

THE CITIZEN

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K. B. HARDENBERGH, - PRESIDENT
W. W. WOOD, - MANAGER AND SEC'Y
J. M. SMELTZER, - EDITOR

FRIDAY, MARCH 10, 1911.

WHY NOT HONESDALE?

Few cities in the State of Pennsylvania have more pleasant surroundings than those of the town of Hone. Situate as she is at the confluence of the West Branch and Byberry, those lordly streams which combine issues, and flow on in one grand Lackawaxen River,—with Irving Cliff, in the background, famed as the place where Washington Irving first saw in his mind's eye the future "Cut Glass City,"—her natural charms have inspired many wielders of the pen and brush to paint glowing word pictures and matchless scenes, fitting memorials of her, which shall remain as long as grass grows and water flows.

All this attempt at fine (?) writing, is by way of introduction to what we have to say along another line. Why not Honesdale, Mr. Manufacturer? Honesdale is first of all a healthy city, located as she is 985 feet above tide water.

She is, also, a religious city, as her eight magnificent churches abundantly testify.

She is an educational centre, too, as her up-to-date high school building, with its more than half a thousand scholars shows.

She is well known as the city of beautiful and well-kept homes. Rents are low. Shipping facilities are excellent. Frequent and fast trains put her in close touch with Scranton at one end, and New York on the other.

She has three newspapers, appearing twice a week and abundantly satisfying the universal desire to know what the world is doing.

Her business men are progressive. Their Association, and the Board of Trade, and the Town Council are alive to the best interests of the community.

And, oh my, we almost forgot! Honesdale is the home of the original "Town Improvement Society," the tireless efforts of whose members have succeeded in making her "A Spotless Town." Better run over some time, Mr. Manufacturer—looking for a favorable site-to-locate, and talk the matter over with our public-spirited city organizations. It will pay.

LEARN A TRADE!

Said a Father to his son, "If you learn a trade, you can go almost anywhere in the United States, and get a job." And he was but giving homely expression to an age-old truth. The Jews, in the early history of their race, insisted that their sons learn a trade, and even to this day, it is a rare exception for any descendant of Abraham to be without a regular vocation.

In our opinion the education of the "hand" is of even equal, if not of greater importance, than the education of the "head." Our country, it seems to us, is suffering from "Overeducation," and we are in great danger of reaching the point of diminishing returns (intellectually speaking), which has caused so much confusion in the social life of Germany, where the country is overrun with what is known as the "intellectual proletariat," i. e., the man who is "overeducated," "without a job," and anxiously waiting for "something to turn up"; where the "preacher" must wait ten years for a charge, a "lawyer" fifteen for a client, and a "doctor," a lifetime, often, for his first patient.

"Educate the head, but not at the expense of the hand," ought to be the slogan in pedagogy, to-day. And that movement, looking toward the establishment of manual training-schools in every city and town, is a safe and sane expression of this idea, and a step in the right direction.

N. B. Why couldn't we have a "Manual Training School" in Honesdale? The donor of such an institution would have generations yet unborn to rise up, and call his name blessed!

P. P. S. How about a "Night School" in our splendid \$60,000 High School Building? Neighbor, what do you think about it?

POLITICS.

The "political pot" is boiling, and new candidates are appearing daily. The uncertainty as to just when the Primaries will be held, is causing a number of aspirants to hold back. Procrastination may be dangerous.

THE BLUE BIRDS.

A number of persons, "whose reputation for truth and veracity as attested by the general speech of the community in which they live," is excellent, have informed THE CITIZEN that "blue birds" have come to Wayne County, and even to Honesdale. We greet these harbingers of Spring with great delight, and hope that their early appearance is an index of the exit of Winter and the entrance of Spring. We are looking forward quite anxiously for the first schedule of the proposed twelve-league County Base Ball season, and we are promising ourselves great "rolley rides" to the remotest confines of the shire, where the merry "swat" of the bat, and the skyward shoot of the ball, will be set to the music of the lordly roll of the Delaware, on the North, and the peaceful babble of the Lehigh in the South! But—Woe is me! Here it is only the Ninth of March!

PEOPLE'S FORUM.

The Women Pay Taxes In Ariel Too!

Editor THE CITIZEN:
I read your article "Woman's Suffrage" in THE CITIZEN, and am glad of the privilege to express my opinion on the same. While I do not think that "Woman is superior to man," I do think that she should stand by his side as his equal. The Lord did not take her from the head of man that she might be above him; neither did he take her from the feet of man, that she should be trodden under foot by man; but he did take her from the side of man, which plainly indicates her position in life. In Ariel, if a man does not pay his taxes he cannot vote. If his taxes are paid, he can vote. I know sixteen women in Lake township, there may be more, that I do not know, all pay their taxes when due. Of course none can vote. Now I think that we ought either to be exempt from taxation or allowed to vote.

ORPHA SWINGLE,
Ariel, Pa.

Look at our streets—beautiful (?) with their coat of mud.

LENTEN FAIRE.

Leek Soup (Welsh recipe).—A bunch of fresh leek, cut in quarter-inch rings, well up in the darkest green; three medium potatoes, grated or cut in small dice; butter size of walnut, pint and a half of fresh milk, one hard-boiled egg cut in rings. Place leek in chafing dish, cover well with water and boil twenty minutes. Add potato and boil another twenty minutes. Season high with salt and white pepper. Lastly, add milk and remove when near the boiling point. Add butter and sliced egg just before serving. A very wholesome spring soup.

Oyster Patties (Florida recipe).—Place twelve medium-sized oysters in a small saucepan and add one-half tablespoonful of butter, one-quarter teaspoonful of white pepper, one-half even teaspoonful of salt. Put over the fire and cook until the oysters begin to curl, then mix the yolks of two eggs with one-half cupful of cream; add to the oysters, stir over the fire until nearly boiling, then instantly remove and fill them into six hot patty cases, or melt one-half tablespoonful of butter in a saucepan, add one-half tablespoonful of flour, stir a few minutes, add the broth from the cooked oysters and enough milk to make one cupful in all; stir and cook to a thick, smooth sauce, then add the cooked oysters.

Baked Herrings (Tipperary, Ireland, recipe).—Two herrings, two or three tablespoonfuls vinegar, two or three cloves and a bay leaf, pepper and salt. Use either fresh or salted herrings. Clean and scale the herrings; cut them in two; remove all the bones. Wash the fillets in cold water; roll them round the fingers, the skin side out; tie round with thread; put them in the bottom of a pie dish; put them with some cold water, half filling the dish; add vinegar, cloves and a bay leaf; put a greased paper on top and bake the herrings slowly for one hour. Remove the thread; put the herrings on a hot dish; pour the sauce round.

Hot Potato Salad (German recipe).—Take from four to five white potatoes and boil till done in hot water; peel the potatoes and put in a porcelain pan and mash with the potato masher. Season with pepper, salt, two teaspoonfuls of mustard, a cupful of milk, teaspoonful of sugar, Worcestershire sauce, one egg beat well. Have the frying pan hot, with butter and an onion cut fine; stir while cooking. Served while hot is delicious.

Sauce Normande for Fish (French recipe).—Mix a tablespoonful of flour with an ounce of melted butter in an agate saucepan. Add a teaspoonful of lemon juice and half a dozen mushrooms. Stir all, then add two tablespoonfuls of cream and let the sauce boil up once, after which add the beaten yolk of a raw egg. Take up the sauce, stir it briskly, and finally season with a little salt, a "thought" of cayenne pepper and a pinch of mace.

Baked Omelet (St. Louis recipe).—Put one pint of milk in a double boiler. Rub one tablespoonful of butter and one of flour together. Add to the hot milk, stirring constantly. Let cook five minutes. Remove, add one-half teaspoonful of salt. When cold add yolks of two eggs, beaten. Then add the beaten whites. Pour into a buttered dish. Bake in a moderate oven twenty minutes.—[Catholic Standard and Times.]

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of *Chas. H. Peters*

BIBLES FOR HOTEL ROOMS.

One Hundred Thousand Ordered for Distribution by the Gideons.

A New York special of March 2 says: One hundred thousand Bibles have been ordered for general distribution by the Gideons, as the members of the Christian Travelers' Association of America style themselves. The order is said to be the largest ever placed, and it forms part of a national plan to place a Bible in every hotel bedroom in the country. W. E. Henderson, National Secretary of the Gideons, said here today that he has been promised one-fourth of the order for San Francisco and the Pacific Coast. It is planned that the 25,000 Bibles, the largest number ever shipped at one time, shall reach San Francisco in time for the triennial convention of the International Sunday School Association, which will be held in the latter part of June.

On the flyleaf of each Bible the following set of suggestions will be pasted:
If lonesome or blue and friends untrue, read Psalms 23 and 27, Luke 15.

If trade is poor, read Psalm 37, John 15.
If discouraged or in trouble, read Psalm 136, John 14.
If you are out of sorts, read Hebrews 12.
If you are losing confidence in men, read 1st Cor. 13.
If skeptical, read John 6:40; 7:17; Phil. 2:9-11.
If you can't have your own way, read James 3.
If tired of sin, read Luke 18:35-43; 18:9-14; John 9.
If very prosperous, read 1st Cor. 10:12, 13.
Happy conclusions, Psalm 121, Matt. 6:33; Rom. 12.

PORK AND BEANS "N. G."

As A Cure For Tuberculosis, New York City Physicians Say It Is Unfit.

"Pork and beans" as a cure for consumption, recommended so highly by Sir Hiram Maxim in the Daily Express, of London, does not commend itself to the medical fraternity of New York City. Physicians are sure that the eminent authority on explosives does not know pork nor beans either singly or in combination. One well known practitioner says The New York Herald, who has for years been interested in the dietary of public institutions declared that he had no doubt that scientist was fond of beans and therefore considered them a panacea. Also he called attention to the high mortality from tuberculosis in the bean belt, for in former years consumption swept whole districts of New England despite the eating of many and many a crock of Boston's finest.

An outspoken opponent of Sir Hiram's theory that pork and beans is a better remedy for tuberculosis than cod liver oil is Dr. Elmer Lee, New York City, who has for years conducted experiments to determine the relative value of foods. He said:

Unfit For Weak Stomachs.

"The use of pork and beans, a food of high flavor, aromatic odor, pleasant to the sight and agreeable to the taste, which is largely employed in certain places as a part of the daily diet, might be useful in consumption cases if the consumptive had energy enough to digest and assimilate it. Consumptives suffer primarily from loss of strength. Laymen are inclined to the belief that oils and fats convey greater nutrition to the weakened consumptive than lean meats or vegetable substances. "In practice it is found that fats and oils are not digested, but absorbed and not assimilated, but, on the other hand, become injurious to the circulation and act as waste which it is most difficult for the system to expel. A strong person may derive benefit from oils, fats, pork and beans, but to a weakened system they are harmful."
"Is Sir Hiram Maxim justified in his theory that pork and beans may be compared with cod liver oil in the treatment of consumption?" was asked.

"If oils and fats," replied Dr. Lee, "or pork and beans—Boston or New York style, the Boston variety being more greasy—were substances of easy digestion and assimilation they would be useful in consumption, but as the foods are indigestible for weak persons and remain in the intestines as foreign substances, it follows that they are of little or no benefit to the consumptive."
"No one who has felt the responsibility of treating a consumptive would think of placing pork and beans before his patient. Neither would he think of using fats and oils. Mechanical means have been devised for breaking up fat or oil into minute globules for the purpose of overcoming the difficulty of digestion. These process made oils are sold on the market as emulsions. Even this clever device fails to satisfy nature, as the stomach and the intestines insist on doing their own digesting and assimilating."

"Is the humble bean," was the last question, "with or without pork, of value as an article of diet either for the consumptive or for the normal healthy person?"
"The bean," was the reply, "ranks high as human food. It is easily dried, keeps well and by light boiling and mild seasoning becomes readily digestible and completely soluble, conditions necessary for nutrition and assimilation. Fats or oils added to boiled or baked beans improve the odor, the taste and possibly the appearance, but detract from the ease of digestion, thus rendering the harmless bean an unfavorable article of food for weak stomachs. The safer and better way to prepare foods for their best effects is to cook each article of food separately, so that the mixing or combining may be done by the individual consumer."

In Park Row, where "pork and—" and its first cousin—"ham and—" are regarded as substances of high nutritive value, proprietors of all established beaneries were preparing to add collections of wall notices. Expert opinion, along the Row is that three plates of beans—New

York or Boston—will make the consumer proof against any form of disease.
Boston Will Try Out Pork And Beans "Cure."

A Boston, Mass., special says: Impressed by the statement of Sir Hiram Maxim in a letter to the London Daily Express that pork and Boston baked beans are more effective than cod liver oil as a cure for consumption, Dr. Philip C. Bartlett, superintendent of the State Hospital of Consumptives, at Rutland, will begin this dish to the patients tomorrow.

"We will give beans and pork a two weeks' trial," said Dr. Bartlett. "If the results are in accordance with Sir Hiram Maxim's statements they will remain as a regular part of the hospital diet."

"Pork is good for the fat that it contains. Fat is easily assimilated and keeps the body warm and protects it against chills.

"Beans are the poor man's meat. Their nutritive value is very great. They contain an abundance of proteins that are very necessary.

"Not all patients can stand pork and beans. The experiment will be tried only on patients in the incipient stages of the disease. In the advanced stages the digestion becomes impaired."
Leading Boston physicians do not all agree with Sir Hiram Maxim.

Dr. Henry L. Bowditch, of 416 Marlboro street, said: "A consumptive should eat just what agrees with him and plenty of it. Pork and beans are indigestible for a great many consumptives. So differently are people afflicted with that disease constituted that no one thing can be set down as good for the whole class."

Dr. Richard C. Cabot, of No. 190 Marlboro street, said:—"I should say that the statement of Sir Hiram Maxim is true. No one can take a great deal of cod liver oil without getting sick. It is possible to eat a great deal of pork and beans without becoming ill. Beans and pork are excellent food and a consumptive needs plenty of good food."

Dr. Herbert O. Clapp, of No. 419 Boylston street, said: "Both beans and pork are splendid for consumptives who can digest them."

Dr. Edward O. Otis, of No. 381 Beacon street, said: "I should not consider pork and beans specially for a consumptive, because there are so many other foods that for them are just as good if not better."

Dr. John B. Hawes, 2d, said: "Beans and pork are good solid food and they are used to some extent at the State Sanitarium for Consumptives. I cannot see why they should be recommended for the men who are more frequently than roast beef or other nourishing food."

College Girls and Dress.

In an editorial in the Wellesley College News, the undergraduate editors deplore the fact that many of their college mates are neglectful of the simple and inexpensive ways and means of enhancing the attractiveness of their personal appearance. "Isn't it rather a pity," the writer mildly remarks, "that so many of us do not realize the duty of being beautiful?" She says it is often intimated that girls of other colleges—Vassar, for example, appear to better advantage, and that it is for the students of the College Beautiful to disprove the aspersion by giving their mirrorful attention of a morning to the accessories of the toilet that in the world's eyes make so great a difference.

THE OLD RAG CARPET.

Oh, well I remember the home of my girlhood,
The sitting room opened on Sundays alone,
The big roomy sofa upholstered in horsehair,
The little old organ so wheezy of tone,
The green paper shades that were hung at the windows
The round braided rug that was laid at the door,
The album, the vases, the white cotton tidies,
And the breadths of rag carpet that covered the floor—
The gayly-striped carpet, the old-fashioned carpet,
The cherished rag carpet that covered the floor.
It was woven not only of linen and woolen,
But with fragments of sorrow and joy and romance;
The lavender silk that was worn to a wedding,
The figured delaine of a maiden's first dance,
A baby's pink frock and the weeds of a widow,
The blue of a coat that a soldier boy wore;
I knew and I loved every strip that was in it,
The dear old rag carpet that covered the floor—
The good honest carpet, the plain humble carpet,
The home-made rag carpet that covered the floor.
—[Minna Irving, in New York Sun.]

THE FORMING OF FRIENDSHIPS.

Middle Aged People Are Too Busy to Contract Enduring Friendships.

"I wonder if it's true what I've heard," said a woman, "about making friends." The subject came up over a cup of tea at a neighbor's house. My hostess, who is older than I and presumably knows more about the world and the people in it, stated it as her belief that it is the young folks and the elderly folks who are apt to make real friendships.

She contended that those of us who are between these stages are rather too busy to contract enduring friendships. I've been thinking about her observations ever since.

"Undoubtedly there is a good deal of truth in her remark," says the Doylestown Intelligencer. "The secret of friendship, of course, is unselfish interest. Friendships are formed easily by young people because they have no thought about their associates whom they like save that of liking them. The idea of using people—that thing which destroys them when once formed—does not enter their mind. They take people for what they are, not for what they can get out of them. There is an unconscious yielding of one's self to friendship in all this."

"The same may be said of those who have passed the stage of very active endeavor. Somewhat out of the rush of affairs they turn, if fortune favors them, to the simple, the joyful things of life, among which friendship is the chief. They know the pleasure that comes from giving and they give of themselves to those within the circle of their acquaintance. It follows that they attract friends and on the principle of like attracting like, many a delightful friendship is formed between the old and the young."

"I don't know that it is quite fair to emphasize selfishness as a quality repelling friendship, to be sure, but I like to think it is only temporary, and caused, more or less by the necessity for a man or woman to look after his own."

"It is, of course, regrettable that absorption in personal affairs takes away from the opportunity and possibly the desire to make new friends. The only reason, I suppose is for one to try to balance things—that is, to pay proper attention to one's own interests, and, at the same time, not to shut one's self off from old friends or from the possibility of making new ones."

"There are rare persons whose faculty of making friends is never dulled from childhood to old age. They are the ones who have a genius for friendship, and such people, I believe, are the richest in the world. They are the people born with a love for their kind—a love that must find expression in countless ways, in acts of self-sacrifice and thoughtfulness in doing for others for the pure joy of doing, in giving happiness for the sake of making old earth a brighter place."

"They are the ones who are able to forget, for a time, their own cares or desires, in listening to what others have to say, and in trying to help others. Also, they are able to enter fully into the glad experiences of those about them."

Running a Newspaper.
George Ade says about every other fellow you meet thinks he could run a good hotel, and we have come to the conclusion that about every one you meet could run a fine newspaper, remarks Eugene L'Hote, the genial editor and publisher of the Millford (Ill.) Herald, editorially in

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