

## seeker after health is free from cur' Women

Present Pace Too Fast fo Average Woman's Physique Famous German Authority Advises Daily Ten Minufe Bath-Two-Mile Walk Every Day Should Keep One in Condition "Red" Meat Only Twice a Week Little Nourishment in Bread and Potatoes—Drink Two Quarts of Water a Day.

(Copyright by J. B. Bowles.) the various periodicals the writer of white meat of chicken and turkey. this paper has been struck by one ex. The dark meat is rich and not est traordinary fact. The topic of health pecially wholesome. -most important to-women and of Another good old friend that must vital interest to then is rarely go, according to the twentieth-century touched upon. Women's achieve- verdict, is bread. Fresh bread has ments in every line of art and indus- always been an abomination in the try are admiringly set forth. Ex- doctor's sight. Now even stale white:

voice in the friendly warning so many baked in the oven and then toasted ever detrimental to intellectual work. of them need. Every one knows that the ideal As this injures the complexion know, not "What is the best hygienic, substituting crackers or the various ner. system for me to follow?" but, "What health breads. Potatoes share the is the best system to which I can unpopularity of bread. Like it, they adapt my daily-life, with its exactions contain little nourishment and make in the way of indoor confinement and special demands on the digestive apsedentary occupations? How can I; paratus. get myself and keep myself in such

nonsense has been written about thei thought indispensable. bath than about any other hygienic. In even the most casual mention topic. Women have been advised to food the subject should not be dropped take ice-cold baths, cold sprays, hot without a tribute to that most admir-

plunges and cold packs. Again, some able fruit—the apple. Few realize doctors have protested against the the value of the apple as food. "An bath habit, urging women to confine ples," said a great doctor, "actually of the greatest physicians in Ger.; any kind. Woman consulted him: and stay there ten minutes. Take ter in the morning is an excellent standing in the community." your bath in the morning, immediate. I thing. The stomach is, not quite y after rising. Have the temperature! ready for a cold shock. For the rest.

warm water on the surface of the trainer for eastern society women. body has an excellent effect on the little by little, lower the temperature and finish your bath with a cold rubbing down, if you wish. The blood | called to the surface of the body by the warm water is then ready for the at least. shock. It is not ready for that when! you first awake." "That advice," said the American |

, bread, no potatoes, no coffee, tea, 🕫

vidual must decide.

"A tub bath every day.

spirit and a contented mind.

perhaps she made the omission was

. For what more natural than

, when mind and soul are well and the

\$1,500, and it was worth it. Pass it on to others for what it will be to! them. I was under that physician's . charge six weeks. I went to him a

windows should be thrown wide open and one should practice faithfully calisthenic exe with which every one is mor breaths and exhaling them again

as an aid to health. We all know the need not make elaborate preparation at any time during the day and in any place where the 'air is pure and the

ous and interested observation.

big truth is rising—the general

that we all eat' too much meat.

theory that the alarming increase

recent years one of England's great-

Paul Bourget--For me alcohol, in ter in what form, is an absolute hin voice speaking over the long distance

in literature and the arts. Jules Claretie-I drink but little al-The green and yellow muses are dead

Carolus Duran-I drink little besides water. A sunset a forest would the smallest or the most coni-Camille Flammarion—I have never drunk water, and esteem it only for ex- | feet above the sea level.

the great mass of material on the twice a week. All kinds of fish and do not notice any difference between tisland is of a pale green hue, and any subject of women which appears in game may be eaten, especially the things I wrote when I took alcohol; thing dipped into it becomes of a fined myself to water—at least no dif- are always plainly perceptible. ference as regards the facility and difficulty of work.

Toasting alone is no longer sufficient. Victorien Sardou-I regard alcohol it as a poison.....I cannot tolerate a halfphysical life is the life lived out of will not be popular among women glass of brandy. I can say that never ers often run into large numbers, as doors in the sunshine and fresh air. Nevertheless, as there is little nour in my work have I had recourse to is demonstrated by the following writ-But women who work need a compro- ishment in white bread and it is sim this stimulant. But I am a drinker of ten order received by the proprietor of Ah, many a man has leaped over. I guess, as we are, yet without sin." He died mise between this Ideal system and a day—and I do a Quebec shoe store: "You will put Ne'er touching the hurdle-a fair wom-that we might live, and he conquered the dull routine into which they so; thoughtful men and women are elimi not sleep well unless I have taken a some shoe on my little families like readily fall. Every woman needs to nating it from the daily menu and demi-tasse (without sugar) after din-this, and send by San Jameson.

> THE "DEVIL IS SICK." the Reform Wave Subside

and He Get Well? condition-that nerves and body are: Eliminating bread, meat and pota- The liquor interests have taken years; Rosina, 11 years; Brung, 10 | kiss! more than equal to the strain I must toes from the daily menu seems like atarm at the outlook of prohibition in years; Pierre, 9 years; Eugene, we put upon them?" For women should a sweeping revolution. But it is sure the south, and are starting tardy move. less him; Edouard and Eliza. have more than the nower to endure i prising to see how much that is good ments of reform in the hope of avert. years; Adrien, 6 years; Camille, grimly. They should have the robust and neurishing is left. And one of ing further disaster. One of their years; Zoel, 4 years; Joseph, 3 years health, the cool and steady nerves the pleasant discoveries in life is the organs candidly remarks that "various; Moise, 2 years; Muriel, 1 year; that give zest to mere physical ex- revelation to each individual of how forms of viciousness seem to fasten to laire easy it is to change and modify the the liquor traffic with the tenacity of much?" To begin, then, with the morning diet. A few weeks of self-denial at harnacle." Why have these various bath—the function with which every first and the victory is won for all forms of viciousness escaped attenwoman should begin her day as regitime. One loses surprisingly soon tion hitherto? Why has the liquor. ularly as she leaves her bed. More a taste for dishes that were once trade as a whole presented a solid front to every movement for their

doi: elimination? It is the old story: When the devil was sick, The devil a monk would be: When the devil got well. The devil a monk was he. Just now the devil is sick; and the oration at his bier, because no words are silk or cotton, whether he keeps ceive honors, but the proud heart themselves to one bath a week and throw light on the brain." And it is remedy which suggests itself to him is could describe his worth or make our thus avoid the drain on the vitality also claimed, with truth I believe, the reform of some of his evil ways, sorrow less. Flowers from those who which a daily bath entails. In antithat habitual apple-eaters never del writes Frank Foxcroft, in the Atlantic, share our grief should not be sent, beswer to all this hear the words of one. velop tumors or malignant growths of The organ already quoted makes this cause the custom was distasteful to

ite clear when it goes on to say: him who has gone. If a desire to show | ' many when a distinguished American: The question of water is also of the he reform of the saloon and the such a mark of respect exists let it utmost importance. Two quarts a mination of the dive and such like find expression in gifts to the poor, "Madam," said he; after the history day should be drunk by every adult, efforts may not head off the wave of whose thanks we shall echo in the of her nervous breakdown had been according to the best authorities. One prohibition now spreading over this re- firm knowledge that the act would find modestly related, "you do not bathe bint should be taken on rising, after public, but these steps can certainly favor with him whose life was goodenough. Do not be indignant: the fail. the bath, one pint just before going help some." The Wholesale Liquor ness." ,! to bed at night and the remainder Dealers' association of New York has: talk a great deal about their baths, should be discriminatingly taken dur- adopted a resolution urging changes in but they do not take them daily. Ev. ing the day-not, of course, at meal the laws, "to the end that the retail .. times. As to whether it should be business may be ultimately conducted should get into a bathtub once a day hot or cold, opinions differ. Hot was by finen of recognized character and hit upon the novel idea of preaching

Liquor Revenue Decreasing. of the water 98 degrees exactly— a woman who is too plump with the united States government from the property of the united States government from the property of the united States government from the united St of the water 98 degrees exactly— a woman who is too plump will do The internal revenue receipts from normal temperature of the blood. Semic woman should avoid it. It age. January, 1908, shows a shrink-marks were heard distinctly by the marks were heard dist See that the temperature of the room thins the blood, as well as the body.

See as compared with January, 1907, large growd of colliers and others gath. is the same. Never get into a cold thins the blood, as well as the body. age as compared with January, 1907, large crowd of colliers and others gather. the weather being all this week, what's the use of worryin'? Seasonable Supply. of \$502.114, divided as follows: sred together, the weather being all And we ain't! The whole matter can perhaps be Whisky, \$479,533; beer, \$22,581. Febru- that could be desired.—London Evenof 98 degrees; get down into the fub; summed up in the words of a woman ary, 1908, shows a shrinkage, coming Standard. who is in great demand as a physical pared with February, 1907, of \$1,322, 157. divided thus: Whisky, \$1,134,-"As to diet," she says, "no meat, no 868; beer, \$187,289. March, 1908." al. shows a falling off, compared with Horace Elliott has a handsome shag stare. "Two quarts of hot water every follows: Whisky, \$2,543,210; beer, it She was never known to catch a The Blue Lagoon," sounds something need grace for one, little step at a ... March, 1907, of \$3,035,472, divided as cat which he would not sell for love

> "Eight hours of sleep for every one; decrease for the past nine months has; the trouble is. You, of course, have more in certain cases where the indi <del>----</del>---A Premium on Total Abstinence. "Fresh-air in the living and sleep! The directors of the Rochingen! Iron works, in Germany, have placed a Rockland (Me.) Opinion. And she should add, an optimis: "necial premium on total abstinence. Noticing the difference in application

asiness of their Good Templar etryear \$5 additional. This is a practical "Not at all. We just get these peo-

could not imagine.

NEW ZEALAND'S WHITE ISLAND. Always Enveloped in Clouds of Steam --- Its Strange Lakes,

ound most objectionable. . . I ory of Capt. Cook. The water of

and those have written since I con- red brick color. The fumes of sulphur! On a fine moonlight night a wonderful sight is afforded to any one who Pierrre Loti-I am three-fourths will sit in an open boat in one of the 'Mussulman. I never drink, and I have lakes of the island. Covering an area! never drunk alcohol in any form. of 50 acres is an immense caldron F. Mistral—At my meals I drink hissing and snorting and sending forth perts advise them along the lines bread is relegated to the background, wine of my own growth, mixed with volumes of poisonous steam, while all of their professions and ambitions. A number of the best physicians advo-two parts of water. . . I consider chances of egress appear to be denied but rarely does a great doctor lift his cate eating bread which has been the consumption of any alcohol what by the steep, silent and gloomy cliffs.

> His. Little Family. Families of French-Canadian farm- Tis only a wee little step into joy ' carrier: One man, Jean St. Jean (me), 42 years; one woman Sophie St. Jean nore, 19 years; Honore, 18 years; Celina, 17 years: Narcisse, Octavia and !

Phyllis, 16 years; Olivia, 14 years; Tis only a step to the Garden of Bliss, have lost our testimony. When we

Quaint Death Notice. recognizing the wisdom of God, who

known to their relatives and friends glance at a man and tell what color ary titles wrote after his own name the entry into eternal rest of a beloved his eyes are, what kind of a shirt he "S. S.," which he said meant "sinner husband and father. There will be no has on, whether the laces in his shoes saved." We are quite ready to re-

Sunday last being "Feast Sunday," from the church tower. The greater part of the congregation seated themselves on the highway.

"Five miles of walking; two miles receipts for the three months amounts rat or mouse or anything else, and Mr. The Blue Lagoon," sounds something need grace for one, little step at a suicide in Lincoln park, Chi. The body needs only one breath to \$4,859,742. The average monthly Elliott has recently found out what cago. one is so much that way that when summer's blooming. 1 she attempts to catch anything she | jumps in the opposite direction.

> Diffusing the Annoyance. indo: e ....t of total abstinence that ple in from town to keen the mosquis sufficient evidence of its toes from devotin all their attention to value to the seneral class of workmen. our home circle."--Exchange.



gerous. Here are the French state- line with tears. What it was all about ing Mike and I gathered about \$460 worth at the rate I naid, and set them "Then my telephone bell rang, and in a snug bed bordered with igneous!

mented Mike, grinning at me didn't." I replied, taking a hard the realm, the life of every patriotic friendly powers. The throne of grace nower of his love and we have access

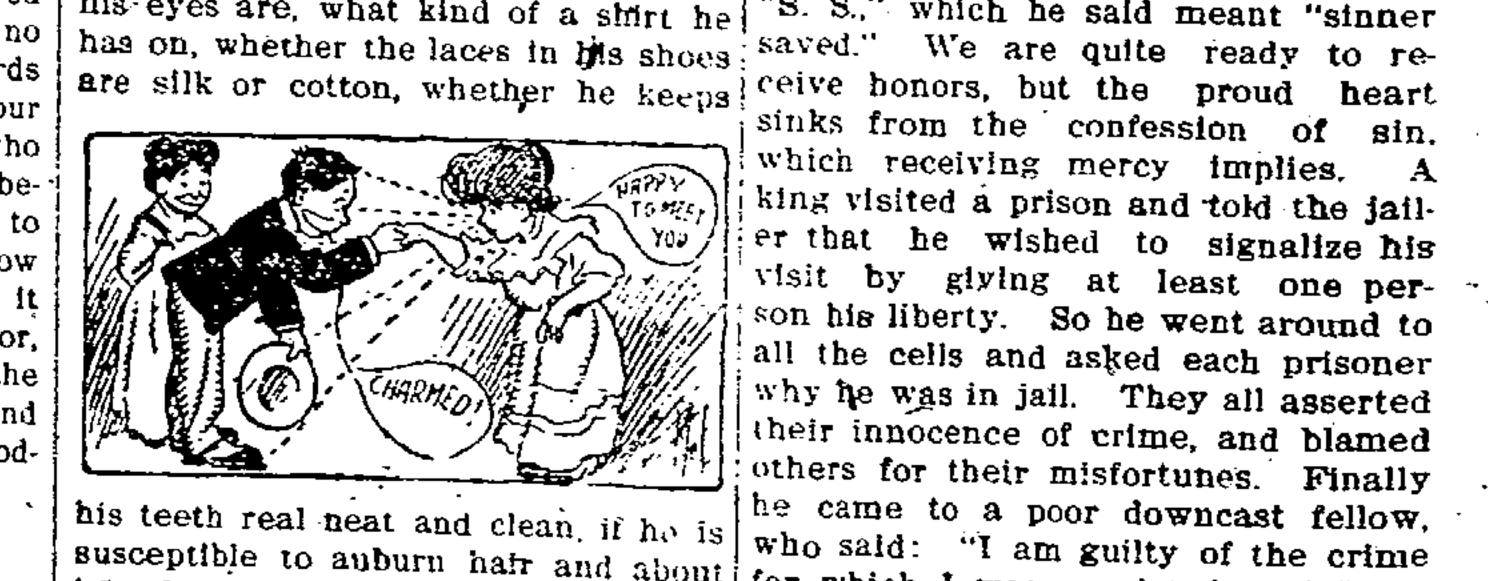


Where rills tinkle on through a mose

that we might conquer. If evil assails me. I turn to Christ not to help me in the battle, but to fight it for me. A three-lettered path to the Kingdom of . Courage Toward God. (she), 41 years; Hermedes and Leo- | With some one to work for and castles | "Let us come boldly," more literally "with liberty of speech." When we

On banks that are bonny, with blue sky lose our liberty of speech to men, we 12 To home and content and a little one's lose our liberty of speech to God, our prayer life has declined. We need

will do it, that the Father may be self to two more. "I swear it!" anything that you may with it glorify And then the brute lifted ! Willingness to Receive Mercy. Side Remarks.



... Itow long it would take her to catch getting my just deserts." "That is him, provided no unexpected compethe man," said the king, "I wish to libtition sprung up. You can't lose a erate. He will do to trust with lib-"Why Worry?" is the title of a book only this one was in an attitude of "That we may find grace to help in

One of the prettiest things I have lation is: "That we may find grace seen in automobile this summer wore unto seasonable help." We need grace, not only enough, but at the at a time. For food we need only

one meal at a time. For living we heard of cross-eyed cats. Well, this sow flower seeds in the fall for next The living Christ sees to it that we have all the grace we need at the time In the smoking car of life some men way we need it. are merely chewing a stub. **⊕--⊕--**∙⊕ . When a man gets so blamed cb-

> the fiber is seaked to render it pliable. The weaving is then done under water. The hats most valued are those made

By REY, A. C. BEROW, D. D. Pastor of the Chicago Assa Mandre

ut possess. They

A throne means

power. Back of it

stands the army

and navy, the wealth and prestige of

citizen and all the alliances with

means that God is now ruling in the

to that power. Righteousness, justice

holiness, all combine in Christ to sup-

"Let us hold fast to our confes.

sion." The lamp may be lighted but

under a bushel. The flag may be in

the door has fallen down, and we have

neglected to replace it. The tree may

Jesus is "touched with a feeling of

of guilt and pollution. Against all sin

and sinful tendencies he bears the

Christ "was tempted in all points

great boldness toward God in asking

all he has promised. "Whatsoever ye

desire when ye pray, believe that ye

receive it, and ye shall have it." "If

glorified in the Son." Do you desire

Jod? Ask for it. "My God shall sup-

ply all your need according to his riches

"That we may obtain mercy." A

learned man who had received honor-

which receiving mercy implies.

i king visited a prison and told the jail-

visit by giving at least one per-

at son his liberty. So he went around to

iall the cells and asked each prisoner

I why he was in jail. They all asserted

their innocence of crime, and blamed

Cothers for their misfortunes. Finally

the came to a poor downcast fellow,

Panama Hate

Panama hats are made from the im-

o remove the soft parts of the leaf

in glory by Christ Jesus."

ye shall ask anything in my name, I

drawn sword. There is no truce in

- the battle between darkness and light

sin and holiness, death and life.

Sinless Temptation.

This scripture Has a Large Tract Strung with throne room Wires to Furnish Power for Machinery. Jewels, which we may not only view

gent of the Delaware, Lackswan than 2,000 acres in the vicinity of pushed when he wishes to farm is to push a button. Electricity does the rest. broken for cultivation two years ago. aged by a man to whom system is as ! ' necessary as breath. but that proved too slow and too expensive. This year the grain of the

> "Mr. Lee is now having by electricit heard. This power is transmitte

it may be located. strecthed two miles from the main line of the power company. These stroy discriminatingly. used for both power and lighting pur-

turned, saws, corn shellers, root cut-The Bungalow is wired from comor

motors, revolving drums and the most! up-to-date farming machinery that money can buy constitute the equip Bungalow, aggregating 2,000 tons hav. alfalfa and clover, 40,000 bushels cable rees be handled with greater thrown from the reflectors on the begin spending his vacation.

facility than it could ever be handled wooded mountain sides half a mile diswith human hands. and labor, was much greater than that along the broad rays of light. When season labor alone costs \$50 a day for he reflectors the exhaust fans, with: 25 days. Mr. Lee figures that the in- owerful currents of air, swirl them stallation of electricity means a sav-linto the receptacle. ing for the first year of \$2,200 on first | On the first\_night three tons cost, and thereafter the cost of oper- | moths were caught. It has been ating will be about one-fourth the for- | clded to build another trap mer figures. During the threshing sea- Rathaus tower. son the cost with the electric current! will be only \$400, as against \$1,600 \

Aside from the saving, Mr. Lee says | Mystery Is How It Got on Machine the power is reliable, constant and doesn't go on strike: the danger of fire is eliminated and the satisfaction constitutes not the smallest feature

Gave Life to Win Game. Pittsburg. Pa.—Rather than drop the ball, which, unless he held it, twilight game for his team. Willie! chances, and though he held the game Neither Mr. nor Mrs. Hanchett had of that? coal mine which lay under the outfield on Cazzan's hill, where the game; was being played.

able jump, Rainey got the ball in one ly enjoyed the trip. hand, and as he reached the earth the yawning mouth of the abandoned coal mine. It was half an hour before | Too Vigorous Welcome Sends Sixty | the youngster was fished out of the coal mine, and it was found that one of his legs was broken and that he In the grimy little right hand he aged 60, is at the Delaware hospital No. 17 Saunders avenue. held the ball.

A Clean Slate.

ticed that his slate was perfectly hearty shake, as it was the first time to spend their honeymoon. clean, whereupon he asked the servant | they had met for several months. two days' absence? I left this slate gan-topain him. He went to the hospital out for callers to write their names. on, and it is perfectly clean." "Oh, yes, sir," replied the servant, cheerfully. "A lot of folk has come hereafter to whom he extends his off to make room for more."

COLLEGE WANTS 40,000 INSECTS. Winter Lestures.

narket value, and are making such unced it must have 40,000 insects

Idaho Falls. All that he has to do how No variety is exempt from pursuit. The lid is off, and it is open season for same bottle with plebeian potato bugs ings, machinery and stock and is man | seen only with a microscope, and devil's darning needles as large as hummin birds; bloodthirsty mosquitoes and the

But these many bugs are not being ucation. The department is collecting tests at Fort Meyer.

broughout the state this winter, and also in the rural schools where agriculture or nature study occupies boys and girls of the state will be taught which insects are good and Total Strangers Meet by Chance which ones bad, so that they may de-

poles carry three wires, which are LIGHTS LURE MOTHS TO DOOM.

HAND-SHAKE BREAKS ARM.

Year-Old Man to Hospital.

A few days later Berger's arm be

to consult a physician, and was then

Berger declares he will be careful;

Right kind of printing-News office.

told a bone had been broken.

suffering from a broken arm.

Novel Trap Aids in Fight on Plague Gregor, aged 30, and Estelle Meyers Zittau. Germany. - The Saxon aut ter the world at large, what can be mills, grist mills, ensilage cutters, ce thorities have discovered what would accomplished in the way of speed in family. Her conduct was exemplary. could find in these days. I am a pro one of the most noted annual agricult end to the caterpillar plague, which is rich real estate dealer whose home 'i having such a disastrous effect on the is on East Chase street. Miss Snack | local forests. They have discovered lives on East Preston street. each other is a second to catch the brown moths; had never seen or heard of each other to corner. Miles of poles and cables, that lay the eggs from which the cat- until she met him in the railroad erpillars come in enormous quantities tion at 4 p. m. Don't forget the ling the remaining 35 cents to her part me all I can drink in return for my The N. Y. & Pa., railroad provided i electric light trap. This consists of Miss Snack had been spending her Another pay day loomed near and "Oh, you drink, do you?"

wo large and powerful reflectors vacation in Atlantic City. She was the father learned that his daughter, relaced over a deep receptable and pow- returning home via Philadelphia. As as the result of associating with peo- in years. Whisky has prolonged my The whole has been erected on top Broad street station she dropped her of grain and potatoes and other prod- of the municipal electric plant. At purse. A few feet away stood Mac- appealed to the court to put a check chasers. I traveled a year and a half of the great streams of light are Gregor on his way to Atlantic City to on the young woman's hifaiutin' no with Francis Murphy, the great tem School Frustee Wants Children to

the "Thank you" of the girl.

CAT FINDS A HOME BY AUTO.

the marriage. As MacGregor J. for Falls Village, this cou looked around he almost shouted with Rainey, 12 years old, took great kitten on the gear box of the machine. own church. Now, what do you think any idea when or where the cat

proposition that the ceremony be per- o'clock of the morning five days pre-

<del>\_\_\_\_</del>



GAME AT PHILADELPHIA.

4:00 P. M., Proposal Made 4:14 P. M., and Minister Ties Knot at 5:35 P. M.

Philadelphia.--It took Charles Mac-Snack, aged 22, both of Baltimore, show Philadelphians, and for that mat-

she stood in the waiting room of the ple accustomed to such luxuries, con- life. I drink it all the time, and ! He noticed the fallen purse and The maid pleaded guilty to the terrible example. Fact, I assure you.

The moths, drawn by the bril-sprang forward and picked it up. charge of coveting a nich dress, bu I stayed with him because I got drunk His eyes met the girl's for a mo- after the father had related the man; every day and then in the meeting I bles have no place in our public found himself strangely unable to go cided the article might be for away. A conversation was begun with lespecially in extremely warm west When they discovered, that their court's ruling, the girl will have to was easy. Each was very much inter-tor take chances on mosquitees. ested in the other. At 4:10 the conversation turned to a discussion of mar-

riage. At 4:14 it had taken on such a aspect that MacGregor was able i to propose without changing t subject. One minute later he had been ! The difficulty then was to arrange that greatly delayed the contestants. Australia took a liking to me and kept raphy, and anything that would imdered the difficulty he was aroused by a heavy slap on the back. When he an endurance contest just ended. The man. Oh, I tell you I've put my edu-

and smiling, was Rev. David T. Neely, distance of 430 miles, in four days in this country?" byterian church in Baltimore. his When the circumstances were ex- low the sled. Had the race been ten plained the minister agred to perform miles further the winner could not Twice the cat was taken from the the ceremony. It was after hours for have made the distance.

machine and placed on the roadside, the license bureau, so Clerk Goebel of Nome was dog mad throughout but each time it jumped back and they the marriage license bureau was race. Long distance telephone kept The batsman hit a fearful drive finally decided to take it to Falls VII. reached on the 'phone. Goebel said the public informed as to the progress that looked as if it would get over lage, which they did, placing it on the that he had blanks at his house, so of each team, and nearly every one Rainey's head, but he ran backward seat, where it sat quietly during the the trio jumped into a taxicab, mo- here remained up all night to watch far and fast. Finally, by a remark- remainder of the jurney and apparent. tored to the clerk's house and obtained the bulletins and bet on the result. John J. Robinson, an intimate friend see the first man in at two o'clock in of MacGregor, was the next to receive the morning as there had been t a 'phone call. He gave assent to a witness the start of the race at ten

formed in his house. Again the taxi- vious cab was called into requisition and the Men, women and children seemed Wilmington, Del.—As the result of a party, this time with Goebel along as a equally interested. The school closed vigorous hand-shake, Jeremiah Berger, witness, went to Robinson's residence, the day of the start. Men stayed at the lee, and again when Edward was There were no further obstacles, and brought to them, and kept their fam-Berger is a nowder worker for the the ceremony was performed. As the lies supplied with information by tele-Du Pont Powder Company and lives minister spoke the first words of the nhone at Henry Clay. A few days ago he service the time stood at exactly 5:35. The sleds used were all especially the famine and managed to beg a good met Patrick Dougherty, a hotel propri. At the conclusion of the ceremony the made and as light as skill could make home after a two days' absence no- etor, and the two clasped hands in a bride and groom left for Atlantic City them. It was a go-as-you-please vana during the Spanish-American

> No one is immune from kidney than nine. Kidney remedy will stop the irregu-Brundage & Rogers. employment to 70.000 people.

Father Must Go Without

placed where she would be well cared decided to live by his wits.

Therefore, providing she heeds the

Winners of a Novel Event in Alaska

teams in Alaska has been recorded in what education and wit will do for a child in after years. winning team ran over the snow be- cation and experience to good use." tween Nome and Candle and return, a! "Why are there so many tramps! and 28 hours and 15 minutes. The drivers of the first three teams were carrying at least one dog each and all had others barely able to fol

There were as many persons out t

race, and each driver was required to war.

drive at least five dogs and not more or bladder trouble that is not be sesses. There is invested in it some-

Jack Dalton, "Champion Tomp Print Calls Himself a Pioneer and

Dalton is 47 years old. For 27 years he has been a derelict, floating wher a brother of D. M. Darrin, Esq. ever the winds of chance blew him Addison. He has been around the world sever al times, is yet drifting, and expects to drift as long as he lives. He is a tramp because he likes the life. "Tramping is the most beneficial killed by an engine in the Erie yards and healthful life there is," he says at Hornell Sunday. He was an Eric He was in his shirtsleeves when hel tered straw hat. The collar of his shirt ion of his property. was turned down at the neck, and his cutting him up before he was duck trousers that once were white

"Would you rather tramp than set-

tle down and be decent?" he v The tramp is the only real aristocrat, at 7:00 a. m., making two round trips He has no boss. He sleeps when he to Ceres, N. Y., and return. likes to. He eats when he feels hun | This will give their patrons an opgry. When he is tired of one place he portunity to either visit Riverhurst

court. A few weeks ago a girl of 16, than tying yourself to one place and very low rates. whose parents are foreign born, was being a slave to business, as you are?" Special car will leave Hornell at taken before Judge Tuthill. She was He said he had a good education 6:30 a. m. See excursion bills for the oldest of nine children. The fall and that after he had learned the further information. ther could not support his daughter in printer's trade and had worked at it a idleness, he said, and wanted her while he became a philosopher and

asked that she contribute her earn- Wherever I go the people are sorry

"Drink? Why, I haven't been sober locality. nerance lecturer. He used me as a

can that ever made a home rule and sent to work the day they are 14 Wicklow, when I was training practical knowledge."

life. Take me, now; I'm a pioneer and the public schools, and there has been one place to another all my life, and himself. Il keep it up till I go back to Mother Earth. Once in Birmingham, England. walked up and down debating cago for the world's fair. I decided to ing owned by H. B. Beardsley, tore out go to Chicago, and in two weeks I was a window and hurled the tenant of the

"How did you get there?" "That's a part of my trade. I can the least. travel anywhere in the world as fast almost as if I paid my way. — I was in | moved from the parlor into the dining Oklahoma when the Strip was opened Rhodes in South Africa; I came across the Pacific ocean on the same steamer i with Kipling; I was in Calcutta during meal or two every day; I was in Ha-

"We're weak, poor mortals, all of of his home. He was taken to the tus, and are controlled by a power Pennsylvania hospital, and reached higher than us, and we can't help there unconscious, though he was soon what we are, and that's a fact. Don't revived. von doubt it. It was cut out for me The strange part about the man's to be a tramp, and I am one, and I case is that, while he was badly couldn't be anything else if I tried, bruised, not a bone was broken. He

...over News, \$1.00 the year

Off the Track Near Regullie

Hon. Ira G. Darrin Will Prosecuty the Hains Bros.

Ira G. Darrin, District Attorney of Queens County will be the prosecut-1\$ Hains Brothers for the murder er of the world," passed through St Annis in that county. Mr. Darrin is well known in Steuben County and

Killed by Engine. An Italian named Veterelli was His body was hardly cold before his

Combination Excursion

The New York & Pennsylvani Railway excursion for Sonday, Aug. "Would I? Why, of course, I would 30th, 1908, will leave Canisteo, N. Y.,

The Great Hornell Exposition,

"I'm what you might call a miscel The Great Hornell Fair and Races The court turned her over to a prollaneous character." he said. "I'm the occupied the boards this week. This bation officer, who found employment nearest approach to the wandering great fair has grown in magnitude as for her in the home of a prominent minstrel of the middle ages that you it has grown in years, and is today But the father was not satisfied. He fessional story-teller in my own way. ura! exhibitions in this country. The ings to the support of the family. The when I leave. You see, I have been entries for the races were many and girl developed a taste for feminine all over the world. I never forget a included some fast steppers and the finery, and at the end of the first thing and I'm loaded with anecdotes, sport in that line was truly entertainweek spent \$1.65 for a new dress, giv- and folks are glad to feed me and give ing for all who love equine sports

WOULD BAR FAIRY TALES.

Stick to Dry Facts. would get un and make a spiel and schools," declared Harry A. Hettema, sign the pledge. But I always broke school trustee for the Second ward, in it the next morning. It was great. | discussing a fight-he had made at the "I've been up against it all, the meeting of the board of education to rough, the smooth, the slick and all. have all such books discarded from in elocution I didn't take a back seat the reading courses. "How many of from any one. I am the only Ameri- our children are taken out of school years old? Their time, while they are in

"I made it in a blacksmith shop in school, should be spent in acquiring through Ireland. And I made such a Asked what he would have the chilhit that John Moore, a man who had dren read Hettema said he would sug-Nome, Alaska.—Despite a blizzard made his fortune in the gold fields of gest books of travel, history; geogthe fasiest time ever made by dog me in his house for six months. That's prove the mind and be useful to the dren read fairy tales. In Paterson they have opened a private school because the fairy stories were read in talk of doing the same Passaic."

> Lightning Plays Pranks. Waterbury, Conn.—Lightning played

A majority of Hettema's constitu-

house. William Shaw, out onto the back verands without injuring him in The family sewing machine was room, but Mrs. Shaw says she wanted It there anyway. To add to its good work the lightning killed thousands of elm tree beetles, which were turning the old town's majestic trees into bar-

Sleepwalker's Long Fail. Philadelphia.-While walking in his sleep James Certer, aged 43 years, of 424 South Twelfth street, fell to the sidewalk from the third-story window

will recover unless he has suffered in-

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