored to their normal condition. This requires an enormous amount of analytical work, and yet it is the only way in which these great questions can be answered. You can theorize about it as much as you like, but the facts must be ascertained before a final conclusion."

"One of the interesting things we found was the effect of fumes of burning sulphur, so commonly used in the preservation of foods. We examined microscopically the blood of each of our young men. We counted the blood corpuscles, white and red, and the amount of coloring matter, and we found that the moment they began to take sulphurous acid their blood corpuscles began to fade and became diminished in number, the oxygen carrying capacity of the blood being diminished."

Odd location for a Milestone. The first milestone out of the city road to Colchester is to be found in the taproom of a beerhouse in the Whitechapel road. Probably the house was built over the stone.

Mrs. Astor's Income. The income of Mrs. William Astor is put down at \$2,500,000 a year, unlimited. She is now 76 years old and a great-grandmother.

The Farmer's Wife

Is very careful about her churn. She scalds it thoroughly after using, and gives it a sun bath to sweeten it. She knows that if her churn is sour it will taint the butter that is made in it.

The evil of a foul stomach is not alone the bad taste in the mouth and the foul breath caused by it, but the corruption of the pure current of blood and the dissemination of disease throughout the body.

If you have bitter, nasty, foul taste in your mouth, coated tongue, foul breath, are weak and easily tired, feel depressed and despondent, have frequent headaches, dizzy attacks, gnawing or distress in stomach, constipated or irregular bowels, sour or bitter risings after eating and poor appetite, these symptoms, or any considerable number of them, indicate that you are suffering from biliousness, torpid or lazy liver with the usual accompanying indigestion, or dyspepsia and their attendant derangements.

The best agents known to medical science for the cure of the above symptoms are the number one medicine for the cure of all leading ailments and practitioners of all the several schools of medical practice combined in Dr. Pierce's Golden Medical Discovery. This is absolutely true and will be readily proven to your satisfaction if you will but mail a postal card request to Dr. R. V. Pierce, Buffalo, N. Y., for a free copy of his booklet of extracts from the standard medical authorities, giving the names of all the ingredients entering into his world-famed medicines and showing what the most eminent medical men of the age say of them.

OUR BOYS AND GIRLS

The Traveling House.

Mr. Jonas Whistlebill was an ingenious man who had ideas that were out of the common, and his townfolk were very proud of him and his inventions. He made so many simple yet wonderful improvements in the town of Gayburg that folk used to come from great distances to admire them.

One day he got his best idea; and he immediately set to work at it. It was nothing more or less than an automobile house.

"You see," he said to his fellow citizens who gathered to watch the work, "or rather you would see if you were as original as I am, the automobile is the great modern invention. Well, I am going to be ahead of the automobile. I am going to build a whole house and automobile."

Mr. Jonas Whistlebill was not only ingenious, but a great worker, and the house grew fast. It was a handsome shingled Queen Anne cottage with fifteen large rooms, and everything in it was of the most highly modern description. It had tiled bathrooms and a music room and a conservatory and immense verandas.

"Thus," said Mr. Jonas Whistlebill, "I can sit on my front veranda and steer the house as we go through the country. And if it should rain, I have another steering bar that comes up through the parlor floor so that I can sit inside on the sofa and steer quite comfortably."

The trial trip of the wonderful house made a great occasion, and it was estimated by the editor of the Gayburg Palladium that more than twenty thousand people had gathered from all parts of the country to see it.

Mr. Whistlebill got a great deal of pleasure for a time, but after a while pleasure began to criticize. One night the Mayor of Gayburg came home late, and just as he was turning into the lane that led to his own house, he saw Mr. Whistlebill's house. It was so dark that he did not recognize it as the wonderful automobile house and he imagined that he was on the wrong road and turned around again to look for the right one. The result was that he got lost and drove around the country all night and got caught in a thunder storm, and the next morning he was extremely cross about it.



"Went as fast as he could." pleasure for a time, but after a while pleasure began to criticize. One night the Mayor of Gayburg came home late, and just as he was turning into the lane that led to his own house, he saw Mr. Whistlebill's house. It was so dark that he did not recognize it as the wonderful automobile house and he imagined that he was on the wrong road and turned around again to look for the right one. The result was that he got lost and drove around the country all night and got caught in a thunder storm, and the next morning he was extremely cross about it.

The next people to make trouble were the people who printed the city directory, because they received many abusive letters from strangers who came to Gayburg to do business with Mr. Jonas Whistlebill and failed to find the house where the directory said that it was.

One night the family had just retired to bed after a pleasant run down the road to a pretty spot about two miles out of town, when Mrs. Jonas Whistlebill smelled fire. She awoke Mr. Jonas Whistlebill, who soon discovered that the house was burning in the rear and that the flames were already bursting from the roof.

Being a man of quickness of thought, he did not waste a moment, but turned on the power and went as fast as he could toward the town, so as to get to the firehouse, "for," said he to his wife, "we can go to the firehouse faster than the fire engine could get to us."

This was really a very good idea. Only it happened unfortunately that a man had seen the fire and telephoned to the firemen and they started toward the scene over a short cut of which Mr. Jonas Whistlebill did not know.

Thus they missed him on the road and when he dashed into the town all afire and pulled up in front of the firehouse of course there was no fire engine there and the result was that the wonderful house was destroyed.

Mr. Jonas Whistlebill wanted to build another one at once, but Mrs. Jonas Whistlebill thought that she would stay in one place, because she was losing all her friends, as they could not always keep track of the wanderings of a moving house. So that is why the visitor to Gayburg will look in vain now for the astonishing sight of a Queen Anne cottage travelling around the country at the rate of seventy-five miles an hour.

Fortune Telling in Olden Days.

Nowadays girls go to fortune-tellers with strange names shiny, fascinating eyes and weird studios when they want a peep into the future. In grandmother's day the mystery of to-morrow was read in much more simple ways. One popular way was to learn which of two sweethearts was to be the final choice was to plant three sprigs of some rapid growing plant, one named for the girl and the other two for each of her two favorite beaux.

The one that grew nearest to her was destined to be her husband. Another way was to lay three twigs on a bench or shelf. If two of them, one named for the girl and one for one of the beaux blew off, it meant that the two would marry and go away. If only one twig, that of one of the beaux blew away, it meant that the two remaining would be married. If all three twigs blew off the bench the occurrence was interpreted to indicate that the girl would remain an old maid.

If the two beau twigs were blown away and she remained on the bench, it meant that she would marry, but not one of those two. In the winter when there were no buds and all the ground was white with snow the girls used to be so anxious to know their fortunes that they would creep down in the big cellar and hide three onions on a shelf. They named each onion, and the one that sprouted first was the man they were to marry.

Properties of Gold. Pure gold is unaffected by the atmosphere either at ordinary temperatures or when the metal is heated. It is also proof against the action of common acids when used singly.

Moreover, it confers its properties more or less upon copper and silver when these metals are alloyed with it. Thus, for example, twelve karat gold will withstand the action of nitric acid and the atmosphere at ordinary temperature, but some of the copper will be oxidized during annealing. Nine parts of gold may be alloyed with ten parts of platinum in an ordinary crucible and fire, but such an alloy will not be uniform; a larger proportion of platinum will free itself from the solidification and a homogeneous alloy of the two metals cannot be obtained.

Home Made Liniment. One cup of vinegar, 1 cup of turpentine, 1 raw egg, put in a bottle and shake well; good for sore throat.

WIDOWS' APPRAISEMENT. Notice is hereby given that the following Widows' Appraisements will be presented to the Orphans' Court of Columbia county, on Monday, May 6th, A. D., 1907 by the Clerk of said Court and confirmed nisi and unless exceptions are filed to same within four days they will be confirmed finally.

Estate of Lewis Zimmerman, late of Cleveland township, deceased, personalty \$300.00.

Estate of Martin Kline, late of Orange township, deceased, personalty \$56.32; realty \$243.68 for the use of widow and family and Overseers of Poor of Orange township.

Estate of Cornelius Cronin, late of Town of Bloomsburg, deceased, personalty \$129.85.

C. M. TERWILLIGER, Clerk O. C. Clerk's Office, Bloomsburg, Pa., April 11, '07.

NOTICE. Notice is hereby given that the following accounts have been filed in the Court of Common Pleas of Columbia county and will be presented to the said Court on the First Monday of May, A. D., 1907, and confirmed nisi and unless exceptions are filed within four days thereafter, will be confirmed absolute.

First and final account of O. T. Wilson, Guardian of J. Frederick Fox.

First account of L. C. Mensch, Guardian of Mary R. Leader, a weak minded person.

First and final account of John A. Chapin and Sarah J. O'Brien, Committee of Thomas B. Cole, a lunatic, of Benton.

C. M. TERWILLIGER, Prothy. Prothy's Office Bloomsburg, Pa., April 11, '07.

NOTICE. The annual election of the stockholders of The Bloomsburg Literary Institute and State Normal School for the purpose of electing trustees. Four trustees to serve for three years and one trustee to serve one year on the part of the stockholders, and for the purpose of recommending four persons to the Department of Public Instruction, two of whom may be appointed to serve as trustees for three years on the part of the State, will be held at the office of the said school on Monday, May 6th, 1907, between the hours of 2 p. m. and 4 p. m.

JOHN M. CLARK, Sec'y. 4-25-07.

ADMINISTRATOR'S NOTICE. Estate of J. H. Beishline, late of Greenwood township, deceased.

Notice is hereby given that letters of administration on the estate of J. H. Beishline, late of Greenwood township, deceased, have been granted to the undersigned administrator to whom all persons indebted to said estate are requested to make payment, and those having claims or demands will make known the same without delay to

WILLIAM BEISHLINE, Administrator. Orangeville, Pa. 4-18-07.

DISTRICT AGENT AND SEVERAL ABLE SOLICITORS WANTED. Our accident and health insurance both industrial and commercial, with Legal Services, is magnetic, the only kind on the market. Write today to North American Accident Ins. Co., 143 Liberty St., New York. 4-14-

In the Orphans' Court for the County of Union

INQUEST IN PARTITION.

ESTATE OF BENJAMIN F. REIGHARD, DEC'D. SHERIFF'S OFFICE. LEWISBURG, PA., March 19, 1907.

To Mary E. Reighard, widow. John Reighard, B. Frank Reighard, Shamokin, Pa. D. Wesley Reighard, South Sharon, Pa. Geo. P. Reighard, Kane, McKean Co., Pa. Mary C. Reighard, Kane, McKean Co., Pa. Clara Kiester, Millheim, Centre Co., Pa. Elizabeth Wise, Portland Mills, Elk Co., Pa.

John Benton Reighard, Loganton, Clinton Co., Pa. Ernest H. Reighard, Gladys, Randolph Co., West Va. Otto E. Reighard, Topton, Cherokee Co., N. C. Willis J. Reighard, West Port, Clinton Co., Pa. Bessie A. Reighard, Lock Haven, Pa. C. S. Whitman, guardian of Pearl U. Reighard, Glen Union, Clinton Co., Pa. Rhoda M. Whitman, Glen Union, Pa. The Penn Trust Co., Reading, Pa. guardian of Pearl E. Jacoby, Elsie H. Jacoby and Edith Jacoby. Jennie Klehner, Jersey Shore, Pa. Becky C. Ent, Light Street, Pa. Susie E. Townsend, 3537 Cottage Grove Ave., Chicago, Ill. John H. Reighard, Light Street, Pa. Carrie E. Reighard, Light Street, Pa. Benjamin T. Reighard, Centrepoint, Iowa. W. R. Motz, Pittsburgh, Pa. J. C. F. Motz, Monessen, Pa. Francis J. Motz, Scowick, Pa. Harry J. Welch, Freeport, Illinois. William R. Welch, Walsenburg, Colorado. Belle A. Welch, 2147 Grant Ave., Denver, Col. Frances G. Foley, Superior, Wisconsin. Charles Reighard, Sycamore, Ills. Florence Bellendorf, Sycamore, Ills. Roland Reighard, Sycamore, Ills. Walter Reighard, Sycamore, Ills. Shepard W. Reighard, Hub Cloth House, Chicago, Ills. Mary Belle Welch, Williamsburg, Kansas. Louise McWilliams, Water Valley, Mississippi. Jennette A. Reighard, Freeport Ill. Blanche E. Gast, Millinburg, Pa. James R. Smith, Milton, Pa. Catherine Wilkinson, Millinburg, Pa. Belle Smith, Tyrone, Pa.

TAKE NOTICE, that by virtue of a Writ of Partition in the estate of the decedent above named, to me directed and made returnable at May Term of said Court, an Inquisition will be held on the premises of Tract No. 1, hereinafter described, on MONDAY, MAY 6th, 1907, at 10 o'clock a. m., thence proceeding to Tracts Nos. 2, and 3, and on the premises of Tract No. 4, hereinafter described, on WEDNESDAY, MAY 8th, 1907, at one o'clock p. m., to ascertain and inquire, among other things, whether the said several premises can be parted and divided without prejudice or spoiling the whole thereof, otherwise to value and appraise the same; when and where you may attend if you see proper.

The said real estate consists of the following tracts, more fully described in the petition for said Writ, to wit: No. 1. An undivided one-half interest in all that tract of farm land situate in the township of Limestone, County of Union, Penna., bounded north by land of J. Merrill Barber and Calvin M. Hayes; on the east by public road and land of the estate Benj. Chambers, dec'd; on the south by land of Sarah F. Barber and Samuel Barber, and on the west by land of the heirs of Thomas C. Barber, dec'd, containing 112 acres, more or less.

No. 2. An undivided one-half interest in a tract of land in Lewis township, Union Co., Penna., bounded on the north by land late of S. S. Myers and William Catherman; on the east by land of James K. Reish; on the south by land late of Joseph Sanders, and on the west by lands late of Noah Bingham and Christian Mensch, containing 98 acres and allowance.

No. 3. An undivided on-half interest in a tract of land in Limestone township, Union Co., Pa., bounded by lands of J. Merrill Barber, Ludwig F. Shoemaker, Horace P. Glover, Benj. Chambers, and others, containing 42 acres, more or less.

No. 4. All that certain tract of farm land situate in Scott twp., Columbia Co., Penna., of which W. P. Eyerly is now tenant, bounded north by lands of James Reichard and public road leading from Paper Mill to Espy; east by public road leading from Light Street to Espy and land of Josiah Giger; south by lands of Harvey Creveling and B. F. Zarr, and west by public road, extension of Fifth St., Bloomsburg, and land of Harvey Creveling, containing 156 acres and 67 perches.

HOWARD W. DIEFFENDERFER, Sheriff. GLOVER & GLOVER, Attorneys. ANDREW A. LEISER, 3-21-07.

ADMINISTRATRIX NOTICE. Estate of Cornelius Cronin, late of the Town of Bloomsburg, Pa.

Notice is hereby given that letters of administration on the estate of Cornelius Cronin, late of the Town of Bloomsburg, deceased, have been granted to the undersigned administratrix, to whom all persons indebted to said estate are requested to make payments, and those having claims or demands will make known the same without delay to

ELIZABETH CRONIN, Administratrix. Bloomsburg, Pa. 4-4-07. John G. Hartman, Attorney.

EXECUTOR'S NOTICE. Estate of A. J. Derr, late of Greenwood Township, deceased.

Notice is hereby given that letters testamentary on the estate of A. J. Derr, late of Greenwood township, Columbia county, Pa., deceased have been granted to John G. Hartman, Bloomsburg, Pa., to whom all persons indebted to said estate are requested to make payment, and those having claims or demands will make known the same without delay to

JOHN G. HARTMAN, Executor. Bloomsburg, Pa. 4-4-07.

Professional Cards.

H. A. MCKILLIP, ATTORNEY-AT-LAW. Columbian Building 2nd Floor Bloomsburg, Pa. A. N. YOST, ATTORNEY AT LAW. Ent Building, Court House Square. Bloomsburg, Pa.

RALPH R. JOHN, ATTORNEY AT LAW. Hartman Building, Market Square Bloomsburg, Pa.

FRED IKELER, ATTORNEY-AT-LAW. Office Over First National Bank. Bloomsburg, Pa.

CLYDE CHAS. VETTER, ATTORNEY-AT-LAW. Office in Wirt's Building. Bloomsburg, Pa.

W. H. RHAWN, ATTORNEY-AT-LAW. Office Corner of 3rd and Main Sts. CATAWISSA, PA.

CLINTON HERRING, ATTORNEY AT LAW. Office with Grant Herring's. Bloomsburg, Pa.

Orangeville Wednesday each week. A. L. FRITZ, ATTORNEY-AT-LAW. Office—Bloomsburg Nat'l Bank Bldg. Bloomsburg, Pa.

J. H. MAIZE, ATTORNEY AT LAW, INSURANCE AND REAL ESTATE AGENT. Office in Townsend's Building Bloomsburg, Pa.

N. U. FUNK, ATTORNEY AT LAW. Ent's Building, Court House Square Bloomsburg, Pa.

SADE T. VANNATTA, (Successor to C. F. Kapp) GENERAL INSURANCE. Office 238 Iron St., Bloomsburg, Pa. Oct. 31, 1901. 11*

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J. S. JOHN M. D., PHYSICIAN AND SURGEON. Office and residence, 410 Main St. 7-30-14 BLOOMSBURG, PA.

EDWARD FLYNN, ATTORNEY-AT-LAW, CENTRALIA, PA. Office Lidoicott Building, Locust Avenue.

H. MONTGOMERY SMITH, ATTORNEY-AT-LAW. Office—Ent building. 11-16-99

WILLIAM C. JOHNSTON, ATTORNEY-AT-LAW. Office in Wells' building over J. G. Wells' Hardware Store, Bloomsburg. Will be in Millville on Tuesdays.

EXCHANGE HOTEL. I. A. SNYDER, Proprietor. BLOOMSBURG, PA. Large and convenient sample rooms, bath rooms hot and cold water and all modern conveniences.

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MONTOUR TELEPHONE. WELL TELEPHED BY THE TESTED, GLASSES FITTED. H. BIERMAN, M. D. HOMEOPATHIC PHYSICIAN AND SURGEON. OFFICE HOURS: Office & Residence, 4th St. 10 a. m. to 2 p. m., 5:30 to 8 p. m. BLOOMSBURG, PA.

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