VALUE OF FRUIT EATING.

Serves as Natural Stimulus to the Digestive Organs.

A writer in the Family Doctor says in regard to fruit eating: "We are all quite ready to agree that fruit forms a food of great value, but we display great lack of judgment in the manner in which we take advantage of its valuable qualities. Most people, instead of taking fruit on an empty stomach, or in combination with simple grain preparations, such as bread, eat it with oily foods generally cream. Then, perhaps, the whole mass is washed down with tea, coffee, or other liquid. To do its best work, fruit should be eaten either on an empty stomach or else with bread merely, never with vegetables. Eaten in the morning, fruit is very refreshing and serves as a natural stimulus to the digestive organs; but even when eaten at the proper time, its good effects are generally counterbalanced by its being saturated with sugar. Very few kinds of fruit, if thoroughly ripened, require any sugar, particularly if eaten raw."

Fulfilling His Agreement.

Having become tired of living in rented houses, Mr. Gwimple had bought a home of his own. Not having enough money to pay for it outright, he had made a cash payment of a thousand dollars, and given a trust deed on the property for the remainder. One night, not long after he had taken possession of his new home, Mrs. Gwimple roused him from a deep sleep.

"Gerald," she said, "somebody is trying to get into the house!"

Mr. Gwimple crawled out of bed and started down-stairs.

"What are you going to do?" she asked him.

"I'm going to let him in," he answered, half-awake.

"To let him in! Who?"

"The man that holds the trust deed on this property," he mumbled. "The document I signed binds me to admit him to the premises at any hour of the day."

The History of Niagara.

Dr. J. W. Spencer, who has made a specialty of the study of the geological history of the Niagara gorge and falls, returned to this subject at the July meeting of the American Association. He believes that about 35,500 years ago the drainage of Lake Huron was turned into Lake Erie, thus vastly increasing the eroding power of Niagara. It had taken 35,500 years for the gorge to eat back from Lake Ontario to the point where the falls were situated when the Huron discharge was added. Five hundred years after that the falls reached the Whirlpool. Between 2,000 and 2,500 years ago they were passing the site of the Whirlpool Rapids. The rapids themselves were completed less than 30 years ago.

Bravery and Cowardice.

Cowardice is often ignorance. Are any men brave, more ready to take their lives in their hands, to reckon death as one of the daily encounters than the deep-sea fishermen? Yet a group of these men, brought to London by one of their missionaries, have been seen too terrified to cross the street. The police had to stop the traffic to allow them to cross. The quick, quarrelsome, fearless Cockneys who laughed at them—how would they feel in a freezing storm in the North Sea? A spider may terrify the most courageous women and a V. C. shrink from a cat. Every hero has his weakness, and we may believe every coward has a point where he comes to bay and will fight the world.

A Steady Worker.

A gentleman seeing a colored man of his acquaintance starting on a fishing excursion, says a writer in Judge, thought it an excelent time to reprove him for his laziness.

"Rufus, you old loafer," said he, "do you think it's right to leave your wife at the wash-tub while you pass your time fishing?"

"Yassah, jedge; it's all right. Man wife don' need any watching. She'll sholy wuk jes' as hard as I was dah."

Smokers Restricted.

There was a time not so long ago when even men only smoked on sufferance and in banishment. In country houses the smoking-room was too often a small dark hole on the sunless side of the house, to which the votary of the weed betook himself as to some dreary retreat, divided between his cravings for a pipe and his desire to get into more cheerful surroundings. To-day indiscriminate smoking prevails.

The Park.

Two small girls from the slums, each with a tiny baby brother in her arms, stood peering through the iron railings of a city park. Said one: "Could we go in the park, tink?" "Tain't no park," replied the other contemptuously, "dat's grass."

Heavy Funeral Bill.

New York City pays a large funeral bill. It costs the city $32.50 to bury each of the unclaimed bodies that pass through the morgue, and there are about 9,400 of them in the course of a year.

Hard-Working Person.

As a matter of fact, a member of a glee club works harder than a member of a notification committee and does not get nearly so much credit.

Good Advice.

Keep one lock on your pocketbook and two on your tongue.

NATURAL.

Mason, the lawyer, they tell me, is a pretty hard character."

"Case hardened, I suppose."

HARD LUCK.

Reggy—(2 a. m.)—Wonder what that noise is under my bed. Can it be Sport? Good old fellow! Good doggie!

Bad Bill, the housebreaker, (aside)—T'ink o' me luck—havin' to lick the dood's hand!

MUSICAL NOTE.

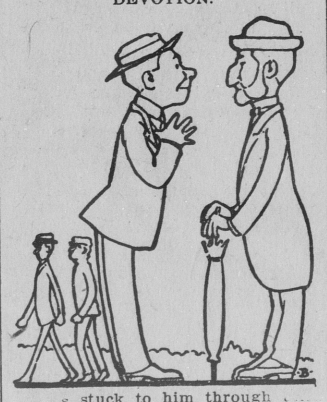
"Owing to the weather, there was a very small—but, at the same time, a most appreciative audience present at the afternoon recital."

WON OUT.

Gent—"What's the matter sonny?

Boy—Willie and me was seeing who could lean farthest out of the window and I won.

DEVOTION.



s stuck to him through and thin.'

"Yes he trained him down from 200 to 120 pounds."

COLORS THAT PROTECT.

Markings of Birds to Conceal Them from Their Enemies.

Many curious facts about the effects of particular colors and markings of birds, insects and other animals in concealing them from their enemies have been collected by naturalists, and the theory of "protective mimicry" has been pushed far in some cases. An interesting observation bearing on this subject is recorded by Charles B. Davenport of the Carnegie Institution. About 300 chicks, of various colors and patterns, were allowed to run at large in a pasture. In less than two hours crows had killed 24. Mr. Davenport inspected the slaughtered chicks, and found that they included 1 whites, 13 blacks, 1 coarsely mottled gray-and-buff, but not a single chick with "penciled" markings more or less like those of ordinary jungle-fowl or game. This, he thinks, was due to the relative inconspicuousness of the penciled birds, and indicated that the colors arising under domestication increased the danger to the others.

Automatic Street-Lighting in London.

In some parts of London where the streets are lighted by incandescent gas, an automatic system of gas lighting has been introduced and has proved a great success. In one such park covering sixteen square miles thirteen hundred lamps can be lighted simultaneously by this device. The plan has proved both reliable and economical and is especially useful in a city so subject to fogs. Directly the fog settles down, making a darkness almost as dense as at night, the gas can be lighted at once in every section fitted with the new lights. The lights can be instantly extinguished when the fog lifts. An immense saving of expense is already reported from the district using the device, and it seems probable that the use will soon become universal.

Dangers of No Breakfast.

The no-breakfast habit is harmless enough provided a hearty meal is taken, not before going to bed, but early in the evening. Late diners have no need of "breakfast" until noontime. The French and other continental people discovered this ages ago, and have thrived under it. Barring the cup of coffee or chocolate, the late dining Frenchman wants nothing to eat until luncheon. But the habit of avoiding early food and drink is a stimulating climate when the physical energies must be taxed during the morning hours is one of those silly notions which bear anemic results, visible in the complexion, the color, and eventually the constitution of those devoted to it.—Boston Herald.

Royalty Leads Simple Life.

Court life in Norway is usually simple, almost to the point of being democratic. In summer one frequently meets the King and Queen, who then occupy their small but charming country house outside the city, driving along the country roads, while in winter it is by no means uncommon to meet them coasting down the hills upon kjalker, or sledges of the country, or upon ski, joining in with the peasantry in the national winter sports.

More Protection.

"I call it splendidly patriotic," says the first citizen, "to have a law forbidding the desecration of our national flag by using it for purposes of advertising."

"Yes," agrees the second citizen, but let's protect it more fully, by making it a misdemeanor and a nuisance to drag it onto the stage in order to secure applause for a weak musical comedy."

Soldiers' Paper Kettles.

Preparations are being made to furnish the soldiers of the German Army with paper kettles, which are a japanese invention. Although the utensils are made of pliable paper they hold water readily. By pouring water into them they can be hung over the fire without burning for a length of time sufficient to boil the water. One kettle can be used about eight times.

The Longest Courtship.

The longest courtship on record was that between Franz Rosner and Anna Renner, of Oberpolitz, Bohemia. They had been courting for seventy five years, but repeatedly deferred the bridal day. At last Franz became totally ill, and was recently married on his deathbed, at the age of one hundred and died two days later. The age of the widow is ninety-three.

Brilliant Lightning Display.

A brilliant and startling spectacle was witnessed a short time ago in a Tyrolean valley near Tannenheim. A violent storm arose suddenly, and several globes of lightning rolled over the surface of the lake. Then a column of water rose thirty feet high from the middle of the lake, and from its top small flashes darted. The spectacle lasted about three minutes.

China Essentially Agricultural.

China is essentially an agricultural country and from time immemorial it has been the custom of the sovereign to initiate Chinese new year, which begins in the spring, by turning over a few furrows in the "sacred field."

Active Volcanoes Small.

There are 270 active volcanoes in the world, many of them comparatively small.

Greeks Invented Backgammon.

The game of backgammon was invented by a Greek in 1224.

HIGH ART.

"He must be pretty old; doesn't his hair give his age away?

"No; he manages to keep it dark."

HER VIEWPOINT.

Myrtle—What made the doctor say you would have to go to some very quiet place this summer?

Gladys—The only reason I can think of is that he don't know of all the lovely clothes I have.

AN ACQUIRED FACULTY.

Mrs. Gramercy—Do you think intuition is a good thing for a woman to possess?

Mrs. Park—It is when she has it so well developed that she can tell when her shirt waist isn't all right at the back.

THE ANGRY DEEP.

I like to get into a yacht
And write a lot of tommy-rot,
About the anger of the seas
When smarting from a spankin breeze.

HE COULD

De Broke (signing his name in the hotel register)—Can I put up here to-night?

Clerk—Yes, sir, in advance.

Don't Get the Idea

that because the quality of our goods is the best, our prices are high.

The extra quality and the extra care we give, are free.

City Drug Store,
Clutton Bros.,
Main St., Meyersdale, Pa.

A Joy Forever!

That's what the superb Pittsburg Visible Typewriter is, and it doesn't cost a small fortune, either, as some do that are not nearly as up-to-date.

None Better At Any Price!

The Pittsburg Visible is practically fool-proof, and just a little better than necessary.

For sale at THE STAR office. Also typewriter paper and carbon paper. Prices fair.

P. L. LIVENGOOD,
Notary Public.
Star Office, Salisbury Pa.

DEEDS, MORTGAGES, PENSION VOUCHERS, AGREEMENTS, WILLS, ETC., CAREFULLY ATTENDED TO.

Special Attention to Claims, Collections and Marriage License Applications.

FULL LINE OF LEGAL BLANKS ALWAYS ON HAND.

Thought Microbes In a Drop of Ink.

When applied to the newspaper page they make people think twice.

First, people think there's a man who keeps up with the procession.

Second, they think he must keep good goods on hand.

Again, if the home paper has enough drops of advertising ink on its surface to make a proper showing the outsider thinks this must be a pretty lively town.

Thus a drop of NEWSPAPER ADVERTISING INK is a good thing for the town.

FOLEY'S HONEY AND TAR
for children; safe, sure. No opiates

DR. KING'S NEW DISCOVERY
Will Surely Stop That Cough.

Stop Pain

HEADACHE NEURALGIA

Take ONE of the Little Tablets and the Pain is Gone

"Dr. Miles' Anti-Pain Pills have been used by me for rheumatic pains, headache and pain in back and sides, and in every case they gave perfect satisfaction."
Henry Courser,
Boonton, N. J.

AND THE PAINS OF RHEUMATISM and SCIATICA

25 Doses 25 Cents

Your Druggist sells Dr. Miles' Anti-Pain Pills and he is authorized to return the price of the first package (only) if it fails to benefit you.

FOR PILES USE BASNETT'S OINTMENT

It is a reliable Ointment. It relieves quickly; it is easy to use. It is pleasant to use.

It is a splendid remedy for Croup, Bronchitis, Sore Throat, Catarrh, Cold Sores, Headaches, Bites and and Stings of insects.

No other ointment, no other powder or no other remedy of any kind is so highly recommended by those who have used the different treatments, and by those who are thoroughly familiar with BASNETT'S OINTMENT.

PRICE 25 CENTS.

For sale by all druggists.

Piles or Smiles?

A POSITIVE GUARANTEE

to immediately relieve and ultimately cure with

DR. HEBRAS UNGOID

the most wonderful scientific discovery of modern times for the severest cases of Itching Piles, Eczema, Tetter, Salt Rheum, Ring Worm, Barber's Itch, etc. This highly medicated antiseptic Salve kills the germs, removes the trouble and heals the irritation permanently. Absolute satisfaction guaranteed or money refunded.

Price 50 cts. at Druggists, or mailed. Trial sample 2 cents to cover mailing.

THE G. C. BITTNER CO., Toledo, Ohio.

IS BEAUTY WORTH YOUR WHILE?

Viola Cream

positively eradicates freckles, moles, black heads, sunburn and tan, restoring diseased, blotched, rough and oily skin to the freshness and delicacy of youth. There is no substitute for this superior harmless preparation. The life secret of the world's greatest Skin Specialist. At all Druggists or mailed for 50 cents. Special proposition and guide to Beauty on request.

Viola Skin Soap—best for toilet, nursery and diseased skin, price 25 cents.

THE G. C. BITTNER CO., Toledo, Ohio.

R. E. MEYERS,
Attorney-at-Law,
SOMERSET, PA.
Office in Court House.

W. H. KOONTZ. J. G. OGLE
KOONTZ & OGLE
Attorneys-At-Law,
SOMERSET, PENN'A
Office opposite Court House.

DR. PETER L. SWANK,
Physician and Surgeon,
ELK LICK, PA.
Successor to Dr. E. H. Perry.

BERKEY & SHAVER,
Attorneys-at-Law.
SOMERSET, PA.
Coffroth & Ruppel Building.

ERNEST O. KOOSER,
Attorney-At-Law,
SOMERSET, PA.

E. C. SAYLOR, D. D. S.,
SALISBURY, PA.
Office Corner Union St. and Smith Ave.

Special attention given to the preservation of the natural teeth. Artificial sets inserted in the best possible manner.