

### SATURDAY NIGHT TALKS

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### PAUL'S AUTOBIOGRAPHY

International Bible Lesson for  
Nov. 21, '09—(2 Cor. 11: 22-28; 2 Cor. 12: 1-10.)



Some of the most fascinating books in the world are autobiographies. Hero worshipers and scholarly historians give us highly colored or coldly critical accounts of the lives and labors of eminent men, but when a man who has had vast experience,

sits down near the close of life, to write out the story of his career, he usually produces a book thrillingly interesting.

Such a volume generally goes into details concerning the birthplace, the home, the early education, the trade, the profession, the public career, of the writer, embellished and illustrated with numerous references to his contemporaries, incidents and happenings covering a wide range of time and circumstances. The public eagerly peruses such volumes, and the young are inspired and encouraged by such examples.

#### The World's Hero.

There is no man in history who commands the interest and admiration of the world more than the Apostle Paul. His biographer Luke has written in the Acts of the Apostles his marvellous story at considerable length, a story which places him in the front rank as a scholar, an orator, a leader, an organizer, a traveler, an explorer, a theologian, a writer, a sufferer, a tireless worker, and always and everywhere a christian gentleman.

He tells us where Paul was born, where he was educated, when and where he was converted, the regions into which he travelled, the churches he organized, how he was persecuted, the great men he met, in what cities he preached, how he worked at his trade to pay his way, what a profound student he was, what a clear understanding he had of human nature, how he confounded his adversaries in his arguments, how he saved the church from splitting on the rock of Judaism, how he put in half a century of work all over Asia and Europe, turning the forces of heathenism, paganism and Judaism upside down and planting the standard of the cross above the Roman eagles. It is a thrilling memoir this, of the Life of St. Paul, and it will never die.

#### Summary of His Life.

But this is not all we know of this great hero of the church. In the epistle to the Corinthians the apostle incidentally writes his own autobiography and in the 11th and 12th chapters records with his own pen a summary of the events of his life, without a particle of egotistic, bombastic boasting he puts down a catalogue of the things he had done and suffered for the cause of christianity, and the list is startling enough to make us modern christians hide our heads in chagrin and embarrassment. We are like pigmies in the presence of a giant when we open the volume of the book and read such words as these:

"In labors more abundant, in stripes above measure, in prisons more frequent, in deaths oft, of the Jews five times received I forty stripes, save one. Thrice was I beaten with rods, once was I stoned, thrice I suffered shipwreck, a night and a day have I been in the deep, in journeyings often, in perils of waters, in perils of robbers, in perils by mine own countrymen, in perils by the heathen, in perils in the city, in perils in the wilderness, in perils in the sea, in perils among false brethren; in weariness, and painfulness, in watchings often, in hunger and thirst, in fastings often, in cold and nakedness. Besides those things that are without, that which cometh upon me daily, the care of all the churches."

#### Tonic for the Weak-Kneed.

This is autobiography at its best. The modern soldier of the cross does well to keep such a biography near at hand and read it often for his comfort and encouragement, we sometimes think, in these soft and careless days, that we have a hard time of it trying to exemplify christianity. Poor, weak-kneed specimens of plety, when we feel these fainting spells coming on we ought to take a good big dose of the Apostle Paul. There was iron in his blood, ambition in his head, strength in his grip, fire in his eye, and genuine religion in his heart.

The love of personal liberty, the perilous prospect of death, none of these things moved him from the desire and purpose to finish his course with joy, and to fulfill the ministry which he had received as a sacred trust from the Lord Jesus Christ. To be a follower of such a hero is to be in the apostolic succession by the power of the Holy Ghost. When the world gets a race of christians to whom nothing is so dear as the unspeakable luxury and matchless opportunity of fighting in this old hero's company and with his weapons, the Kingdom of God will come.

### HUMOR OF THE HOUR

#### Dead Ones.

Senator Beveridge, in the course of an eloquent after-dinner speech in Boston, said of child labor: "When we consider the indifference with which so many of our great men look upon the child-labor evil, we can't help wondering if these men are so very great after all."

Senator Beveridge paused and smiled.

"An orator," he said, "was addressing an assemblage of people. He recounted the people's wrongs. Then he passionately cried:

"Where are America's great men? Why don't they take up the cudgel in our defense? In the face of manifold wrongs, why do they remain cold, immovable, silent?"

"Because they're all cast in bronze," shouted a cynic in the rear."

#### The Pedestrian in 1910.

Chug-chug!  
Br-r! br-r!  
Honk-honk!  
Gilligillug-gilligillug!

The pedestrian paused at the intersection of two busy cross streets. He looked about. An automobile was rushing at him from one direction, a motor-cycle from another; an auto-truck was coming from behind, and a taxicab was speedily approaching.

Zip-zip! Zing-glug!  
He looked up and saw directly above him a runaway airship in rapid descent.

There was but one chance. He was standing upon a manhole cover. Quickly seizing it, he lifted the lid and jumped into the hole just in time to be run over by a subway train.

#### A DIFFERENCE.



Beggar—I have an invalid wife and a daughter who has stomach trouble. City Man—You're lucky. My wife is strong enough to knock holes in me, and my daughter eats five pounds of canvasback duck every meal.

#### The Requirements of Social Position.

"I am ill," says the social leader, dismally.

"Too bad," commiserates his secretary. "Shall I summon a physician?"

"Summon one? Thunder! Send for twenty physicians. Telephone the photographer to send copies of my latest picture to the newspapers, prepare a typewritten statement denying that there is anything the matter with me and asserting that my indisposition will not have a serious effect on the market. Haven't you had enough experience to know what it means when a man of my position is ill?"

#### College Foolishness Barred.

"John," said the farmer, "I've given you the best education the college had in the shop."

"Yes, sir."  
"Never stood back for expense?"  
"Never."  
"You speak six languages?"  
"Perfectly."

"So far, so good. Now, listen: Don't swear at the mule in Greek; don't use no Latin terms to him, and flog no French his way. Use the Georgy dialect that you an' the mule wuz raised to; it's my opinion that that mule won't stand no college foolishness!"

#### A Hard Order.

Mike had only recently been made foreman of the section gang, but he knew the respect due his rank.

"Finnegan," he said to an argumentative assistant, "I'll have nawthing out of you but silence—and mighty little of that."

#### Did His Best.

Doctor—Why, how is this, my dear sir? You sent me a note stating that you had been attacked with mumps, and I find you suffering from rheumatism.

Patient—That's all right, doctor. There wasn't a soul in the house that knew how to spell rheumatism.

#### Tit for Tat.

Jones—Well, you and I won't be neighbors much longer. I'm going to live in a better locality.

Smith—So am I.

Jones—What are you going to move to?

Smith—No; I'm going to stay here.

#### The Modish Perfume.

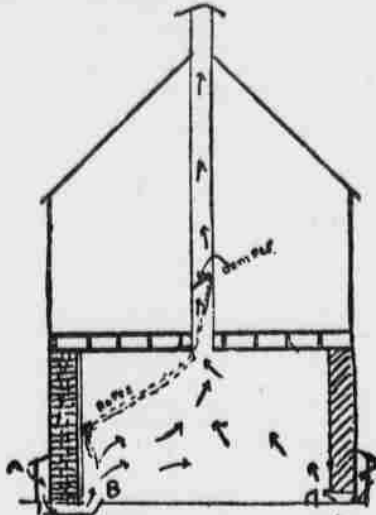
"New-mown hay is a delightful perfume. We sell lots of it."  
"Haven't you something with a gasoline odor? I want people to think I own a motor car not a horse."

## LIVE STOCK

### STABLE VENTILATION.

Two Systems, the Rutherford and the King Explained.

To spend money and careful thought installing a ventilating system only to neglect keeping it in operation is criminal. No effective system ever devised for use in stables is automatic in adjustment to varying atmospheric conditions.



Rutherford System

Two systems are described here, the King and the Rutherford. Each is diametrically opposed to the other in principle; yet, strange to say, both work well.

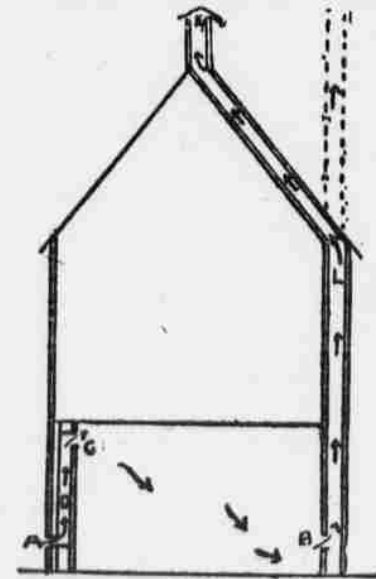
This system requires that the air enter at or near the floor level. The best plan of bringing it in is probably as shown on the left hand side in the diagram, where the arrows indicate the entrance of the air and its passage through A B C, under the all. When the air current enters the stable it has an upward direction, which it retains in some degree, but once free from the confining passage it spreads and takes usually the course indicated by a single headed arrow.

If for any reason it is not considered advisable to pass under the wall, then an opening through the wall at the level of the floor will serve the purpose. In such case it will, however, be found necessary to so surround the opening into the stable as to give the entering air current an upward tendency. The air current would then follow the directions indicated by the double headed arrow.

Like the system just discussed, the King system is probably known to many readers. It has many admirers, and many have succeeded with it. It is most remarkable in this that the foul air is drawn from the floor and the fresh air enters at the ceiling.

The advocates of the King system claim that since carbonic acid gas is the chief impurity in stables, and since this gas is heavier than pure air, it is likely to be found in largest quantities near the floor, and therefore outlets for impure air should begin near the floor level.

In the cross section diagram the inlet is shown by arrows running from



King System

A to C. The outlet begins at B, and the foul air goes up the tube and out at E. Both inlets and outlets occur on each side, and should be at intervals of about 10 feet, say three of each on each side. Where this number occurs, then each inlet and each outlet should have a cross sectional area of at least 60 square inches, say 4 by 15 inches. Where it is intended to install this system it should be provided for when building the walls. Spaces between the studs will serve for both inlets and outlets.

The outlet B L E might be modified to take the course B L M, in which case it would probably be necessary to extend M above the level of the apex of the roof. Openings should be made into the outlets so that the warm air at the ceiling may be allowed to escape when the average stable temperature rises too high.

#### Pigs that Are in Demand.

The pig that will weigh from 200 to 325 pounds seems to cover the greatest quantity for which the demand is best. The farmer is looking for the pig that he can produce at the cheapest price, the one that can convert the largest amount of plant food into pork, with a portion of a grain ration to keep the flesh hardened and then, perhaps, finish off with two weeks' heavy corn feeding, and do this at the least cost.

## FARM & GARDEN

### GET AFTER THE CODLING-MOTH.

This Pest is the Greatest Enemy of the Apple Grower.

The codling-moth will get your apples if you don't look out. This is the greatest enemy of the apple, and must be fought constantly to prevent its ravages.

Late in April or in early May the cocoon opens and the caterpillar emerges, transformed into a pupa. The pupa is in a semidormant state in which the insect has almost no power of motion, but wonderful changes are going on. About twenty days later the pupa wriggles itself out of the cocoon, its skin splits down the middle of the back, and out crawls the adult moth ready for flight.

This moth is rarely seen, because it flies at night and during the day remains motionless or hides under the bark almost invisible.

Its front wings have the appearance of brown watered silk crossed by numerous lines of gray and brown scales something like the plumage of a bird. On each front wing is a large dark-brown spot marked with streaks of bronze or gold.

The moths begin to lay their eggs at once. The egg upon a leaf or fruit looks like a small white blister about



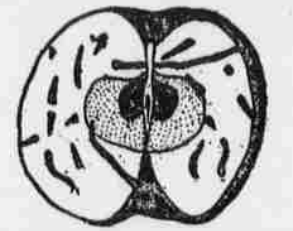
The Codling-Moth.

the size of a pinhead. They hatch in about five to ten days. As soon as the young worm crawls from the egg it begins to feed upon the foliage or the young apples. Upon reaching the nearest apples about three-fourths of the worms enter them at the blossom end. The rest of the worms enter the fruit through the side. The worms often hollow out the seeds, its work being indicated by the well known excreta thrown out at the calyx, showing the worminess of the apple.

In about a month it eats its way out through the side of the apple and seeks a place in which to form a cocoon.

The way to kill the apple-worm is to spray with arsenate of lead, Paris green and Bordeaux mixture just after the blossoms drop, and again a week later.

Woodpeckers and Nuthatches destroy millions of the apple-worms by digging them out from under the bark of the trees in winter. By thorough



An Apple Railroaded.

ly scraping the bark with a sharp hoe so as to destroy the larva is a great aid to keeping this insect under control.

In spraying it is very important to spray just at the right time. At the New Hampshire station it is found that the best results are attained by spraying with the fungicide May 30 and June 21.

#### Drill the Crops.

It is almost the universal testimony of experiment stations that drilling in these crops and cultivating gives best results. Of course, they may be sown broadcast, or drilled in with a grain drill like wheat, but this method requires at least a bushel of seed to the acre. With pea seed in the neighborhood of \$3 per bushel and soyas about \$2, that makes expensive seeding. Drilling them in rows from thirty-two to thirty-six inches apart, and with peas or beans three or four inches apart in the row is about right. This may be done with a properly adjusted corn planter or with a grain drill that does not grind up the seed, by stopping all the holes except those required to put the rows at proper distance.—Eptomist.

#### Castor Beans Poisonous.

Beware of the castor oil bean. Every year deaths are reported from eating the beans, mostly by children. Many people do not know that castor oil beans contain an active poison called ricin, which produces an agonizing death. Animals will not touch the foliage, and it is believed that planting the beans in the garden will drive the moles away. Although the plant is a very showy one, it is not wise to have them about one's house, because the beautifully colored beans are very attractive to the little ones.—

A man who has tried the experiment claims that it is very easy to prevent potatoes from rotting by placing in different parts of the cellar in which they are kept a box containing a quantity of lump slacked lime. He states that this lime absorbs the moisture which has such a detrimental effect upon potatoes, and in his case has resulted in keeping his stock of this commodity always in good condition. The plan is simple enough and is well worth a trial by any grocer who has had difficulty in keeping his potatoes in a damp cellar. American Cultivator.

## Helpful Beauty Hints

Correct Sitting Posture Develops The Figure—The Proper Way to Sit in a Chair and Its Practice—How to Prevent Wrinkles—About Warts—Avoid Chemical Lotions.

The ungraceful way many women sit is frequently the cause of ungainly figures, for unless the weight is properly poised the lower organs are thrown out of gear and shapeliness is impossible.

To avoid ruining the figure every woman should regard her spine as an upright post, the shoulders being a cross piece. And this structure she must guard so it will not bend, and as soon as a bend is permitted the balance is destroyed.

Sitting in a chair seems a simple matter, yet rarely is it done properly. I do not now mean crossed feet and other ungraceful positions, but the fact that the spine is usually bent. Let the woman who is reading this see, at the moment, if she cannot push further back into the seat—not with her shoulders, but so the end of her spine is nearer the chair back. If she can accomplish this she will find herself involuntarily sitting straighter, because a kink has been removed from her vertebrae.

In my opinion no one position does more to make or present a good figure than to practice correct sitting for at least five minutes three times a day. For this I would use a chair with a straight back and get on it, leaning forward a little and pushing back until the spine, about three inches from the tip, feels the chair back. Then, with the shoulders thrown back, a position is attained which is best for all proportions and will soon be held unconsciously. When this is accomplished the danger of protruding abdomen and large hips is greatly lessened.

Besides this straight spine movement chest expansion should be cultivated. This is difficult for an older woman, yet worth any effort. One such exercise is to try repeatedly to make the elbows touch each other behind the back.

The longer one tries and the more strength put into the muscular exertion the better will the figure become. Incidentally, one must take care to stand straight while exercising in this way, or she will simply increase any "stooped shoulders."

Another good and by no means difficult movement is to straighten the arms out at the sides and, without bending the elbows, put them back as far as they can be made to go.

Deep breathing has much to do with having a good figure. If the chest is flat and contracted, as must be if the lungs are not filled, a woman cannot make a good appearance.

It is astonishing that, with wearing very tight stays, the diaphragm may be expanded when the lungs are filled to the lowest depth. That is, in spite of lacing, there is still room for the lungs to be inflated. To breathe deeply does not mean a large waist line, and such practice may reduce the hip measure. The lower lungs cannot be inflated unless one is standing correctly.

I think that each night before going to bed a woman should try to touch the floor with her finger tips without bending the knees. If she can accomplish this the exercise will keep her supple and if she cannot do it she certainly needs practice. For this movement the hands are held high above the head and brought down with a sweeping motion while the knees are kept stiff. Should they bend there is no benefit to be derived. By their remaining rigid pull is made from the waist and hips and long and constant practice will reduce the measurement there. The work must never be done while wearing tight bands.—Margaret Mixer.

#### To Prevent Wrinkles.

A French beauty of mature age claims that wrinkles can be prevented for many years by washing with barley water night and morning. It is made as follows: Boil three ounces of pearl barley in a pint of water, until the gluten is extracted; strain and add 25 drops of tincture of benzoin. If wrinkles have already appeared and are not too deep this, pomade, applied every other night, will improve them: Hebe Pomade.—Juice of lily bulbs, 60 grams; Honey, 15 grams; White wax, 30 grams; Rose water, 12 grams. Melt the wax and honey together; add the lily juice to the rose water, and stir slowly into the honey and wax.

Note that the above calls for grams and not grains.

#### Massage and Wrinkles.

Massage has often created wrinkles where they did not at all exist, on account of being incorrectly applied, but it has more often helped to make them vanish, when used with a good, nourishing cream, provided it is applied crosswise, and not up and down in the wrinkles, moving the fingers in the opposite directions from that in which the wrinkles run.

#### To Be Shunned.

Lotions containing borax, benzoin, alcohol or any kind of astringents must be shunned absolutely by the woman of delicate complexion, but are quite permissible for those with oily, coarser skin. Steaming or applications of water heated to the boiling point are also among the "don'ts" for tender, dry skins, making them look like parchment, dried out and sallow.

Life's Adjusting Power.  
Life seems to have a sort of adjusting power. We always suffer one way or another for the wrong we do, and unquestionably we are always rewarded for the good actions. There is no happiness in revenge, no joy in hatred, no inspiration in jealousy and meanness. It is when we have come to a quiet understanding of the ill-effects of our baser sentiments that we become refined and grow into better, more wholesome conditions. It is usually the one who runs away from the fight who is the stronger. Punishment will be meted out to your enemy; it isn't for you to judge and convict. All those matters are taken care of—just how we do not know, and after all, it does not matter.

#### Same Old Style of Cooking.

Prof. Snaggs—Strange there's been no improvement made in cooking in the last 2000 years. Now, down at my boarding house this morning I had a steak broiled in the regular Pompeian style.

Boggs—Pompeian style? How do you mean?

Prof. Snaggs—Why, scorched to a cinder on one side and covered with ashes on the other.

#### A Signal.

In Sumatra, if a woman is left a widow, immediately after her husband's death she plants a flagstaff at her door, upon which a flag is raised. So long as the flag remains untorn by the wind the etiquette of Sumatra forbids her to marry, but at the first rent, however tiny, she can lay aside her weeds and accept the first offer she has.

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Advertisement for Shur-On Eye Glasses, featuring the text "Eyes Tested Glasses Fitted" and "O. G. WEAVER, GRADUATE OPTICIAN, 1127 1/2 Main Street."

Advertisement for A. O. Blake, Auctioneer, with text "You will make money by having me. BELL PHONE 9-U Bethany, Pa."

Advertisement for Scranton Division of the New York and Western Railway, including a time card and list of stations.

ADDS IN THE CITIZEN ALWAYS BRING RESULTS