

**FREELAND TRIBUNE.**

Established 1888.  
 PUBLISHED EVERY  
 MONDAY, WEDNESDAY AND FRIDAY.  
 BY THE  
**TRIBUNE PRINTING COMPANY, Limited.**  
 OFFICE: MAIN STREET ABOVE CENTRE.  
 LONG DISTANCE TELEPHONE.

**SUBSCRIPTION RATES.**

FREELAND.—The TRIBUNE is delivered by carriers to subscribers in Freeland at the rate of 12 1/2 cents a month, payable every two months, or \$1.50 a year, payable in advance. The TRIBUNE may be ordered direct from the carriers or from the office. Complaints of irregular or tardy delivery service will receive prompt attention.

BY MAIL.—The TRIBUNE is sent to out-of-town subscribers for \$1.50 a year, payable in advance; pro rata terms for shorter periods. The date when the subscription expires is on the address label of each paper. Prompt renewals must be made at the expiration, otherwise the subscription will be discontinued.

Entered at the Postoffice at Freeland, Pa., as Second-Class Matter.

Make all money orders, checks, etc., payable to the Tribune Printing Company, Limited.

FREELAND, PA., APRIL 30, 1902.



**SHORT TALKS**

**Brief Comment on Political and Other Matters of Public Interest.**  
 (ANDREW J. PALM.)

Congressman Bell, of Colorado, told a truth the other day when he declared that the house of representatives is no longer a deliberative body, but is absolutely controlled by a few men, whose domination he characterized as a legislative trust. Under the imperialistic rules of the house, the speaker, with a half dozen pals, can control all the legislation that comes before the body. They can have bills reported or pigeon-holed for the session as may suit their pleasure. They shut off debate on every measure, the discussion of which is likely to bring out damaging truths, and in every way absolutely control the action of the house. Imperialism is having its effect on the temper of the government at Washington as well as in the Philippines.

Four years ago Quay expressed himself as anxious to know how it would feel to own a governor. Since his curiosity was gratified there is no reason why his right bowler, the Hon. W. H. Andrews, should not have a similar ambition, and he is, no doubt, behind the boom of his brother, Wesley Reuben, whose friends insist is likely to surprise the Republican state convention. It isn't at all likely that Mr. Andrews, Mr. Quay or anybody else will own the next governor of Pennsylvania, for he is certain to be a man who will acknowledge no master but the sovereign people, whose wishes he will respect and whose interests he will serve. He will not have his open hand ready at all times to take corruption funds from \$250,000 down, to sign riper bills and franchise steals. He will have no political machine to build up at the expense of the state. He will not belong to the Durham, Stone, Elkin, Quay crowd, nor will he have been graduated in their infamous political school. He will be nominated by the next Democratic state convention, and be elected by all good citizens, irrespective of party, who are ashamed, disgusted, indignant at the high handed corruption that has disgraced the government of the state for many years past.

The fact that Mr. Terrence Powderly will be retired from the important office of commissioner of immigration by President Roosevelt, and that Mr. Frank Sargent will be appointed to succeed him, appears to be received with much satisfaction by the labor element. Powderly, notwithstanding his prominence in labor organizations some years ago, by his influential position in the Knights of Labor, of late has been regarded as the enemy rather than the friend of organized labor. In politics he was formerly a Democrat, but for consideration in the way of office he became an active worker for the Republican party. His administration of the immigration bureau has been much criticised, and some of his recommendations have had a good deal of the spirit of old-time nativism. Mr. Sargent, on the other hand, is an accepted representative of the labor organizations and stands high in their ranks. His selection to take Powderly's place indicates pretty clearly that the president has his eyes fixed on the labor vote, and is casting anchors to the windward. Mr. Sargent is of the Brotherhood of Locomotive Firemen, and was a Republican stumper, we believe, in the canvass of 1900. One of the best ways to office in this country is for the professional labor agitator or reformer to become prominent in political or partisan work.—Pittsburg Post.

**Yonkers Men's Heads.**

Yeast—Why does a man scratch his head when he thinks?  
 Crimonsbenk—Because he has an idea there is something in it, I suppose.—Yonkers Statesman.

**CASTORIA**  
 For Infants and Children.  
 The Kind You Have Always Bought  
 Bears the Signature of *Wm. D. Gifford*

Watch the date on your paper.

**FEED BABY SLOWLY.**

ONE OF THE MOST IMPORTANT FACTORS IN CHILD REARING.

**Reasons Why Food Should Not Be Tumbled Rapidly Into the Little Stomach—Advice Which Applies to Grown Folks as Well as Babies.**

In the proper bringing up of a child there is nothing absolutely more important than this one thing—to teach it to eat slowly.

Every groom knows and observes the rule in the care of a horse that rapid eating is fatal to digestion. There are all sorts of patent mangers to prevent the horse swallowing his oats too quickly. The man who has no patent manger knows enough, when necessary, to put a stone in the manger, scattering the oats around it, so that the horse may be compelled to eat slowly.

If the horse's inclination is to gulp down water too fast, the careful man will put a big sponge in the water, compelling slow drinking.

A child's appetite, when he is allowed to eat rapidly, is always in excess of his actual needs unless the child is in bad health. The reason for this is extremely simple. The child craves food because his body requires to manufacture new tissue. He is growing, and he must not only replace the used up tissues that his daily life destroys, but he must make new flesh, new muscles, new bone and new blood every day, adding weight and size.

The sensation of hunger is not the craving of an empty stomach, satisfied as soon as the stomach is filled; it is a craving that is felt by the nerves all over the body. This craving cannot possibly be satisfied until the stomach has begun the work of transforming the food into blood, flesh, muscles, etc.; consequently the sensation which we call hunger persists long after the child or grown person has rapidly absorbed as much food as it really needs.

A million foolish parents urge their children to eat a great deal and always let them eat as much as they want to. Yet all of these know that a famished man taken off a wreck will eat himself to death if allowed to do so. The very hungry child goes to the same excess, only in a lesser degree. The great safeguard against that excess in eating, which kills 90 per cent of men before their time and which accounts for 90 per cent of children's diseases, is slow eating.

Nearly all children eat too rapidly. They do so by nature. Slow eating is a matter of education. But too often the mother or the nurse teaches the child the habit of eating fast. When the baby is little, it is fed one spoonful at a time. Before it has time to half chew or even gulp down the first teaspoonful of food another is held to its lips. Of course it swallows what it has in its mouth and seizes upon the next mouthful. The habit thus inculcated by foolish adults often ruins the child permanently.

Four factors count in the healthy assimilation of food, factors which parents and nurses should remember. Assuming the food to be properly prepared, thoroughly cooked and wisely selected, there comes, first, the work of the teeth, which prepare the food for easy digestion; second, the action of the saliva, with which the food must be thoroughly mixed in order to minimize the necessary work of the gastric juices in the stomach; third, the work of the stomach itself; fourth, and most important, a proper supply of blood and of heat.

Force your child to chew slowly and thoroughly every mouthful. If nothing else will do, compel him at frequent intervals to lay down his knife and fork that the importance of prolonged chewing may be impressed upon him. Don't allow your child to gulp down water or any other liquid with his solid food. If you allow him to drink while he eats, the salivary glands will not act. They will not act to act, for he will be able to swallow his food easily when it is made moist by water.

You can't do anything to help along the unconscious process which goes on in the stomach, but you can do everything to help that process by attending to the fourth necessity, which demands blood and the heat of the blood in the stomach. Allow no child after eating to take violent exercise, to study or even to read an exciting book. The brain has first call upon the service of the heart, and as soon as the brain is excited the blood leaves the stomach and goes to the head. The muscles also when too violently exercised draw the blood away from the stomach.

It is absolutely impossible for a child or a grown person to digest properly or to get strength and vitality from what he eats unless for at least a half hour after eating the stomach be allowed to monopolize the blood supply. Children should be kept quiet in some way, especially very young children, after they have eaten. In the case of very young babies nature attends to this mercifully by making them go to sleep as soon as they have absorbed their milk. Older children ought not to go to sleep directly after eating for physiological reasons which may be explained at some other time; but they ought to be quiet and calm. Tens of thousands of children in homes where this newspaper is read are ruined in health by studying right after meals. The public school system which gives children too short a resting period in the middle of the day is responsible partly for this, and the home studies at night are also responsible.

Every word that is said here applies to grownup people, of whom not one in a hundred has ever been taught to apply to himself such common sense care as is bestowed on a second class horse.—New York Journal.

**THE DOCTOR'S ROOM**

Mr. and Mrs. Dr. Trenton were together with Trenton's brother, and Dr. Trenton suggested that his wife tell the story of how she came to marry.

"Herbert, my brother, had written that it would be impossible for him to meet me at the station and that I must take a cab and drive to Kings Court Mansions.

"When I arrived at King's Court, I walked bravely up the stairs with my traveling bag, the cabman following with my trunk. The length of the stairs took my breath away and also deprived me of all power of calculation, and in my ignorance I was unaware that the entresol does not count.

"Therefore, when I arrived at the landing where a door was standing open and an old manservant just replying to an inquirer that the doctor would not be in until 2 o'clock, I concluded that I had reached my journey's end, for my brother also rejoices in the title of doctor, though his degree is in music.

"To old Colonel James' astonishment I walked in, saying: 'The doctor expects me. Please have my luggage taken to my room. I am his sister.'

"With that he admitted me, muttering, 'Never heard of a sister,' into the smoky, dusty apartments I assumed to be my brother's bachelor quarters.

"To distract my thoughts I picked up a magazine, opening it where a letter had been placed to serve as a mark. My eyes fell on the first words, and my attention was riveted in a moment.

"Now comes the disgraceful part of my confession. I could not refrain from reading the letter. It was signed, 'Your old friend, Ned Harwood.'

"Dear Old Man—So you have decided to install that dreadful little thing in your house, though you acknowledge yourself that all the peace and comfort of your life will be gone. Do be advised and give up the idea of such folly. At any rate, don't be surprised if I cut your acquaintance for the present and leave you to solitary enjoyment so long as Dolly forms part of your establishment. Luckily I am off tomorrow, and by the time I come back you will have found out your mistake and sent Miss Dolly back where she came from. Your old friend,

"NED HARWOOD."  
 "My dear lady," cried Harwood, "you don't mean to say that any misunderstanding arose out of that?"  
 "I do mean to say so," she replied, laughing. "It was quite possible I should assume those words referred to me, and you cannot be surprised that at first I was highly indignant and then began to weep.

"My resolution was soon formed. I would go at once. I would not even see the heartless brother who had discussed me with his friends in such a manner. I quickly repacked my traveling bag. While doing so I came upon a photograph of myself, which had been taken as a memento for the friends I was leaving.

"A sudden thought made me write a few words upon it and lay it on the table where the flowers and luncheon still remained. Then I put on my hat and mantle and was just going to open the door when I heard a latchkey inserted in the other side. It was Herbert, I thought. He should not find me there, and, seeing the door of a small room open, I slipped in and closed it behind me.

"Now let me tell the rest," interrupted Dr. Trenton, "for I was the principal actor. I fancied I was dreaming as I became aware of the invitingly spread table. Then I saw two covers laid as if for a delightful tete-a-tete and upon my dinner napkin a photo of the sweetest face I had ever seen. Look—that's the picture. I have not given it up since. And listen what was on it:

"As I am so ugly that I destroy your peace and drive away your friend, I leave you and shall find a home elsewhere."

"I puzzled over it in vain, for your letter never entered my thoughts. I could reach only one conclusion—that the original of this captivating picture had been here and that I had missed her.

"James thought I was mad. At last I extracted the facts from him, at least so far as he knew, for he did not know where my 'sister' had disappeared to. I caught up my hat in the hope of discovering some trace of her. We were both on the threshold when I heard a faint cry. I opened the storeroom door, and Dorothy, in tears, fell into my arms."

"If I had not been frightened to death in that dark room," said Dolly, "when that horrible monkey jumped on my back I would have stayed there for hours rather than call for help."

"Just think, Mr. Harwood, my special aversion, Miss Dolly, had already disturbed Jack's peace to such a degree as to be banished to the dark storeroom. No sooner had I entered it than the mischievous pet jumped on my back and would not move till Jack came to the rescue."

"Yes, I was obliged to restore my household fairy to Herbert, who had been waiting anxiously for her since 2 o'clock. However, I did not let him enjoy her company long, for soon she had to descend to the third floor flat again and preside over my breakfast, luncheons and dinners."

Ned Harwood was obliged to admit that, all unconsciously, he had proved a very useful matchmaker.

**Squaring the Circle.**  
 The phrase "squaring the circle" is another way of saying "attempting an impossibility." The allusion is to the mathematical question whether a circle can be made which contains exactly the same area as a square, and the difficulty is to find the precise ratio between the diameter and the circumference of a circle. Popularly it is 3.14159, etc., but the numbers would go on to infinity. This problem has given rise to an amount of labor only equalled by that bestowed upon the equally impossible one of discovering perpetual motion.

**Trifling With Your Health**

Is Like Playing With a Loaded Gun—If You Have Kidney Trouble Attend to It at Once.

It is easy to tell whether your kidneys or bladder are diseased. Take a bottle or glass tumbler and fill it with urine. If there is a sediment—a powder-like substance—after standing a day and night, if it is pale or discolored, rosy or stringy, there is something wrong with the kidneys. Other sure signs of disease are a desire to urinate often, pain in the back, or if your urine stains linen.

There is no question that Dr. David Kennedy's Favorite Remedy is the best and surest medicine in the world for diseases of the Kidneys, Liver, Bladder and Blood, Rheumatism, Dyspepsia, Chronic Constipation, and the sicknesses peculiar to women. It quickly relieves and cures inability to hold urine and the necessity of getting up a number of times during the night, and puts an end to the scalding pain when passing urine.

The Rev. Henry P. Miller, pastor of Baptist Church, Spartanburg, S. C., writes:

"For eleven years I suffered with kidney, liver and heart troubles, swimming in the head, dull headache and numbness of the limbs. Several physicians prescribed for me and I took different medicines, but none of them did me any good. I then began the use of Dr. David Kennedy's Favorite Remedy, and in about two weeks was entirely well."

Dr. David Kennedy's Favorite Remedy is for sale by any reliable druggist, \$1.00 a bottle or six bottles for \$5.00—less than one cent a dose.

Sample bottle—enough for trial, free by mail. Dr. D. Kennedy Corporation, Rondout, N. Y.

Dr. David Kennedy's Worm Syrup, most effective medicine of the kind known. 25c. Druggists.

**GERMAN GLEANINGS.**

One German engineer officer has been sentenced to a month's imprisonment and another heavily fined for receiving presents from the contractors engaged on the new fortification scheme at Metz.

The Prussian budget for 1902 appropriates 20,000 marks for further study of means of prevention and early diagnosis of typhoid fever, 10,000 marks to the committee for cancer research and 53,000 marks for a cancer ward and laboratory.

Prussia has 200 meteorological stations fully equipped, 2,200 rain gauge stations and 1,400 stations that record storms and unusual phenomena. The results of their observations are reduced and published for each week, for each month and for each year.

Kaiser Wilhelm has given orders that a gift of money, the Chinese war medal, a letter of honorable mention and a book called "German Marines in the Siege of Peking in 1900" shall be presented to the family of every marine that was killed at Peking.

**FACTS FROM FRANCE.**

Forty years ago tuberculosis was nearly unknown in the Basque district of France, but is now rife there.

Within the last five years the consumption of absinth has doubled in Paris. The amount now drunk in a year is 8,000,000 bottles.

Among the French conscripts drawn from the department of the Charente-Inferieure in a young man named Laroche, the youngest of a family of thirty-two children, twelve of whom are still living.

A Parisian lamplighter makes his rounds on a bicycle, with a long torch carried over his right shoulder. He guides the wheel with the left hand and is so expert that he lights the lamps without dismounting.

A monument to Lieutenant Francois Garnier, who explored Yunnan in 1866-68 and in 1873, has been erected at St. Etienne. His discoveries and his murder on the Red river led to the French expedition to Tonquin and the establishment of the French colonies in Indo-China.

**FRUITS AND FLOWERS.**

Plant a new orchard and have it coming on before the old one dies.

It takes from six to eight years for a newly planted orchard to come into bearing.

Better a stock tree with rather a low head. If it has plenty of side shoots, all the better.

The early sown zinnias will make the earliest blooming plants, and they should be set in the open ground as soon as possible.

Do your grafting before the buds swell. The stock and scion must unite before the buds begin to make drafts on the stored up nourishment.

A. Oswald has the agency for the celebrated Elysian's extracts and perfumery. The finest goods made. Try them.

**If You Could Look**  
 into the future and see the condition to which your cough, if neglected, will bring you, you would seek relief at once—and that naturally would be through

**Shiloh's Consumption Cure**  
 Guaranteed to cure Consumption, Bronchitis, Asthma, and all Lung Troubles. Cures Coughs and Colds in a day. 25 cents. Write to S. C. WELLS & Co., Le Roy, N. Y., for free trial bottle.

**Karl's Clover Root Tea purifies the Blood**

NOW FOR SPRING!

Our counters and shelves are piled high with the finest grades of goods for spring and summer wear. We are prepared this season to show the largest and most varied stocks of Men's Hats, Shirts, Neckwear, Underwear and Furnishings, also Men's, Women's, Boys' and Girls' Shoes, ever gathered under our roof. Give our goods a trial. Their wearing qualities will please you. No cheap-looking gaudy stuff palmed off as the best in the market at this store.

McMenamin's Gents' Furnishing, Hat and Shoe Store.

South Centre Street.

RAILROAD TIMETABLES	
LEHIGH VALLEY RAILROAD.	
June 2, 1901.	
ARRANGEMENT OF PASSENGER TRAINS.	
LEAVE FREELAND.	
6 12 a m	for Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia and New York.
7 34 a m	for Sandy Run, White Haven, Wilkes-Barre, Pittston and Scranton.
8 15 a m	for Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia, New York, Delano and Potsville.
9 30 a m	for Hazleton, Delano, Mahanoy City, Shenandoah and Mt. Carmel.
11 42 a m	for Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia, New York, Hazleton, Delano, Mahanoy City, Shenandoah and Mt. Carmel.
11 51 a m	for White Haven, Wilkes-Barre, Scranton and the West.
4 44 p m	for Weatherly, Mauch Chunk, Allentown, Bethlehem, Easton, Philadelphia, New York, Hazleton, Delano, Mahanoy City, Shenandoah, Mt. Carmel, and Potsville.
6 35 p m	for Sandy Run, White Haven, Wilkes-Barre, Scranton and all points West.
7 29 p m	for Hazleton.
ARRIVE AT FREELAND.	
7 34 a m	from Potsville, Delano and Hazleton.
9 12 a m	from New York, Philadelphia, Easton, Bethlehem, Allentown, Mauch Chunk, Weatherly, Hazleton, Mahanoy City, Shenandoah and Mt. Carmel.
9 30 a m	from Scranton, Wilkes-Barre and White Haven.
11 51 a m	from Shenandoah, Mt. Carmel, Shenandoah, Mahanoy City, Delano and Hazleton.
12 48 p m	from New York, Philadelphia, Easton, Bethlehem, Allentown, Mauch Chunk and Weatherly.
4 44 p m	from Sandy Run, Wilkes-Barre and White Haven.
6 35 p m	from New York, Philadelphia, Easton, Bethlehem, Allentown, Mauch Chunk, Weatherly, Mt. Carmel, Shenandoah, Mahanoy City, Delano and Hazleton.
7 29 p m	from Scranton, Wilkes-Barre and White Haven.
For further information inquire of Ticket Agents. WOLLEN H. WILBUR, General Superintendent, Hazleton, Pa. CHAS. S. LEE, General Passenger Agent, Hazleton, Pa. G. J. GILLOU, Division Superintendent, Hazleton, Pa.	

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Whooping Cough, Asthma, Bronchitis and Incipient Consumption, is

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LUTHER C. SMITH, Superintendent.