

FOOD FOR THE AGED.

Some Diet Rules For Those Who Are Advanced in Years.

Libraries have been written on diets for business men and actresses, but little thought has been given what aged people should eat. "Superintendents of homes for the aged show absolute ignorance of the diet that gentle changes necessitate," writes Dr. I. L. Nasher in the Medical Review of Reviews.

With advancing age there is less strength and activity. For these reasons the amount of food should be diminished. The loss of teeth in old age is nature's signal that an aged person should no longer eat meat, the only food that needs to be thoroughly masticated. "It is not necessary suddenly to discontinue the use of meat. There should be a gradual reduction, and only the light meat of young animals and fowl should be taken."

There is no definitely prescribed diet for old age, but there are a few rules that can be followed: The total amount of food must be diminished. It must be thoroughly cooked and finely chopped. Vegetables containing much cellulose should be freely used. Foods should be given in a liquid, semi-liquid or mush form, and dry foods should be avoided. Foods should not be given at shorter intervals than four or five hours.

WASHING THE HANDS.

How to Get Them Clean After a Greasy Job on the Motorcar.

The following is a practice long familiar to railway engineers, who have to mess around oil, and it should serve equally well for their present day conductors of the motor car:

Wash the hands in warm water, using a soft, free lathering soap. Work up a good lather and then dip the fingers into a small dish of lubricating oil. This will further emulsify with the lather already on the hands and quickly cut the grime and dirt, leaving the hands clean and soft. Do not use too much oil, and always soap the hands before applying the oil.

After using this mixture be sure to let the washbowl drain and then rinse it quickly, as the oil, if left, separates from the soap and makes a ghastly mess on the sides.

Another good way of cleaning the hands after a dirty job around the car is to wash them in turpentine, rubbing it well into the skin and then wiping off thoroughly on something that can be thrown away. By doing this and finishing with warm water and plenty of soap the hands may be cleansed of all traces of the greasiest job.—New York Post.

The Road to Thrones.

In the year 1710 a girl called Marie d'Abbadie was hired as a servant in an inn at Pierrefitte, France. She was the daughter of peasants named Dominique Habas and Marie d'Abbadie. A Bernais from the village of Boellh, whose name was Jean de St. Jean, stayed in this inn, saw the pretty maid, fell in love with her and on May 30, 1710, wedded her in the church at Assat. They had several daughters, the eldest of whom on Feb. 20, 1754, was married at Boellh to Henri Bernadotte, physician, son of Jean Bernadotte, master tailor. Their son was Napoleon's marshal, Bernadotte, who became king of Sweden and whose great-grandsons are respectively King Gustave V. of Sweden and King Haakon VII. of Norway.

Power of Eloquence.

A story is told of the great Irish orator, O'Connell. An attack had been made upon him in the house of commons. When O'Connell arose to reply his lofty brow was black with thunder and his arm uplifted as if to strike. Then, checking himself, he said, "But the gentleman says he loves Ireland." Lowering his tone to the rippling murmur of a summer brook, he continued, "I have no words of bitterness or reproach for any man who loves Ireland." The pathos in the fragmentary utterance of the last word brought tears to the eyes of many veterans of the house.

A Curious Illusion.

People declare that they have seen a field of grass gradually change color during a shower of rain, thousands of mushrooms springing up before their eyes. This is an optical illusion caused by the rain beating down the grass. The mushrooms do not really spring up during a single shower of rain. They are there already, but hidden by the grass, and when the rain beats down the grass it exposes the hidden mushrooms.—London Mail.

Olive Oil.

When olive oil is good and fresh it is of a pale greenish yellow color, with little taste or smell, except a sweet, nutty flavor. Surprising to say, olive oil is not made from the seed of the olive, as in the case of most vegetable oils, but from the flesh or pericarp of the fruit.

Mending Hot Water Bottles.

To mend a hot water bottle use a patch such as used for auto tires. They can be had at any garage. Just clean around the puncture with gasoline, then apply patch.

Our Troubles.

Gibbs—So you blame your present troubles on the middleman. Dibbs—Not exactly. I blame all our troubles on the first man.—Dallas News.

Too Much of It.

"Was the dinner cooked to suit you?" "Yes, all but the bill. Take it back and have it boiled down."—St. Louis Post-Dispatch.

PUBLIC AUCTION

On account of dissolution of partnership, we will sell at public auction at our ranch known as the old Geo. Miller place, 1 mile north of Shelburn, beginning at 10 a. m.

THURSDAY, SEPT. 13, 1917

The following described property:

Twenty-four Head of Dairy Cattle

ALL TUBERCULIN TESTED

3 Jersey cows 3 years old	5 yearling heifers
5 Jersey " 4 " "	3 ten months old calves
3 " " 5 " "	1 five months old calf
3 " " 7 " "	1 three year old full blood Holstein bull

Horses, Hogs and Sheep

1 gray mare 9 years old, wt. 1350; 1 buckskin gelding 10 years old, wt. 1375; 1 buckskin gelding 13 years old, wt. 1175; 10 head sheep, 1 Poland China brood sow 3 yrs. old due to farrow Oct. 10; 1 Duroc and Poland China crossed one year old, due to farrow Oct. 15; 3 shoats 4 months old, 3 shoats 9 months old, 10 shoats 3½ months old.

Farming Implements

1 self feed No. 9 Blizzard ensilage cutter, hood and 40 feet of pipe; 1 Van Brunt 14 double disc drill, 1 I. H. C. 8 feed mill, 1 8-ft. double Dunham roller, 1 J. I. Case two horse cultivator, Sharpless cream separator 450 lb. capacity; new Superior fanning mill No. 2 sacker complete, wood sawing rig ready to belt to engine, Plano 7 ft. cut binder, Champion mower 4½ ft. cut, Osborn mower 4½ ft. cut, heavy wagon and box complete, high wheels narrow tires; ¾ wagon iron wheels ½ truck, heavy hack, old buggy, No. 50 Oliver plow, 60 tooth harrow, set heavy work harness and numerous other articles.

FREE LUNCH

TERMS OF SALE.—Sums of \$10 and under, cash; over \$10 four months time at 8 per cent on bankable notes. No by bidding will be permitted.

J. W. HUGHES, Auct.
STAYTON STATE BANK, Clerk.

J. L. & E. S. Oglesbee.

HIGH COST OF LIVING.

It's An Old, Old Story and Was Told 2,000 Years Ago.

A wife's letter 2,000 years old was unearthed recently in the ruins of the Serapoum, the temple of Memphis, the great city of ancient Egypt. The letter was written by Isis to her husband Hephaeston, who had deserted her. There were two letters, in fact, the first bearing a date equivalent to July 24, 186 B. C. In them the wife reproaches her husband for neglect of his family, and, what is particularly interesting at the present time, she complains of the high cost of living.

Here are some extracts from the first letter: "Isis to Hephaeston, her husband. Greetings—if you are well and other things are turning out with you according to your wishes it would be as I perpetually pray the gods. I myself am in good health, and the child and all 'a the house make mention of you continually. When I received your letter from Horus, in which you ex-

plained that you were in retreat in the Serapoum at Memphis, I immediately gave thanks to the gods that you were well. But that you do not return distresses me, for having piloted myself and my child through such a crisis and having come to the last extremity because of the high cost of corn, and thinking that your return would bring me relief, you have never even thought of returning or spared a look for my helpless state."—New York World.

A Coft Job.

First Hobo—I have at last thought of a job I think I would like. Second Hobo—And what is it? First Hobo—Lineman in a wireless telegraph company.—New York Times.

His Discovery.

She—Do you believe in phrenology? He—No. As an experiment I once went and had my head read, and I found there was nothing in it.—Exchange.

Humor is sharper than the sword.—Beaumont and Fletcher.

Woman's Aim.

A bullet shot upward from the earth goes up to apollo with a retarding or depressing motion, but a bullet fired by a woman at a burglar will turn a street corner and hit an innocent pedestrian in the leg nine times out of ten.—Florida Times-Union.

The Uplift.

"Is she a help to her mother?" asked one woman. "Yes, indeed," replied the other. "She has taught her to say 'culinary art' instead of 'cooking.'"—

One of Those Crazy Questions. "Well, great guns, Jones! I see you're wearing glasses. What for?" "For a sprained knee, you darned old! What do you suppose?"

Its Mission.

"Are you going to earth?" asked the star of the comet. "Yes," replied the comet, "and when I see there I will a full unfold."—Baltimore American.

FINDING A COMET.

One Case Where a Blunder Proved a Friend to Science.

Probably the most extraordinary discovery of a comet was that of the one known as "a 1896." It happened this way, as told in Science by W. W. Campbell of the Lick observatory: Professor Charles D. Perrine discovered a comet on Nov. 17, 1895, and observed it night after night till Dec. 20, 1895, when it was lost to sight in the glare of the sun's rays. Professor Perrine and Mr. Campbell calculated its orbit for 1896, and their computations were published in the astronomical journals.

Just before dawn on Jan. 30, 1896, Perrine and Campbell watched it emerge from behind the sun at the precise spot they had predicted. On Feb. 14 a cablegram in cipher announced that Lamp at Kiel, Germany, had rediscovered Perrine's comet that morning and gave its position. This differed by twenty-four minutes of time from the position in which Perrine

knew his comet to be. This was not explained for several weeks, when it turned out that in translating the cipher cablegram a mistake had been made and that the cablegram as sent placed the comet just where Perrine had observed it.

Before this error had been discovered, however, and on the morning of Feb. 15 Perrine turned his telescope to the spot indicated in the cablegram and saw a comet. He naturally supposed that Lamp at Kiel had discovered this new comet and mistaken it for the Perrine comet, and not until the error in translating the cablegram was discovered did it become evident that this was not so and that the error had actually directed the telescope to a new comet.

And, stranger still, this new comet was moving so rapidly that had Perrine directed his telescope to the spot indicated at any other time but just that morning he would not have seen it and it might never have been discovered.