

Daily Democrat.

SAMSON'S OF THESE DAYS.

Who is the strongest man in the world? There are at least a dozen before public notice today who claim to be that man, says the Boston Herald, and each performs certain feats of strength which would seem to warrant his right to that title. It is difficult to determine, however, which one of the lot is superior in physical strength, because, invariably, each is able to perform some particular feat which another cannot.

This popular regard for physical strength is inherent and undying. It was manifested by the people of the time of Milo of Croton, twenty-five centuries ago, and is shown today at all athletic games.

The Samsons of modern times are men who have been naturally endowed with great muscles and enormous strength, but who have increased and added to both by constant training and practice. Attention is given particularly to their strongest muscles, and these eventually become abnormally developed. Other muscles are neglected, so that the spectacle of a giant's arms and trunk upon an ordinary man's legs is very commonly presented. Few of the "strong men" of today are physically well proportioned, for they have given all their attention to the development of certain muscles.

The most remarkable of all the strong men is Louis Cyr of Quebec, who is now in New York. He is a giant in strength and stature, as will be seen by a consideration of his measurements. He is only 27 years of age, but he weighs 323 pounds. The tape showed his physical dimensions to be as follows: Height, 6 feet 10 1/2 inches; chest (inflated), 58 inches; waist, 48 inches; biceps, 21 1/2 inches; thigh, 32 inches; calf, 24 inches; neck, 21 inches. Cyr's specialty is the lifting of heavy weights and the putting up of big bells.

He has put up a 100 pound bell with one hand twenty-seven times in succession. His greatest display of strength was made about a year ago at Montreal, in a lifting match with a man named Barre. On a small platform weighing 140 pounds were seven dumbbells, weighing 789 pounds, a barrel of flour and seven heavy men. Cyr put his giant arms around the platform and lifted the lot. The aggregate weight was 2,238 pounds. In another way he lifted 3,356 pounds of pig iron at Berthirville, Canada, on Oct. 1, 1888. The iron was placed on a plank, which rested on a trestle. Cyr got under the plank, and, pushing up with his back, arms and legs, raised the weight clear of the trestle. No other man in the world has been able to approach this performance.

HINTS TO HOUSEKEEPERS.

Never throw away the pieces of lemons after they have been squeezed with the lemon squeezer. They will come in handy for removing the stains from the hands and other articles. Dipped in salt, they will scour copper kettles nicely, and remove stains from brass work. They will take stains and dirt and odor from pans and kettles as nothing else will. The odor of fish and onions can thus be removed easily. Gabbly leather chair seats, valises and bags can be brightened by rubbing them with the well beaten white of an egg.

If a coat is not drawn up close to the neck it bags or sets loosely in the back, and if drawn up too high at the neck it hangs away at the waist. If not buttoned when made to be worn so, it naturally presents an untidy appearance; and if in any way it is carelessly or indifferently put on, it fails to look like the same coat as if donned with care and brought close to the body.

The warm night wrappers now made of soft wool stockinette are especially welcome in traveling on the ocean or across the country in winter. The wrappers made of blanketing are also useful, and in cold nights, where one is uncertain of heat, may be worn over an ordinary cotton gown with comfort. They are also a boon to an invalid. The blankets to make these wrappers are to be found in a great variety of plain colors with striped borders, and in stripes and plaids. The silvery gray blankets with pale blue borders are especially dainty and pretty.

To the stomach milk is a solid food, not a drink; it must be eaten with a spoon or slowly sipped, and never drunk like water. Stockings should fit smoothly. There is no more frequent cause of callous places, corns and other afflictions of the feet than ill-fitting stockings, that lie in creases under or around the foot. Whatever economy it is necessary to practice, do not resort to the folly of making over stockings, leaving in the feet those inevitable hard seams which are sure to cause the wearer suffering and annoyance.

A teaspoonful of salt dissolved in one-half glassful of water is excellent to allay nausea in sick headaches. The rubber hot-water bottles are disagreeable to some persons who need their comfort because of their clammy nature. This can be remedied by having a flannel bag just large enough to draw over the bottle after it is filled. It should cover the metal stopper and be tied in place.

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EVER FAITHFUL.

The truth of the saying, "A friend in need, is a friend indeed," was never more forcibly exemplified than when Governor Penneyer sent in his message to the house and senate this morning vetoing ten wagon road bills this morning. Never did the taxpayers of this state stand so much in need of a brave, courageous governor as now, and all over the state they will, with one consent say, "Well done thou good and faithful servant."

When children have taken cold there is nothing better to give them than molasses, butter and vinegar; to half-cup of molasses take a tablespoonful of butter and two table spoonfuls of vinegar; cook a few minutes and give a little frequently. Quite young children can take this.

NEW ADVERTISEMENTS.

NOTICE.

NOTICE OF INTENTION OF THE ANGLO-NEVADA ASSURANCE CORPORATION to cease to do business in the state of Oregon and to withdraw its capital deposited with the treasurer of the state of Oregon.

The Anglo-Nevada Assurance Corporation, a corporation incorporated under and by virtue of the laws of the state of California, and having its principal office and place of business in the city and county of San Francisco, state of California, hereby gives public notice that it desires and intends to cease to carry on the insurance business in the state of Oregon, and to cease business in said state and to withdraw its capital, to wit, the sum of fifty thousand (\$50,000) dollars in the city of Portland, (Oregon) water bonds, deposited by said corporation with the treasurer of the state of Oregon, in accordance with the laws of said state, and gives this notice of such its intention in accordance with the laws of said state.

By order of the board of directors of the Anglo-Nevada Assurance Corporation,
D. F. TILLINGHAM, Secretary.

TWO RENT.—A store room 22x30 feet suitable for business; centrally located. For particulars call at the Democrat office or on Jas V Pipe.

NOTICE TO CONTRACTORS.—Contractors and builders desiring to bid on the construction of the new United Presbyterian church building, to be erected at the site of the old building, will find the plans and specifications for the same, at the store of Stewart & Sax. The date of opening bids will be announced hereafter.

MONEY TO LOAN.—In small and large amounts, from six months to five years, on good Albany and Linn county real estate. Call on or address W E McPherson, First St., Albany, Or.

STRAYED OR STOLEN, from Wm S Couch, a bay mare, weighing from 850 to 950, roached mane and white spot on forehead. Any information would be gratefully received.
Wm Couch,
Albany, Oregon.

HORSES FOR SALE.—One sorrel horse, 9 years old, weight 1400. One grey horse, 8 years old, weight 1100. Also wagon, hack harness, etc. Will sell for cash or exchange for other property. Call at store opposite Russ house.
R. A. FRY.

STOCKHOLDER'S MEETING.

NOTICE IS HEREBY GIVEN THAT the annual meeting of the stockholders of the Albany Building and Loan Association will be held on Friday, February 29, 1891, at the hour of 7:30 p. m. of said day, in the Oregon bank office, in Albany Linn county, Oregon, for the purpose of electing nine directors and three auditors, to serve for the term of one year next ensuing from said meeting, and until their successors are elected and qualified, and to transact such other business as may then come before the association. Done by order of directors this 17th day of Jan, 1891.
W C CASSELL,
JAY W BLAIN, Secretary.

ANNUAL SCHOOL MEETING.

NOTICE IS HEREBY GIVEN TO the legal voters of school district No 5, Linn county, Oregon, that the regular annual school meeting of said school district will be held on the first Monday, being the 2nd day of March, 1891, at the hour of 7 o'clock p. m. of said day, at the court house in the city of Albany, Linn county, Oregon, in said district, for the purpose of hearing the reports of the directors and clerk of said district, and to levy a tax for the support of the schools for the ensuing year. Also for the purpose of levying a tax for the purpose of paying interest on the bonds of said school district, and the second installment of the principal of said school bonds, due and payable June 15th, 1891, and for the transaction of any other business that may legally come before the meeting. Dated this 16th day of February, A. D. 1891.
C. G. FURBER,
J. K. WEATHERS, District Clerk,
Chairman Board of Directors.

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A fine line of Boy's, Children's and Men's suits in Albany Woolen Goods, attract attention.

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