WILLINS AND OVERWROUGHT NERVES.

45 2010 - 1120

VEGETABLE HELPS.

Marsly Needed a Rest-ours.

any everwrought villains of the the Renalssance, the worst Ro-Paranips: scrub until med the Renalsance, the worst Do-max Emgerera, seem to us incompre-trim off the Sus, thread-like rools. Eving was to disorder their nerves. cape, No doubt Nore, even if he had been Tu brought up in the most modern way, pare. saught from child to take au interest an nature and to cat only the most thin outer surface. Wholeseens things, would sever have Ce cry: wash and scrape off any some things, would never have been a very useful or pleasant person. But he might have been a harmiess faddlet or an innocent if undistin-

maished minor poet. As it was, he was the master of

the world, with no one to prevent him from oating and drinking what he chose or from taking whatever other unwhelesome pleasures he was in-eined to. No daubt he exceeded in sverything, and suffered from extreme irritability in consequence. Unfortu-nately, he sould indulge his irritabil-By without restraint. If, when he the water felt crees of a morning, he sedered a Peas at Senator to die, the Senater did die, and he heard no more of H. Moreover, there was always fear to work upon a tyrant's nerves; and some Emperors became tyrants because of that fear. Demitian was a martyr to it, though a good man of business. If were a stock-broker of to day n doubt he would worry himself ince santly about the state of the markets and every one would pity him for his mervouaness. As he was a Roman Emperor, we think of him as a sinister villain who killed men for the pleasure of it.

We often hear talk of that terrible inedium vitae from which Roman no-bles suffered. We should call it nerves now; and our doctors would prescribe a strict diet and a course of golf or gardening for it. But the Roman noble did not know how to treat it. He made a feast, and drank deep and fast, and crowned himself with flowers; and the next morning must have felt it worse than ever. But since he was a Roman noble he is a romantic figure to us and not a mere sufferer from our modern disease of

A Contest of Experts.

ian Maclaren used to tell a story of iwo Scots worthles, douce elders o' Kirk, who found themselves alone in the compariment of a railway car-riage traveling in Perthahire; and throws upo... each other for company. they fastened on a knotty point in theology to beguile the time. The subject of controversy was whether a man is saved by faith or works. The discussion weaks heated, and the train drew up at the destination of one of the debaters not a moment too soon. Losth to give up the argument, they continued to wrangle until the train began to move out of the station station, and the discharged passenger had to run along the platform to eke out the precious moments left far out if the carriage window came "Hebrews - ten - thirty-("The just shall live by the cry: eight! fulth.") Quick as lightning the other fung after the receding antinomian: works a man is justified, and not by faith only.").

Whietling on Sabbath in Scotland. tion of whisting on the Sabhath, Dean Ramsay has a characteristic story. A famous Glasgow artist met an old Highiand acquaintance unexpectedly the sick and was willing to stay up all might with them. She was

at of the Monsters of Antiquity Rules to Enable Young Housewires to Get More Out of Them. How to prepare vegetables so as to

al, if they were alive now, would get the most out of them: mahieted to a restoure, which, with it could not turn them into necessary. It is not always necesgood men, might make their villainy sary to pare new potators, because men irrational and dangerous. The the thin, delicate skin, not yet lough

Assatible monsters of iniquity, men whe did will for the love of it. We cut, for if the skin be broken the mould understand them better if we sugary juices, which give the deli-mendered how likely their way of cate flavor to the vegetable, will es-

Turnips; scrub, cut in slices and

Cavrots; scrub, and scrape off the

rugly portions. Onions, peel and sons

Cabbage and caulifiower; trim and ak, top down in cold, slightly sail.

water, to draw out any innects. Spinach and other greens: pick over very carefully and wash in sevpiele eral waters.

Hard shell squeshes: wash, split. and cook in the shell.

Asparagus; wasn, break off the tough ends the in bundles, and cook in a deep kettle, standing upright in

Peas and beans; shell and wash

quickly String beaus: strip off, the ends

and strings on each side, cut or .reak into small pieces and wash. Green corn: husk with clean hands

but do not wash it. Fresh vegetables do not require any seaking in cold water, and it is better not to prepare them until you are ready to cook them. But H they are at all wilted, soaking will freahen thom, and It they must be prepared any time before cooking they should be covered with fresh

cold water, to prevent them from wilting or becoming discolored. For a., fresh green vegetables use soft water, suited and freshly boll-ing. Cook rapidiy until soft. The ing. time will depend upon the age and

eshness of the vegetables. With green peas, shelled beans, green corn, celery and spinach, use as little water as possible.

Cool, cabbare and cau'iflower uncovered in a kettle of rapidly boiling salted water, with a saltspoonful o

soda in it. Put onicus over in cold water, let them come to a poll, drain, put cold water on them and return to the fire;

do this three times, then let then boll until they are soft. All other vegetables cook in wate: enough to cover, and drain it off

after cooking. Summer squash, cabbage and other water vegetables should water vegetables should be pressed in a cloth or strainer and well drained.

Says She Knew Mollie Pitcher. Contradicting the assertions of everal historians why, have questioned the identity of a woman buried in Carlisic, Pa., and honored as the Mollie Pitcher of Revolutionary War days, Mrs. Elizabeth Dehuff of Car-liste, who is 91 years old and says she is the only living person who knew Mollie Pitcher, has made a sol ine of American history. Hhe said in her affidavit that Mollie McCauley lived near her and died in a house near her own. She said the w was short, heavily built and hud white hair. She said Molile often told stories of the battlefield of carrying water to the soldiers, and of taking her first husbands place at the cannon when he was killed, Mrs. Dehuff asserted she went to school with Mollie Pitcher's son, John L. Hays. "Mollie," she said, was Concerning the Scotlish reproha-good, kind-hearted woman. There was something good in her, although

AQUEOUS PRECIPITATION.

Whatever Lowers the Temperatur is the Cause of Rain.

The general law of aqueous precipi-tation may be briefly stated. Whatever lowers the temperature of the air at any place below the dew point is a cause of rain. Various causes may compire to effect this object, but It is chiefly brought about by the ascent of the air into the higher regions of the atmosphere, by which, being subjected to less pressure, it expands and in doing so lowers its temperature. These excending currents are caused by the heating of the earth's ture. surface by the sun's rays or, in fact, by anything which raises the temper-ature of the superincumbent air, and It is very obvious that the continual harge of large pieces of ordnance will have a considerable effect in rais ing the temperature of the air lying on the earth's surface, which will ascend, expand and discharge in aque-ous particles in the form of rais for the foregoing reasons.

Kindheartsdness.

Kindheartseness. The gingham shiried boy had made hot iron, and cut off my right arm a break to pass the licket seller at the elrous entrance, but that gentleman ating with a millionnire for the purhad caught him and rudely thrust him

back. "Poor little devil," said a seedy looking man in the crowd. "If I had pick I stabled the dragon to death. the money I'd buy him a ticket my seit." The growd looked sympathatic, but and nothing, while the boy sobbed an if his heart would dinsoire.

"I've only got a nickel, little feller." threw a ton of chewing gum at the the wait do you no go d. Say," he facting engine, when, all of a sud-thit wan't do you no go d. Say," he facting engine, when, all of a sud-thit wan't do you no go d. Say," he facting engine, when, all of a sud-thit was picked off my feet by a continued, turning suddenly to the monster fish, who deposited me in the middlo of the orean. I jumped

It looked for a minute as if a col-lection was to be started, but a benew. climbed aboard. Hardly had I takblent-looking old gentleman nipped it en a seat en deck when a huge anake

In the bud by alipping a half-dollar swallowed me and started into the hand of the boy, who prompt- through the sir. lisappeared into the tent. the clouds I woke up, and found I thank you a thousand times for had been asleep almost ten minutes. ly disappeared into the tent. that kind act, air," said the seedy-

looking man. "You seem to take quite an interest in the little fellow," remarked the

"Well, I should think I ought to," answered the seady-looking man, broudly. "That's the on'y son I got!"

GERMAN RIVER THAT LEAKS.

Interesting Experiments to Prove How the Danube Feeds the Rhine.

It has long been known that there an underground connection between the Danubs and the Rhine to the profit of the latter river, which seems at times to be swellen a triffe, while the upper Danube is propertionately im-poverished. The fact has recently been more fully demonstrated by interesting experiments.

A liberal supply of colored water was emptied into the upper Danube. and sixty hours later the water of a tributary of the Rhine suddenly took the same hue. Then fifteen hundred gallons of oll was poured into the Bruhl, as a certain stretch of the upper Danube is called, and about three days later the Anch, a little stream in the Rhine basin flowing into the Unter See of Lake Constance, was rmented with the odor of the oil. The upper Aach lies about 600 feet lower than the Bruhl and eight miles from It.

Ten tons of cooking salt was then melted in the waters of the Danube. Sixteen hours later there was a trace of salinity in the upper Aach and in two and a half days this stream was a salt river. In August last a quan-tity of uranium pigment launched in the Danube showed streaks of yellow in the Aach a few days later.

These and other experiments show approximately where the leakage from the Danube occurs, and the Geographischer Anzeiger prints a map tracing the probable course of at le st one of the underground pas-

It was now eleven o'clock. He waited in nervous expectation till mid-night, and then turned in and tried to sleep. No sooner had he dropped off than another message arrived, as pur-ling and as contradictory as the first. Moved to desperate means, he got up ireased, went to the office, and wrote ut this communication:

BHE WAS A TRUSTING BOUL HERE IS A NEW CORE FOR INSOMMA

This One.

"For insomnia, try milk and pea-

Toys for the Amateur.

messenger brought a cablegram to

Translating this cryptogram, he

ound that "ship" was the cipher for "Everything all right; Will be in

ondon two weeks." Fish still had its

riginal sinster significance.

'I am better; do not worry.'

Come by next steamer."

Ships fish."

diale."

Ghees in Which She Cauld Walk Far When All Other Remedies Fall, Try ther Than In Others.

Mrs. Frink was a trusting soul, and The Nashville Tennessean offers a new cure for insomnia. After all other remedies fail, recommend this farely questioned the opinions of others about matters concerning which they were supposed to be informed. to your customera: "Not long since a friend of mine One day she came nome with a pair

of new shoes under her arm. "Goi them at Brides'," she explained, "and who heard that I was suffering from who heard that I was subering from incomnia told me of a cure," said Fred. H. Logan, of Newark, N. J. "This friend told me that by drink-ing two glasses of sweet milk and they're the best 1 ever bought you." "What is so very good about them?" inquired her son, for whom the shoes ere Intended. "Why, the salesman said that you eating a pint of roasted peanuts just

before retiring I would sleep like a could walk farther in them than in any others without getting tired, and log. I tried the cure. For the benefit of others who are suffering from the same disease of not being able to I said that you couldn't walk very far just now on account of your knee, you know, and he said that he meant aleep I'll relate my experience. First, let me say that my friend was right. farther for the same distance. So I borght them, and here they are. Save I did go to sleep very soon after putting away the milk and peanuts. Then a man with a long tobacco the string, please." She did not notice the smille on her

knife came along and chopped off my head. Just as a couple of street ten's face as he undid the package, and he was spared the trouble of esdogs grabbed my head and started to run away with it I slepped on a trolley car and broke both legs. The plaining.

A Punctual Sird.

What tempts the little hummingbird that we see in our gardens to travel every spring from near the ating with a millionnire for the pur travel every spring from near the equator to as far north as the arctic chase of his brown stone front when circle, leaving behind him, as he does, for a season, many tropical delights? He is this only one of many humming-birds that pluckily leaves the land of gally colored birds, to go into volun-tary exile in the North, east of the Mississippi. How it stirs the imagination to picture the solitary, tiny mi-grant, a mere atom of birdlife, moring above the range of human eight through the vast dome of the sly! Borne swiftly onward by rapidly vi-brating little wings, he covers the thousands of miles between his winter home and his summer one by easy stages, and arrives at his chosen des Unstion, weather permitting, at ap-proximately the same date year after As I went up into What a methodical and pur venr. tual bird! - The Sabbath School Vis tor.

Buttermlik for Bables.

A child, to be healthy through life IT WAS ALL ASCORDING TO THE CODE. should not receive a drop of medicine during the first year it spends on thi Proving That Ciphers Are Dangerous earth. Medicine, home-made or othe wise, should be kept away from bab, Ciphers and codes are dangerous

like so much poison. toys for the amateur. Some years All the ills to which a baby is sul jact during the first year of its exist ouse was near a transstiantic cable ence can be cured by dieting, even cares of intestinal catarrh. station, invented a private code, one

copy of which he kept himself, and If a bottle child suffers acutely from his wife took the other to England, whither she was going for the sumstomach trouble, give it buttermilk In Holland they make a condensed mer. They thought that if occasion buttermilk that dows excellent service in saving babies from the conse aroze, communications could be easy and private. Fats willed otherwise. guences of intestinal catarrh. About eight o'clock one evening a

Baved By His Wit. One evening, when the city cleris's office was full of men seeking regis Mr. Rice's door. It was the day for his wife's ship to arrive on the other sids. He opened the envelope and read the yellow slip inside. "Pota-tees fish." was all it said. tration, an Irishman asked to b rez istered. He received the usual blank with the request that he sign his name. This he succeeded in doing Turning to his key, he discovered that "pointoes" meant, "I have arrived after a painful effort.

safely after a good trip. All is well." But "fish" signified "Soriously III. of his accomplishments, an onlooker called out to the clerk:

write yours."

A professor tells this story at his own expense. He was instructing a class of boys about the circulation of the blood and to make sure that the understood him he said:

stood on my head the blood would rush to my-head, and when I stan This was as bad as the first. Fear ing that such a contradiction meant lickness and inability to use the code on my feet, there is no rush of to the feet?" correctly, he despatched another mea-sage, the single word, "wht?" forget-ting that in the code "wht" stood for

short time, answered: date druggists at ten cents a bottle. "It is because your feet are as. It comes as a boon to mankind and



Perplexed, he reread the message and verified the translation. The "Try him on another name! Let him The awe conflicting statements resulted. What should he do? In desperation he cabled tack, "Repeat." 'Deed, I'd never dare!" said the Irishman, quick as lightning. "Sura "twould be forgery!" After an hour of walting, the boy gain rang the bell and presented an A Good Reason. envelope. The message ran this time

"Can you tell me why it is that if I

Then a small boy, after pausing for

empty, sir."

Suspecting that this was the extent

"On, west, sir, it was a basd place yon; they were basd folk-but thay're a Ged fearin' set o' folk here." "Well, Donald, I'm giad to hear it." "Ou, ay, eir, 'deed are they; an' I'll rie yo ay. sir, 'deed are they; an' I'll gie ye an instance o't. Last Sabbath just as the hirk was skallin' there was a drover chield frae Dumfries comin' along the road whistlin', an' lookin' as happy as was ta middle o' the week set o' mads, an' they were just com-in' oot o' the kirk-'od they yekit upon him an' s'most killed him!"

The Word "Expire."

"Expire" in its literal sense is breathing out. Inspiration together constitute respiration. Insak Walton ensured that "i. the Inspiring or ex-piring organ of any animal be stopped it suddenly diss." The Romans spoks of "breathing out" the breath of life instead of "dying" by way of emplore instead o "dead" or "die" appears; hence away.' parted," "defunct," "the late," "no more," "If anything should happen to

Buch In Life.

tany are called, but few get up. arongo is sweet to the sour. Tan's virtue rests on temperament;

reman's, solidly on soul. To keep friends, treat them kindly;

morely the means to a greater effort

Money is a real tragedy! Give it and you make paupers; lend it and

rea create enemies; heard it and yo: imperil your soul.-Peter Pry Shevila

John D. as Driver.

His mother was telling eight-year-eld Jask of John D. Rockefeller's suc-cess, and as he listened he said, "Yez,

"No I guess you don't know him,"

I know him."

all them, treat them often.

Make a tuck about three-eightha of an inch wide, folding on a line one tween inch from the edge. Sew the rufthe on, having the raw seam on the right side of the material. Now fold the tuck down over the seam and stitch on the lower edge. The lower

edge of the tuck should just cover the seam line where the ruffle was stitched. This is better than regu-

inr seam covering, as it does not draw when washed, and is much less trou-

Philadelphia has in the past boast-ed the largest Y. M. C. A. building tang, Just as they said "Vixit" (he has lived) instead of "he is dead." In sit larguines the reluctance frankly to as large, where more than 1,500 young women have registered in the seducational classes since the opening words and phrases as "pass ""decause," "demise," "the de " "defunct," "the late," "no chemistry department are two very consistry department are two very are proving very popular with the residents.

A Sewing Machine Secret.

Take out the acrew that holds the to go out." foot plate, remove it and you will be surprised to find the amount of fuff accumulated there. Clean the little grooves and under the whole of the plate with a penknife. The needle must be taken out before the work has begun. You will often find this the only cause for the machine running hard.

An Estimate. "Bo you think that Miss Kidder was having fun with me?" asked Chawley, "Well, old chap, give me the de-

talls," was Awthor's response. "You see, I had my bull terrier with

"You seen him a good many time, and if was too much to pay for him?"." To see I had my bull terrier with the see applies in speculation. The big and the little fish have their respective missions and the small ones are not half was too much to pay for him?".

sages. Of course the permeable rock through which the waters make their way is chiefly limestone; and it has been proved that the Danube waters sink into these channels at various but chiefly at the Bruhl be Imendingen and Mohringen, where so large an amount of water is absorbed that for weeks in summer not a drop finds its way down this part of the upper Danube.

The phonomenon has its economic bearings, and it is this phase that is now attracting most attention. The sift of the Danube to the Rhine is the loss of Wurttemberg and the gain of Baden. Tuttlingen and some other places on the Danube complain that their factories, run by water power, are idle for two months in the year because of low water or none at all in the upper river. But there is no completint of lack of water in Baden

where the stolen waters come to view The result is that the Government of irttemberg is showing some signs disturbance over the situation while that of Baden is apparently not interested.

One In; T'ather Out.

"It must be very nice," said the call-er to the author's wife, "to have your husband at home so much of the time."

Yes," replied Mrs. Richard Darling ton Spriggles. "It gives me a chane.

Britain's Lost Forests

Ever since the abolition of the weod-en navy we have been a singularly supine people in the matter of tree planting while it would seem that we have nover learned the lesson that the most solidly prosperous land is that which makes the utmost use of every acre.-- English Estates Gazette.

The Law of Speculation.

Big men are given to taking profits, while smaller men are laying a basis for profits that may or may not be shown. The law of the fishes in the

"Dear Annie, When you get this message, take a spade, hire a carriage. and ride out to an open field. Then lig a hole and bury the code.

"Your affectionate husband, John. "Send that," he said to the bewild red operator. "But it will cost--" began the man

"Never mind what it coats," he said firmly. "I'll pay for it."

THE FLYER THAT NEVER MALTS

But Keeps Going Steadily Without

Body or Wings or Wheels. "The only fiying thing that nev-er breaks down." said the man with frost in his hair. "is the one commonly known as Time; nothing ever the matter with that; it files steadlig with never a stop.

"Other flying things that we know "Other flying things that we know of burst their carbureters, or bend their shafts, or break their propel-lers, or get out of gasolene, or they bend their wings or blow up or burn, or there's something the matter with them so that they tan't be kept flying, but the flying thing called Time keeps right along without requiring even any oil on its bearings, the one

and only perpetual motion, which nothing can stop. It never speeds, it keeps going always at the same steady uniform gait, whether as the earth or in the sir, but it never stops, and so, soon or late, it leaves men and all their works behind.

"I'd like it if I could help the flying machine men; I would do it if I could; but I'd like better to be able to stop or at least to check or slow down the flight of that greatest of all flying things, though it is without hody, or wings or wheels, the flyer that we call Time "

Mother Knows.

When children are told what smart man their father is they look at their mother as if asking her if they are to believe it.

Our Goddess at Emperor's Birthday. Armistrong, Druggist

A young American girl attended flower carnival last summer in the Austrian Tyrol in honor of the em-peror's birthday, and was surprised NOTICE. greatly amused, and also delighted to see one wagon draped in American The Commissioners of Pike County will hereafter hold Regular Meetings fags carrying our Goddess of Liberty an American Indian, a Rough Rider, 1 the first Monday of each mo, between Puritan maiden, and a Colonial dame the hours of 9 a. m and 4 p. m. except Her party were the more pleased when they learned that the Goddess ing in the months when Court may be in session, and then during Court

womankind. For sale at C. O.

Milford, Pa

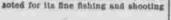
of Liberty made the flags herself, since none could be purchased in that vicinity.

To the Point.

At Cripple Creek, Colo., that great mining camp, the miners signed a pe tition to a railroad corporation to freight on flour, saying they didn't have money enough at the end of the month to pay their grocery bills. The railroad corporation made an investigation, and found that the freight on per to Cripple Creek war work than all the freight on flour, and replied: "Boys, drink less beer, and you will have no trouble in paying your grocery bills."

Little Prince Olaf's Present

Small Crown Prince Olaf, of Norloads, statements. show cards, progra as way, received as a Christmas gift in 1907 the beautiful Sunbeam Island large posters, sale blils, dodge business cards or job printing \$61,255 every description, done up in the hest styl on the west coast of Norway near Hardangerfjord. Though tiny, thi-island has an excellent harbor, and is for you in an up-to-date and artistic ma nor calland see us. Prices?



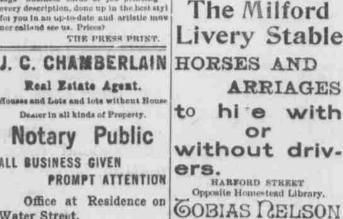


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