QUAY'S FRIENDS SCORE VICTORIES

Great Triumph in Jefferson County in a Popular Vote at Republican Primaries.

FLINN INSURGENTS ROUTED.

Chester and Snyder Line Up With the Stalwarts, and in Lancaster the Bolters Wisely Withdraw From the Field and Leave Regulars in Absolute and Undisputed Control.

(Special Correspondence.)

Harrisburg, Feb. 27.—Republicans of four counties, through their respective organizations, last week went on record as standing by the stalwart leadership of the Republican party in this commonwealth. As this action is the first taken in the contest for the control of the next legislature, which will be called upon to elect a successor to Colonel Quay in the United States senate, the outcome must be regarded as especially important at this time.

The most pronounced stalwart victory and one which has far reaching significance was that won in Jefferson county, where a clean cut contest was decided by a popular vote. It was not merely a half hearted support of the present Republican leadership nor a perfunctory indorsement of Colonel Quay, but a full, positive and emphatic declaration from the Republicans of the county that they are in favor of majority rule and have no sympathy with the insurgent movement.

Jefferson and Indiana counties compose a state senatorial district. They do not elect delegates to a convention, but they vote directly for the candidate, and the candidate for state senator securing the majority of votes in the two counties wins the nomination. Jefferson on Tuesday last led off, and had the honor of being the first county in Pennsylvania to pass upon the United States senatorship. So important was this fight to be that William Flinn, the Pittsburg boss and contractor, invaded the county with his agents, and did his utmost to carry the election.

Jefferson county has had the senator for eight years. Under the rotation system the office now goes to Indiana county. John S. Fisher was named by the stalwart Republicans as their candidate. The insurgents and bolters named Dr. Morrow, and both names were submitted to the voters of Jefferson county. Money was sent into the county in large amounts. The same kind of political management that is used in Pittsburg to keep Flinn in power and in contracts was used in Jefferson. The result was a most pronounced victory for the stalwarts. Not only did they choose Mr. Fisher as their candidate for state senator, but they named their choice for congress, and elected their delegates to the state convention.

Nothing could be fairer than the system in use in Jefferson county. All Republican voters are called upon to go to the polls and make their direct choice between candidates. It is simply a question of majority rule, and the majority in Jefferson county has been cast overwhelmingly for Senator Quay. There is no use in mincing words about the matter. The fight was between Quay and his opponents, his opponents have simply been slaughtered, and Mr. Flinn has been sent back to Pittsburg defeated in the very first engagement of the legislative campaign.

The majorities for the out and out Quay supporters were in many cases larger than the total vote polled for their insurgent opponents. The importance of this victory for the stalwart Republican element is emphasized by the fact that it was announced after the last insurgent conference in Philadelphia that Flinn had undertaken the contract to manage the anti-Quay campaign in seven counties—Jefferson, Indiana, Mercer, Armstrong, Lawrence, Butler and Beaver—and great claims were made as to what Flinn was going to do.

THE ISSUE PLAINLY PUT.

That there could be no mistake as to the issue raised by the Flinn campaigners, they sent to every Republican voter in the county a circular letter through the mails, which was headed "Republicanism versus Quayism." It was an appeal direct to the people, and the people gave their answer on Tuesday last at the polls. Fisher won by a majority of over 2,500 over Morrow. This was the principal issue involved as the state senator to be elected next November will not only have an opportunity to vote to elect Colonel Quay's successor, but also for the successor to Senator Penrose. W. O. Smith, a Quay leader of the county, defeated Alexander Fruit for congress by 1,800 majority, and the national delegate and all the delegates to the state convention are supporters of Colonel Quay, and they were elected by majorities ranging from 1,500 to 2,000.

As Jefferson county is in the senatorial district in which Attorney General John P. Elkin resides, this distinguished son of Indiana was warmly congratulated by local republican leaders who called upon him here upon learning the news from Jefferson county.

ROUT OF PARTY WRECKERS.

Editor A. T. Moorehead, of the Indiana Progress, in discussing Mr. Fisher's victory for senator in Jefferson, said:

"The Flinn forces were routed horse, foot and dragoon. They marched up the hill with tom toms loudly beating and banners proudly flying, but they retreated down the hill with such undue haste and in such disorder that the provision train and supply wagons were lost in the Big Sandy. The generalissimo of the Flinn campaign managers, owing to the fatigue incident to the forced marches up the hope and hopes of that county now lies hors du combat. It was a memorable contest, and will live long in the political history of our neighbor county. It is the opening gun of the campaign in the state. It is the first county to be invaded by the Flinn outfit. It was the first primary to test the strength between straightout Republicans, who believe in majority rule, and the political insurgents, who are attempting to break up the Republican party. Fisher stood for the rule of the majority and for straightout Republicanism. Flinn represented the party wreckers. He asks the people to win at the primaries if they can, but if they fail he wants them to join with the Democrats and defeat the party to which he owes his allegiance. The issue was fought out along these lines. The result is a vindication of the regular Republicans. It ought to be an inspiration to Republicans who are fighting the same kind of battles in other counties. The people believe in majority rule. They believe in party organization, and will not support the men who are endeavoring to break down the party that has done so much for the development of this country. Mr. Fisher is to be congratulated on the splendid vindication he received from the Republicans of Jefferson county. Indiana county will do better."

Indiana county will vote upon the state senatorship at the coming primaries, and, as in Jefferson, the rules call for a popular vote. There will be no reason to charge the so-called machine with the victory which is assured Mr. Fisher, as the people will ballot with the issue squarely defined. Mr. Fisher will probably carry Indiana county by at least 2,500 majority, and it is possible, since the outcome of the Jefferson county fight, that the Flinn men will conclude to save money and not make a fight. Their campaign in Jefferson was a very expensive proposition.

MILLIONAIRE COMBINE BEATEN.

"As between Quay and any representative of the Flinn-Martin bolters The Inquirer has always contended that the people would prefer Quay," said the editor of the Philadelphia Inquirer in commenting upon the Jefferson county primaries. "They have no use for any pretender of the hypocritical insurgent millionaire machine. This millionaire machine talks loudly about reform, but its reform consists in buying votes, and in making its way through intrigue, corruption and political infamy. Dr. Morrow, as the representative of such an infamous machine, has been defeated, and we think that that machine will find the people arrayed against it wherever it undertakes to control. That machine is dead in Philadelphia; it is dead in Delaware county, and it is practically dead in Chester county. As a matter of fact the insurgents who bolted the Republican caucus at Harrisburg are everywhere looked upon with disfavor. The one thing left for the insurgents to do is to join the Democrats in fusion tickets. They have been beaten outright in Jefferson county, and now it is only in harmony with their past actions to support the Democratic candidate. As a matter of fact, this is exactly what the insurgents intend to do everywhere. They will contest the primaries in the different counties. When they are beaten out and out, as they will be, they will join the Democrats. In other words, if they cannot rule Grey will attempt to rule, and the candidate of the bolters of the Flinn-Martin stripe is the candidate of the Democrats, and that man is the free silver Democratic leader of Pennsylvania, James M. Guffey."

CHESTER AND SNYDER.

That Chester county is still very much in the stalwart column was amply demonstrated at the meeting of the Republican county convention last week. There was not a single dissenting voice to the resolutions offered endorsing the policy of President McKinley and Governor Stone making the following declaration as to Colonel M. S. Quay:

"We reaffirm our allegiance to the matchless Republican leadership of Hon. Matthew Stanley Quay and deprecate the fact that the United States senate has not yet taken favorable action on the certificate of Hon. Matthew Stanley Quay, of Pennsylvania, and given to him the seat and to the people of Pennsylvania the representation to which they are entitled and guaranteed in the senate of the United States by the constitution."

This declaration from the Republican convention of Chester county must have been a hard blow to Flinn and his colleagues.

It was a notable feature of the Chester county convention that the former bolters were absent. In fact, they were not represented from a single precinct in the county.

The Republicans have announced their choice for senator and members of the legislature by publishing the list far in advance of the primaries, which will not be held until June.

At this time the Chester county bolters from the party are doing nothing whatever. They say they are awaiting developments and will get into the fight after a time when they get matters properly shaped. The Democrats, however, seem to have gotten enough of fusion at the last election, and it seems almost impossible for Chairman Cavanaugh to get them into line for another such farce. Without them the bolters will of course have no show. The pledge which all Republican candidates are now required to sign by the chairman of the county committee will prevent any defeated candidate upon the regular ticket, should he become disgruntled, from forming an alliance with the bolters in any movement they should make.

Snyder county's Republican primaries were held last Saturday. They passed off quietly. The only contests in the different districts were for the local committeemen. The following candidates were nominated without opposition: For congress, Thad M. Mahon; assembly, A. M. Smith; senator, B. K. Focht; prothonotary, G. M. Shindel; register and recorder, J. H. Willits. Dr. P. Herman defeated G. W. Wagonseller for national delegate.

This action of the Snyder county Republicans insures the nomination of Benjamin K. Focht, editor of the Lewisburg Saturday News, a stalwart Republican of Union county, for state senator.

LANCASTER STALWART AS EVER.

In Lancaster county the last day upon which candidates for the legislature could register for the Republican primaries has passed, and there is not a single opponent placed in the field against any of the regular candidates for the state senate or the house of representatives. This, with the triumphant election of a stalwart Republican, Dr. Henry E. Muhlenberg as mayor of Lancaster, and the prospective appointment of another stalwart as postmaster of that city, leaves no room to doubt that Lancaster will continue to be one of the most stalwart counties in the state. No party wreckers can cut any figure in Lancaster.

What is a Sleeper?

Here is a definition which is as difficult to read rapidly as "Peter Piper picked a peck of pickled peppers" and yet is more sensible. In fact, it is an actual statement of facts, as you will find if you read it slowly:

A sleeper is one who sleeps. A sleeper is that on which the sleeper sleeps. A sleeper is that on which the sleeper runs while the sleeper sleeps. Therefore while the sleeper sleeps in the sleeper the sleeper carries the sleeper over the sleeper under the sleeper until the sleeper which carries the sleeper jumps the sleeper and wakes the sleeper in the sleeper by striking the sleeper under the sleeper on the sleeper, and there is no longer any sleeper sleeping in the sleeper on the sleeper.

No Woman May Reign.

The question has been asked why none of the daughters of the czar may be a successor to the throne on which the great Catherine proved her capacity. The exclusion rests only on an edict of the Emperor Paul, the son of Catherine the Great, issued to discredit his mother's memory.

France has as many as 45,000 families, with 130,000 individuals, claiming a title of nobility; but, as a matter of fact, only about 450 families can prove their claim to descent from a noble family in feudal times.

Near the city of Durban, South Africa, is the Place of Death, a funnelike cleft in the coast rocks, into which in times gone by the Zulu chiefs were accustomed to take the victims of their wrath to die.

Deadly War Missiles.

In 1870 an ordinary shell when it burst broke into from 10 to 30 pieces. Today it bursts into 240. Shrapnel fire in 1870 scattered only 37 death dealing missiles. Now it scatters 340. A bomb weighing about 70 pounds 30 years ago would have burst into 42 fragments. Today, when it is is charged with perexilene, it breaks up into 1,200 pieces, each of which is hurled with much greater velocity than the larger lumps which were scattered by a gunpowder explosion.—Chicago Democrat.

She Had Read About It.

One day a boy was missing from a schoolroom in one of the up town public school buildings. The teacher looked around and failed to see the familiar face.

"Does any pupil know why Tomm McGregor isn't in school today?" she inquired.

There was no answer.

The teacher repeated the query.

Then a little girl slowly lifted her hand.

"Please, ma'am," she said, "I know."

"And why does he stay away, Mary?"

"Please, ma'am, it's 'cause he's got measles inside."

Mary had read the contagious disease card that was tacked on the front of the house.—Cleveland Plain Dealer.

The Truly Happy.

"Of course the only truly happy man is the man who devotes his life to doing good for others," said the earnest philosopher. "That is the only occupation a man can engage in in which people will let him have his own way."—Indianapolis Journal.

Willing to Help Him Out.

Mr. Torem (11 p. m.)—My motto is "Pay as You Go."

Miss Cutting—Well, I'm willing to lend you a small amount if it will help you out.—Chicago News.

ANOTHER CASE OF INSURGENT BLUFF

Penrose Promptly Discounts a Story Sent Out by the Flinn-Martin Combine.

PHILADELPHIANS NOT FOOLED

Result of the Election, in Which a Quay Man Led the Republican Ticket, Shows That the Efforts to Make the Organization Responsible for Election Frauds Was Unsuccessful.

Philadelphia, Feb. 27.—It was with great exultation that the insurgent press bureau sent out through the state last week a story to the effect that Colonel Quay's case in the United States senate had been side tracked and that it could not possibly be brought up at this session of congress. While they may not have believed what they wanted the people of the state to believe, the insurgents thought that this was a splendid card to play for effect upon the Republican primary elections throughout the Comonwealth and at which they are endeavoring to break through the lines of the stalwart Republican element. The guerrilla politicians, who know no allegiance to any organization, except their own personal political machine, did not know that while their newspaper allies, few in number though they be, were printing this story of Colonel Quay being bowled out, Senator Penrose had his plans carefully laid to bring the case up in the United States Senate on Friday last. This he did and despite the schemes of a few Senators who are leading the opposition to the Beaver statesman, to side track the case, the young Pennsylvanian fought with tact and spirit and he finally won by a vote of 34 to 28 and the case was called up for discussion. This showing was a surprise to the enemies of Colonel Quay, as among those voting against the consideration of the matter at that time, were several Senators who are on record as having said they will vote to seat Colonel Quay when the matter comes up for final action. These men for one reason or another opposed consideration of the Quay case on that day but all of them have since said they will vote to seat him when the issue is reached for on a final vote.

PENROSE A GOOD FIGHTER.

Senator Penrose made a strong showing on the floor. He advanced the proposition, first of all, that the claim of the senator to a seat was a question of the highest privilege, and was entitled to be brought up whenever any senator desired to discuss it. He claimed that no vote was required whatever. A ruling upon this point was not made. The presiding officer indicated that if he were forced to make a ruling it would be against Senator Penrose's proposition. Senator Hoar and one or two others were anxious that the point should be met. A long discussion would have resulted and both Penrose and Chandler were prepared to debate the question, but the point was temporarily shelved, when Mr. Penrose made the simple motion that the Quay credentials be taken up.

Senator Daniel, of Virginia, made the opening speech in favor of Senator Quay. His contention was that a governor has a right to appoint at any time when there is a vacancy and the legislature is not in session. It was an elaborate address, and the senator was well fortified with quotations. There does not seem to be any desire to supplant the Hawaiian question, for as only a few speeches are to be made, they can be made before 2 o'clock, the hour when the regular order begins. The indications are that the matter will be put to a vote within a short time and there is every reason to believe that Senator Quay will be seated by a good majority. The New York Herald's Washington correspondent wires his paper that there is no doubt about Colonel Quay being seated upon Governor Stone's credentials.

The local election in this city last week resulted in the election of every man on the Republican city ticket. There were only candidates for magistrates running, but a bitter fight was made against them by the insurgent Republicans and by other men who have selfish ends to serve politically and who have been arrayed against the leadership of the Republican party in the state because they have not been allowed to have their way in the matter of the distribution of the favors of the Republican organization. These men found as the campaign progressed that the people did not believe the reports which were intended to hold the Republican party responsible for the election frauds which were unearthed in a couple of election precincts in the slum districts of this city. The thinking and honest voters realized that conditions exist in every large city in the quarters of the depraved elements which naturally result in election frauds. Of the men accused of stuffing the ballot boxes three were found guilty as the results of investigations and prosecutions by Republican officials and they are now serving their time in prison. The people evidently did not take any stock in the attempts to make the Republican party organization responsible for these frauds. Of the Republican candidates for magistrate Magistrate Cunningham, a pronounced Quay supporter, who had been the subject of almost daily attacks during the campaign waged by the insurgent newspapers, polled the highest vote at the election. He was the only candidate who received over 100,000 votes.

The Republican organization comes out of the last contest stronger than ever and will be found with representatives from almost every district from this city acting with the leaders of the regular Republican state organization at the coming state convention.

THE HOTEL BELLBOY.

He Plans to Have One Day of Fun and Revenge.

"Some day when I have accumulated a stake," said one of the bright bellboys at the Blossom House the other day, "I am going to have some fun."

"What are you going to do?" a bystander asked.

"I am simply going to some big hotel in Chicago or St. Louis and live for a day," and the boy paused to let the remark sink in.

"And that's your idea of a good time, is it?" queried the curious listener.

"Hold on! I am not through yet. I am going to a big hotel with three big grips, and I am going to make the bell boy carry all of them up to the room for me. I won't carry even the smallest one. Then as soon as I am in my room I am going to have some ice water. I will not ring for ice water, but for a bellboy, and after he has climbed to the fifth floor—bellboys are not permitted to use the elevator, you know and I shall not take a room lower than the fifth floor—when he has climbed up there I will tell him I want some ice water.

"I will drink all the ice water I can and pour the rest in a cuspidor. Then I will ring for more ice water. After that I shall order a cocktail served in my room. I don't drink, but there must be variety in my scheme. Then I will decide to take a Turkish bath and will call a boy to carry my grip down to the bathroom. When I return, I will ring for more ice water.

"I will insist on having the same bellboy serve me all the time, and I'll keep him chasing around until he will curse me at every step. Then when I get ready to leave and he is happy to think he shall never see my cursed face again I will give him a dollar. You know I couldn't think of putting a boy to all that trouble without rewarding him, because I have been through the mill myself. What I have just described happens to a bellboy every day of his life—all except getting the dollar when it is over."—Kansas City Times.

CHOCOLATE FIENDS.

There Are Those Who Become Slaves to This Nerve Soothing Food.

"The manufacture of chocolate," said J. R. Anso of Brazil, "is a great industry. Of all the chocolate beans imported into the United States two-thirds go to one firm in Boston, and the other third is distributed among the other manufacturers. The chocolates sold are of various grades. The Caracas chocolate is supposed to be the best.

"If you take the various grades, technically known as the Caracas, the French, the German and so on, and take a piece of each and place them in a pan of water and allow them to dissolve, any expert will tell you which is the best chocolate. The better grades will leave no sediment. The others will. This is explained by the fact that in the cheaper grades the shell is ground up and used as a 'filler.' The lighter the chocolate the better the grade. The cheaper grades are dark owing to the ground up shell.

"It is a queer thing about chocolate consumption. There are chocolate fiends, just as there are opium fiends, tobacco slaves and liquor slaves. I cannot tell you why it is, but if people begin to eat chocolate the habit grows upon them. I don't think any amount of chocolate hurts any person. Of course the cheaper grades of chocolate have a large percentage of sugar in them, and sugar is to a certain extent injurious, but for the chocolate itself I don't think any one eats enough to hurt him materially. In contradistinction to the exhilaration of alcoholic drinks chocolate seems to be a soother. Persons who are nervous and irritable find it a food that in a way calms and soothes and satisfies them. It is queer, but it is the truth. The consumption of chocolate is increasing enormously in the United States."—New York Tribune.

Artificial Diamonds.

It is well known that in the manufacture of carbon steel microscopic diamonds are formed, and the curious fact is stated by The Scientific Press that from the examination of a number of steels from a variety of processes identical results were given. A piece weighing 300 grams was cut from a lump of steel and treated with nitric acid, the insoluble residue collected being mainly graphic carbon. After being washed with water it was boiled three times with fuming nitric acid, which partially dissolved the residue, hydrofluoric acid and then fuming sulphuric being used, there then remaining nothing but graphite, which, after being washed, was melted with chlorate of potash. The insoluble residue obtained fell to the bottom of a vessel filled with iodide of methylene, the little transparent octahedrons visible through a microscope, which burned on a sheet of platinum without any ash, being the diamonds.

The Thistle of Scotland.

Once upon a time many hundred years ago the Danes made war upon the Scots and invaded their country. One dark night, as they were marching upon an encampment of sleeping Scots, one of their number trod upon a thistle. The pain was so sudden and intense that the man gave a loud cry. This awakened the slumbering Scots, who sprang to arms and defeated the assailants. In gratitude for the deliverance the Scots made the thistle their national emblem.—Journal of Education.

Japan's Children.

From one end of Japan to the other a child is treated as a sacred thing, be it one's own or a stranger's. Each one carries its name and address on a ticket round its neck, but should it indeed stray from home food and shelter and kindness would meet it anywhere.

It may well be said that life is monotonous. In 50 years we undress for bed no fewer than 18,350 times, dressing again after each night's repose with cheerful resignation.—Tit-Bits.

A CURIOSITY OF ALASKA.

Beaches Formed by Driftwood From All Over the World.

One of the greatest curiosities noted by travelers in Alaska is the wonderful haven of driftwood on the coast between Yakatag and Kyak islands, some 1,200 or 1,500 miles northeast from Seattle. The constant deposit of logs and driftwood in this particular spot, which has been going on for hundreds, perhaps thousands, of years, is due to the phenomena of the tides, the Pacific gulf stream, the mysterious ocean currents and the peculiar formation of the shore lines at that point.

Logs and timbers are readily identified there as having come from Japan, China, India and other parts of Asia, as well as from California, Washington and other parts of the American continent. There are fine logs of the camphor tree, the mahogany, the redwood and the pine in this driftage. Some of those from the state of Washington contain the names of the men who felled the trees and of the sawmills for which they were destined, but never reached. Logs eight feet in diameter are in this novel woodyard, and some entire trees 150 feet long are there, uplifted by the roots, cast into the sea by some terrible tempest and sent floating round the world. Other persons on the beach descry big trees floating shoreward, with fantastic roots above the waves like some sea monster. One beach after another has been formed by the floating timbers, and a little distance back from the shore the deposits are so old that the wood in some places is petrified, while a little deeper in the earth it has turned into coal. The newer logs are without bark and as hard as stone, due, it is thought, to their long immersion in salt water. They have all taken on a whitish appearance. In places the timbers are piled 20 feet high; at other points they rise to a height of only four or five feet.

Under this wonderful beach are found large quantities of dark, ruby sand, rich in fine particles of gold, for the separation of which no successful process has yet been discovered.—Chicago Times-Herald.

A Lost King.

In olden times, when European kings were as plentiful as Kentucky colonels are today, it was not an exceptional occurrence for a king to disappear and never been heard of again. In ancient times, however, the people have been more careful of their kings.

So when King Sebastian of Portugal disappeared in battle July 29, 1578, while fighting the Moors at Alcazar, there was great commotion. The Moors surrendered to the Portuguese a body said to be that of the king, but it was rumored that the Moors had the king alive in custody.

The surrendered body was buried with royal honors at Belem, but the faithful Portuguese persisted in waiting for the return of their king. Long after he would have died in the course of nature his countrymen longingly awaited his coming.

Even up to this day the legend of the return of King Sebastian is believed by many, and on stormy nights credulous Portuguese citizens will wrap their cloaks about them and go outside and watch the storm, thinking that the king may appear in a cloud of fire again to rule.

Badly Expressed.

Pusher—Gusher is not very happy in his choice of adjectives.

Usher—Why so?

Pusher—Miss Gumms fished for a compliment by asking him what he thought of her slippers.

Usher—And what did he say?

Pusher—He said they were immense.—Collier's Weekly.

THE SENSE OF TASTE.

IT SHOULD BE THE BEST GUIDE TO THE FOOD WE NEED.

It Not Perverted, It Will Select Those Substances For Which the Body Is Suffering—We Use Entirely Too Much Salt.

The function of the taste doubtless sustains a much more important relation to digestion than has been generally accorded to it, says Dr. Kellogg. Food to be digested must be appetizing. Food which nauseates does not stimulate the secretion of the fluid necessary to digest it either in the mouth or the stomach. The sense of taste may be regarded as a sort of regulator. Hence it is an important property of food that the sense of taste may be stimulated and that it may have an opportunity to exercise its selective and controlling functions.

When one has eaten a sufficient amount of simple, wholesome food, the sense of taste informs him of the fact by declining to receive more. A perfect rule for mastication would be to chew each morsel of food until there is left only a tasteless remnant. It is useless to swallow such a residue, as it can have no nutritive value. When food is taken in this way, the sense of taste has an opportunity to say "enough" before too much has been swallowed and thus affords a perfect means of adapting the amount of food taken to the needs of the body.

A careful study of this suggestion will also show that the sense of taste, if allowed to act in a normal way, will select those substances of which the body is in great need. For example, if the blood is impoverished and needs an extra supply of nitrogenous food there will be a craving for such foods as nuts, legumes and possibly eggs and milk or some other substance containing nitrogen.

A curious analogy to this function is found in some insectivorous plants, which, as has been shown by recent experiments, refuse to capture insects or pay attention to fragments of meat placed within their grasp except when the soil upon which they grow is lacking in nitrogenous elements. By supplying a fertilizer rich in nitrogen these so called carnivorous plants cease to be carnivorous and behave wholly like other plants. The same principle applies to the use of fat making substances, such as starchy and oleaginous foods, such as nuts and cereals. The writer has frequently observed in thin patients a craving for fats, which disappeared entirely after the patient had made a gain of 20 or 30 pounds.

The taste was no doubt intended by the Creator to be a perfect guide to the quantity and quality of food to be taken and not simply a means of gustatory pleasure. Unfortunately it has been terribly debauched and perverted from its normal function. Men and women treat the palate as the pianist treats his instrument, touching it in various ways simply for the purpose of provoking pleasurable sensations, with no regard whatever for the possible needs of the body or the possible damage which may be caused. The sense of taste, thus wrongly educated, becomes perverted, and its indications become confused. Abnormal cravings are developed, which demand satisfaction in the use of tea, coffee, wine and other intoxicants, mustard, pepper and other condiments, large quantities of salt, pickles and rich and savory dishes of various sorts, together with sweets, ices and tidbits of all kinds. The sense of taste has been dethroned from its high position as governor of nutrition and has come to be merely the servant of a capricious and insatiable desire for an illegitimate sensation, a purely selfish animal pleasure. This is gluttony, pure and simple, and is the apt tutor and hail companion of alcoholic intemperance.

The free use of common salt must likewise be placed among serious dietetic errors. Professor Bunge of Basel, the leading physiological chemist of the world, with many others, has shown that the so called necessity for the alimentary use of salt rests upon a very uncertain and equivocal, if not erroneous, basis and that at most salt can be used without injury only in very minute quantities. The quantity designated by Professor Bunge as within the limits of possible harmlessness is about 15 grains a day, or probably less than one-fourth of the amount usually consumed. The free use of salt leads to thirst and copious drinking in connection with meals.

Gum chewing, tobacco chewing, the use of tobacco in any form, must be condemned as harmful to the digestion through exhausting the function of the salivary glands, so that when required to maintain constant activity the saliva secreted by the glands has very little value as a digestive agent. The glands, as well as the muscles and other parts of the body, require rest in which to store up the elements necessary for their proper function.—Good Health.

His Capacity Had Limits.

An old farmer who was in the habit of eating what was set before him, asking no questions, dropped into a Memphis cafe for dinner. The waiter gave him the menu card and explained to the old gentleman that it was the list of dishes the cafe served for dinner that day. Accordingly he began at the top of the bill of fare and ordered each thing in turn until he had covered about one-third of it. The prospect of what was still before him was too overpowering, yet there were some things at the end that he wanted to try. He called the waiter and, confidently marking off the spaces on the card with his index finger, said:

"Look here, I've et from thar to thar. Can I skip from that to thar and eat on to the bottom?"—Memphis Scimitar.

TRAINING HORSES.

Preparing the New Animals For the Circus Ring.

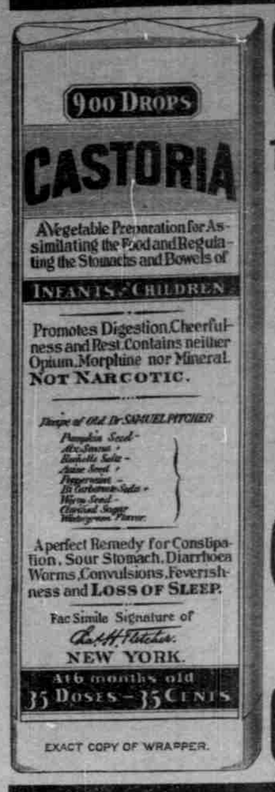
All through the winter circus men are training the animals for new tricks for the next summer. The winter is by no means an idle time. Training horses for the ring is interesting work. The first thing done is to put the new horses in the stables with the old circus horses to get them used to their new company, and a queer thing noticed is that the old horses are jealous of the newcomers.

A great deal of patience and time is required to train the horses to run around the ring. They are blindfolded and taught to run around the ring in a circle. The natural tendency of the horse is to run straight, and it is a hard thing for him to learn. A system of checks and lines makes the training easier than formerly.

The horse is an observant animal and apt to do what he sees another horse do, so when the blindfold is removed he is placed alongside an old trained horse, and the man who is to ride the new animal does tricks with the old ones, then tries them on the pupil. A good, intelligent horse soon learns and actually helps his rider.

Horses are very sensitive to applause and with that stimulus will do twice as much work as without. They are just as likely to lose their heads as human performers and have to be carefully watched. A well trained ring horse is easily worth $1,000, and riders who are stars usually own their horses. The most careful attention is given these animals. Before each act their backs are rubbed with resin, which has to be washed off afterward.—San Francisco Chronicle.

Geese are the emblems of conjugal bliss in China, and a pair of geese are considered a handsome present from a gentleman to the lady of his choice.



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For Infants and Children.

The Kind You Have Always Bought

Bears the Signature of Chas. H. Fletcher.

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THE CENTAUR COMPANY, NEW YORK CITY.

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What better investment could be made than in a copy of the International? This royal quarto volume is a vast storehouse of valuable information arranged in a convenient form for hand, eye, and mind. It is more widely used as standard authority than any other dictionary in the world. It should be in every household.

Also Webster's Collegiate Dictionary with a Scottish Glossary, etc. "First class in quality, second class in size."

GET THE BEST

G. & C. MERRIAM CO., Publishers, Springfield, Mass., U. S. A.

Started His Muse.

"It seems so strange," said the lady who had returned to visit the old scenes again, "that your son Arthur is a poet. When I knew him, I never suspected that he had an inclination in that direction. I suppose, though, that you have seen it in him from the first?"

"No," the young man's mother replied; "he never gave any indication of it as a boy. His schoolbooks are not, as one would naturally suppose, scribbled full of rhymes. He did not lisp in numbers, as we read that other poets did. Indeed Arthur was about as plain and practical a boy as could have been found anywhere."

"That's the way he always seemed to me. When was it discovered that he had this gift?"

"Well, the first time we noticed it on him was one day after a heavy sign, which had projected out over the street, fell as he was walking along and struck him on the head. As soon as he regained consciousness he seemed to be a poet."—Chicago Times-Herald.

Clerical Sarcasm.

A clergyman, on a recent Sunday gave out the following notice, says The Christian Endeavor World:

"The regular meeting of the donkey parade will be held, as usual, at the close of this service. Members will line up just outside the church door, make remarks and stare at the women who pass, as is their custom.

"Any member known to escort a young woman to church like a man and sit with her like a gentleman will be promptly expelled from membership."

Vinegar.

Vinegar is a diluted form of acetic acid and has been known from the earliest period. Wine vinegar is made from wine lees and inferior wines, principally in France, the finest being obtained from white wines. Malt vinegar is procured from an infusion of malt which has previously undergone fermentation or from apple cider. Vinegar in the form of lotions is a valuable external stimulant.

THE CLEANSING AND HEALING CURE FOR

CATARRH

is

Ely's Cream Balm

Easy and pleasant to use. Contains no injurious drug.

It is quickly absorbed. Gives relief at once.

It opens and Cleanses the Nasal Passages. Allays Inflammation, Heals and Protects the membrane. Restores the Senses of Taste and Smell. Large Size, 50 cents at Druggists or by mail; Trial size, 10 cents by mail.

ELY BROTHERS, 56 Warren Street, New York.

CATARRH

ELY'S CREAM BALM CURES COLD IN HEAD CATARRH HAYFEVER

COLD IN HEAD

Listie Coal

The Best and Finest Fuel ever sold in Somerset.

I have secured the exclusive right to sell the celebrated Listie coal in the borough of Somerset during the coming season, and am prepared to deliver the same at any time from this date, Sept. 10, 1899.

Orders can be left at Baker's Art Store, where they will receive prompt attention.

HARRY HOFFMAN.

SOMERSET MARKET REPORT

CORRECTED WEEKLY BY

Cook & Beerits,

Wednesday, Feb. 28th.

Apples	per bu	40-50
	dried, ℔	4
	evaporated ℔	15
Apple Butter, per gal		40 to 50
Butter	roll, per ℔	20
	fresh keg, per ℔	20
	creamery, per ℔	25
Beeswax per ℔		25
Bacon	country ham, per ℔	10 to 12
	sugar cured ham, per ℔	12-14
	side, per ℔	10 to 11
	shoulder, per ℔	10 to 8
Beans	white navy, per bus	$2.00 to $2.25
	Lima, per ℔	10
	green, per ℔	15
Coffee	roasted, per ℔	10 to 15
Cement	Cumberland, per bbl	$1.00 to 1.25
	Portland, per bbl	$2.50 to 4.00
Cornmeal, per ℔		1½
Eggs, per doz		15
Fish, lake herring	½ bbl	per 70 ℔ $2.75
	¼ bbl	per 30 ℔ $1.35
Honey, white clover, per ℔		20
Lard, per ℔		7 to 10
Lime, per bbl		$1.60
Molasses, N. O., per gal		40
Onions, per bus		60 to 75
Potatoes, per bus		40 to 50c
Peaches, evaporated, per ℔		8 to 10c
Prunes, per ℔		5 to 6c
Salt	N. Y., per bbl	$1.25
	Pittsburg, per bbl	1.25
	Dairy, ¼ bus sacks	20c
	" ½ " "	30c
	" 5 bus sacks	$1.25
	ground alum, 180 ℔ sacks	90c
Sugar	maple, per ℔	8 to 10c
	imported yellow, per ℔	4c
	white, A, per ℔	5¾-6c
	granulated, per ℔	5¾-6½
	Cube, or pulverized, per ℔	6c
Syrup	per gal	35c
	maple, per gal	40 to 60
Stoneware, gallon		5c
Tallow, per ℔		3 to 5c
Vinegar, per gal		20 to 30
Seeds	timothy, per bus	$1.50
	clover, per bus	$5.50 to 6.00
	" crimson, per bus	—
	" alfalfa, per bus	—
	" alsyke, per bus	—
Millet, German, per bus		1.25
Grain	barley, white beardless, per bus	1.25
	buckwheat, per bus	45c
	corn shelled, per bus	45 to 48
	oats, per bus	35 to 37c
	rye, per bus	50c
& Feed	wheat, per bus	65c
	bran, per 100 ℔s	85c
	corn and oats chop, per 100 ℔s	85c
Flour	flour, roller process, per bbl	3.80
	" spring patent and fancy high grade	$4.50
Middlings	flour, lower grade per 140 ℔s	$1.35 $1.40
	white, per 100 ℔s	85c
	red, per 100 ℔s	85c

CONDENSED TIME TABLES.

Baltimore and Ohio Railroad.

Somerset and Cambria Branch.

NORTHWARD

Johnstown Mail Express.—Rockwood 11:45 a. m., Somerset 12:07, Stoystown 12:33, Hooversville 12:46, Johnstown 1:30 p. m.

*Johnstown Accommodation.—Rockwood 4:40 p. m., Somerset 5:02 Stoystown 5:31, Hooversville 5:42, Johnstown 6:20.

SOUTHWARD

*Mail.—Johnstown 8:20 a. m., Hooversville 9:09 Stoystown 9:21, Somerset 9:52 Rockwood 10:15.

Express.—Johnstown 1:50 p. m., Hooversville 2:35, Stoystown 2:47, Somerset 3:13, Rockwood 3:40.

*Daily.

F. D. UNDERWOOD, General Manager.

D. B. MARTIN, Passenger Traffic Manager.

PENNSYLVANIA RAILROAD

IN EFFECT NOV. 19, 1899

CONDENSED SCHEDULE

Trains arrive and depart from the station at Johnstown as follows:

WESTWARD

Western Express	4:11	a. m.
Southwestern Express	6:32	"
Johnstown Accommodation	9:10	"
Pacific Express	9:30	"
Way Passenger	2:51	p. m.
Pittsburg Express	4:38	"
Mail	7:05	"
Fast Line	8:41	"
Johnstown Accommodation	9:55	"

EASTWARD

Atlantic Express	4:47	a. m.
Seashore Express	5:40	"
Altoona Accommodation	8:31	"
Day Express	9:48	"
Main Line Express	10:07	"
Altoona Accommodation	12:12	p. m.
Johnstown Accommodation	6:42	"