

MARKING A SAILOR

Naval Arm Insignia Worn by Uncle Sam's Enlisted Men.

TELLS THEIR RANK AND WORK.

The Bluejackets Are Proud of These Glass Symbols, and Only the Novices Are Without Them—Marines Have Their Own Special Insignia.

Uncle Sam seems to be a wise old boy. He has found the secret of averting labor difficulties and raising the dignity of labor aboard ship by giving the marines and sailors who are assigned to special duties arm insignia to distinguish their callings and ranks. Mechanics, clerks, carpenters and deck men are given just as much attention when it comes to insignia as are the admirals, captains, lieutenants, ensigns and other commissioned men. And if the truth were only known the jackies take even more pride in displaying the marks that have been conferred upon them.

Uncle Sam has a peculiar method of marking his men, but he has never taken into consideration that the public would like to be taken into the secret. The consequence is that the men who have been honored with the distinguishing marks—and it is only the novices or newcomers who have not a mark of some kind—must suffer and be prepared always while on shore leave to answer the questions of the curious.

The insignia, however, are simple enough when understood. A symbol of some sort is used to distinguish the man's following. For instance, a chief yeoman has two crossed keys on his coat sleeves, signifying that he has the keys to the stores and is a clerk on board the ship. An eagle appears over every mark and there are qualifying stripes under the symbol to show whether the man is first class, second class or third class. If he is of the latter rank he has only one stripe. If he is a chief petty officer he wears connecting lines between the curved line under the eagle and the stripes. Otherwise he simply wears the eagle and the stripes. This is true with all men.

In some instances, however, the stripes under the symbol typify the man's distinctive office. For instance, a machinist of the first class wears three stripes. A water tender has the same mark under a propeller. A man with two stripes is either an oiler or a machinist's mate.

A man with two crossed quills is a pay clerk. A turret with a gun signifies that the wearer is a turret captain. A globe means the man is an electrician. A carpenter has two hatchets. A crescent is worn by a commissary or a commissary's steward. A quartermaster in the navy wears a wheel, while the man with the same distinction in the marine corps has crossed quills for his insignia.

Many of the naval men also wear a single stripe across the shoulder. Those who wear red belong to the engineers' corps. If a man with a red stripe has one white stripe on his cuff he is a coal passer; if two, he is a second class fireman; if three, a third class fireman.

The deck force wear a white stripe across the shoulder. If a man has two stripes on his cuff he is an ordinary seaman; if three, a seaman, and a single stripe means he is an apprentice or a landsman.

All the petty officers wear blue rating on the white clothes and red on the blue. A man who has won three successive rating medals for good conduct is permitted to wear gold. Those who are in the special or the engineers' branch wear their rating on the left arm, and the seamen wear theirs on the right. Enlistment stripes are also worn, one for each four years. Chief petty officers, besides having the connecting lines over their insignia, also wear brass buttons on their coats.

The marine insignia are slightly different. In the first place the markings are in gold and therefore much brighter and are more noticeable. This is true only with the dress uniform. With the khaki clothes the men wear field chevrons with narrow marks. A marine corporal has two stripes and a sergeant has three. A first sergeant has a diamond under his stripes, and a sergeant major has additional stripes under the diamond. A gunnery sergeant has a leaf and an acorn under his stripes; a quartermaster sergeant has quills; a drummer has cross sticks and a trumpet crossed bugles. Officers in the marine corps have their insignia on both arms. — Philadelphia North American.

That's All.

The borrower, at the phone: "Is this you, Miller? Yes, pretty well. Say, Miller, I've got half a dozen books of yours that you let me take last spring. I wish you'd stop for them as you go by. And, say, Miller, I want you to bring over your set of Plutarch and that early edition of Peppys and your French dictionary. If I'm not at home you can leave them with the maid. Yes, that's all. Goodbye."—Cleveland Plain Dealer.

Sure Cure.

"My love, I wish you wouldn't paint." "All the women do, dear." "But it looks like an admission on your part that you are not already perfect, and that pains me." "What could she do but stop?"—Kansas City Journal.

To wish is of little account. To succeed thou must earnestly desire, and this desire must shorten thy sleep. Ovid.



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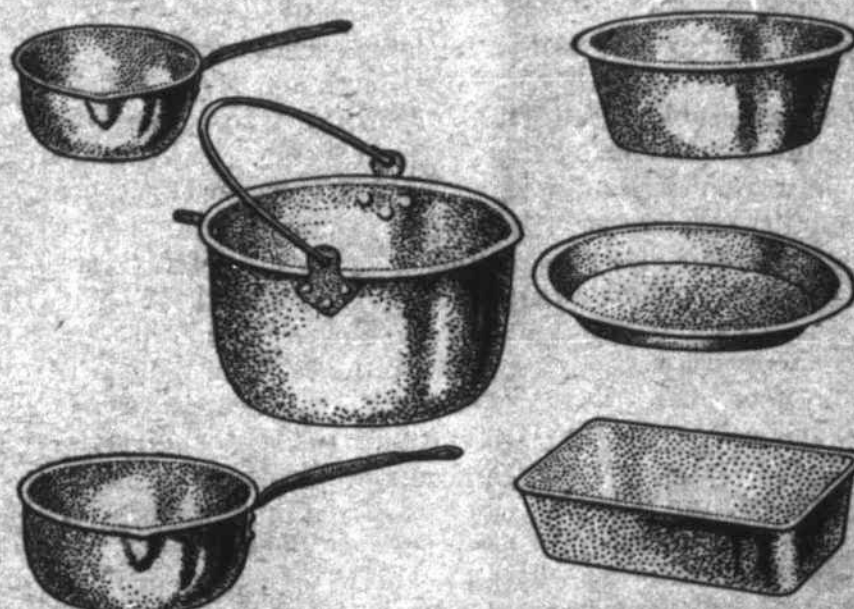
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SERPENTS AS HYPNOTISTS.

The Charm They Use on Animals They Succumb to Themselves.

Cases of fascination by serpents of birds and other small animals have been too frequently reported to admit of serious doubt on the subject. Evidently it is simply a kind of hypnotism and based, like human hypnotism, on the effects of rhythmical impressions made upon the nervous system.

Experiment has proved that the monotonous swinging of a glittering object before the eyes will throw many men and women into hypnotic sleep. When a serpent charms or fascinates a bird or small quadruped it employs a similar method. It waves its head with glittering eyes or sets its brilliantly colored coils into silent rhythmic movement within sight of its victim, and the latter gradually yields to the influence.

But the most dangerous serpents are themselves subject to this very hypnotic control, a fact which is the basis of the proceedings of the serpent charmers of India and those of other countries where venomous snakes abound.

Music, or the monotonous repetition of musical notes, appears to be the most effective agent in serpent charming. It may be remarked that according to some observers the sounds produced by a rattlesnake, and even the loud hissing of some serpents, have a hypnotic influence, or at least a sort of paralyzing force, due probably to terror. The cobras of southern Asia and the closely related naja of Africa will come out of holes, erect their heads and a part of their bodies and sway about in a kind of serpent dance when they hear the notes of a pipe played by a skilled performer.

However, no cobra charmer ever has sufficient confidence in his control over his dangerous subjects to neglect the removal of their fangs.

A cobra bite has been known to kill a man within a few minutes of its infliction.—Garrett P. Service in Detroit News.

MEAT IS A STIMULANT.

Hence, Eaten in Excess, It Is Bad For Both Body and Mind.

The director of one of the largest physical culture schools in the United States said not long ago to a friend of mine:

"Every time I eat a piece of good beefsteak I feel as stimulated as if I had drunk a cocktail."

This curious statement embodies a truth of which most people are unaware. Meat is not merely a food. It also is a stimulant, with definite exhilarating effects on both mind and body.

Eaten in excess, moreover, it acts much as does an excessive amount of the alcoholic beverage mentioned by the physical culture director.

That is to say, it tends, in the first place, to cause nervous irritability, mak-

ing it more difficult for a man to control his passions and sometimes making him positively savage.

And, in the second place, when eaten in excess it makes him mentally inert and stupid.

The reason for this second effect is well known to all scientific students of food values.

Cooked meat, the form in which meat usually is eaten, is not easy to digest. If too much of it is eaten imperfect digestion results, and the blood stream is poisoned by the decomposing animal food in the alimentary canal.

Not total abstinence, but temperance—enough meat to spur the mind, not enough to deaden it—that is the lesson to be drawn from the demonstrated stimulant effect of animal food.—H. Addington Bruce in Kansas City Times.

ARTHRITIC DIATHESIS.

People Who Are Afflicted With a Rheumatic Habit of Body.

What doctors call "diathesis," which is really a constitutional predisposition to a certain class of diseases, has recently, in the opinion of the New York Medical Journal, been neglected by physicians, whereas it ought really to be studied most carefully, so that disease may be prevented.

There are five general diatheses or habits of body—the arthritic, the scrofulous or strumous, the lymphatic, the nervous and the bilious.

The person with the arthritic diathesis—that is to say, with a "rheumatic habit of body"—has certain peculiarities that make it easy to detect the predisposition. There is often no marked weakness in his early years. "Perhaps the most marked feature is sore throat with recurrent tonsillitis, and *** the tonsils are a site of lodgment of the specific germs of rheumatic infection. Arthritis more or less acute is apt to occur in children, and the existence of this arthritic tendency entails a specific liability in the textures of the individual to receive and encourage the development of the specific toxin of rheumatism."

Among the affections that come under this head are all forms of heart disease, cerebral and spinal meningitis and gouty symptoms coming on in and after the third decade of life. There is a tendency to stoutness in families that inherit this diathesis. One of the most noteworthy features is the resistance of such persons to the inroads of tuberculosis.

All statistics prove that the diseases coming under this head are those most largely on the increase and that the life that most people

lead in our big cities is especially conducive to it. So any one who has this diathesis should look to himself and adopt preventive measures, for hardening of the arteries and heart disease are much easier to prevent than to cure.

She—I can't make out how it is that Mrs. Wise has fish for nearly every meal. It can't be for economy's sake, for she must be fairly well off.

He—She has a large family of unmarried daughters, you know.

She—Now, don't be nasty and say something about girls and their brains. That's so old.

He—Oh, no, I hadn't the slightest intention of doing so!

She—Well, can't you tell me?

He—I don't know, I'm sure, unless it's because fish are rich in phosphorus.

She—I don't see what that has to do with it.

He—Perhaps not, but still it's good for making matches.

Odd Way of Smoking.

During the South African war a Boer soldier named Frank Brown was shot in the forehead with a rifle bullet. Strangely enough, it did not kill him, and after the war he secured employment on one of the transatlantic steamers. When fully a year had passed he complained of trouble in his head, and after a thorough examination the surgeon of the ship decided that the bullet, which had never been removed, must be extracted. This was done, and afterward, for the amusement of his friends, the wounded soldier placed a lighted cigarette in the hole from which the bullet was extracted and drew the smoke through his nose.—Strand Magazine.

Waste of Energy.

"Angry!" exclaimed the young man. "Of course I'm angry. It seems to me what we need in this world is some system of general thought transference or mind reading. You know how hard I worked to get Margaret. I gave all my waking thoughts to the subject, neglected my work, and now my food tastes like ash, and I myself generally was in a bad way."

"But you succeeded." "Oh, yes; we're engaged! And now that we have exchanged confidences I find that she was working just as hard to get me as I was to get her, and when I think of the waste of effort I get tired!"—Exchange.

Argus Eyed and Hydra Headed. The term "Argus eyed" means watchful. According to the Grecian fable, Argus had 100 eyes, and Juno set him to watch all of whom she was jealous. When Argus was slain she transplanted his eyes into the tail of the peacock. "Hydra headed" is a term derived from the fable of Hercules and the hydra. The hydra had nine heads, and Hercules was sent to kill it. As soon as he struck off one of its heads two shot up in its place.

The Peanut.

The common peanut, beloved of the small boy, grows in a way that is distinctly original. The little plant sends up its shoots, with the fruit on the end of a somewhat stiff stalk, and then before it ripens the stem bends over and carefully pushes the fruit underground. As pigs are said to be especially fond of these, it has been suggested that the plant does this to hide its nuts from the porker's too inquisitive investigations.

The Frilled Lizard.

The frilled lizard of Queensland travels on its hind legs on level ground, keeping the frill folded when running. When attacked it expands this fold of skin, which stands out like a ruff at right angles round the neck, giving it a most formidable aspect, so that dogs that attack and kill larger lizards will often retreat before a frilled lizard at bay.

Preliminary Discussion.

"I offered her my hand," said the young man.

"Did she accept it?"

"Not exactly. She's a bridge player, and what she expects of me as a partner is to lay my hand on the table and be dummy."—Washington Star.

The Rubber Belt.

The trees and shrubs which produce some sort of rubber grow in a narrow belt round the world within 5 degrees north and south of the equator.



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