

CARE OF THE FEET.

THE CRAMPED AND TORTURED FOOT NO LONGER THE IDEAL.

Views of a Celebrated Anatomist—The Importance of Wearing the Right Kind of Shoes—Something About Corns and How to Treat Them.

Very few seem to realize the importance of giving the feet proper attention in order to secure better health as well as general comfort. It is almost inconceivable that in our civilized nation in the modern age there are still so many otherwise sensible women who are willing to maintain and cripple their feet and suffer tortures for the sake of wearing shoes just a little too small, or which are, as they imagine falsely, pretty or more fashionable. We see the folly of the cramping process upon the feet of the Chinese women, but how much more inexorable it is for women of this enlightened country.

In former times it has been the fashion for shoes to be made with high heels, narrow, pointed toes and all sorts of extravagant shapes contrary to ease and comfort, and as too many people have felt it incumbent upon them to bow to the demands of the tyrant fashion, no matter how unreasonable her demands, the result has been for succeeding generations untold suffering in the form of corns, bunions and other deformities, until now it is comparatively rare to see, except among savage nations, a perfect, well shaped foot. But a more sensible fashion allows the wearing of various styles of sensible shoes that are adapted to the ease and comfort of the wearer, with thick soles, wide, low heels and plenty of room for free expansion of the toes and muscles, and the numerous corns, which are not only exceedingly painful, but often serious affairs, are gradually disappearing from the feet of the sensible ones and the ideal foot is no longer the cramped and tortured foot.

The celebrated anatomist, Professor Hyatt of Vienna university, opened one of his lectures to his class with the singular question, "Which is the most beautiful foot, considered from the anatomical standpoint?" and then continued: "It is remarkable that there are so many divergent opinions on this subject. While the sons of men look upon a small, slender and graceful foot, a lady's foot, as an ideal one, the anatomist utterly rejects it as beautiful, and only the large, long and broad foot is the ideal one in his eyes. Even the greatest classic writers of antiquity, Horace, Catullus, and others, who had great appreciation of the feminine beauty, never mentioned in the descriptions of their beloved—and, as is well known, they had many—their small feet.

"The people belonging to the Celtic race have small feet; the Hindoos especially have such feet and hands that they may be envied by many European countesses. The native troops of the English army in India possess in England their own arms whereby peculiar kinds of weapons are constructed for them, and the sword hilts made for them are much too small for us to grasp with ease. The greatest beauties of Europe, the Italians, have really long and broad feet."

But even if we do not care to be convinced that the ideal foot is the foot that is long and broad, we can certainly realize the importance of care in selecting shoes of the proper size for comfort as well as beauty. The foot never looks pretty in a shoe too small for it, and such shoes soon become unshapely from undue pressure, giving anything but a pretty appearance.

On the other hand, we should not fall into the error of buying shoes too large. These are quite as apt to cause corns as small ones by rubbing certain parts of the foot. If any one has the misfortune to fall into this mistake, it can be remedied to a great extent by inserting a soft wad of cotton batting in the toe of the shoe or in the part that rubs against the foot.

The same care is necessary in buying shoes as in buying gloves. They will last much longer and have a better appearance when made of new, good skins. Old leather or kid is not soft and elastic and does not easily shape itself to the foot or the hand. This is not only a matter of comfort, but of economy. In this, as in many other things, "the best is the cheapest," and as few women, or men either, for that matter, are good judges of leather it will be wise to buy only of honest, experienced dealers, in whom we can confide, for we cannot afford risks in a matter where so much is involved. An uncomfortable shoe is really a very serious matter when we take into consideration the pain and discomfort, the probable deformities in the way of corns and bunions, the wear on the nervous system and the unpleasant consequences of our irritable tempers because of personal discomfort.

It scarcely seems necessary to speak of the importance of frequent bathing of the feet and paring of the nails, and yet many are surprisingly careless in this respect. Corns are simply composed of a great number of layers of cuticle, or scurf skin, one above another, each successive layer being larger than the preceding, so that the whole assumes the form of a grain of Indian corn; hence its name. This is constantly pressing its point upon the tender flesh when the shoe presses or rubs against it, and as this cuticle is easily dissolved to a great extent by the warm water and soap we can see that bathing is the most ready and harmless remedy as well as preventive.—Exchange.

Columbia River.

The Columbia river was first called the Oregon, the Spanish name for the wild sage that grows on its banks. Whittier says that the Spanish name was Oregon, "big ear" or "one that hath large ears," an allusion to the custom of the Indians in that region of stretching their ears by boring them and crowding them with ornaments.

FORTUNE IN BLACK DIAMONDS.

Value of the Thousands of Tons of Coal at Perth and South Amboy.

Thousands of tons of coal are shipped from the ports of Perth and South Amboy, at the mouth of the Raritan river, every month. It is loaded in vessels for all points along the Atlantic seaboard and many European ports. The coal docks of the Lehigh Valley railroad at Perth Amboy are among the largest in the world. The docks of the Pennsylvania railroad at South Amboy are nearly as large in shipping capacity.

In connection with the handling of such immense quantities of coal one of the most troublesome problems for the railroad companies is to keep their rolling stock in constant motion. It is considered a loss of revenue for a car to remain several days at a given point, and everything is done to facilitate the rapid movement of the cars, both loaded and empty. For a number of years loaded cars were kept standing in the storage yards of the Pennsylvania railroad at South Amboy for weeks at a time. At times the company was embarrassed for want of cars to transport the coal from the mines. The difficulty was finally solved about three years ago. In place of the long string of loaded cars many now are seen immense piles of coal.

When a train arrives from the mines, the various kinds of coal are sorted out and the cars drilled to the proper side track for unloading. In close proximity to each side track stands a large derrick with a movable boom extending diagonally into the air about 80 feet. To this boom is attached a large traveling belt, on which are fastened large buckets. The belt is operated by a small steam engine in charge of the man who manipulates the elevator. As the coal drops from the outlet in the car it falls into the buckets on the elevator belt and is carried to the end of the swinging boom, where it is dropped in the center of the pile and distributed by gravity. The coal remains in these piles until it is required for shipment; then it is loaded in cars and transferred to the docks.

The immense piles of coal usually contain from 10,000 to 12,000 tons each, and are worth from \$40,000 to \$50,000, according to the market value of the coal. It is frequently the case that there are 12 of these piles of coal in the storage yard, representing a value of from \$500,000 to \$600,000. It was discovered recently that the coal rusted while in these piles. This did not detract from the burning qualities, but affected the selling value. To prevent this rusting covers were made at a cost of \$1,000 each. When the piles of coal are all covered, the storage yard resembles a large circus. The sight of such an immense quantity of coal is viewed with astonishment by strangers, although the residents of South Amboy are so accustomed to it that they never give it a second thought.—New York Telegram.

Housekeeping at Samoa.

Mrs. Robert Louis Stevenson says that housekeeping in Samoa was not so idyllic as it might seem. Her supplies came from New Zealand or Australia once a month, so that if she wanted a bottle of bluing or a bag of flour, for instance, she had to send half across the Pacific to get it. The native diet was all well enough for a few weeks, but as it consisted almost solely of fruit and fish it began to pall on European palates. Housekeeping in this South Sea paradise (of romances) had other drawbacks, particularly in the matter of expense, which was fully six or seven times as great, Mrs. Stevenson says, as living on a corresponding scale in San Francisco. As for society, "there's more of it to the square inch in Samoa than in any other place I know," says Mrs. Stevenson, but it appears to be largely of the living picture kind.

How Jones Proposed.

Jones—Miss Arabella, do you like cabbage? Arabella—What a strange question, Mr. Jones! "I know it is a strange question, but please answer it." "Yes, Mr. Jones, I am very fond of cabbage." "Ah, I am glad to hear that!" "Why?" "Your liking cabbage goes to show that we were born for each other. I dote on corned beef. Why should not we unite our fortunes?" "Oh, Mr. Jones!" They will be married next week.—Boston Traveller.

A Big Surprise.

In store for all who try Bacon's Celery King for the Nerves. The general verdict of all who have used the great vegetable preparation is that it is the grandest remedy ever discovered for the cure of dyspepsia, liver complaint, general debility, etc. Bacon's Celery King for the Nerves stimulates the digestive organs, regulates the liver and restores the system to vigorous health and energies. Samples free. Large packages 50c. Sold only by W. B. Alexander.

The Modern Daughter.

"I wish to ask your permission to pay my addresses to your daughter," said the old fashioned young man. "All right," said the old gentleman. "If I can get her permission to give you my permission, go ahead."—Indianapolis Journal.

The man who does not overcome ennui by occupying himself soon tries to fly from it by intemperance. The idle man is almost necessarily vicious.

Some one says that, although it is sad to see family relics sold at auction, the most painful thing under the hammer is generally one's thumb nail.

Shiloh's cure, the great cough and croup cure, is in great demand. Pocket size contains twenty-five doses, only 25c. Children love it. Sold by J. C. King & Co.

THEY WON THE RAISE.

The Directors Were Satisfied That Their Claim Was Just.

Once when the miners of a big anthracite mining company were desirous of receiving increased pay an effort was made to induce the local officials in the mining country to make such representations to the president of the company as would produce the desired effect. This was unavailing, however, and efforts in other directions were tried, until the directors offered to meet a delegation of the miners in New York city and discuss the situation. A dozen of the bravest miners in the region were selected as delegates—great rugged men, who would certainly make a favorable impression. The men met the officials and stated their case, which was that at the prevailing rate of wages they could hardly get enough to eat.

The matter was held under advisement, and the conference adjourned to luncheon. Then came the most amazing display of appetites that has ever been seen before or since, and the colored waiters turned pale as they saw a dish intended for the entire party retained by one man, who speedily made away with the contents. Each man seemed as ravenous as though he had not eaten for a week, and the caterer was at his wits' end to provide for them all.

At last, when every portion had been eaten and all seemed inclined for more, a giant whose native place was South Wales cried out: "Don't you worry about no more fancy things. Bring us a cheese, and we'll make out all right." A cheese was procured, and the directors gazed with awe as it speedily disappeared. As the last crumbs were disappearing the officials held a hurried consultation, and after awhile the president announced: "Gentlemen, we have decided to concede your claims to an advance of 10 per cent, for we are certain that at present you can scarcely get enough to eat. Nothing but this pleasurable meeting could so fully have convinced us of your needs." The delegates have not yet weari of telling of the amazing display of gluttony which they alleged was preconcerted for the express purpose of creating the impression that it produced.—Philadelphia Inquirer.

Market Quotations.

"Sir," said the indignant alderman, "are you not aware that were I to vote for your measure I would be exposed to the condemnation of all the good citizens in my ward? And that sort of thing," he added, lowering his voice, "comes pretty high, you know."—Indianapolis Journal.

The Compass Plant.

On the western prairie is found the compass plant whose leaves point to the north. We wish to direct you to the great health giver, Bacon's Celery King for the Nerves. If you are suffering from dyspepsia, liver complaint and indigestion, if you are sleepless at night and awake in the morning feeling languid, with coated tongue and sallow, haggard looks, Bacon's Celery King for the Nerves will cure you and restore you to blooming health. Trial packages free. Large size 50c. at W. B. Alexander, sole agent.

Denver, Col., April 10, 1894.

Gentlemen—I feel it my duty to send you a letter of thanks for discovering such a wonderful medicine as your Hood's Compound Extract Celery. Before using this remedy I was so much run down from the effects of Grippe that I could not do a stroke of work, had pain in the back, no appetite, and could not sleep, but since taking six bottles of your Celery I feel like a new man. If you choose you may print this letter of testimony. JOHN COOLEY, 249 Seventh Street. Sold by Stokes, the druggist.

The Heat of Our Clothes.

How hot our clothes are has just been determined by a Dr. von Behber, a German meteorologist. When the outside temperature is 50 degrees F., the temperature on the coat is 71.3 degrees, that between the coat and the waistcoat 73.6 degrees, between waistcoat and shirt 75.9 degrees, between shirt and undershirt 77.4 degrees and between the woolen undershirt and the skin 90.9 degrees.—Exchange.

Another Objection.

Dick Singleton—Does your wife object to your going to the club of an evening? Benny Dictus—No, but she objects to my coming home from it in the morning.—Harlem Life.

"The pleasantest way to take cod liver oil," says an old gormand, "is to fatten pigeons with it and then eat the pigeons."

Advertisement for Shiloh's Cure, featuring a large graphic of a bottle and the text 'CURE THAT TAKES THE BEST COUGH WITH SHILOH'S CURE'.

It is sold on a guarantee by all druggists. It cures Incipient Consumption and is the best Cough and Croup Cure. Sold by J. C. King & Co.

Get an Education.

Education and fortune go hand in hand. Get an education at the Central State Normal School, Lock Haven, Pa. First-class accommodations and low rates. State aid to students. For illustrated catalogue address JAMES ELDON, Pa. D., Principal, Lock Haven, Pa.

Railroad Time Tables.

PENNSYLVANIA RAILROAD.

IN EFFECT MAY 10, 1895.

Philadelphia and Erie Railroad Division Time Table. Trains leave Driftwood.

EASTWARD. 9:04 a. m.—Train 4, daily except Sunday for Sunbury, Harrisburg and intermediate stations, arriving at Philadelphia 6:23 p. m.; New York, 9:23 p. m.; Baltimore, 6:15 p. m.; Washington, 7:30 p. m. Pullman Parlor car from Williamsport and passenger coaches from Kane to Philadelphia.

WESTWARD. 7:26 a. m.—Train 1, daily except Sunday for Ridgway, DuBois, Clearfield and intermediate stations. Leaves Ridgway at 3:09 p. m. for Philadelphia.

THROUGH TRAINS FOR DRIFTWOOD FROM THE EAST AND SOUTH. TRAIN 11 leaves Philadelphia 8:50 a. m., Washington, 7:30 a. m.; Baltimore, 6:15 a. m.; New York, 9:15 a. m., daily except Sunday, arriving at Driftwood at 6:27 p. m. with Pullman Parlor car from Philadelphia to Williamsport.

JOHNSONBURG RAILROAD. (Daily except Sunday.) TRAIN 19 leaves Ridgway at 9:30 a. m.; Johnsonburg at 9:45 a. m., arriving at Clearfield at 10:40 a. m.

CLERMONT RAILROAD. (Daily except Sunday.) TRAIN 29 leaves Clearfield at 10:59 a. m., arriving at Johnsonburg at 11:44 a. m. and Ridgway at 12:09 p. m.

RIDGWAY & CLEARFIELD R. R. (Daily except Sunday.) SOUTHWARD. TRAIN 13 leaves Ridgway at 1:25 p. m.; Island Run at 1:32 p. m.; Mill Haven at 1:41 p. m.; Croftland at 1:51 p. m.; Short's Mills at 1:57 p. m.; Blue Rock at 2:06 p. m.; Vinoyard Run at 2:16 p. m.; Carrier at 2:26 p. m.; Brooksville at 2:36 p. m.; McMillan Summit at 2:46 p. m.; Harveys Run at 2:56 p. m.; Falls Creek at 3:06 p. m.; DuBois at 3:16 p. m.

WESTWARD. TRAIN 14 leaves Clearfield at 1:25 p. m.; Ridgway at 1:30 p. m.; Johnsonburg at 1:35 p. m.; Harrisburg at 1:40 p. m.; Philadelphia at 1:45 p. m.

Buffalo, Rochester & Pittsburgh Railway. The short line between DuBois, Ridgway, Bradford, Salamanca, Buffalo, Rochester, Niagara Falls and points in the upper oil region.

On and after June 17th, 1894, passenger trains will arrive and depart from Falls Creek station, daily, except Sunday, as follows:

Table with columns: TRAIN, STATIONS, EASTWARD, WESTWARD. Lists train numbers and times for Buffalo, Rochester & Pittsburgh Railway.

Passengers are requested to purchase tickets before entering the cars. An excess charge of Ten Cents will be collected by conductors when fares are paid on trains from all stations where a ticket office is maintained.

Thousand mile tickets at two cents per mile, good for passage between all stations. J. H. McIlwain, Agent, Falls Creek, Pa.

R. G. McIlwain, Gen. Supt., Buffalo, N. Y. J. C. Lacey, Gen. Pass. Agent, Rochester, N. Y.

ALLEGHENY VALLEY RAILWAY COMPANY commencing Sunday May 20, 1895, Low Grade Division.

Table with columns: STATIONS, No. 1, No. 2, No. 9, No. 10, No. 11, No. 12. Lists train numbers and times for Allegheny Valley Railway.

Trains daily except Sunday. DAVID COARDO, GEN'L. Supt. JAS. P. ANDERSON, GEN'L. PASS. AGT.

Table with columns: STATIONS, No. 2, No. 9, No. 10, No. 11, No. 12. Lists train numbers and times for Allegheny Valley Railway.

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Special - Shoe - Sale!

OF ALL

TAN COLORED SHOES!

In order to close our Spring and Summer Colored Shoes we will have them placed on

Our Shoe Bargain Counter!

and the knife will be shapened to an edge that will make a Clean Cut of Prices.

DO NOT FAIL

to call and take advantage of the slaughtered prices. All the shoes in this line must be sold.

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Advertisement for A. D. Deemer & Co. Hardware, Woodware, Queensware, Carpets, Furniture.

The most complete line of House Furnishing Goods in Jefferson County. We do not buy "Cheap John" goods to fool the people, nor represent goods to be better than they are.

"You can fool all the people part of the time and part of the people all the time." We do not want to sell inferior goods and fool our customers and only have the people that can be fooled all the time left to buy from us. We want your trade and know we can give you satisfaction.

Come Early and Late to the

Reynoldsville Hardware Co.'s Store.

Remember our Furniture and Carpets are on the Second Floor.

Advertisement for Oil Burner, featuring an image of a burner and text 'OIL BURNER TAKES THE PLACE OF DANGEROUS GASOLINE. GOES IN ANY STOVE. NO SMOKE, DIRT OR ODOR. CHEAPER THAN WOOD OR COAL.' Includes contact info for National Oil Burner Co., Cleveland, Ohio.

First National Bank

COME IN! Where?

OF REYNOLDSVILLE. CAPITAL \$50,000.00. Directors: C. Mitchell, President; Scott McClelland, Vice Pres.; John H. Kaucher, Cashier.

TO THE "Bee Hive" Store, WHERE L. J. McEntire, & Co., The Groceryman, deals in all kinds of Groceries, Canned Goods, Green Goods, Tobacco and Cigars, Flour and Feed, Baled Hay and Straw. Fresh goods always on hand.

Does a general banking business and solicits the accounts of merchants, professional men, farmers, mechanics, tailors, lumbermen and others, promising the most careful attention to the business of all persons.

Country produce taken in exchange for goods. A share of your patronage is respectfully solicited. Very truly yours, Lawrence J. McEntire & Co. The Grocers.

Advertisement for Every Woman Dr. Peal's Pennyroyal Pills, featuring an image of a woman and text 'Every Woman Sometimes needs a reliable monthly regulating medicine. Dr. PEAL'S PENNYROYAL PILLS. Are prompt, safe and certain in result. The genuine Dr. Peal's never disappoint. Sent anywhere. \$1.00. Best Medicine Co., Cleveland, O. For sale at H. Alex. Stokes' drug store.'

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