THE ONLY REPUBLICAN NEWSPAPER AND THE BEST ADVERTISING MEDIUM IN CARROLL COUNTY.

AMERICAN SENTINEL.

JOB WORK OF LL DESCRIPTIONS BETTER AND CHEAPER THAN ELSEWHERE. —o— ESTIMATES FURNISHED.

$1 PER ANNUM. WESTMINSTER, MD., FRIDAY AFTERNOON, JANUARY 19, 1906. VOL. 75--NO. 3.

TO THE PUBLIC.

In view of the many inquiries that have been most naturally made during the past week, it becomes our duty to make a frank statement to the public.

Because of the fact that a number of persons are interested in the AMERICAN SENTINEL and job printing office; for the protection of all these interests the undersigned were by the Circuit Court for Carroll County, sitting as a Court of Equity, appointed Receivers, and will continue the publication of the AMERICAN SENTINEL and all the work of the office, under the same business and editorial management that existed before the death of Mrs. E. J. Rippard.

So far as the interests of the public are concerned there is no change whatever in the conduct of the office, and we solicit the continued patronage of subscribers and advertisers, assuring them that they will receive as in the past, faithful and efficient service.

E. O. GRIMES, Jr.,
W. L. SEABROOK,
Receivers.

STOCKHOLDERS' MEETING.

The Stockholders of the Farmer's Fertilizer Company, of Carroll County, are hereby notified to meet at the Company's Office in Westminster, on

TUESDAY, 6TH DAY OF FEBRUARY, 1906, at 10 o'clock, A. M., for the transaction of such business as may be brought before them.

By order of the Board,
JOHN ROYER,
jan 12 4t Secretary.

DIVIDEND NOTICE NO. 95.

Farmers and Mechanics National Bank of Wes minster,
Westminster, Md., December 30th, 1905.

The President and Directors have this day declared a Dividend of

THREE AND A HALF PER CENT.

on the Capital Stock, out of the earnings of the past six months, payable to the stockholders of this date, on and after January 6th, 1906, clear of Federal, State and County Taxes.

JOHN H. CUNNINGHAM,
jan 5 3t Cashier.

DIVIDEND No. 179.

Union National Bank of Westminster.
Westminster, Md., December 30th, 1905.

The President and Directors of this Bank have this day declared a Semi-annual Dividend of

FIVE PER CENT,

upon the Capital Stock of the Bank, clear of National, State and County Taxes, payable on and after Tuesday, January 9th, 1906.

jan 5 3t J. W. Hering, Cashier.

DIVIDEND NOTICE.

First National Bank of New Windsor, Md.
New Windsor, December 30th, 1905.

Stockholders of this Bank are hereby notified, that the President and Directors have this day declared a Semi-annual Dividend of

THREE AND ONE HALF PER CENT. (3½)

on the Capital Stock, clear of State, County and U. S. Taxes, payable on and after January 6th, 1906.

NATHAN H. BAILE,
jan 5 3t Cashier.

DIVIDEND NOTICE.

The First National Bank of Westminster.
Westminster, Md., December 30th, 1905.

The President and Directors have this day declared a Semi-annual Dividend of

FOUR AND A HALF PER CENT.

on the Capital Stock of this Bank, clear of Federal, State and County Taxes, payable on and after January 9th, 1906. City of Westminster Taxes paid for Stockholders will be deducted from dividend.

GEORGE R. GEHR,
jan 6 3t Cashier.

NOTICE TO CREDITORS.

This is to give notice that the subscribers have obtained from the Orphans' Court of Carroll county, Md., letters of Administration on the estate of

WILLIAM H. SHAEFFER,

late of Carroll County, deceased. All persons having claims against the deceased are hereby warned to exhibit the same, with the vouchers thereof legally authenticated, to the subscribers, on or before the 9th day of August, 1906, they may otherwise by law be excluded from all benefit of said estate.

Given under our hands this 9th day of January, 1906.

HARRY K. SHAEFFER,
FRANK T. SHAEFFER,
jan 12 4t Administrators.

NOTICE TO CREDITORS.

This is to give notice that the subscriber has obtained from the Orphans' Court of Carroll county, Md., letters Testamentary on the estate of

SARAH SWARTZBAUGH,

late of Carroll county, deceased. All persons having claims against the deceased are hereby warned to exhibit the same, with the vouchers thereof legally authenticated, to the subscriber, on or before the 2nd day of August, 1906; they may otherwise by law be excluded from all benefit of said estate.

Given under my hand this 2nd day of January, 1906.

DANIEL F. SHIPLEY,
jan 6 4t Executor.

PUBLIC SALE OF VALUABLE REAL AND PERSONAL PROPERTY.

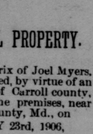
The undersigned, as executrix of Joel Myers, ate of Carroll county, deceased, by virtue of an rder of the Orphans' Court of Carroll county, will offer at Public Sale, on the premises, near Bruceville Station, Carroll county, Md., on

TUESDAY, JANUARY 23rd, 1906,

at 1 o'clock, P. M., the following Valuable Real Estate, consisting of

13½ ACRES OF LAND,

in good condition; the improvements thereon consist of a substantial Brick Dwelling House, 50 ft. front, containing 10 rooms and attic, also Basement and two Cellars, with a Well of excellent Water at the door; Barn, Wagon-shed, Carriage House, and other outbuildings.



The property is splendidly located, with very pleasant surroundings, plenty of fruit in variety and is an especially desirable home.

Terms—One-third of the purchase money to be paid said executrix on the day of sale or on the ratification thereof by the said court, and the residue in two equal payments, the one payable in 6 months and the other payable in 12 months from the day of sale; the credit payments to be secured by the bonds or single bills of the purchaser or purchasers, bearing interest from the day of sale, or all cash at the option of the purchaser or purchasers.

MRS. B. F. WELTY,
Executrix of Joel Myers.

Also, at the same place and on same date, at 9.30 A. M., will be sold a large lot of Personal Property, consisting in part of

3 HORSES, 3 COWS, WAGONS,

Implements, Household Furniture, etc. For items see large posters. jan 6 3t

HAVE YOU CATARRH?

Catarrh is the fore-runner of consumption, and should be attended to without delay. I wish to announce that I have taken the agency for Dr. Blosser's FAMOUS CATARRH CURE, the only remedy that helped me, and I have tried many others. This remedy is the result of thirty-one years of experimenting, and it stands on its merits. It is put up in packages containing one month's treatment, in either pipe or cigarette form. I will give to any one suffering from Catarrh a five days' treatment for the asking.

W. T. JARBOE,
dec. 29 4t* Winfield, Md.

FOR RENT.

The Dwelling House recently occupied by Guy W. Steele, Esq., on Court St. Eight rooms and modern improvements. Reasonable repairs or improvements will be made to suit tenant. Immediate possession given.



CHARLES E. FINK.
jan 5 tf

CHARLES H. MEDDERS, M. D., LL. B.,

1609 MADISON AVE., BALTIMORE.

Eye, Ear and Throat Specialist. Can be consulted SATURDAYS, at 98 East Main street Westminster, Md.

mh 10 tf

Babylon & Lippy Co.

"The New Store!"

GREAT DISCOUNT SALE

—OF—

Men's, Boys' and Children's Suits, Overcoats and Hats

OF EVERY DESCRIPTION GOES INTO EFFECT

To-Day and will Last 20 Days.

Every garment marked at original prices will be sold during this Great Sale to make room for spring stock at a discount of 25 per cent.

25 PER CENT.

Regardless of what they cost us. We do not want to carry any goods over, therefore will, during this discount sale, sacrifice OUR ENTIRE STOCK OF

CLOTHING AND HATS.

Take advantage of this great opportunity for saving money and buy all the Clothing and Hats you need at a saving of 25 per cent. discount.

Ladies' and Misses' Suits and Coats.

Our Great Reduction Sale of Ladies' and Misses Suits and Coats has been quite a success and our stock of sizes is getting broken up, although every garment left is thoroughly a bargain. We advise you to come quick and look our lines over before making your purchase.

BLANKETS AND COMFORTS.

Blanket and Comfort Sale will continue until sold, prices being cut to cost and in many instances far below cost. To appreciate the qualities and low prices of our Blankets and Comforts call and examine our line.

100 dozen regular 15c Black Hose in all sizes, we offer for a limited time at **10c a pair.**

2,000 yards yard-wide Unbleached Muslin, fully worth 8c, our price **5c Yard.**

1,500 yards of regular 9c Bleached Muslin, 36 inches wide; a great bargain at **6¾c Yard.**

1,800 yards regular 8c Outing, all colors and very desirable. Our price until sold, **5c Yard.**

2,000 yards of the choicest patterns and qualities of Flannelettes and Outings that sold at 10 and 12c yard. We will close them out at **8c Yard.**

All the above items will positively be on sale until sold. All new goods, no old stock.

SHAM HOLDERS.

The woman's greatest friend. Our sale has been enormous. The prices being absolutely the cheapest known. Will last a lifetime. Only a limited quantity left.

FELT BOOTS.

Special bargain in Men's Felt Boots. Having secured a limited quantity from reliable manufacturers, will offer them until sold, all sizes, at the low price of **$1.98 pair.**

BABYLON & LIPPY CO.

BABYLON BUILDING, Opposite Liberty Street, WESTMINSTER, MD.

300 OVERCOATS, 500 Suits,

That Must Be SOLD AT

SHARRER & GORSUCH'S, Westminster,

The store at which if you are wise you will always buy Men's and Boy's Clothing, because they sell you best Suits and Overcoats at LOWEST PRICES.

BEGINNING January 2nd,

A GENUINE REDUCTION ON SPLENDID

Winter Suits and Overcoats.

Special Big Bargain in Stylish Fancy Overcoats. $18 Coats $12. $15 Coats $10. Young men, if you want the latest don't miss this offer. BIG CUT IN PRICES ON

BOYS' and YOUTHS' OVERCOATS.

A lot of Youths' Fine Suits, $2 to $3 reduction on each Suit. Men's Elegant $15 and $16 Suits $13.00. Bargains in cheaper Suits $5 to $10. $23 and $25 HANDSOME WORSTED SUIT PATTERNS, made to order this month. $19, $18 and $20 qualities now $16. $16 patterns $13.50. Stylish Rain Coats $10 and $12. A few Fine FUR GLOVES AND COLLARS left at a reduction. Still selling best 38c Underwear in Carroll county. Lots of Fine Underwear to keep you warm. Also good Sweaters and Cardigan Jackets at low prices. Everyone comes here for Men's and Boys' best Cord Pants.

feb 10 1y 13 SHARRER & GORSUCH, Westminster, Md.

BEFORE STOCK TAKING!

To reduce our stock before stock taking we have some GOOD BARGAINS TO OFFER YOU:

50 pairs Ladies' Shoes, broken sizes, worth $3.00 and $3.50, at $2.50.
Men's Working Coats, worth $1.50 and $1.75. at $1.25.
Men's Puff Ties worth 50c at 25c.
Boys' Fleeced Underwear worth 30c at 20c.
Rubbers of every description at Rock Bottom Prices.
GIVE ME A CALL.

WM. C. DEVILBISS, 22 W. Main St., Westminster.
dec 23-04-1y

MITCHELL'S ART GALLERY,

FOR THE LATEST STYLES IN ALL KINDS OF

Photographs and Large Work.

KODAK FILMS FOR SALE. J. D. MITCHELL, over Bowers' Store, Westminster, Md. feb 19 04 1y

J. Milton Reitsnider,
Attorney-at-Law and Solicitor in Chancery.
OFFICE—Albaugh Block, Court St., Westminster, Md. oc-21-1y

IVAN L. HOFF,
Attorney at Law.
ENGLISH and GERMAN SPOKEN.

SULLIVAN'S NEW STORE NOW OPEN FOR BUSINESS.

Having disposed of my interest in the firm of Keefer & Sullivan, of Westminster, including all goods in their store, to Mr. Wm. N. Keefer, and having purchased from Mr. John T. Wampler his store building on West Main street, I have opened a

NEW STORE in said Building.

I have stocked the store with New Goods in all lines, and will have no old stock of any description whatever. I will keep

GROCERIES OF ALL KINDS,

and all sorts of family supplies, such as Flour, Lard, Buttter, Eggs, Coffees, Teas, Potatoes, Soaps, and all other cleansing goods, Lamp Chimneys, and in fact everything per aining to household uses, a line of Confectionery, &c. Also a full line of

Horse and Chicken Foods, Baled Hay, Straw, Bran,

Shorts, Screenings, Corn—shelled and in the ear—Oats, and other Grains, Cattle and Chicken Powders, &c. All goods will be sold at Fair Prices and Quality Guaranteed. I will keep a delivery w gon and have C. & P. 'Phone and will deliver free and promptly all goods ordered by 'phone or at the store.

I thank the customers of Keefer & Sullivan for their liberal patronage during my connection with that firm respectfully request the citizens of Westminster and vicinity to give me a share of their custom. By strict attention to business, fair dealing and selling goods for precisely, what they will be represented to be, and as low as the lowest. I hope to merit the confidence and liberal support of the public.

Very Respectfully,
MILTON A. SULLIVAN, No. 90 West Main Street, Westminster, Md.
jan 6 96

C. E. NUSBAUM & CO.

OUR JANUARY Clearance Sale Begins To-day, December 30th.

Hundreds of Dollars Worth of Goods will be Sacrificed during next 30 days.

We begin to-day a Grand Clearance Sale of Winter Goods and odds and ends of stock that have accumulated during the rush of holiday business. This will mean bargains from every department in the store. We take inventory the last week in January so this general cleaning up must be done quick. We are disregarding the high prices that prevail on cotton and in most instances are selling Cotton Goods less than we can buy them to-day. Don't put off coming to this great sale until the best bargains are sold, but come to-day. The following items are but a few of the many special offers.

Five Bales of good clean Quilting Cotton, worth 15c to-day, our price 10c lb.
1000 Yards of regular 5c Calico, just the thing for Quilts, 3½c yard.
1000 Yards of regular 6c Outing Cloth, good for Comforts, 3¾c yard.

my 26 1y 16 C. E. NUSBAUM & CO., Popular Cash Store, New Windsor, Md.

JOHN D. BOWERS.

We heartily thank our patrons, for the year just past, for their co-operation and liberal dealing. It was the best year in my trade, near and country business. We will in the future show our patrons our appreciation and continue to merit their trade. You can buy the

BEST and FRESHEST HERE

and it does not cost you ONE CENT more than elsewhere. Just stop one minute and think over it, then you will see the advantage. We buy from first hands and get best prices for cash which enables us to sell you at low prices for

FIRST CLASS GOODS.

Again thanking our patrons and inviting a continuance of your favor, I remain, yours for a prosperous year.

We are giving One Soda Ticket with every cash purchase of ONE DOLLAR, except Sugar.

jan 23 04 1y 10 JOHN D. BOWERS, 47 and 49 East Main St., Westminster. Both Phones.

It Isn't Quite Fair to Mother.

If mother would listen to me dears.
She would freshen that faded gown;
She would sometimes take an hour's rest,
And sometimes a trip to town.
And it shouldn't be all for the children,
The fun and the cheer and the play;
With the patient droop on the tired mouth,
And the "mother has had her day."

True, mother has had her days, dears,
When you were her babies three,
And she stepped about the farm and the house
As busy as ever a bee.
When she rocked you all to sleep, dears,
And sent you all to school,
And wore herself out, and did without,
And lived by the Golden Rule.

And so your tura has come, dears,
Her hair is growing white,
And her eyes are gaining that far-away look
That peers beyon: the night
One of these days in the morning
Mother will not be here;
She will fade away into silence
The mother so true and dear.

Then what will you do in the daylight,
And what in the gloaming dim?
And father tired and lonesome then,
Pray what will you do for him?
If you want to keep your mother,
You must make her rest to-day;
Must give her a share in the frolic,
And draw her into the play.

And if mother would listen to me, dears,
She'd buy her a gown of silk,
With buttons of royal velvet,
And ruffles as white as milk.
And she'd let you do the trotting,
While she still in the chair;
That mother should have it hard all through
It strikes me isn't fair.

—Margaret E. Sangster.

MAIL SERVICE IN THE COUNTRY.

Magnitude and Growth of the Rural Delive

On June 30, 1905, rural-delive service was in operation on 32,1 rural routes, from 13,599 distributi offices. From the reports of ru carriers which have been compiled the Division of Rural Delivery it shown that more than 1,000,000,0 pieces of mail were handled by carriers during the fiscal year ended June 30, 1905, or, to be more exact, 1,387,057,711.

The average number of pieces of mail delivered per carrier per month throughout the United States was 3,143, the average number collected 545, a total average of 3,688 pieces handled per carrier for each month, the average per day being 141. During the previous fiscal year the monthly average per carrier was 4,250.

The number of routes above given includes those on which service was established during the year. On those routes which were in operation during the entire fiscal years ended June 30, 1904, and June 30, 1905, the increase in the amount of mail delivered was 3.3 per cent. and the decrease in the amount of mail collected was 0.6 per cent., a net increase of 2.8 per cent. The average cost for each piece of mail handled was .0146.

Cost of the Service.

The total amount paid the 32,055 carriers in the service June 30, 1905, during that year was $20,293,590.91. Of this amount there was expended in the State of Nevada, with one carrier in the service, $720, and in the State of Illinois, with 2,536 carriers in the service, $1,676,064.70.

The total value of cancellations on mail originating on rural routes during the fiscal year ended June 30, 1905, was $3,421,857.01, and deducting this amount from the amount paid carriers, the approximate net cost of carriers for that year was $16,871,733.90. The average cancellations per route per month was $10.84, 20 cents less than the average cancellations per route per month for the previous fiscal year.

The average monthly salary of rural carriers in the service June 30, 1905, throughout the United States is $59.-09, and, deducting from this the average value of stamps canceled on mail originating on rural routes, $10.-84, the approximate average cost per carrier on account of salary is $48.25.

In Maryland there were on June 30, 1905, 359 routes. The average salary of the carriers was $58.93, and the carriers averaged 3,496 pieces of mail each month. On January 2 of this year there were before the department 470 petitions for routes. Of these adverse reports had been made in 80 cases, and there were at that time 374 routes in operation.

CASTORIA.
Bears the Signature of Chas. H. Fletcher. The Kind You Have Always Bought

Methodist Church Conferences.

During the latter part of March and the first part of April five of the largest Methodist denominations in the South will hold their annual conferences in Maryland. Three of these will be held in Baltimore, and the other two in Cumberland and Pocomoke City. The conferences, places of meeting and the dates follow:

Baltimore Conference, Methodist Episcopal Church—At Madison Avenue Church, Baltimore, the latter part of March.

Wilmington Conference, Methodist Episcopal Church—At Pocomoke City, Md., about the middle of March.

Maryland Annual Conference, Methodist Protestant Church—At West Baltimore Station Church, corner Lafayette avenue and Gilmore street, Baltimore, first part of April.

Baltimore Conference, Methodist Episcopal Church South—At Cumberland, Md., about the middle of March.

German Conference, Methodist Episcopal Church—At Broadway German Church, Broadway, near Eastern avenue, Baltimore, latter part of March.

After 29 years of service, Rev. Dr. J. C. Koller has resigned the pastorate of St. Matthew's Luthern Church at Hanover, Pa., because of ill health. Last September he suffered a physical breakdown, which has incapacitated him for further work in the ministry.

The best way for a man to get out of a lowly position is to be conspicuously effective in it.

WEALTH OF OUR FARMS.

From the Scientific American.

In view of the vast increase that has taken place during the past decade in the number and wealth of our industrial establisments and in the value of our manufactured products, it will be surprising to many people to learn that our farms still greatly exceed in value and as a source of revenue every other source of wealth, not even excluding our great manufacturing enterprises. The wealth production of the farms of the United States reached in 1905 the highest amount ever attained in this or any other country, the total figure being nearly six and one-half billion dollars. Four of the crops reached new records as to value, namely, corn, hay, wheat, and rice. Corn exceeds previous yields both in amount and in price, and hay, wheat, and rice reached new figures as to value only. The general average of production was high in the case of every crop, and the prices ran higher still. The Secretary of Agriculture estimates that in addition to the enormous yield of wealth, the farms of the country have themselves increased in value during the past five years by over six billions of dollars; and he puts the matter dramatically when he states that with every going down of the sun during the past five years, there has been registered an increase of three million four hundred thousand dollars in the value of the farms of the country. An analysis of the principal crops for the year shows that corn reached its heighest production with 2,708,000,000 bushels, a clear gain of 42,000,000 bushels over the very profitable year of 1899. The hay crop is valued at 605 million dollars; cotton at 575 millions; wheat at 525 millions; oats, 282 millions; potatoes, 138 millions; barley, 58 millions, and tobacco at 52 million dollars. Very remarkable is the increase of 54 million dollars in the value of dairy products which, reached the total valuation of 665 million dollars. The farmer's hen, says the Secretary, is becoming a worthy companion to the cow, the annual production of eggs being now 20 billions. Poultry products have climbed to a value of over half a billion dollars, so that poultry competes with wheat for precedence. The total value of horses is estimated at $1,200,000,000. There are over 17½ million milch cows, valued at nearly half a billion dollars. During the year farm produce to the value of 827 million dollars was exported. During the last sixteen years the domestic exports of farm products have amounted to 12 billion dollars, or one billion dollars, more than enough to buy all the railroads of the country at their commercial valuation. Clear evidence of the prosperity of the farmers is seen in the fact that under a recent amendment of the national banking law, allowing the establishment of banks with a capitalization of less than $50,000, there have been 1,754 such banks established in the last year, nearly every one of which, says the Seretary, is located in a rural community and the capital furnished by farmers. For the first time in the financial history of the South, the deposits in that region exceed one billion dollars. Should there be no relapse from his present position as a wealthy producer, three years hence the farmer will find that the farming element, which forms thirty-five per cent of the population, has produced an amount of wealth within the preceding ten years equal to one-half of the entire national wealth produced in three centuries.

Don'ts for Schoolchildren.

Dr. W. M. L. Caplin, director of health, submitted the following list of don'ts for school children to the Philadelphia Board of Education:

Don't put your finger in your mouth.

Don't put pencils in your mouth or moisten the points with your lips.

Don't wet the fingers in turning the pages of a book.

Don't put money into your mouth.

Don't trade candy that is bitten, apple cores, chewing gum, whistles or anything that can be put in the mouth.

Don't forget to keep your hands clean. Wash your face often, as there is less chance of infection where a child is coming down with disease if the parts around the nose and mouth are free from secretions.

Don't spit on your slate.

Don't borrow or lend handkerchiefs, mufflers or hats.

Laziest of the Lot.

A celebrated financier one day in crossing a vacant lot came upon a group of loiterers lying under a tree. He paused and held up a silver dollar in his hand. "The laziest man of you gets this silver dollar," he said.

All jumped up clutching for the dollar but one, who continued lying on his back. The financier threw the dollar to him, saying:

"You earned it."

The idler turned over and said: "I put it in my pocket."

If at first you don't succeed, do over, but don't over do it.

IN THE GOOD OLD TIMES.

In 1838 envelopes were absolutely unknown. A century ago farmers reaped their grain with sickles, one acre being a fair day's work. Not until February of 1812 did the people of Kentucky know that Madison was elected president in the previous November. In 1834 one of the leading railroads of the United States printed on its time table: "The locomotive will leave the depot every day at 10 o'clock if the weather is fair." The first typewriter was received by the public with suspicion. It seemed subversive of existing conditions. A reporter who took one into a court-room first proved its real worth. When Benj. Franklin first thought of starting a newspaper in Philadelphia many of his friends advised against it, because there was a paper published in Boston. Some of them doubted that the country would be able to support two newspapers.

One hundred years ago the fastest land travel in the world was on the Great North Road, in England, after it had been put into its best condition. There the York mail coach tore along at the rate of 90 miles a day and many persons confidently predicted divine vengeance on such unseemly haste.

When Thomas Jefferson was elected president of the United States, on February 17, 1801, after one of the most exciting political campaigns in our history, the gratifying news did not reach the successful candidate for as many days as it now takes hours to transmit the result of a presidential election to the whole world.

When, in 1800, Richard Trevithick uttered the following words there were many who considered him insane and a dangerous person: "The present generation will use canals, the next will prefer railroads with horses, but their more enlightened successors will employ steam carriages on railways as the perfection of the art of conveyance."

When Benjamin Franklin first took the coach from Philadelphia to New York he spent four days on the journey. He tells us that as the old driver jogged along he spent his time knitting stockings. Two stage coaches and eight horses sufficed for all the commerce that was carried on between Boston and New York.

The Average Man's Daily Food Need.

The average man doing from light to moderate muscular work must take each day approximately 116 grams of proteid matter (18 grams of nitrogen), with sufficient fat and carbohydrate to yield a total fuel value of 3,050 large calories. The usual proportion of carbohydrate (mostly starchy food) is about 500 grams to 50-60 grams of fat. In other words, the average man needs, according to the above hypothesis, approximately 120 grams of proteid, 500 grams of carbohydrate, and 60 grams of fat for his daily ration. In order to obtain these amounts of nutrients he would require per day three-fourths of a pound of ordinary roast beef, one pound of boiled potatoes, one-half pound of white bread and one-fourth of a pound of butter. Naturally much greater variety of food might be adopted with the same nutritive values as the above; but these figures will suffice to give some impression of the quantities of ordinary cooked food required to yield the nitrogen and the total fuel value called for by the above standard dietary.

A more elaborate diet, one in large measure free from meat and having essentially the same content of nitrogen, and with a total fuel value of approximately 3,000 calories, would be as follows: Fried hominy, six ounces; syrup, three ounces; baked potato, eight ounces; butter, one and one-half ounces; baked spaghetti, ten ounces; mashed potato, ten ounces; boiled turnip, six ounces; bread, two ounces; apple-sauce, eight ounces; apple-tapioca pudding, twelve ounces; fried sweet potato, eight ounces; fried bacon, one ounce; fruit jam, four ounces; coffee, one and one-half pints, and tea, three-fourths of a pint. Such a diet, owing to its vegetable nature and lack of concentration, is naturally quite voluminous. A greater concentration of diet is easily obtained by the replacement of a portion of the vegetable matter by meat; and this the ordinary man, with his highly-developed palate, usually prefers to do, because of the increased flavor which his acquired taste now calls for. Further, the resources at the command of the civilized man render possible great variety in matters of diet; but whatever the character of the daily food, or however great the number and variety of the ingredients, it will be found that the nitrogen content and fuel value of the daily food of mankind will in general correspond in large measure to the dietary standards usually adopted throughout the civilized world.—Russell H. Chittenden, in the October "Century."

Hook—"If I have my way I'll marry Miss Nagsby." Nye—"If you do you'll never have your way."

©Maryland State Archives, msa_sc2900_scm2302-0439