The Way One Should Lie in Bed In Order to Obtala Natural Repose. Various Ailments and the Pestures

Best Adapted to Them. Positions that woo sleep in victims of insomnia is an interesting study made by a well known metropolitan physician, Whitman V. White of Breeklyn. Dr. White is a specialist on pervous diseases and in a mild get across safely," he said. but emphatic manner scores his professional brethren for their free administration of narcotics. He denounces the practice as unnecessarily taxing on the disorganized systems of insomnin patients in many cases. In his own experience he has found a simple | the slow way to the other side of the method adequate without weakening street had been made, the officer reafter effects likely to produce increas- leased her arm. She looked at bim in

of physiology in human anatomy ex- drag me across that rond for? I ind tending over a period of a dezen or an errand to do on the other side."more years I have learned that under Detroit Free Press, certain physical malconditions," said the physician. "the subject may be given relief by assuming positions at the affected parts serve as a natural pensively in his Chestnut street studio somnolent agency. It will be readily and gazed dejectedly at a half finished understood that a constrained position will tend to prevent natural repose, while a comfortable one will woo it. girl last night. That lets me out. But what may in most cases seem to can dream of any other kind of girl be a position of case may in reality be | and it doe n't affect my work, but if the reverse.

"For instance, a dyspeptic will rest more easily lying on the right side for the simple reason that in that position stomach and into the intestines, while if lying on the opposite side that organ, in its weakened state, has to perform an uphill process of digistion. This is amply sufficient to produce in-

"Lying flat on the back, with the limbs relaxed, would seem to seeme the greatest amount of rest for the is halled as a sign of rapid recovery when a patient exhibits an inclination | give up."-Philadelphia Ledger. to turn on either side. But at the same time there are several disadvantages In the supine posture which impair or embarrass sleep, whether in case of pevere Illness or ordinary health. Thus in wenkly states of the heart or blood vessels and certain morbid conditions of the brain the blood seems to gravitate to the back of the head and to secordingly produce troublesome dreams. I believe that much of that weaten ing delirium which the physician has to contend with in treating serious maindles is often occasioned in this

"In persons who habitually stoop in their gait or work, either as a result of the requirements of their occupation or from the course of their physical development, there must necessari ly be some distress consequent it be sufficient to cause pain and yet be such a strain as to prevent perfect ease. The result is unconscious restleasness, which is the producer of in-

"People who have contracted chests cannot sleep well lying upon their backs. This rule applies especially to those who have suffered with pleurisy and retain adhesions of the lungs. They the right side and that their sommolent observe this advice. Furthermore, the habit of lying on the back is the creator of snoring, which much belabors sleep and prevents the subject froreceiving the full benefit of its recuperguing effects.

"It is desirable, therefore, in all cases to lie on the side, and in the absence of special discusses rendering it more desimble to lie on the weak side, which leaves the strong lung free to expand, the right side should be chosen. A glauce at any plate of the visceral anatomy will show that when the body is thus placed the food in the process of digertion is greatly aided in its passage from the stempel into the intestines. Here the principle of gravitation directly applies. Then the fact that the stomach doesn't compress the upper portion of the intestines is still another advantage to be gained from lying on the right side when sleep woolng ease to the entire human mechunism is under serious consideration.

"In conclusion, I wish to refer to some injurious eccentricities, or fads. in sleeping which I have observed. A wealthy we man once came to me for treatment for bad dreams of the order commonly called alghtmare. Upon making inquiry I discovered that she was in the habit of lying at rest with her arms thrown up over her hend, a position greatly to be deprecated, although it will induce sleep in persons who have weak lungs. The circulation is thereby made stronger in the extremities, and the head and neck and muscles of the chest are drawn up and relaxed by the shoulders."-Philadelphia Times.

Leconle and Caustie. Maurice Barrymore's wit is far famed, but a neat little wittleism at

The calabrated playwrig band been merellossly picking flaws in ... actor's drama until the good natured Barry "Ch, come, Gus," he interrupted, "Den't be quite so hard if it's not an

"Alabama." Just remember that I wrote it in a week." "Did you, Earry?" retorted Thomas.

"Then you must have lonfed."-Knnens City Independent. Bismarck's Appetite.

Among other amusing reminiscences of the late Prince Bismarck appearing in Herr John Booth's "Memoirs of the Iron Chancellor" is one relating to the latter's gargantuan capacity for cating and drinking. He told the author that the largest number of oysters he ever ate was 175. He first ordered 25; then, as they were very good, 50 more, and, consuming these, determined to eat nothing else and ordered another hundred, to the great amusement of those present. Bismarck was then 26 and had just returned from Dagland.

Experience Versus Arithmetic. Teacher-Johnny may stand up to recite. Now, Johnny, suppose I borrow \$50 from your father and agree to pay EFa week, how long will it be before he gets his money?

Johnny-Just one week. Teacher-Oh, think again; that's not

Johnny-Yes, it is, I know my fa-

It Looked Enspicious, "len't your neighbor Blinkinoff

drinking man?" opinion on the subject. I'll admit, ers." It was not intended, of course, however, that I saw him the other that the complimentaries issued to high tilght trying to drive a spigot into an officials of other roads should be void ash based, thinking that it was eider." on the fast trains, but through an over--Cleveland Plain Degler.

There is none made so great but he may both need help and service and stand in fear of the power and unkindness even of the meanest of mor-

Ether was known to the earliest scientists.

to all contentions between wit and | ed consistent enemies until the former | Mr. Henpeckke-Don't let that worry violence, prudence and rudences, learn- died and was succeeded by the latter you. My wife says she didn't begin to ing and the sword, the strong hand as president of the Lake Shore.-Chitook it first, and the strong head pos- eago Times-Herald.

It was crowded on the avenue, and ere was a constant stream of vehitles coming and going. At the crossing of two of the most congested streets stood a police officer, tall and commanding, irreproachably dressed and with an eye that compelled obedience. When the tide of travel surged thick est, a little old indy came to the curt end looked out into the impassable stream of carriages and wagons. Evidently she wanted to get across. The gallautry of the big policeman took possession of him. He approached her and held up his band.

"Don't be afraid. I'll see that you

The old lady shook ber head nerv ously and seemed more undecided than ever. The policeman came nearer Taking her arm, he started to lead her across, stopping the steady stream of passersby in wagons and carts. The old lady hung back, protesting. When a dazed way and said with some sharp-"Through a study based on the laws | ness: "What on earth did you want to

"Artists are a queer lot," remarked one of them yesterday as he smoked sketch. "I can't do any work today just because I dreamed of a redheaded the vision of my dreams has red hair I'm no good the next day.

"No, it's not superstition, I don't know what it is. All artists have their the feed naturally gravitates out of the | off days from some cause or other, and some of them have antidotes. I have none. I just give up when the redhended girl comes across the path of

"A friend of mine counteracts the effeet of his hoodoo by clothing himself in an outlandish way. I have seen him working in an opera hat, the cont of his dress sult and a pair of pink pyjamuscular system, whether in good mas, and doing good work at that. Anhealth or illness. Such is the position other friend of mine always eats a lot advocated by physicians generally in of raw onlons when he has a particuthe most exhausting diseases, and it larly sentimental subject to handle. But when it comes to me I just have to

The Gentle Art of Winking "When you have mastered the gentle art of winking," said Lord Beaconsfield, "you hold the key to success in

Every one's personality is made up of trivial failings and trivial talents. Foster the good qualities in your friends and subordinates and wink at those fallings so dear to their possess Not to see everything is a rule which will strengthen friendships and help you to get the best results from your fellow workers. "He is no good," said the great Na-

poleon of one of his officers. "He is continually looking into the privates'

"I want a man who can keep his eye on the Litimate result and ignore little fallings, never mind how aggravating," said Nelson. And General Gordon once remarked that the man who lost his because a private's boot ince was tied loosely on the day of battle did mere to lose the day than all the

Some years ago the late Horace Mann, the eminent educator, delivered an address at the opening of some rewill find it ensier to get to sleep upon | formatory institution for boys, during which he remarked that if only one rest will do them more good if they boy was saved from rain it would pay for all the cost and care and labor of establishing such an justitution as that. After the exercises and closed, in pri-

solemn and convincing reply.

A Dinner In a Sernullo.

We seated ourselves on cushions, and each took possession of the flat piece of scone which supplied the place of a plate during the meal, those articles not being considered a necessary luxury. In the center of the table stood a large bowl full of white soup, from which everybody are, taking as many spoonfuls as they chose from the common tureen with the long handled wooden ladies provided for each guest.

When this was removed, a large piece of ment boiled to rags took its place and was speedily diminished under the violent treatment it received from us all, each one pulling a lump of meat from the joint with the fingers and enting it off with her own flat scone. We then had a curry of vegetables, followed by the Zagazig pudding, fruit and rice, called so from a native of that village having brought the recipe to the

Our meal was concluded by coffee. made in a corner of the room over redbot charcoal in a copper pot and poured thick into small glasses fitted in gold filigree cups. The lady who made this rather disagreeable beverage was the same who had removed the center his expense was Augustus Thomas' dishes during dinner. Sie was black lecenic criticism of one of Barrymore's as a coal and bore the disglitfully descriptive name, translated to us, of Lily in the Desert.-Good Words.

A wonderful piece of self analysis,

worthy of St. Augustine, which occurs in one of John Donne's funeral sermous, gives polgnant expression to what must doubtless have been a common condition of so sensitive a brain. "I throw myself down in my chamber, and I call in and invite God and his angels together, and when they are there I neglect God and his angels for the noise of a fly, for the rattling of a conch, for the whining of a dog; I talk on in the same posture of prayer, eyes lifted up, knees bowed down, as though I prayed to God, and if God should ask me when I last thought of God in that prayer I cannot tell. Sometimes I find that I forgot what I was about, but when I began to forget it I cannot tell. A memory of resterday's pleasures, a fear of tomorrow's dangers, a straw under my knee, a noise in mine ear, a chimera in my brain, troubles me in

It is this brain, turned luward upon itself and darting out on every side in nmer logic is not at first apparent - at the rate of \$500,000 a year.

Two Railrand Passes. When its limited express trains were extra for the privilege of riding on them, and John Newell, who was presldent of the system at that time, gave orders that passes, half rate tickets. "I wouldn't like to give an expert etc., should not be honored on the "flisight a yearly pass was sent to D. W. Caldwell, president of the Nichel Plate. which here on its face the words:

"Not good on Lake Shore limited trains." A few days after Mr. Caldwell's pass had been issued Mr. Newell received an annual pass on the Nickel Plate

with the following indersement: "Not good on passenger trains." Messrs, Newell and Caldwell remainHIS START IN LIFE.

RELIGION BROUGHT OUT.

dence, and the Narrative Pointed a Moral as Well.

The question of religion came up the other day in the Busy Men's Lunch club, and old Parmesan, who is senior a religious man is more apt to belo those who need it than an infidel." "I am a firm believer in Christiani

last few years, "but I take exception to that statement. When it comes to helping a fellow who is down, it's about an even toss between a Christian and an infidel. You doubt it?" he continued as he saw old Parmesan they are. They always get well. shake his head. "Well, to prove what I say I will give you an episode in my own life. I came to New York in 1873 with no capital but a country made sult of clothes and a common school education. I was a lank looking young fellow, with 'hayseed' written all over me; but, like many another raw country lad, I was irresistibly attracted to starving. I could get no work, and nobody would listen to me when I asked for it. I tried to keep up my courage, but in my heart I would have given anything to be back on the old farm

"Well, one day I grew especially desperate. The papers were full of the trlumphant success of Billy, the Converted Bum.' who was holding revivals all over the country. And I asked myself why L a clean, decent young fellow, who had never been a burn, should be allowed to starve, while 'Billy' was living on the fat of the land. At first the wild thought came into my head to start out myself on a der the name of 'Charley, the Converted Boy Flend,' and rake in the shekels like 'Billy.' But somehow I felt I couldn't get down as low as that, A brilliant thought struck me, however. I would state the whole thing in an advertisement, more to relieve my feelings than with any hope of getting

"So I scraped enough money together to insert the following in one of the papers: 'If I were a drunken "bum" just taken out of the gutter, scores of kind religious people would stretch out a hand to belp me. But as I am only a decent and self respecting young man, with no vices or bad habits, I am without work and starving in this great, cruel city.' And I added my initials and address.

"The next day I called to see if there might possibly be an answer and got two. The first one I opened read as follows: I was touched by your strange advertisement, as I myself was once in the same position. I found help through a poble Christian man, and if you will call and see me I will prove to you that there is a Christian who is able and willing to help you if you are worthy. Ask to see me personally, as I am sorry to say my partner is an infidel, and, though a good man, he might not be disposed to look at your ease so kindly." "My heart jumped with joy on read-

ing this kind letter, and for a little while I forgot the other one. But I soon opened it and read as follows: 'I was deeply stirved by the undertone of despair in your advertisement, as I was once as friendless as you are. 1 vate conversation, a gentleman railled | found a start in life through a noble Mr. Mann upon his statement and said | man who. like myself, was an unbeliever. And if you will call and see "Did you not color that a little when | me I will prove to you that there is an you said that all that expense and in- unbeliever who is both able and willbor would be repaid if it only saved | fug to give you a start in life if you are worthy. Ask to see me personally, Not if it were my boy," was the as my partner is a Christian, and, though a good man, he might not be disposed to look on your case kindly." "Wonderful coincidence, wasn't it? But the most wonderful part of the story is yet to be told. These two men were partners. Each one of them was

trying to do a good deed without the knowledge of the other. "The end of the story? Well, that was interesting and remarkable too. After trying in vain to decide to which of these two gentlemen I should make myself known I determined to see them together and read the two letters to them. I did so, and you ought to have seen the look of blank surprise that came over the faces of both men as they learned that, though differing so widely in creed, they were at one in acknowledging the religion of humani-They were silent for a few moments, and then the Christian, with

his partner and said: Brother, I have wronged you, for I have learned that, without knowing it, you are not far from the kingdom of

tears in his eyes, grasped the hand of

"'It is I who have wronged you.' exclaimed his partner, 'in assuming that clothe the unked. Let us hereafter live structions that in it be engraved the sleep. He roused himself on my apas brothers indeed, even though we may not be able to profess the same Interpreted, meant from Anthony to creed. And may the unknown God whom ignorantly we worship accept us | ing for the ring the next day he found

"These two good men gave me a start and were my dearest friends un- the jeweler had put the whole alphatil they died. The moral of it all? bet "from A to Z" on it. Well, I think there is more goodness in the world than can be enshrined in any creed, however true."-New York

The manufacture of quinine was begun in l'hiladelphia by John Farr in 1820, the year of its discovery.

Her firtle Confidence Game. "We're playing railroad train," she said as she pulled her father's paper away, "and I'm the conductor. Tick-

He took a card from his pocket and handed it to her. She looked at it intently for a minute and then handed it "That was issued yesterday," she said, "and isn't good today. You'll have to pay sash or get off the train." He gave her a dime. He knew he had been "worked," but what else could be dol-Chiengo Post.

Same Big Salaries. Speaking of big salaries, the biggest on record was paid to George Gould. purely random excursions that was re- For ten years' work his father gave ponsible, I cannot doubt, for all the him \$5,000,000. The account went down contradictions of a cureer in which the Ls "for services rendered." That was The highest salary ever paid a railroad president was the \$75,000 a year | has 18 parts of pure gold and 3 parts

> At Ets Word. Customer-You sell cracked eggs at half price, do you not? Clerk-Yes'm. We always make a 50 per cent reduction on cracked goods. Customer-Yes; you may give me a

Anything clse today? dollar's worth of cracked wheat. Here's girls in our set.-Boston Transcript. 60 cents.-Columbus (O.) State Journal. Home Lansers. The young wife's ideals begin to be

shattered when she sees her husband put his feet on the best chair .- Philadelphia Record. No Cause to Be Discouraged. Mr. Youngpop-My little girl is near

ly 2 years old and hasn't learned to talk until she was nearly 5, and new--Philadelphia Record.

under all sorts of circumstance A STORY THAT A DISCUSSION ON and never yet have I seen one display the slightest fear of death." This remarkable statement was me It involved a Christian and an Ing. er day by a physician wh 🕽 a pracdel and a Most Remarkable Coinci- ticed many years in Philad. shin and who has seen a great deal of hospital

service. "It is a popular fallacy," he went on. "to imagine that a deathbed scene is ever terrible other than as a parting between loved ones. The fear of the warden of St. Pecunia's church and unknown is never present at the last. therefore constitutes himself a de- Even amid ignorance and vice I have fender of the faith, remarked, "Y never experienced such scenes as a may say what you like, gentlemen, but | novellst who strives after realism will sometimes picture.

"When a notient is told that he cannot recover and the end is near, he inty," remarked Bilson, who has made a variably seems resigned to his fate. million or so in the Swamp during the and his only thought seems to be of those who are to be left behind. This is true alike of men and women.

"These who become hysterical and declare they are not fit to die are the ones who are not as ill as they think "A psychological reasou? Oh, I don't know that there is any. It's just a hu- abling it, so that it turned and attempt man trait."-Philadelphia Record.

"One of the differences between the east and the northwest," said a Puget sounder, "is the names of places, and the Skikomishes, the Snohomishes, the the city, where I soon expected to Snoqualmies, the Wahkiakums and the strike the combination that would lead lot of them give a man funny feelings. to fortune and fame. But before long and when he runs across Bucoda, on my main thought was to keep from the Northern Pacific railroad in Pierce county, Wash., he doesn't know whether it is Chinook or Siwash or what. But it is none of them-like Kenova, in West Virginia, which is near the junetion of Kentucky, Ohlo and Virginia or Delmar, where Delaware and Marykind come together.

"Bucoda is a composite name, and its story is simple enough. When the Northern Pacific came in, a town sprang up, and it must have a name. There were Indian names in plenty, but something more novel was wanted so Messrs, Buckley, Coulter and Davis. all N. P. officials, put their hends to gether first and their names later, and career of cr-I mean of revivalism un- an etymology very apparent to any one who is at all informed in terminology. Bucoda it has remained, and it is not | the table, half bad as names go in the Puget sound country."-New York Sun.

> The Peculiar Jains. Ernest M. Bowden in The Nineteenth Century reports a chat with Raja Sivaprasad on Jainism. The Jains pay more regard to the feelings of the lower animals than any other sect in the world; will not kill them or lajure them; are careful to avoid destroying even insects, sometimes wearing handkerchief over the mouth to pre vent any living creature being breath ed in. It may be argued that this tenderness will prove in the long run fatal to its possessors, handleapping them seriously in the struggle for life with less scrupulous rivals. As evidence to the contrary Mr. Bowden points to the Jains:

"Notwithstanding the opposition, it times, the one small sect which, more | thuddlo in ma ears, an ma toongue in taught and practiced the doctrine of | no' hear the dirlin o' ma hairt an fa-'ahimsa,' or 'noninjury,' to living creatures, stands today, after some four prosperous community in a population verging on \$00,000,000."

Weapons of the Skunk. A skunk once challenged a lion single combat. The lion promptly declined the honor, "Why," said the skunk, "are you afraid?" "Very much so," said the lion, "for you would enly gain fame for having the honor to fight with a lion, while every one who met been in company with a skunk." This reminds us of the story about Henry Ward Beecher's father, the fa-

me for a month would know I had mous Dr. Lyman Beecher, who, when asked why he did not reply to some body who had severely attacked him in a newspaper, replied that when a young man, crossing a field one night with an armful of books, he saw a small animal and after burling several volumes at the animal found he got the worst of it, and ever since had thought | next day's examination would be it better to let such animals alone .-Our Dumb Animals.

And the Minister Smiled. The York (Me.) Transcript says that a Portland minister recently called upon one of the families in his parish He ascended the steps and knocked at the door. Receiving no response, he was about to depart when he heard a window in the next house open and a woman's voice say, "Mrs. Smith, the

minister's at your door." What was the pastor's surprise and amusement when he caught Mrs. Smith's response wafted gently around the corner of the house, "Sh. don't you s'pose I know it!"

The next Sunday after service Mrs. Smith met her pastor and expressed her sorrow that she was away when he had called.

A Bright Jeweler. A gentleman tells the following joke on a jeweler: A young man who was you would not obey the teaching of on the verge of matrimony went to the er day and found the proprietor lying

your Master to feed the hungry and | jeweler and bought a ring and left inlegend, "From A to Z." which, being proach, and, jumping to the floor, Zenobia. To his astonishment, on callt engraved like an Egyptian obelisk and on closer examination found that

By the aid of mechanical instruments human beings can do many wonderful things, but to save his life no man could cut such a perfect circle without a pair of compasses as the parasol ant does out of a leaf with nothing but

The Sex of Ships. The word "ship" is masculine in probably out of deference to Athene, goddess of the sen. But the English speaking saflor assigns no such reasons. The ship to bim is always a lady. even though she be a mnn-o'-war. She possesses a walst, collars, stays, lares, bonnets, ties, ribbons, chains, watches and dezens of other distinctly feminine attributes.-Collier's Weekly.

Twenty-four carat gold is all gold; 22 carnt gold has 22 parts of gold, 1 of silver and 1 of copper: 18 carat gold that went to Sir William C. Van Horn | each of silver and copper in its compother. He'd have you up in the courts by that time.—New York World.

put on some years ago, the Lake Shore than he was president of the Canabillon; 12 carat gold is half gold, the Rellway company decided to charge dian Pacific.—New York Preca. remainder being made up of 214 parts the knee. Didn't he seem excited?" of silver and 814 parts of copper.

Strong Proof. Hettle - So you really think that George is in love with you? Edith-Oh, I am sure of it! You should hear some of the mean things he says about you and the rest of the

One would better be trustful of \$6 friends who are fa re than doubtful of one who is true. Suspicion and supersensitiveness are at once the badges and the bane of a little soul. and kisses, but please consider the time it would occupy your poor old The chernl service was first used in very busy uncle. Try hugging and England at Conterbury in 677. kissing Emsle for a minute by the

s wear to wannystition. "Corner's cut lett gut drewmed in on Thereoffice and Libring the himse here is a day betota - telepropera

He Knew Playfair. The Fighting Swordfish. The manager of the phosphate min The swordfish is utterly without feat was a Scotchman, tail, big boned, with and will, like a buffalo or rhinoceros the strongest Glasgow Doric in his charge anything that offends it, often tongue. At first he was obdurate and doing an amount of execution hardly to be believed did not the evidence ex ist. Combats between swordfish are most interesting and may be compared to a duel between two expert swords men. Such a contest was observed off the long pier that extends out inte the ocean at Santa Monica, near Los "No," I replied, "I am a Scotch pro-

fessor."

Soon it was seen that they were sword-"My name," I said, "is Playfair." The season was when the fish are unye Lyon Playfair?" usually ferocious. They had made sev-I assured him I was, but expressed eral rushes and when observed were at close quarters, striking each other powerful side blows like cavalrymen. This was unsatisfactory, and finally they separated and darted at each oth- 5 feet 4 inches, "Hoot, mon, yer name's er like arrows, the water hissing as traveled farther than yer wee legs will chopped up, highly sensoned with a ptheir sharp dorsal fins cut through it. ever carry ye."-"Letters of Lyon Play- pers and herbs and stewed to They evidently struck head on, one fair.' missing, while the sword of the other struck just below the eye and plowed Peter the Grent was once very neatly a deep furrow in the fish, poetly dis eaught in a trap by a jester attached to the court. The jester was noted for ed to escape. But its adversary als his cleverness in getting himself and turned and with a rush drove its sword his friends out of difficulties. It hapcompletely through the body of its for pened one day that a cousin of his bar and held it fast, only wrenching its incurred the exar's displeasure and weapon loose when its enemy stopped was about to be executed. The latter

Angeles, last year. Some fishermer

noticed two big fish leaping out of the

water and dashing along the surface

swimming.-San Francisco Call. Put Through His Paces The wealthy Briton is confessed the most fastidlous man living as to the quality of his personal domestic service. The concentrated energy with which an Englishman will rebuke his servant for an offense so slight that the average American fails to observe it bears out the above statement, and it is this social condition that has developed the hyperaristocratic intelligence office in London.

Those who propose changing serv ants are not content with references and a perfunctory interview with the man or maid under consideration, but insist upon a full dress rehearsal of both manners and appearance. The servant in livery is put through all his paces, must display the size of

the name Bu-co-da was evolved, with his calves, the haughtiness of his pose, as well as breeding in handling a card, announcing a guest or serving at Nothing is taken for granted. The master and the mistress sit by and discuss the points of groom or butler as they would those of a high priced horse

or valuable dog. Domestics are taken

with great seriousness by the upper "I am glad there are a few honest class Englishmen, and for that reason people left. Two years ago I sent a nothing is left to luck in peopling the boy around the corner to buy a postal servants' hall .- Cleveland Plain Dealer. card. I have never seen the boy to this day. "You don't call that boy honest?" Mrs. Holmboddie-What are Yes, sir. This morning I received reading that absorbs you so? postal with this on the back: 'Dear | Mr. Hohmboddie (looking up from Sir-Here is your postal. I started in

engo News.

"Goodness knows."

Nasal

Ely's Cream Balsa

sway a cold in the bend

"They call it 'rag-time dessert."

Cream Ealm is placed into the nostrile, spread

mediate and a cure follows. It is not drying-does

ELY BROTHERS, 55 Warren Street, New York.

SOMERSET MARKET REPORT

Cook & Beerits,

Wednesdoy, Jan. 17

Cement | Cumberland, per bbl...\$1.60 to

Cube, or pulverized, per

ferman, per bus

a insyle, per bus

civer, per bus

civer, per bus

a insyle, per bus

barley, white beardless, per bus

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is to is

Treed wheat, per bus Secondard Secon

CONDENSED TIME TABLES.

Baltimore and Ohio Hailroad.

Somerset and Cambria Branch.

NORTHWARD.

ohnstown Mail Express.—Rockwood 11:45 a. m., Somersof 12:57, Stoyestown 12:53, Hoov-ersville 12:53, Johnstown 1:20 p. m.

SASTERN STANDARD TIME

IN EFFECT NOV. 19, 1899.

STREETS GENERALEN

WISTWARD,

wood 3 40, *Daily.

tisbun; Express

tan Line Express

ns, per bus..... toes, per bus...

Peuches, evaporated, per B.
Prunes ber B.

N. Y., per bbi.

Pittsburg, per bbi.
Dairy, & bus sacks.

per gal maple, per gal gallon....

CORRECTED WEEKLY BY

over the membrane and is absorbed. Relief is im

not produce sneezing. Large Size, 50 cents at Drug-

-Oh, I am so fond of those dear dialecthings! Do read me a little. Mr. Hohmboddie (reading)-"Ye see Elusie," said Dunean doucely, "I might hae mair the matter wi' me than ve wad be spierin. Aiblins me een is a not active persecutions, of bygone bit dazzlit an am hearin the poolses than any other in the world, has clavin when it sud be gaein, an div ye the chakin o' ma hond this day gin I the first settlers of New York. gat a glimpse o' ye, sair hirplin like an and twenty centuries, by far the most | auld mon? Div ye mae guess what's a' the steer, bluney, wfout me gaein it

his book)-It is a new Scotch novel.

Mrs. Flohmboddie (with enthusias)

mair words?" Mrs. Hohmboddie-Stop, for good ness' sake! What in the world is the creature trying to say? Mr. Hobmboddle-He's making a dec

laration of love. Mrs. Hohmboddie-A declaration of love! I thought he was telling a lot of symptoms to his doctor.-Collier's Weekly.

A Rejected Favor. When the German emperor was a school at Cassel, he and his brother Prince Henry, lodged in an old castle near, but in the school the two boys were treated exactly like any other youngsters. On one occasion, it is related, a master, knowing that Prince William was backward in Greek and wishing to curry favor with him, told him secretly what the subject of the Early next morning the prince went into the classroom and wrote the in formation on the blackboard in hugletters, not wishing to have any unfair

Apples deled, b.
Apple Butter, per gal.

(roll, per B.
Butter, fresh keg, per B.
Beeswax per B
Cacon, sugar cured ham, per B
slide, per B
shoulder, per B
white navy, per bus
Lima, per B advantage over his schoolfellows. Unconstitutional. "What a wretched daub!" exclaimed the unsophisticated visitor at the art exhibition, turning to speak to a

"Ha, bu!" laughed the stranger. "It is a pity to violate all the time henored precedents, but I really am not the

painter of that picture." This is a cold, iconoclastic age, and the mortifying, yet instructive, contretemps of the olden time is not good form in literature now .- Chicago Trib-

somewnat Birred. A gentleman from a neighboring town in Mississippi told the following last night

"I walked into a small store the othround alum, 180 B sacks.

fnaple, per B
imported y-llow, per B
white, A, per B
granulated, per B on the counter just dozing off into a quoted the familiar line: "'A horse! A horse! My kingdom

"'Where did you get that?' I asked. "'Oh, don't you know? That's what Absalom said w en his horse ran under the tree and feft him hanging by the bair to a limb. I thought everybody knew where that came from." "-Memphis Scimitar.

Great City For Prayer. A visitor to Moscow soon discovery why it is called the Holy City. Every 200 or 300 feet there is a cathedral, church, chapel or shrine, and whichever way you look you see people crossing themselves. Until one has French, Italian, Spanish and Portu- seen Moscow the plety of the place is guese and possesses no sex in Teutonic not easily understood. The outsider and Scandinavian. Perhaps it would cannot imagine Moscow conditions. He not be an error to trace the custom of cannot imagine church bells ringing feminizing ships back to the tirveks. all the time and people praying in the who called them by femining names, public streets at all hours of day and

On a Camel. The sensation has been likened to that which would be felt by mounting a stool placed on a springless cart driven over a plowed field. I found it all that and more. Next to walking barefoot in chains, riding on camel back is, in the eyes of the Moors, the worst degradation they can put upon their prisoners.-Grey's "In Moorish Captiv-

Probably. "It must have taken lots of nerve for him to laugh and joke with the doctors while they were taking his leg off at "Well. I thought be talked in rather a disjointed manner."-Chicago Trib

He Called Himself a Meteor. The Rocky Gulch cowboy who broke up a show in that town by shooting at the actors called himself a meteor be enuse, he said, he was shooting stars .-Buffalo News. Kissing and Hanging Take Time. It's all very well for you and Nellie and Emsie to unite in millions of hugs

watch, and I don't think you'll manace it more than 12 hours a day.-Letter of Lewis Carroll. New Mexico's Conl. There is enough on, I the New Mexico to supply the when of the Culted States for 1,000 years,

COOKERY IN BOLIVIA.

The National Dish, Chupe, and How It Is Prepared. The stoves of the Bolivian Indians desired us to leave the ground and to are curious things. A hole is dug in drop the specimens which we had the ground about 18 inches deep and a 777 taken before he appeared. At last I foot square, and over this is built a addressed him in good Scotch and ask- roof of clay with holes of different ed him whether he thought I was a sizes to receive the various cooking mining adventurer. "Aye, that's just pots. Roasting is done on splts passed through the holes, so that the ment comes out very much smoked unless great care is taken to have only live coals at the bottom of the oven. "Then, if ye are, ye'll be havin a The national dish and the come

food of the masses is "chupe." a of first cousin to the Irish stew. "Man," said my Scotch friend, "are a conglomerate, composed of irreconstituents from the animal and vesurprise that he knew the name, to table kingdoms, a mess of mutton an which he replied, looking from his 6 such other meats as are available. feet 2 inches with compassion on my chicken, fish, fruits, pointoes, carrots, barley, corn, rice, onions, yams, etc., sistency of porridge. What I to be left from one modi the pot until the next. . ?

out, the "chupe" is but it is warmed up ag and a new supply of the ingredients added to the water logged and greasy stuff for the next meal. In the cities, at the hotels and restaurants where there are French or Swiss cooks, the "chupe" is savory and palatable, but the farther you go from | 999 the centers of civilization the worse it

therefore presented himself before his imperial majesty to beg for a reprieve. On seeing him approach, the exar, digets. One eats it at first under provining his errand, cried: "It is no good test, then from necessit and only to 1999 to come here. I swear I will not grant escape starvation, but drally the stomwhat you are going to ask." ach rebels, and you limit your dlet to Immediately the jester went down boiled eggs and fruit, which are usualon his knees, saying, "I beseech your ly to be obtained, but the experienced Imperial highness to put that scamp traveler always takes canned ment and cousin of mine to death." brend with him.-Sucre (Bolivia) Let-The czar, thus caught in his own ter to Chicago Record. trap, could only laugh and pardon the condemned man.-Columbian.

STREET PARADE FLOATS. Many Difficult Problems to Be Met In

The following cure for the gout is Their Construction. taken from an old work: First, the "The making of decorative street person must pick a handkerchief from floats is a difficult trade," said a New the pocket of a mald of 50 years who Orleans scenie artist who has had has never had a wish to change her plenty of experience in the line be mencondition; second, he must wash it in tioned. "There are so many things nn honest miller's pond; third, he must to be considered. For instance, a float dry it on a parson's hedge who was never covetous; fourth, he must send | must look well both near and far. It must be able to stand a dash of rain. it to a doctor who never killed a pa-It must be light enough to go over any tient; fifth, he must mark it with a kind of street and solid enough to re lawyer's ink who never cheated a sist a gust of wind, and, most imporelient; sixth, apply to the part affected. tant of all, it must be so constructe and a cure will speedily follow. that it will appear all right to folks in upper windows. Honest Boy.

"Some years ago a young derigner from the north made several small models for tableau cars that charmed everybody who looked at them. They were certainly very beautiful and novel, but when I was called in as an expert I said at once that they wouldn't do. They were designed to be viewed from the banquecte only, and from a second story window every particle of business with the penny you gave me and have prospered. Thanks." -- Chleffect would have been lost. More over, a lot of hidden mechanism was certain to be discovered at any eleva-Remnant Refreshment - "What do tion above 15 feet. you think my boarders call bread-pud-

"The young artist frankly admitted I was right and abandoned the job He said it involved entirely too many optical problems to suit him. When I make my drawings for a float. I calculate on a visual sweep of 30 de-Won't Pay .- My people were among grees. That goes from the level of children on the pavement to people Clerk-Well, I hope you'll be among | looking almost straight down from the the first settlers at our store this Satur- upper floors of tall buildings. Unles such a precaution is taken the car is certain to be a fallure."-New Orlean Times-Democrat.

Man and His Smoke. Every little while you read that a man 96 years old and still bale and hearty has smoked all his life, but ! is nevertheless a fact that smoking i very injurious. Men should be ashame that they are to quit the habit This is not written by a man who ha no desire to smoke, but by a man wh smokes a great deal, has tried severa times to quit and couldn't do it. When you find a boy who is pale and

sick from his first smoke, rememb that his father and his grandfaths are to blame. It will take thousand of years to reform the world if we be gin now. A boy is as certain to for for a pipe as he is to look for a sweet heart. His father was guilty of both offenses before him.-Atchison Clube

PEACHES AND BLUBBER.

A Story of Arthur Stringer and an Oxford Professor. Canadians are very touchy on the subject of climate, as Rudyard Kiplin discovered when he somewhat though lessly dubbed the Dominion "Our Las of the Snows." When Arthur Stringe the young Canadian poet and author first went to Oxford, he carried wit him letters from Professor Goldwig Smith of Toronto to Professor York Powell, the distinguished historian of

The old Oxford don, like one or two other Englishmen, lind very vaguideas about Canada and somewhat sur prised the young stranger by inquiring if he got along nicely on English rous mutton after living so long on freze seal ment. The young poet gravely protested that he perhaps missed hi whale blubber a little, but the next day cabled home, and in less than a week the finest basket of autumn peaches ever grown in Ontario, carefully park ed in sawdust, was on its way to Ox ford. A short time afterward the young author was again dining with the regius professor at Oxfor I. and that gentleman produced at the meaa fruit dish londed with tremendon penches. "Most extraordinary," said the old

professor, "but these penelies were sent to me today, and I'm ble-said if I know who sent them. From the south of France, I suspect, so I saved a few of them for you. Stringer. They will be such a novelty, you know." The Canadian very quietly took a stenmship company's bill of hiding from his pocket and handed it to the professor. The professor gazed at the bill, then at the fruit, then at the poet. "I had some whale blubber, too, professor," said that young mans "but I simply had to eat that. These other things were grown on my encle's farm in Kent county, Out., you know, He has 200 bushels of them every year. and he sent me over a basket of little

SALARIES OF OUR PLAYERS.

ones along with the whale blubber."-

Saturday Evening Post.

Johnstown Accommodation.—Rockwood 4 40 p. m., Somerset 5:02 Stoyestown 5:31. Hooverwille 2:42, Johnstown 6:33.

SOTTIWARE

Mail.—Johnstown 8:20 a.m., Hooversville 2:09

Stoyestown 9:24, Somerst 1:52 Rockwood 10:15. The Pay of Actors Veries From \$19 to as Much as \$500 Per Week. Franklia Fyles, writing of "The Theater and Its People" in The Ludles' xpress —Johnstown 15) p. m., Hooversville 235, Stovestown 247, Somerset 3:15. Hock-Home Journal, touches interestingly upon the earnings of actors and corrects the oft repeated reports of the F. D. UNDERWOOD. General Mauager, Passenger Traffic Manager. enormous earnings of players. "Salaries vary with circumstances," he says. "The manager may find at \$25 a week DENNSYLVANIA RAILROAD. ly fits a part of considerable importance. He may have to par \$150 if the role is singular and fit candidates scarce. If he wants celebrity in addition to ability, he may be willing to make the salary \$500 a week. In that case he takes into account the public value of the name and makes a feature

of it in his advertisements. Trains arrive and depart from the station at chnetown as follows: "Not more than ten actors in Amerien, aside from the stars, receive as much as \$250 a week, and not more than five actresses are paid this amount. In fact, \$150 a week is excep-The wages run down to \$75 for a soubrette, ingenue or old man, to \$50 for an old woman, juvenile man or juvenile woman, and so along to utility and chorus men and women at \$12 or \$18 a week. Those are the wages of thors pe oughly competent actors in companies of good grade."

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