

**DOLLARS GIVE COURAGE.**

**To Be Penniless Makes a Man Feel Dependent and Cowardly.**  
There is this to be said about wealth. It gives courage to the owner. Poverty makes cowards of us all.  
"The man who is suffering with fear," says a writer, "because he does not know where the next dollar is coming from is in no condition to earn or to attract dollars. Fear always makes a man think he is weak, a nobody. It always pictures the worst, sees no light ahead."

We hear a great deal these days about efficiency and about inefficiency. The fellow who has saved a few dollars and has them in the bank or where he can put his hand upon them is more efficient than the fellow who is penniless. Start out to find a job with never a dollar in your pocket. You'll have a hard time. You appear at a disadvantage when you approach a business man. You feel your dependence. You have a cowardly air about you, an inefficient air. You realize that you will have to accept anything that is offered. You are in no position to look the business man in the face and tell him your qualifications. Want is at your back, causing you to cringe.  
But with money in your pockets you assume a different attitude. You realize that you are to that extent independent. You meet the business man more nearly upon an equal footing. You are more courageous, more self assertive, more efficient. You know that you are not compelled to accept the first job offered you. You can discuss wages and contracts and conditions of employment if you are not "broke." So if for no other reason the young man should seek first of all to have a bank account, to have something right in the beginning.—Dayton News.

**PUFFBALLS ARE GOOD FOOD.**

**And of All the Edible Fungi They Are Called the Safest.**

Puffballs are the safest of all fungi for the beginner, none of them being poisonous, and they are at the same time excellent and easy to obtain. writes William A. Murrill, assistant director of the New York botanical garden, in the American Museum Journal.  
Being tender, they cook quickly and are easily digested. They should as a rule be cut open before cooking to see that they are not too old and that they are really puffballs. If they are white and firm like cream cheese inside, showing no yellow or brownish discoloration, they are of the right age to use. If the interior shows no special structures, but is smooth and homogeneous, then one may be sure he has a puffball.  
The "eggs" of the deadly amanita contains the young cap and stem inside, which are readily seen when the "egg" is cut, and the "eggs" of the stinkhorn shows the stem and a green mass inside, surrounded by a layer of jelly-like substance.  
Puffballs may be cooked alone in various ways or used in stews and omelets and for stuffing roast fowls. When used in omelets they should be stewed first. All kinds except the very small one should first be peeled and cut into slices or cubes, after which they may be fried quickly in butter or dipped in beaten egg and fried like eggplant or cooked in any of the ways recommended for the ordinary mushroom. The smaller kinds are much inferior in flavor to the larger ones and need a few specimens of some good mushroom to make them attractive.

**Seasickness.**  
The old fashioned notion that a good dose of seasickness was beneficial was due wholly to the fact that upon recovery the victim of mal de mer is usually so delighted that he is apt to imagine that he never felt better in his life, while feeling none again is merely so great a contrast to the exceedingly wretched condition which this disorder brings about that exaggeration of one's feelings is the most natural thing in the world. Seasickness is far from pleasant. It is not beneficial, and in rare cases it terminates fatally.

**Round Shoulders.**  
An excellent exercise to straighten round shoulders—good for girls or women who have to sit a good deal—is performed by placing a thin stick or wand across the back and letting it run out through the bent elbows. The arms are bent so that the hands rest on the chest. Keep the arms and shoulders pressed back and down and walk about the room in this way for five or ten minutes.—Chicago News.

**Moisture and Temperature.**  
A cubic foot of air at the temperature of zero (F.) can contain only .5 of a grain of water vapor, at 32 degrees it can hold 2.13 grains, at 65 it can contain 6.8 grains and at 98 it can hold 18.96 grains of moisture in suspension. These figures go to show that summer air can hold at least nine times the quantity of dampness that air can when reduced to the temperature of freezing.

**Longer Than Expected.**  
Vandevanter—So at your request he spoke at your dinner?  
Broadway—He did.  
"And did he come up to your expectations?"  
"Why, he went an hour beyond it."—St. Louis Post-Dispatch.

**One of Life's Tragedies.**  
Among the tragedies of life is the good wife who has just observed her twenty-fifth wedding anniversary, but is still hoping for a set of silver spoons.—Washington Post.

To enjoy true happiness is impossible while those about us are unhappy.

**MOTORCAR ECONOMY.**

**How to Make a Gallon of Gasoline Go Further Than It Does.**

In the first place, use care in the selection of fuel. Gasoline which does not vaporize with sufficient readiness to remain in a gaseous state eventually condenses in the cylinders and is either burned or lost without developing its power. Furthermore, the gasoline must be pure, with a minimum amount of residue which will serve to form carbon.  
Secondly, the gasoline must be burned under the most favorable conditions conducive to a development of maximum power following each explosion. Such conditions require tight piston rings and valves, which prevent the leakage of compression or the power of the explosion; a uniform and quickly attained engine temperature; a hot, fat spark occurring as early as is possible without producing a knock, and a sufficiently flexible carburetor which will give proper mixtures at all engine speeds. The above mentioned maintenance of engine temperature is an important consideration, especially in cold weather.  
Thirdly, the carbon should be removed from the engine as soon as an undue accumulation is indicated, usually every 500 to 1,000 miles, depending upon the kind of oil used, the condition of the rings, the nature of the fuel, and the like.  
In the fourth place, the mixture should be set to as lean a point as will run the motor under normal conditions when the engine is warmed to its average temperature. Nearly every carburetor will permit the needle valve to be screwed down one or more notches. In fact, it is well to set the carburetor to so lean a mixture that the engine will not pull properly before it is thoroughly heated. The difficulty thus encountered may be overcome by the use of the choke or other adjustments of the carburetor which serve to give a richer mixture when starting. A lean mixture may be further assured by the use of some of the well tried out attachments designed to furnish auxiliary air to the engine under certain conditions.  
Fifth, the carburetor should be inspected by an expert and the strainer drained frequently to prevent the accumulation of dirt which may lodge under the float valve and cause the latter to leak when the engine is shut down.  
Sixth, the engine should never be left running while the car is standing idle. If adjustments are properly made the engine will start easily, and the current from your starting battery is cheaper than gasoline. Furthermore, the engine should not be raced at random for testing purposes unless you have a definite idea as to just where the trouble lies.  
Seventh, all brakes should be free so that they do not drag, bearings should be well oiled, tires inflated to the pressure recommended by the manufacturer and the whole car so free in its motion that it can be pushed by hand without difficulty on a hard level pavement.—H. W. Slauson in Leslie's.

**Dynamite Whiskers.**  
The name "whiskers" is applied to feathery crystals which gather upon the outside of the wrappings of frozen dynamite. The "whiskers" are more "irritable" than dynamite itself. A case is on record where sticks of dynamite had been thawed out in hot water and the can of hot water in which it was done left in the blacksmith shop without being emptied of the residual cum of grease and whiskers. The first blow of the blacksmith's hammer on a nearby anvil was sufficient to set off the "whiskers" by concussion. The can was blown to pieces, but fortunately no one was hurt.

**Waste From Small Leaks.**  
The importance of mending the tiniest leak in a water pipe is shown in a circular issued by a small city in which water meters are used. This, as quoted by Popular Mechanics, states that under a pressure of forty pounds in twenty-four hours 170 gallons of water will pass through a hole a shade larger than the period at the end of this sentence. An orifice the size of a fairly large pinhead will permit 3,600 gallons to escape in the same time.

**Sap of a Tree.**  
Sap is pumped up through the wood in a tree and will even go through dead wood, but will not return by the same medium. Therefore a tree may live until the roots starve. Sap ascends on the inside and descends on the outside. Therefore the descending sap alone builds new tissue of wood and bark.

**Three Legs of a Stool.**  
Andrew Carnegie was once asked which he considered to be the most important factor in industry—labor, capital or brains? The canny Scot replied, with a merry twinkle in his eye, "Which is the most important leg on a three legged stool?"—Christian Register.

**Well Defined.**  
"Dad," said little Reginald, "what is a bucket shop?"  
"A bucket shop, my son," said the father feelingly—"a bucket shop is a modern cooperative establishment to which a man takes a barrel and brings back the bung-hole."—Punch.

**An Egotist.**  
Tommy—Pop, what is an egotist?  
Tommy's Pop—An egotist, my son, is a man who thinks he can form an impartial opinion of himself.—Philadelphia Record.

**Beware of the man who offers you advice at the expense of a mutual friend.**

**Legislative Bodies.**

Any legislative body may be called a congress or parliament, but different countries have different names and some of distinctive meaning. France has a national assembly with two houses called senate and chamber of deputies; Germany has an upper and lower house, bundsrath and reichstag; Belgium has a senate and chamber of representatives; Spain has a cortes and two houses, senate and congress; Denmark, two houses, senate and congress; Italy has a parliament with senate and camera di deputati, or chamber of deputies; Prussia, a landtag composed of two chambers called the herrenhaus, or house of lords, and the abgeordnetenhaus, or chamber of deputies; Sweden, a diet, with a first chamber and second chamber. All the South American republics, being fashioned on the government of the United States, have a congress composed of two bodies, senate and chamber of deputies.

**The Wireless Wave.**  
In articles on wireless telegraphy such expressions as 200 meter wave lengths, 600 meter wave lengths, 15,000 meter wave lengths, are constantly used. In reply to a correspondent who asks how the length of the waves is measured the Scientific American gives the following simple explanation:  
"The length of an electric wave is determined by a wave meter. The natural wave length of an aerial is four times its linear length, just as the wave length of a note of a closed organ pipe is four times the length of the pipe, and the wave length of the note of a tuning fork is four times the length of the box which is resonant with the note. However, other considerations make it difficult to measure the wave length by a rule, and the wave meter gives a more correct result than can be found by measuring the length of the wire."

**Indian Rock.**  
Indian rock, in Fairmount park, Philadelphia, the landmark along the Wissahickon, is so called because of the figure of Teddyuscung upon it. Teddyuscung was king of the Delawares and a powerful chief in the Six Nations. The rock on which this statue stands was long known as the Council rock, and there the last council of the Lenape tribe was held in 1763, before their departure for the Wyoming reservation. According to the legend, Teddyuscung took his last look over the Wissahickon ravine from this rock. A wooden figure of an Indian was placed on the rock in 1856. This remained until replaced in 1903 by the present figure, the gift of Charles F. Henry of Chestnut Hill.—Philadelphia Press.

**Nature's Only Timepiece.**  
There is no need for clocks on the Aegean sea any day when the sun is shining. There nature has set her only timepiece, one that does not vary though the centuries pass. This natural time marker is the largest sundial in the world. Projecting into the blue waters of the sea is a large promontory, which lifts its head 3,000 feet above the waves. As the sun swings round the pointed shadow of the mountain just touches, one after the other, a number of small islands, which are at exact distances apart and act as hour marks on the great dial.—New York Tribune.

**A Lost Fortune.**  
The first girl baby born in Denver was the daughter of a settler named Harvey, and she was born in 1860 or thereabout. In recognition of her enterprise in being born in the camp with all the spirited citizens presented her with all the land in sight of her father's cabin. Unfortunately the taxes were never paid, and the land, now worth many millions, fell into other hands.—Exchange.

**Ancient Glass.**  
Fragments of wine vessels as old as the Exodus have been discovered in Egypt. The art of glassmaking was probably known to the ancient Assyrians. In the New Testament glass is alluded to as an emblem of brightness (Revelation iv, 6; xv, 2; xxi, 18).

**Training For Milkman's Job.**  
"What does your son expect to be?"  
"From the hours he keeps I should say he is naturally cut out for a milkman."—Puppet.

**Practical Health Hint.**  
Rice Diet For Skin Diseases.  
Eczema and psoriasis have been cured by an exclusive diet of rice, bread, butter and water three times daily and nothing else. J. Duncan Buckley in the Medical Record said that this diet should be carried out with exactness in all its details in order to obtain results. The nature and severity of the cases must be taken into consideration in determining the length of time the diet must be continued. Certain cases recover in a specified time, and others require a much longer time.  
The rice must be well boiled in water, not soggy, and must be eaten hot with a fork, not on a spoon, to secure the action of the saliva during thorough mastication. Water should be taken freely, but not when food is in the mouth, and a pint of hot water should be taken before the morning and evening meals. In acute eczema a marked improvement is noted within five days, while psoriasis requires long periods. Milk must not be taken with the rice, nor must the patient take coffee or chocolate.

**A Japanese Bridge.**  
One of Japan's most interesting monuments of antiquity is the bridge of the Brocade Girdle, built in the sixteenth century, a mass of pegs and crude joints—not a nail of metal in the entire length of 750 feet, and as good today as when built.

**Ways of an Orchid.**  
One of South America's curiosities is an orchid which has a peculiar habit that it lets down into the water when it wants a drink. At other times it is kept curled up.

**Australia.**  
Australia is the largest island in the world. Its area is nearly three-fourths that of Europe.

**PAIN IN THE BACK.**

**It Should Not Be Ignored, as It May Mean Serious Trouble.**  
Backache, like headache and many another ache to which the human frame is subject, is a symptom that may be caused by a great many different conditions.

A chronic pain in the back may mean very serious trouble. Tuberculosis does not respect any part of the human body. When it attacks the spinal column it is called Pott's disease. Among the initial symptoms is a backache that the patient complains of long before signs of deformity show themselves. If the backache is ignored much valuable time may be lost. A careful examination at the earliest complaint of pain and stiffness may give the physician an opportunity to prescribe a course of treatment that will arrest the disease before it causes deformity. The tuberculin test enables the physician to make sure that the backache is not caused by a less serious condition. A negative tuberculin test means that he must look further for the cause of the pain.  
Much backache could be spared young adolescents if they would persistently carry out a system of simple calisthenics designed to strengthen the back. If they begin it in childhood it will prevent many of them from outgrowing their spines. Of course all children should use the seats and desks that enforce a good attitude.  
In many cases of young adolescents who have grown very rapidly it will be found advisable to permit the wearing of a carefully fitted support or belt. In older persons who suffer from constant backache the cause may be a weakening of the abdominal muscles. In that case an abdominal belt becomes a necessity.—Youth's Companion.

**GREAT NATURAL BRIDGE.**  
Justice Marshall Called It "God's Greatest Miracle In Stone."  
The great natural bridge, which is one of the natural wonders of the United States, overlooks the James river valley, in Virginia, being on the western slope of the Blue mountains. It is just about the center of the state. It approaches Niagara in grandeur and exceeds it in height and awful mystery. It is a single block of limestone, with many shades of color. The walls are smooth, as if cut with chisels, and there is no sign of displacement.  
The visitor follows a tumbling cascade down a deep fissure in the mountain under some of the largest arbutus trees in the world and, turning down a line of steps cut into the precipice, suddenly finds himself by a swift stream in a dark canyon and the great bridge far above him.  
Washington when a surveyor for Lord Fairfax visited the natural bridge and carried his name, where it may still be seen. The original bridge tract was granted by King George III, to Thomas Jefferson in 1774. After he was president Jefferson visited the place, surveyed it and made the map with his own hands. Jefferson spoke of the place as "a famous place that will draw the attention of the world." Chief Justice Marshall wrote of the bridge not made with hands that spans a river, carries a highway and makes two mountains one.

**Value of the Apple.**  
The apple is pre-eminent in the household economy, for no other fruit excels it in culinary usefulness. It graces the table in a far greater variety than any other fruit. Of all fruits grown in North America the apple leads in amount and intrinsic value. No fear of an overproduction, however, if the means of transportation and distribution are perfected. What if we do raise 125,000 carloads of apples or 62,000,000 boxes a year? This is but half a box to a person, not counting what we export. That isn't very many.—Exchange.

**Scandinavians.**  
The term "Scandinavians" is not confined to the Norwegians. The Norwegians are indeed Scandinavians, but so also are the Swedes, Danes and Icelanders. For that matter, the Germans, English and Americans of English stock are also of the Scandinavian stock, since it is more than probable that Germany was originally stocked from the land of the northmen, and it is from the north German stock that the so called Anglo-Saxon comes.

**Chemistry of Human Body.**  
The average human body, besides the carbon, hydrogen, oxygen and nitrogen of which it is chiefly composed, contains three and three-fourths pounds of lime, one pound eleven ounces of phosphorus, two and two-thirds ounces of potash, two and one-half ounces of sodium, one and three-fifths ounces each of magnesium, sulphur and silica and about one-sixth of an ounce of iron.

**Athens the Seat of Learning.**  
It may be said unhesitatingly that the country which has produced the greatest men in literature and philosophy, art and architecture is Greece in the little state of Attica—not much larger than Greater New York—true civilization and all that goes along with it were born. All that has been done since the "age of Pericles" has been simply the carrying out of the ideas, principles and methods laid down by the men who won Marathon and Salamis, Plataea and Mycale. Galton, a high authority, does not hesitate to say that Athens and the little state of which it was the capital produced more first class intellects than have since been produced by all the world put together.



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**Short For Which?**  
Mrs. Blueblood—We dined at five o'clock last evening.  
Mrs. Newrich—I think I've met him somewhere? Is his first name Albert or Alfred?—Boston Transcript.

**Marks of a Great Man.**  
A really great man is known by three signs—generosity in the design, humanity in the execution and moderation in success.—Bismarck.

**Greatest Inland Sea.**  
The greatest inland sea is the Caspian sea, which is 700 miles long and 270 miles wide.

An indiscreet man is an unsealed letter. Every one can read it.—Chamfort.