THE TELEPHONE-REGISTER McMINNVILLE, - OREGON. · · · 9, 1891. WHAT IS SIMPLE LIVING?

SOME QUEER NOTIONS ARE HELD ON THIS QUESTION.

Kate Upson Clark Begins a Sensible Article by Telling How One Housewife Who Prided Herself on the "Simplicity" of Her Cooking Fed Her Family.

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"We live very simply at our house," said a wealthy woman, somewhat af- more than you are compelled to, do no fectedly. "We believe in simple living, be afraid to employ plenty of blankets and I have brought my family up to and down quilts. Do not sleep in a draught, unless heroically protected, and

dressed was interested to observe the nace throughout the house if you want "simple living" which was thus com-it; but insist upon having in abundance placently described. She knew that al-most every one of the ten members of the dwelling house, fresh air. large family who were said to live thus Let your clothing be plain, warm, light "simply" had been very ill during the and loose. There is no foe to simple liv preceding three or four years. They had ing like the clothes fiend. It introduce suffered variously from erysipelas, spinal all sorts of ghastly complications int meningitis, nervous prostration, typhoid and other fevers, and quinsy and diph-theretic sore throats. She did not belive that such diseases could exist where dressmaker, several pounds more of lingenuine "simple living" was practiced.

She found that the food in this family and coffee for all members of the fam- at the bottom of two-thirds of the horriily, from the youngest child, a girl of ble, nameless diseases of women. to sleeping rooms which were furnace and abiding happiness heated and into which, with one or two honorable exceptions, no breath of the

outside air was allowed to penetrate exceptions had learned, the These away at college and boarding school. cause their "health" would not permit them to study.

She found that the girls of the family wore corsets at the age of eleven, and that the pretty, doll faced daughter of white embroidery and a sash with three six, after she had been subjected to the or bien of black velvet ribbon. manipulation of the dressmaker, had a thousands of other girls who "never laced in their lives."

She found that the boys of the familythe younger ones surreptitiously, the older ones openly-had smoked cigarettes from the time they were eight or nine years old. She found that the girls, beyond making their own beds and doing a little of their personal mending, never exerted themselves to do any wholesom work; that they and all the children were allowed to take hot baths as often as they liked, and to stay in them as long as they liked; that all were free to go to the pantry whenever they felt like it, and that only the richest cake was ever locked away from them, while an abundance of doughnuts, cookies and ordinary cake was always at their disposal; that it wa

means rise, breakfast, dine, sup and re-THE JEROME SISTERS. tire at as nearly the same hours every day as you can. Cleanse your body both All Five Married Well-One Is Lady Ran inside and out with regularity. Clothe dolph Churchill.

ourself uniformly at the same season. Of all the girls in New York city the It is risky in the extreme to go out in furs in the morning and then to drive to handsomest, and their father gave them an entertainment in the evening with a every advantage that money could prolight opera cloak thrown over bare neck cure. They were as fond of horses as their

The simplest form of living is in the open air. Get all the fresh air, there fore, that you can. Go out to walk in it every day. Ventilate every room in your house every morning. Never sleep unless except in the most bitter weather without an abundance of fresh air in your chamber. Wear flannel night gowns, night caps and mufflers if necessary, and, while using "comfortables" no

The lady to whom this remark was ad- do allow heat to radiate from your fur LADY RANDOLPH CHURCHILL.

ings and draperies and jet trimming than you need to. Give every organ of your was very generally fried—that fried oys-ters, croquettes, Lyonnaise and Saratoga potatoes, griddle cakes and similar dish-misplaced and tightly pressed by the es, with always hot bread in some form | vicious system of dress now in vogue are

and shoulders.

six, to the father and mother-were the The praise of simplicity is in all men's rule for breakfast. She found that mouths, but, as with many another vircereals were seldom served there. They tue, its praise and its practice are two "hated" them, as was natural for palates very different things. Many have faller accustomed to highly seasoned fried into inconsistency in this regard from food. Neither was fruit popular there. ignorance; yet even for those who un-She found that the young men and derstand it-that "first step in nature women of the family, even to the school and last in art"-its pursuit, under th children of from fourteen to eighteen, unfavorable conditions of modern life were in the habit of sitting up until is sufficiently difficult. In "simple liv midnight, often later, and then retiring | ing," however, lie the germs of true and KATE UPSON CLARK.

The Fashions of Paris.

The French modes now for young chi mother declared, "cranky" notions while dren in both home and outdoor toilets are for greater simplicity in form and Most of these young people had been garniture. Growing girls wear plain obliged to leave school early in life, be- but girlish gowns of soft India silk, but girlish gowns of soft India silk, either plain or figured, challie or mous seline de laine. The illustration wil show how they are made. The original

eighteen, with a bust measure of thirty- deep loops of ribbon three shades darker The little girl in the picture wears waist twenty-one inches round, like quaint little gown of grass green and black hair line stripe silk, trimmed with

brelettes of white ribbon, which also forms a flot in front and ends in rosettes behind. We call this a harness of rib bon, and it is made separate from the dress, therefore it can be worn with any



NOT ELOPED, BUT DEAD. The Body of a Young Woman Found Forty

Years After Her Disappearance. Mary Ann Grier disappeared from her father's home, two miles south of Michigan of the state house in Boston. five Jerome sisters were considered the City, nearly forty years ago. A few days handsomest, and their father gave them ago her body was recovered in an abandoned bog iron ore pit, without one vestige of change from the appearance it had

the water in which she had met her death, world's product. but the same chemicals which removed the garments preserved the flesh. Not only is the contour of the form per-

fect as in life, but the color has remained unchanged. The arms and shoulders are as white as marble, the hands are brown, but suffused with a ruddy flush, which old settlers here will remember as one of the girl's chief charms, and, were it not for the nsightly cavities that once contained the eyes, that petrified frame which has lain almost half a century in the soil would ap-pear the peacefully sleeping figure of a healthy, handsome young woman. The story of Mary Ann Grier is easily

told. In the first place, it should be known that this country is full of a kind of iron called bog ore. In an early day it was ex-tensively mined by the farmers and hauled by them to Michigan City and South Bend, where it commanded a ready sale. In many instances it was the one product of the soil which brought in money.

The iron is in small particles, much like father, and were in every way typical the ore from larger mines, and is excellent New York society girls of the most exclu-sive Four Hundred. They all made brill-quantity to repay the trouble of mining it ive Four Hundred. They all made brillant marriages, and one of them became since the day of railroads and the devel Lady Randolph Churchill and went to ment of Pennsylvania mines. None of the Lady Handolph Churchill and went to London to live, where, after a long and bittor fold with be Bealth robiting also bitter fight with the English nobility, she over northern Indiana are full of it. at last won an esteemed and respected t last won an esteemed and respected Mary Grier was the eldest daughter of Nicholas Grier, and was a belle in those her face the lines born of long suffering, old days of 1845 to 1850. She was famous though a very handsome woman. Amer- all over the country, which was then new icans abroad are most grateful to her for and sparsely settled, and was sought in marriage by many an excellent young her kindly offices in their behalf on many

man. She was known as a worker, as a good cook and as a famous housekeeper, and besides had had the unusual advan-

tage of a fair English education. With the perversity of her sex she had hosen a harebrained fellow named Whitsel and had told her parents she meant to marry him. Whitsel owned an ox team and made a living hauling ore from the shallow mines to the forge at Michigan City. He was warned away from the farm by Grier and his boys, but persisted in his tentions, and finally received a sound lrubbing from the old man.

The following day he started north with load of ore, and early in the evening Mary left the house, saying that she was going to a neighbor to return some trifle she had borrowed the day before. She was never again seen in life. Her parents and the neighbors believed that Whitsel had decoyed her away, and

they followed him clear to Michigan City; but they could find no trace of the girl. Fearing to return to the neighborhood Whitsel sold his oxen and left the country. MRS. JACK LESLIE. Another sister married Mr. Moreton rewer, and she also is a handsome was known at the time that Mary Ann had Frewer, and she also is a handsome woman, with a close resemblance to her

She lives in New York in win-In the light of events now known it is ter and at Newport, Lenox or Saratoga probable she meant to meet her lover, and ye takin' notes" oftener than parents susin summer, or abroad visiting Lady Churchill when the latter is not here.

meet him near the creek road. She must She is also a belle in society, and is said have fallen into one of the pits from which to always have ready for instant wear the ore had been taken, drawing down 200 gowns. Her diamonds are exceedupon her as she fell an avalanche of the loose but terribly heavy soil. There must have been water in this pit, as was almost ingly handsome, even among the diainvariably the case, and this, with the iron, must have produced a solution that tended The wife was the financier of the house-Mrs. Jack Leslie is another sister who

also married rich and happily, and is a shining light among the great Four Hun-

nergy an

nos) 6.8 ohms.



ODDS AND ENDS.

The coffee palaces of Melbourne are said to be the finest in the world. It is said to cost \$10,000 to gild the dome

There has been a steady rise in the average age at which men and women marry ever since 1873.

known in life. The last shred of clothing Germany's production of silver in 1890 was long ago destroyed by the action of was 770,000 pounds, about 9 per cent. of the In 1871 the G. A. R. could claim only 30,-

000 members, but in 1879 it had increased to almost 400,000. The first dictionary was compiled by Pa-

out-she, a learned Chinaman, who lived in the year 1,100 B. C. To forgive when we have forgotten is

easy; to forgive when we know we can never forget is noble. Don't rob your wife all her lifetime in or-

der to make some provision for her in case you should be first taken away. Twenty thousand words have been added

to the English language in the department of biology since Darwin's discoveries.

It is no unusual thing for a vessel plying between Japan and San Francisco to bring 1,000,000 fans as a single item of its cargo. The New York end of the Brooklyn bridge proper is founded on bed reck; the Brooklyn end of the bridge proper rests on

clay. Ribbons to hold fans are fastened to the shoulders with a bow, and are long enough to fall nearly to the ground, the fan being carried in the hand.

Sir William Thomson condemns the sin gle wire system of electric lighting on shipboard, on the ground that, in spite of every care the compasses are affected.

Men who are constantly going aroun trying to borrow a quarter should be in-terested to know that the Bank of England has reduced its discount rates to 3 per cent.

It Worried the Child

A wonderfully precocious five-year-old girl listened, while apparently taking no notice, the other afternoon, to a conversation between her mother and a visiting friend. The ladies were discussing the financial straits of a young married couple of their acquaintance, and both freely wondered and expressed their displeasure at the conduct of the wife's parents in the case. The condition would be so much ameliorated, they decided, if Mr. and Mrs. S----, living alone in a wealthy, luxurious home, would bring the young people under

their roof, and thus they chatted over the matter.

That night little Lida aroused her mother near midnight. She hurried to the crib in the next room to her own to find the child wide awake and evidently full of absorb ing thought.

"I can't sleep, mamma," said the young-ster, "because I'm afraid when I grow up and am married you'll be like that other lady and not let my husband come to live

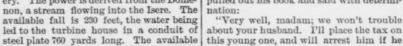
in your house." The astonished mother quieted her little was known at the time that Mary Ann had never reached the home of the neighbor for which she had started. In the light of compared to the started started started started to the started start son-in-law, after which young Lida sunk into peaceful slumber. "A chiel's amang into peaceful slumber.

started across the lower prairie land to pect.-New York Times. That Fetched Her.

There are tricks in the trade of collect ing taxes. Here's how one successful collector does it, or a part of it. He had particular difficulty in getting

to preserve the body. - Cor. St. Louis Globe-Democrat. hold, and whenever the tax man called she concealed her spouse in the background and vigorously talked the persistent money

scraper off the premises. The paper mill at Moutier, in the depart-nent of Isere, France, is an interesting ob-the collector sprung his surprising dodge. This worked twice, but on the third visit





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impossible to keep them supplied with pickles, "the children all liked them so much;" that while the boys wore heavy underflannels during the severe weather the girls "wouldn't," because such underclothing made their waists and arms look so large; that neither the mother nor the two elder daughters-although the former was suffering from a chronic disease and the two latter had had several severe illnesses and were always very delicate-ever rested during the daytime unless they had been "up late" at an entertainment the evening before. ize. The hat for the large girl is of rice

"They had no time to waste in lying straw with a wreath of bluets and whea down," the mother declared, with con- ears. The little one wears a Milan braid stantly increasing complacence as she with a wreath of small pink roses. Musrehearsed her way of doing things; she lin hats shirred with no trimming ex-"had always brought her daughters up cept perhaps one blood red rose upon it, to be busy-it didn't make much differ- or a small bouquet of Marguerites loose ence what about-but to be busy about Iy fastened and without foliage. The toilet of the mother is of India something.

Two of the girls were really very fond silk in vieux rose, trimmed with Spanish of reading, but the books which they se- lace and velvet ribbon. The flounce and lected were such as they would far bet- the festoon only extend across the foo ter have left alone. They often read of the front breadth and the back is laid themselves to sleep at night, the mother fan shape. The front of the basque is assured her horrified visitor proudly, and trimmed in a novel and effective style. not infrequently "the gas would be The hat is of Milan braid, trimmed with found in their rooms burning brightly pink roses and black lace and one small cream colored plume. The parasol is of at 3 or 4 in the morning, when they had fallen asleep before they knew it! Such old rose silk covered with narrow rufiles of black point d'esprit lace. a joke on them!"

Democrat.

No Brimstone Now.

This wealthy and misguided dame is

Gardening, piano tuning and sanitary not the only one who imagines that she is "living simply" when she is living engineering are some of the occupations women are taking up in Great Britain. after a manner as far as possible re-A school of gardening will be opened in moved from that ideal standard. Many a comparatively poor family, too, fancy | May.

that they are "living simply" when they are in reality almost as far from it as in the case cited. In fact there seems to be a general lack of understanding in the popular mind as to what "simple living" Yet everybody seems to approve of it and to feel that it, and it alone, leads to health and genuine comfort. It is worth while to try and get at a proper definition of a term which seems to be so widely misunderstood.

Undoubtedly our pioneer forefathers enjoyed something akin to the "simple living" which we want. We need to "backslide," after Mr. Ruskin's definition of backsliding. "On the ways most of us go," says that fiery apostle of simplicity, "the faster we slide back, the better. Slide back into the cradle, if going on is to the grave-back, I tell you, back, out of your long faces and

into your long clothes."

An old proverb says:

Sunrise, breakfast; sunhigh, dinner; ndown, sup, makes a saint of a sinner.

The dwellers in cities cannot well adjust their meals to the simple hours of our forefathers; but they can and should see that their children's meals are thus adjusted; and we can also see that they are of proper food. But what is truly "simple" food?

There are three "simple" modes of cooking. They are baking or roasting, broiling and boiling. Some of the customs and utensils of our estimable forefathers and foremothers, even Mr. Ruskin would hardly advise our "sliding back" to. Among these are frying and the frying pan. The latter should be banished from the modern kitchen, titillating though its products be to the untice of the law. taught palate.

The simplest form of food is fruit. An abundance of ripe fruit should be supplied to every family, whatever other place in my lifetime. Why, the infernal expense has to be curtailed to procure it. I was born." The most uniformly healthful households are those where fruit is judiciously eaten daily.

The simplest form of living is the reg- first old gentleman's peculiarities and ular diurnal routine. Old George Her- weaknesses very well. bert says:

Slight those who say amidst their sickly

"Thou liv'st by rule." What doth not so but man⁷ Houses are built by rule, and commonwealths. Entice the trusty sun, if that you can, From his cellptic line; beckon the sky. What Husband-In all

Without being castiron in one's habits, advice; let me be your mentor.

it is possible, and it is the only safe and prudent way, to "live by rule." That Wife-You always have been my-tor-mentor.-Pittsburg Bulletin.



MRS. MORETON FREWER

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nonds worn in New York.

dred.

Mrs. Clarence Gray Dinsmore was a Jerome before her marriage to one of the sons of the late William B. Dins-York Telegram. more, president of Adams Express com pany, and she, too, is possessed of her share of the family beauty, with a fine figure and very delicate complexion,

golden hair and blue eyes. Her favorite jewels are pearls, and she as well as her sisters are all thorough ladies of distinguished family. There was another sister who was

died a few years ago, a very young bride. All of them married young. AMORY GLADDEN.

Childhood of Lotta.

Little Lotta Crabtree is an excellent example of the results of early training. Away in the fifties Lottie was a s'cinny little thing with freckles and hair redder than it is now, and she was taken all around the state of California by her

Praying Away a Plague. A regular lawsuit with creatures obnox mother and a small company, and was obliged to dance, sing and act much ious and hurtful was a common procedure until the Eighteenth century. In 1338 an against her will, and as regularly as the er's Life of Darwin. nmense inroad of grasshoppers came from time for rehearsal came around she would Asia into middle Europe. Austria and have a mad fit and throw her spidery Italy suffered most. Everything was eaten little body on the floor and scream and up. The swarms seem to have been about as thick and destructive as those in Kansas kick and pound with all her might. In one or two places it was thought that her in 1874. The people used all possible de rices against the eggs and the insects. In parents were ill treating her, perhaps espair they took to prayer and the priests 'pulling her joints to make them limber," The following judgment was pronounced and folks were going to do something "As grasshoppers are obnoxious to the country and to men, be it resolved by the about it, and that "something" would have been very unpleasant for her As all such creatures have their natural cycle of development, and pass away at the end of it, it is likely that some one's male dictions hit it at the right moment. But the trouble was that when expelled preourt that the priest shall, by candles burn-

woman at twenty-five, and then she stood ternaturally they must go to some other still for many years, and now is going land to be an equally bad curse. This struck upon the conscience of some, and struck upon the conscience of some, and back to pick up the years of girthood they refused to join in prayers to any such that the exactions of her life/defrauded

end .- Mary E. Spencer in St. Louis Globeher of. But it is hard to gather up lost years again and have them as good as

Some Historical Antipathies.

A story is told of a veteran member of the bar, which is one of the sort of stories against my flesh it almost sends me into that one does not here every week or every month. The here of the story is a very old gentleman; he has passed the fourscore, evently. "Stuff and nonsense?" said one of and though he has the reputation of hav-ing had a somewhat animated career, and to have scorned very few of the pleasures view of these peculiar dislikes, but history of life, he has as yet made no motion to- records some strange instances of pet averward carrying his case up to a higher

court. Not long ago a younger lawyer, in conversing with the old gentleman, sug-Joseph Scaliger and others con Joseph Scaliger and others could never gested that a great many changes must have taken place since he began the prac-sight of eggs. A king of Poland and a sec-watch. You soon get used to the sensaretary of France bled at the nose when they looked at apples. Henry III of France "Yes, yes," said the old gentleman; "a

great many wonderful changes have taken place in my lifetime. Why, the infernal cats, mice and spiders. A great huntsman regions have cooled down a great deal since in Hanover, who would valiantly attack a of a roasted pig. Amatus Lusitanus knew a person who

The young lawyer, not long afterward, repeated this remark to another veteran ember of the same bar, who knew the "Did he say that?" asked the second vet-

"He did," said the young man

"Well, now I understand; that's what he's been waiting for all these years!"-What He Was.

Husband-In all things, dear, follow my

nts to a maximum of 300 don't pay it at once. horse power. The dynamos generating the The woman wasn't highly posted in tax current revolve at 240 turns per minute, and those which are actuated by it in the a step higher than the husband, and the power. The length of the line is three behind the kitchen clock.—Lewiston Jour iles, and its resistance (including dyna- nal. The winter of 1889-90 was so severe that Weeds and Bugs on the Farm.

rupted for a moment, nor have the thun-from large animals, for man has invented weapons for destroying them. But their or interruption. There is a telephone wire decrease has disturbed the equilibrium in carried on the same posts as the conduct- other directions. There are fewer creat or, which enables the necessary commu- ures to devour wild weeds, and more seed nications to be kept up. The machines is ripened and drifted over the globe. Al work night and day and require only four attendants, two at the generating station of Arica. They have worked their way and two at the receiving station .- New westward, and are a positive menace of civilization.

Darwin and His Children.

Darwin and His Children. His son Francis states that he does not while we are contending with such a host remember ever hearing his father speak an angry word, yet the children never thought of the enemy as wild carrot, Canada this le plantains, docks and daisies, with their al of disobeying him. "I well remember," lies. But the contest is just as severe an says his son, "one occasion when my father just as doubtful with the bugs. The wises reproved me for a piece of carelessness; and I can still recall the depression which tion into government of the scientific study

There was another sister who was married to J. Harry Alexander, and she to disperse it by speaking to me soon after ward with especial kindness. "He kept up his delightful, affectionate who are to live on the land and become manner toward us all his life. I some times wonder that he could do so, with their own.-Mary E. Spencer in St. Louis

such an undemonstrative race as we are; Globe Democrat. but I hope he knew how much we delight ed in his loving words and manner. "How often, when a man, I have wished when my father was behind my chair, that he would pass his hand over my hair, as he

snow and wet, are strangely clever and quick in cleaning and drying their coats, and it is a sure sign that a dog has been overtired if he shows any trace of mud or dirt next morning. Most of their toilet is done with the tongue, but they are very clever at using a bush or the side of a haystack as a rough towel. One small spanie

Kidney Disease

why not you? To-mor-row may be too late.

The Thoughtful Porter.

Head Porter Lovejoy, of the Fifth Ave nue hotel, discharged one of his men for he would not be admitted indoors. About excess of promptness. A guest of the hotel who was obliged to catch an early train re-ing he used to strike work and begin to quested this particular porter to call him at 7 in the morning. For some reason that functionary had to take his departure be-neat and clean in the dining room. fore the hour at which the guest wished to becalled. At exactly 5:30o'clock he knocked One day the dog had been left at hom and his master returned and seated him

Are You Astigmatic: Do I think that the use of glasses is on Curious History of the Tomato the increase? I do. There are people wearing glasses today who have no business to

wear them, and there are people who ought to wear glasses who will not. There are where they introduced their favorite many who are astigmatic who do not know it. Astigmation is an ocular defect that is from South America as early as 1556 into very prevalent. When you see a man cast England, it was looked upon with suspihis head to one side while he reads a sign or close one eye to see an object more clear-ly, that person is astigmatic, although he is a set of the beautiful but de-in the beautiful but de-in the beautiful but de-tion, and its specific name, lycopersicum, derived from lykos (wolf) and persikon (a peach), referring to the beautiful but de-

ay know nothing about it. Astigmation is not troublesome as a rule, pretty closely the kind of estimation in may know nothing about it.

records some strange instances of pet aver-sions which seem to have a foundation in persons think if they do not need glasses they cannot wear them without suffering. That is not the case. The wearing of

He Slumped After All.

During a carriage trip into the country wild boar, always fainted away at the sight at a small village hotel. Of course the Governor Burleigh and wife spent the night people at the house fairly outdid them-selves in efforts to suitably entertain the

Amatus Lusitanus knew a person who fainted whenever he saw a rose, and hence always kept his house when they were in bloom. Scaliger mentions a similar case in regard to lilies, and Bayle about honey. Bayle himself turned pale at sight of upon the kitchen table, apparently crump watercresses. Tycho Brahe fainted at the sight of a fox, and Marshal d'Albert at the sight of a pig. A lady, wonderful enough, could not en-formed by a horrified housekeeper that led into huge wads. Can you imagine the

A lady, wonderful enough, could not en-dure the feel of silk or satin. A man, not so strangely, was known to faint whenever he heard a servant sweeping. Vicanor swooned whenever he heard a bagpipe. Bayle fainted at the sound of splashing water.—Youth's Companion. water .-- Youth's Companion.



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