SENATOR GEORGE F. HOAR is a tough subject for an interviewer to tackle. He was in New York the other day, and a reporter abruptly asked his opinion of the prospects of the Republican party. "Who are you that you have a right to speak to me without first having been introduced?" demanded the Senator haughtily, as he stamped his foot on the tiled floor. "A reporter, ah? Have nothing to say, sir. Don't ask me any more questions, sir." And with this the Senator disappeared up stairs.

WILLIAM HORN, living near Greenville, Pa., captured a hawk alive recently, and, taking it home, tied it to the leg of the kitchen table until he could procure a cage. The baby was left in the room to play, and soon Mrs. Forn heard it rereaming violently. Eushing to the rescue she found that the vicious bird hal attacked the child and was tearing its face and breast with its talons and beak. Before the mother lacerated on one cheek, an eye was torn out, and there were deep wounds on its breast.

heart of New York City which has always had a select Jewish patronage, the young la lies paying each \$1,000 for not only keep their own holidays, but see to it that their Jewish puni's oba Sister once to her Jewish students. "It is one of your holidays." The girls were amazed. The only day their parents kept was Yom Kippur, and now, after severe reflection, they realized

FIVE anarchists went into a Paris restaurant and ordered and devoured a fine dinner. When the bill was presented they told the proprietor to look to the rascally capitalists for their pay. He sent for the police, and the anarchists cursed them for having carried out capitalistic behests, but went along. anyhow?" In the police court the mother of one of them appeared and paid the complainant for the five dinners, but the son shouted out that she was silly, that dinners on principle, and would do i again every chance that they got. They were thereupon sent to prison for three months and fined.

communication to the San Francisco Post on the subject of beet-root sugar. He believes that the cultivation of sugar-beets will soon be one of the largest agricultural pursuits, not only States and Territories, both soil and climate being more favorable to the purpose than even in Germany. Fifty acres planted in sugar-beets will be peeped in. planted in grain. He purposes erectbefore doing so must be guaranteed that at least 2,500 acres will be plant- the short, glossy carls was a jaunty

TREEF is something fierce about a German professor's humor. It is told of Prof. Kastner, Gottingen's distinguished mathematician, that during troops and demanded the surrender of Gottingen, he sent a letter to Rector | here! Your fire wants a good st rring up! use his influence and persuade the commander to yield, otherwise he treat him in the same fashion. would surround the town and bring about a famine. Kastner declined to bright hues of pictures and furniture, interfere, and as to the famine threat despite the dust that covered them, bringreplied that he was not especially grin face. alarmed, inasmuch as he had been assistant professor at the Leipsic Unijuently learned to endure hunger.

An employe of an oil company at flattering around the room as it wafted by thing. At one of the wells the gas order out of confusion that had reign the end of a pipe. The flame was "For a would-be boy you seem to know close enough to the ground to make a good deal about such things," he remarkconsiderable warath to the earth for ed, dryly. crickets and hard at work in th ir cir- awhite, uncle; you'd be a great deal more would get outside of their small patch out of the snow, shake it off their feet.

A Tariff Investigation.

another, "less see yer chewia' ter-

"What fur?" ", ell, I'l tell yer. It's got er tin have nothing to do with them. reppersentation of de Goddess of Lib-

erty onto it. Whuche want to know !

He Did Not Wait.

Tramp-I haven't had a bite for two

bite in two days? Then you shall have joy. one right away. Here, Tige; here, Tige. Tige hasn't had one either .-

A MULE died from fright at Sumter. | shown. "Go and tell cook you're going to silk, decorated with a border of roots | the naturally retarding points in his Ga., the other day. While being driven stay, and that she must give you a room or crackle-work, done in gold wire, action, and the good hurdler trees to through the s'reets the wind caught up and see to your meals. Do not be afraid if The drapery is about as artistic, and bring his spring as smoothly and cora large piece of blue paper and whirled she's cross," he added, somewhat anxious- certainly as durable, as anything in rectly, so to speak, into his motion as event are usually counted on a basis of the directly and the state of the state it directly before the animal's face.

The mule started back in terror, trem
The mule started back in terror, trem
West rise of the design is laundries well, and the design is laundries well well as a laundries well well as a laundries well as a la bled violently and fell over dead.

NOBOD7 KNOWS BUT MOTHER. BY H. C. DODGE,

Kobody knows of the work it takes To keep the home together; No edy knows of the steps it takes, Which kisses only smother;

Nebody-only mother. Nobody knows of the sleepless care Bestowed on baby brother; Nobo y knows of the tender pray'r, No oly-only mother.

Nobody knows of the lessons taught

Nebody knows of the patience sought,

No lody dries the tear that flows

No oly knows of the anxious fears Lest dartin s may not weather The sterm of life in after years, Nebely knows-but mother.

Of loving one another;

Nobody-only mother,

Nobody kneels at the throne above To thank the Heavenly Father For his best gift-a mother's love, Not edy cen-but mother.

BRAVE JACK.

Rob rt," said Jack. "Bess and Maria could save it, the baby had been badly failed because he could not stand girls with such fine i leas; but I won't trouble him that way. The old fellow is all right "My child," said the gentle Mrs. Raymond, "I do not like to hear you speak i to for ive me, and we will make no further

"Oh, yes we will, dearie!" and Jack's board and tuition. The good Sisters curly head buried itself in the mother's shoulder, coaxingly. "Do let me try to of his obligations toward his only sister and marbles if you want me to be a rea

"It was your father's wish, you know, dear. He was so grievously disappointed that they were requested to observe a boy's name," and Mrs. Raymond shook her head smilingly at her wayward daugh-

> No, but Jack is; and I'm never called anything else," that young lady repled. triumphantly, with an obstinate little shake of the jetty on Is that gave such piquancy wishes. What right had he to have wishes,

"He was my only living relative and guard an." answered Mrs. Raymond. who was always rady to excuse her brother's "Well, mot er, do let me go beard the lion in his den, the Douglas in his hall, said Jack, gay y. "You know we must do something, for we can get no work of any

kind in this place, though we've tried so "Well, go, my dear, and I shall pray for your success," said the gentle mother. Mr. Pobert Doran sat cowering beside a dull, spiritless fire one bright morning. His room was dusty and disordered, though its furnishing was good and even luxurious. He looked moody and discontented, as the wealth that showed itself in the hand some surroundings brought no pleasure to its owner. Perhaps he was thinking of the sister who had once made suashine in the now gloomy home, and wished that his pride would let him beg her to come back and care for him in his dreary old age.

A tap at the door aroused him. The door opened slowly and a bright face

"It's Jack Raymond, at your service, uncle," and in the venturesome girl walked ing a factory at Watsonville, Cal., but She wore a long ulster, closely buttoned to the throat, where a standing collar and a neat black tie showed themselves, while on ed in beets for a definite number of "Derby," guiltless of any trimming save the simple masculine band.

"Why, I didn't know my sister had a son!" exclaimed the old gentleman, his wrinkled face showing something very like satisfaction as he looked at the new comer "She hasn't," said Jack, with dancing eyes; "but it isn't my fault. I do my best. I m awfully sorry I'm not a boy, uncle, if the Seven Years' War, when Prince it would please you; but let me stay awhile Naver of Saxony arrived with his and you'll see what a first-class substitute casy grace. "But, dear me! how dull it is And seizing the poker she attacked the Kastner in which he exhorted him to coals in the grate with an energy that seemed to imply that she would like to

A tright blaze followed her vigorous acdancing on the walls an I showing the ing a cheery look, too, even to Mr. Doran's "There!" said Jack, giving a last ap-

proving poke, "that's better. Now, if just open this window and let in the sunversity for five years, and had cense- shine, so-" suiting the action to the word "you'll feel as bright as a spring morn-The girl was like a May-day herse'f.

Oil City, Pa., says: "I was out in the invisible breezes, her bright face the emoil-fields to-day, and saw a queer todiment of sunthine; and as the lonely was let of several rods, and burned at so long, a quizzical smile dawned on his

"Inat's the mother-part of me," said the ground was fro en hard outside of ture with a touch that only a woman has. this circle and covered with snow, the Then s e came and sat down on a footwarmth from the flame had woke up a with both hands, looked up with smilin. hill of black ants that were lively as andacity, saying: "You'd better let me stay

cumse ited locality as if it were mid- There was dep anxiety beneat't the summer. Cocasionally some of them merry exterior, for she knew well how vital her uncle's favor was. Her mother was too tenderness.

the burden of the family rested on her Her uncle was very wealthy, and if he

what happy days they would see!

he has sent once for her two sisters to spend a week at Glenside-a step toward | take her to his heart. with the kful joy. But before the week he thought; and then and there resolved to him that he has no time to turn and massing all his strength for one hun-"I jes' wanter see if it's got er label since his s ster had chosen to bring up speech to the minister, to thank him for her family to such idle habits, he would helping her; but she only remembered now

The one longing of the old man's heart | the starlight, and, blushing, she hung her had been for a so to bear his name. That head in silence. hope disappointed in the early death of his | That was two months ago. She smiles | more like a dance movement than any- | manner of dieting and comparatively

"Stay if you like, my child. It's a dull place within doors; but there are flowers It was so much kinder than Jack had

Motherly Old Lady- Haven't had a dared hope that she could have cried for "Oh, you dear uncle!" she said, and kissed his wrinkled old face with an honest hear iness that he was quick to feel.

ashamed of the unwonted softness he had by a scarf tidy of grass linen or pongee descent so as to resume his course are

"Come to lunch, Uncle Robert." "Yes," as he stared at her in amaze-

"I know cook always brought you j a skirmish, but it's all right now. Come Mr. Doran drew his dressing-gown more closely around him, and followed Jack

she had closen because it was so much p easanter than the great oak wainscoted A most tempting lunch was spread upon the round table, and flowers were intermingled with the dishes in profusion. was pretty to see the air with which she led her uncle to his place, then took her own opposite him to satisfy the demands of

her own healthy young appetite.

things that they can't."

"Did cook do all this?" Mr. Doran asked, with some curiosity. "No," replied Jack, blushing. "She wantall?" and she looked anxiously at him. "You are not like your sisters," he said, not replying to her question. "Oh, no!" and Jack shook her head somewhat dejectedly. "They are very accomplished-real young ladies, you know. Bit, t.en, I can cook and sweep, and do

"But I do not want a cook and a house maid," said Mr. Doran. had only tasted the soup!" "Child!" cried Mr. Deran, suddenly heart-broken old man. If you could only

do, uncle Robert; I do, truly!" said

never so gentle a ore," said cook, a week

suddenly and violenly ill. Jack heard his groans, and, histening to his assistance. round him suffering intensely. "lou must go for the doctor, cook; there's no one else to go," said Jack. "Indeed I'll not," replied cook, decis-"He's been none so good a master to me that I should risk myself in the dark

"Then watch him while I go," implored a.k. "Do not leave him or he'll die."

The way seemed interminable, but at last the few lights which yet burned in the village shon sout close at hand, and one part of her journey was over. Clesney was one of the most unfortunate villages, with houses so painfully similar that a stranger might well wonder how each inhabitant knew his own home Little wonder, then, that Jack, after much uncertain pausing before various doors. should at last decide upon the wrong one. She rapped gently, then listened. foot all sounded on the pavament, a hand was on the gate, and -yes -the steps were coming toward her, swiftly, certainty. She drew herself close to the side of the voice exclaimed: "Who are you? Speak! Who comes so lite to my door?' Gathering her comage with one last ef fort Jack faintly replied: "I want Dr.

"And have you come alone from Glenside, poor child?" the voice inquired. you are the doctor? Will you hurry? Un-

Robbins. My uncle Doran is very ill a

The poor girl had hurried till she was almost exhaus ed, and stood leaning breath lessly and panting against the door. "The do tor lives two houses beyond Shall I go with you and call him?" thing so womanish, fainted quietly away. She was only dimly conscious of being lifted in strong arm; that held her close, and of being rapidly driven over a rough road, and at last finding herself lying or her own bed at Glenside, with a grayhaired gentleman bending over her. She started up pale and anxious.

"No, no, child. Lie still; he is better,' the do tor sa d." "Well, then, tell me all about it. Who was it, and how did I get home?"

The doctor knew what she meant. ioner) carried you, when you fainted, to my In this space a number of hurdles are ler can be determined, is to adopt the cept by apothecaries, partly "because

Jack obediently swallowed the strengthening potion, then smoothed out the angled curls with her hands, and, without her nucle's room. He was not alone, for the hurdles may vary. Three feet by his bedside sat a grave, pleasant-faced and a half is the highest that is emyoung gentleman, who looked at her with ployed, and it is far more common to kindly, smiling eyes. She gave him but a have them only three feet in height. hasty glance, for her uncle's hand was out- This is high enough, and the two feet stretched to her, and she ran to take it. "And this is the brave girl who went two m les through the dark ni ht to bring help to her cross old uncle," he said. "I know saved me. What reward can I give you,

r. Doran's face brightened. "I was sure you would say that," he cred. "Jack, dear, I have forgiven her You go, Jack-dear, brave Jack! You have And he drew the blushing, happy face

down and kissed it with all a father's There were tears in the bright eyes when she looked up. For the second time within It was curious to watch them back out spite of her seventeen years) felt as though a few hours Jack for got her manliness and was crying. But the tears and blushes gave a softness and charm to her face that made it wonderfully attractive to Malcolm only could be brought to forgive her mother, Boyd, the young minister, and she looked so sweet and lovable and womanly that he

felt an almost irresistible inclination to reconciliation which her mother had hailed | "She will be a woman worth the having," | grossed by the task that is cut out for | ble strain, and, if he is in the habit of he couldn't stand their fine airs; that, Jack had meant to make some pretty He simply forges ahead for all he is eventually that he can cover the

son, he had gradually grown up into the now when she thinks of it, for she is no thing else. It is a pedestrian rh thinic light exercise in the gymnasium are

LARGE chairs and long-backed sofas | too great a distance from the pole. may be protected and often brightened "Springing and recovery from the racing costume.

HURDLING.

A Fascinating Pastime Much in Vogue Among Our British Cousins.

The Qualities and Training Requisite for a Successiul Hurdler.

NEW YORK CORRESPONDENCE. r. M. J. Melefont is thoroughly familiar with field games and pastimes, and contests on race track or cinder rest him a second more than is necespath. He takes a keen interest in the | sary. In watching a hurdle race one advancement of American sport, and cannot fail to note the slight pause, looks to any athletic exercise which infinitesimal almost, yet still a notice will develop American brawn and able pause, as the hurdler flings himself cope successfully with British records over the rail and touches the ground. in the matter of muscle and nerve with Quick recovery tells so much in the the greatest interest.

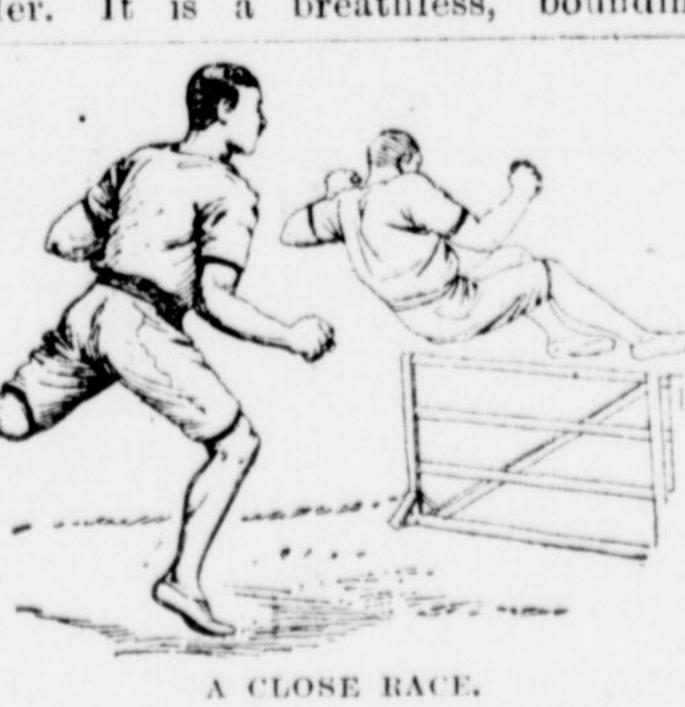
the position or the attention which it only a yard or two separate the second deserves," he replied. "It requires a runner from the one in front, he may, combination of three qualities-wind, if he has a reserve force to call into muscle and judgment, with an amount requisition, force himself and by a "I think you do," hughed Jack. "If you of training which a l are not willing to spurt forge ahead and burst the string. bestow. But as an athlet c exercise, it "The hurdler, like the high jumper, is most valuable in bringing out that in rising from the spring, throws his ment which is of such incomparable It is far easier than than the straight advantage to any one who wishes to perpendiular rise. It takes much shine as an amateur athlete. While more effort to rise straight in the And she meant it; for her warm heart we have preduced some of the best air so as to clear the bar with had gone out at once to the lonely old man, sprinters in the world, we have not the body perpendicularly held. so unuappy in the midst of his wealth; and taken up hurdling with anything like This could be done, since Paige, interest until the past eight or ten in making his high jump, really years. Sprinting is an athletic past me gets o er a height which shows that a that especially commends itself to three-feet hurdle could be so cleared. healthy young fellows, because it is The effect on a spectator would be far literally full of breathless interest to more entertaining, as the appearance



THE AMERICAN HURDLE,

covered by a 'sprinter' may not exceed porch, almost fainting with terror, when a a quarter of a mile, or four hundred and forty yards. A longer space than that is n the province of the runner, not of the sprinter, whose essential aim is to cover a short distance in the briefest amount of time. Of course, wind tels, but staying powers are not demanded as they are in long d stance runs, or long redestrian contests. The "Yes, sir," she said, impatiently. "But sprinter lets all he has out from the very start and keeps letting it out at cle may be dying now, I have been so long its very best until the finish. Having to carry such a short distance, he need not economize his wind or his legs. High pressure is the rate all along the short line of his course. "Hurdling is a fascinating variety of

But there was no respon e, for poor sprinting. The sprinting requires for ack, who had never in her life done any- a successful endeavor, or at least a brilliant effort, whether it captures the prize or not, only speed. Any ord narily healthy fellow, especially after his the hempen barrier. The height of and a half height is regarded as a con descension and not to be considered except by associations which have as much dude as athlete in their make-up. A hurdle race with three-feet hurdles, at ten or twelve feet apart, in a onehundred-and-twenty-yard, spurt, is "Forgive my mother," whispered Jack, very pretty contest, interesting to the spectator and equally so to the hurdler. It is a breathless, bounding



selfish, gloomy man Jack found him this longer say with the minister. Can you run with as many steps as notes in so things that every student of sport terbacker, an' I wanted to see if dey'd begun yet."—Mer hant Traveler.

Jair spring morning.

Mr. Doran is building a beautiful little bars. The reason for this is obvious. The reason for this is obvious. The reason for this is obvious. ish face that fascinated him; and now, with a warmth that surprised himself, he said: parsonage close by the village church, and rumor says that when it is completed Jack will go there as the minister's bride. Per- good point to spring from and clear tice is the recovery after the jump, and haps it is so, for she is growing so quiet the hurdle. If his steps are so timed this should be done over and over and womanly that her happy mother, who that he fetches up for the last leap too again, until a man is perfectly familiar renewing her own youth in beautiful near the hurdle, a much greater effort with the operation, and can start off on Glenside, says that God has doubly is needed to hurl himself across the the run the minute his feet touch the blessed Jack's venture, - New York Jour- barrier. The same is true, to a degree. if he brings to for the jump at a little daily, it possible, especially before a

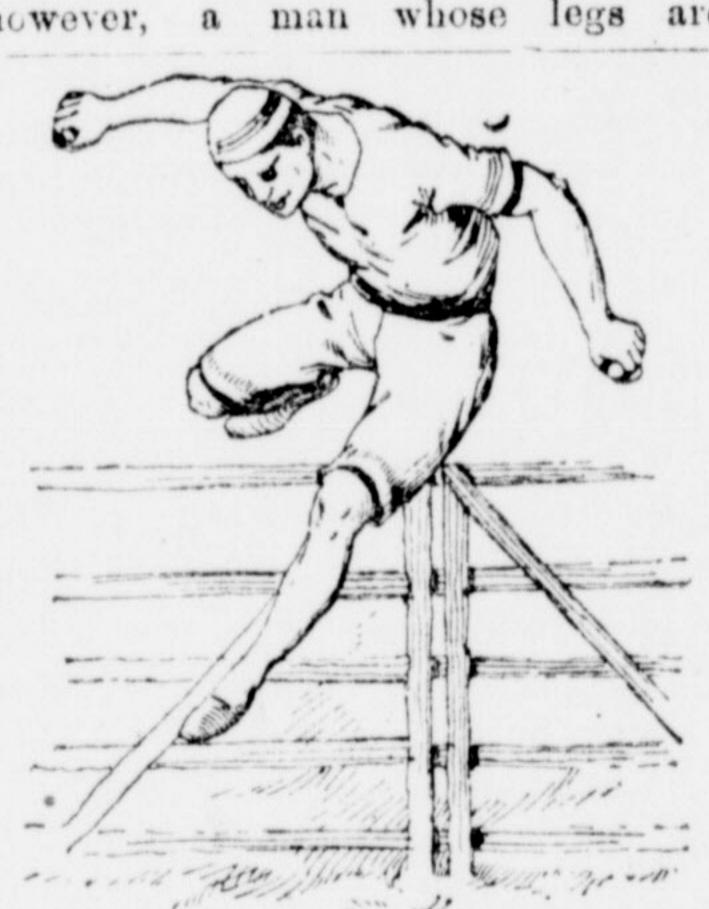




final result. In the hurdle race the "What sort of a position does hurd- longer stretch coming between the last ling claim in American sports?" he hurdle and the string offers some slight possibility of a spurt. True, not much "Hurdling has not yet won for itself allowance is made for this, but where

firm poise, confidence and quick move- who'e body horizontally over the bar. fact, the accident will be always due Toat very night Mr. Doran was taken the participants. The distance to be of such a spring would be more brilliant. I'ut it is a practical law with athletes to economize strength in contest, not to spend it prodigally and use!esslv."

"How does one train for hurdling?" "The general system is much the same as that alopted for short-distance running. While, as I have said, any man of good physique and limber limbs can become a hurdler, there is, nevertheless, a certain adaptability for the sport that must not be overlooked. A fat man, for instance, with all the training in the world, could not ever become a sprinter or a hurdler; but it is not leanness of physique a'one that fits a man for this peculiar sport. do not know that there is any rule by which the natural qualities of a man as regards running may be determined without actual exper ment with him. Looking at the broad back and heavy arms of a pugilist, you see at once that he is well fitted by nature for the sport in which he indulges, but noth-As a general thing, man whose legs are



OVER HIGH ENGLISH HURDLES. training, has wind enough to hold out, piled thick with muscles will not be and he doesn't care much if he brings able to run speedily, although he may up panting and breathless, and tum- be immensely strong. Agility is genbles up against a friend quite done up, erally accompanied by comparatively "Where is uncle?" she cried. "I must go as they often do after reaching the light muscles, and the , besides the goal, provided he gets there. But the formation of a man's limbs, the queshurdler must be an elastic, springy tion of wind enters into the problem. exceeds two hundred and twenty yards, thing in a short distance contest. Sc may go to your uncle—he wishes to see the first hurdle is reached, and a long one must try exper ments with himself cheap brand wine caused, to the great distance between the last gate and the in running to determine in which stage prejudice not alone of homes and lives, tial training can run a mile or two died without confession." and so on for a week or two, he can then readily make up his mind whether he is adapted for long distance or not. If he is not, it is then well to try the one hundred varl dash a few t mes. and see whether he naturally exerts all his strength from one end of the race to the other without bringing about off and make one hundred yards in thirteen seconds the first trial, he time is bringing boots into the fashion

general, after a few days of essential work, during which he should be very feet, but the ankle and the lower leg, should practice at a distance of about one hundred and fifty. The idea of this rush, in which the competitor is so en- is to accustom himself to a considera- they make a light-weighted boot, while the transfer out for ble strain, and, if he is in the habit of look to see if anylody is picking up, dred and fifty yards, he will find worth, and tries to reach the string in shorter distance in less time and with less about as lively a passage from the exhaustion. Of course, the only way starting point as his legs can make. to train for hurdle-jumping is to jum, "The movement a hurdler adopts is hurdles. Beyond that, the general

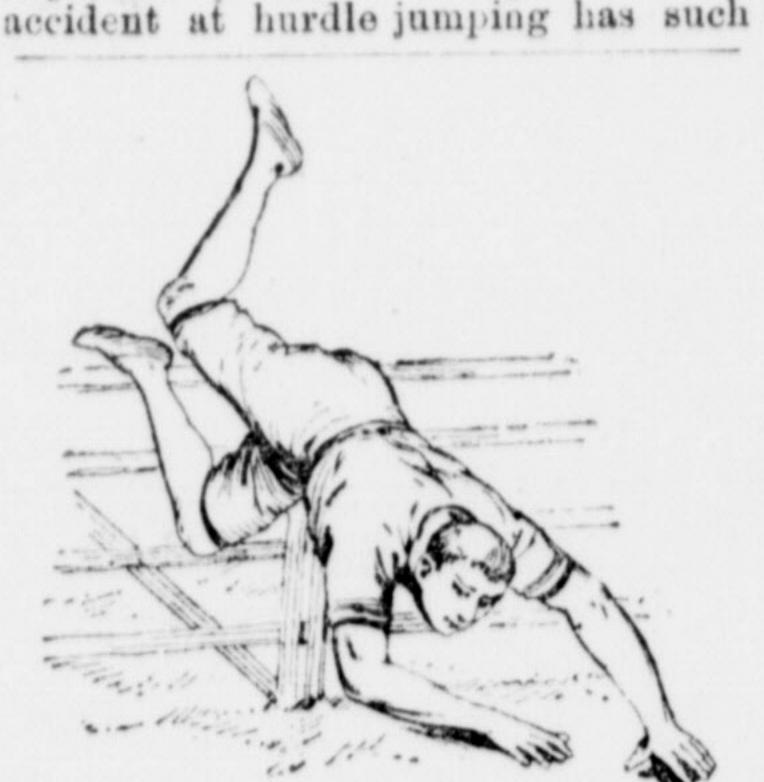
ground. Training should be continue contest. It should always be done i

"In England the custom is to have hurdles rather higher than they have in America, and frequently to have longer races, but the records for this

dent occurs in a sport of this kind. | dette.

Of course, a runner may stumble just before reaching a hurdle and collide

top rail and fall to the ground, but not often happens that amateurs who have not been trained properly for exhausted at the end of the race that they do not recover for two or three days, and it seldom happens that an



to improper methods of racing, for one who has studied the matter of hurdle umping will never be in any danger of injuring himself.

"The champion hurdler is C. T. Wiegand, a crack athlete of the New York Athletic Club. He has been champion at this style of race, which is a specialty of his, for a number of years. holds the record for a hurdle race of two hundred and twenty yards with three feet hurdles, covering the ground and leaping the hurdles in twentyeight and four-fifths seconds. He is a fine sprinter and makes a brilliant hundred yard dash, having made a record of this of ten and three-fifths seconds. He is very good in broad jumps, as well as general gymnasium work. Five feet eight inches is not a bad high jump for a fellow who is an inch and a half less than that in height, and who tips the beam at one hundred and fifteen pounds. Wiegand is a light, spare build, and is twenty-one years of age."

Strong Liquors a Modern Invention. Strong liquors are a modern invention. The ancients knew of nothing more powerful than light fermented wines, and have left warnings enough of the abuse of them. Alcohol was not discovered till the seventh century, although an older story exists of a monk, Marcus, who collected and condensed in wool the steam of heated wine, and then pressed out from the wool a balsam which he applied to the me. wounds of those who fell at the siege of Rheims, in the reign of Clovis I. He also mixed this balsam with honey, and produced a cordial which brought the moribund back to life. Clovis. however, did not wait for the approad of death before claiming his share of

the cordial.

According to Dr. Sanford Chaille, the distillation of spirits from wine was not discovered till the twelfth century, and spirits did not come into common use as drinks until the fifteenth, si teenth, and seventeenth centuries. Prof. Arnoldus de Villanova, in the fourteenth century, made a panacea of the water of life, which gave sweet breath and fortified the memory, bes des being good for sore eyes, the toothache, and the gout, and having other wonderful properties. Distilled spirits came into use in 1350, and had to be prohibited in 1494. Michael Savonarola produced a treatise on making the water of life in the fifteenth century, which became standard authority on the subject, and was followed by Matthioli de Sienna. These books gave the start to brandymaking in Italy, whence the trade ex- A long and successful experience has en-

tended to France. About 1520 the Irish usquebaugh began to acquire reputation in England. fellow, and exercise good judgment. There are some men who make splen. Before 1601 "brand wine" had come to The distance of a hurdle race rarely did runners who could never do any be distilled in the Low Countres from apples, pears, and malt, and in that year while one hundred and twenty is the far as I know, the only way in which an ordinance was passed at Tournay "You were at the m nister's door, and he coming home from visiting a sick parish- more usual and the favorite length. a man's ability as a sprinter and hurd- forbidding the sale of the liquor exhouse; and I drove you both over here, erected at regular intervals, a lowing course advised by Lon Myers, the of the dearness of coin, and partly be-Now drink this; then, if you feel able, you about the same space for a start before champion sprinter. He declares that cause of the drunkenness which this string, to allow of a spurt just before of the exercise he is best qualified to but to the extreme danger to the souls the triumphant runner breaks through compete. No one without some essent of the drinkers, many of whom had

without stopping, unless at the expense The art of extracting alcohol from of considerable fatigue, but after once other substances was gradually distraining by running, say a few bloc s covered, and liquors of various names the first day, and a few more the second, came into use. The trade grew great, and the present century has seen a new development of it in the general application of the art of "doctoring" liquors. -Popular S ience Monthly.

Advice as to Footwear. Fifty years ago boots had the prefer LOSS OR DAMAGE BY FIRE. ence. To-day, shees. Formerly, i undue exhaustion. If a man can start all weathers, the boot was worn outside of the trousers. The whirligig of ought to feel encourage I to adopt that again, at least for winter wear, and it style of running for his specialty. seems to be in the interest of good lity desiring to secure Safe insurance are If he has determined to do this and health. It stands to reason that it invited to call upon should be so. Everybody respects the what he should do should be force of the general hygienic principle to practice daily upon a trac's that it is necessary to keep the head cool and the feet warm if good health is sought. Boots cover not only the and hence fight off rheumatism, that boot should be thick, but, being thick, it isn't necessary that it should be nies before applying elsewhere. heavy. Cork soles are excellent, and protecting the foot from the wet. A pair of fancy-leather tops, say of the best morocco, will last many years, and so, with footing, boots eventually cost as little as shoes. The boot-legs should fit as snugly to the limbs as the size of the feet will permit. This makes the legs of the trousers fit the better. Fschew goloshes. They injure by "drawing." Let the thick soles serve their purpose. If the feet Cumberland & Pennsylvania Railroad. get wet put them into cold water, next dry them thoroughly, and then, with a change of socks, they will fairly glow with warmth .- New York Times.

okij pin ; the spots.

Edward Everett Hale says he believes the George Washington cherry tree and hatchet story. Brethren, it is the make of a good man to believe the good things told of other people. You will observe that every man who doesn't believe that Wsshington always told the truth, and who seriously doubts that he prayed at Valley Forge, is firmly convinced, and joyously declares that he swore like a pirete at Monmouth. That's the difference be-tween different sorts of people. - Bur-station, Cumberland. P. L. BURWELL,

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Railroad	Schedules,	utc.
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