Subscription......\$1.50 per annum Extras. 5 cents, for sale at the Postoffice by

CAUSE OF BAD DREAMS. Methods Recommended to Rid the Afflicted

of the Horrible N'ghtmare. Children are particularly subject to nightmare, and when they wake terrorstricken they need all the kind and soothing care possible. Effectual methods ought to be taken at once to prevent a repetition. Every kind butchers' meat should be avoided and a plain, simple diet, consisting largely of milk, should be given, and personal

hygiene strongly insisted upon. Family nervousness predisposes to nightmare, which thus becomes related to the thousand and one ills which we inherit from our ancestors, says Cassell's Family Magazine.

The most potent cause of bad dreams has yet to be mentioned. This is worry, which is one of the most fatal disorders which attack mankind. For one who is injured or killed by hard work a hundred are struck down by worry. Girls who are preparing for examinafever which prevents sleep or else causes it to be broken by horrid visions of unsolvable problems or impending failure. Remember also that we go to bed to sleep and not to review the events of the day. Don't think in bed. This may seem to be impossible advice in many cases, but it is certain that we can dismiss thought if we make sufficient effort to do so. Reading in bed is a very bad habit, which ought never to be contracted, or if it has been contracted, it ought to be given up resolutely. It is a habit sanctioned to some extent by the example of many eminent people, but it is radically wrong for all that. Finally, no words are strong enough to point out the danger of slow poisoning by drugs which are often taken to procure sleep, whether it be an alcoholic nightcap, morphine, opium, chloral, or any other. The medical man has recourse with reluctance to these as a last and temporary resort, and only he can tell how many lives are wrecked by the ill-timed use of them and their subsequent abuse. And of all horrible dreams, none are so awful as those which assail people who habitually use these false comforters. Better than all the drugs in the world for procuring sleep are simple food, a regular life, and a calm mind.

Canary Birds.

Canary bird breeding has brought a competence to many people in Germany; to others it has given the means to live. It is a home occupation among the poor. The principal seat of the industry was formerly the Hartz mountains, where the mountaineers, engaged chiefly in the timber and mining industries, were in great need. Almost every family then had in the sitting-room, the bed-room, or the garret a breeding place for their birds. In the summer the food necessary for the birds was easily obtained, and before the winter came the dealer had purchased them. After the Hartz mountains became more frequented by visitors desirous of benefiting by the pure Hartz air, the poverty of the mountaineers was diminished, and the canary industry fell off more and more. At present only fine singers are bred in the Hartz, and for these the dealer must pay a high price. The industry was then transferred to Eichsfelde, in the province of Hanover, where there are many very poor weavers. Nearly all of these are now engaged in breeding the cheaper varieties of canaries. In recent years large numbers of the birds have been bred in the cities, chiefly as pastime. About two hundred and fifty thousand are annually bred in Germany. Among the foreign markets the first is the United States, which takes, in round numbers, one hundred thousand birds annually. Next in importance is the English market, which takes about fifty thousand per annum. Then come Brazil, Chili, the Argentine Republic and Australia. To these countries sales. men are sent with canaries every year. The remaining birds, especially the finer Hartz mountain birds, are sold in Germany, where more value is attached to fineness of song, and where higher prices can be obtained than anywhere else. The canary industry adds largely to the national wealth, and the poorer class is greatly benefited by it. The growth of the occupation is due to the fact that canaries bred in Germany sing better than any others.

An Approach to Perfection. when published. It is said that a Span- surprises in each department. one letter only got misplaced through accident, and this is believed to have been the nearest approach to perfection that has ever been attained in a book. It is further stated that an English house had made a great effort to the same end, and issued proof sheets to the universities with an offer of fifty pounds if any error was discovered in them, but, in spite of this precaution, several blunders remained undetected till the work issued from the press.

Well Intended. Perhaps the Irish bull is less rampant than of yore, and when met with, it not infrequently wears an antiquated air that dulls its spirit, and causes the hearer to wish that its time for interment had come. This air may be only the result of family likeness, however, and we think in the following instance -of an old Irishman bidding a long farewell to a friend on the eve of departure for Australia—it was certainly home-bred. "Good-by, my boy," said he; "may you live forever, and when you die, may you die happy!"

A Suspicious Circumstance. Skidds-Wasn't there something susfather? . Bloobumper-Yes; he was over eighty

years old, yet he had never been known to do anything of the kind before. His Measure Varied.

Banks-What size hat do you wear, Tanks? Tanks-Oh, from six to nine-according to what I was doing the night before. -Truth.

Miscellaneous Advertisements.

WILLIEN *UN * IVI

YOU WISH TO PURCHASE,

A Very Cordial Invitation is Extended to You by

Samuel J. Edwards & Son

To visit their large, well and comfortably furnished Store-Room to inspect their unsurpassed stock of

of which the following are a few of the many bargains offered:

upward, beginning with 100

Shoes......75 cents, \$1 00 and 1 25

and 1 25

opera button Shoes...... 1 25

opera button Shoes. . . \$2 00 and 2 50

ward, beginning with 25 cents

Hats, all

Ladies' Dongola common sense or

Ladies' Dongola common sense or

Boys and Youths' school Hats.

Boys and Youths' winter Caps.

Men's soft fur

Men's good quality Boots...... \$1.50 | Boys' top sole school Shoes...... 1.25 Men's top soled all solid leather Boys' fine Shoes, all grades, prices insoles and counters 200 Men's whole stock solid leather insoles and counters...... 2 00 Youths' Boots...... \$1 00 and 1 25 Youths' school Shoes, 75 cents, \$1 Men's Walker & Brown's whole stock solid sole, leather inner-Men's calf back and front Boots, Children's spring heel, or heeled all solid 2 50 Men's Walker & Brown's kip, Misses' heavy lace Shoes, 75 cents either high or low instep..... 3 00 Men's Walker & Brown's whole Misses heavy button Shoes, \$1 00 stock extra high tops, top sole. 300 Men's Walker & Brown's oil grain . all solid leather 300 Ladies' heavy lace Shoes, 85 cents, Men's Walker & Brown's best quality Milwaukee oil grain-Ladies' oil grain button and lace

the best Boots in the market ... 3 50 Men's heavy Shoes, top and quilted soles, buckle..... 1 25 Men's heavy Shoes, gusset tongue dirt excluders, high tops..... 125 Men's fine Bals and Congress, good quality \$1 00 and 1 25 Men's fine Blucher's, the latest style..... 2 00 Men's calf Bals and Congress

Shoes, plain and cap toe 250 Men's heavy wool Hats. 40 at d 50 cents Boys' good quality Boots 1 25 Men's heavy wool cowboy Boys' whole stock all solid leather Boots 175 Men's winter Caps, prices up-Boys' Walker & Brown's whole stock Boots, solid soles, leather

counters and insoles, custom 2 00 | Men's stiff Hats....\$1, \$1 25, \$1 75, \$2 Our Trunk and Satchel Department is filled with the largest and best lines of Trunks and Satchels ever shown in this city. Sole agents for Dunlap's celebrated New York Hats. Burt's, Reed's and Cousins' fine Shoes for ladies.

All mail orders enclosing remittance will have our prompt and careful attention.

SAMUEL J.

98 Baltimore St., Cumberland, Md.

Is not the child of chance, but the ripened fruit of

TRUTH, INDUSTRY AND ACCOMMODATION!

Truth-in the fulfilment of our obligations! Industry-in our tireless effort to please! Accommodation-in our endeavor to do all for our customers

they cannot do for themselves! We announce a continuance of our great sales in

)ress Goods

No book is absolutely without errors and that we are better than ever prepared to promise delightful

We will enter into no detail, preferring that each reader of this announcement shall come and see for him and herself that we are now as heretofore.

First in Style! Best in Quality! Lowest in Price!

Under these circumstances the seed of dull trade cannot erminate in our garden, for popularity is the flower that blooms there in profusion, as rich as those which adorn our

LADIES' DOMESTIC AND IMPORTED HATS!

With the axe at the root of high prices, with the dross refined and none but the pure gold of uttermost perfection in all our lines, is it any wonder that our store is the Mecca of fashion. hunting pilgrims? Is it any surprise that all who properly ap preciate solid goods and minimum prices should flock to our picious about the death of your grand- establishment as did the people of old to the glittering marketplaces of the Orient?

One suggestion, however, to those who are delaying-remember, it is just as sensible and important to be on time as to be in style. Come at once and see our new goods.

B. STERN & CO., FROSTBURG, MD.

BOTH TIRED.

I'm sick of social matters I want to meet a man Whose talk is not of dancing. Who can not wave a fan, Who does not live for pleasure Whose head is not inflate. Oh, send me for variety Just one such man, O Fate!

The maidens in the fashion Are not the kind I seek; They make believe at loving. They make believe at pique, They all appear so shallow That if I ever should Meet just one girl of character I'd marry her-I would!

DROWNING SUPERSTITIONS

VARIOUS METHODS USED TO RE-COVER THE BODIES.

In Many Countries it is Considered Folly to Save the Victim-Peculiar Beliefs Entertained by Different Nationalities Some Strange Theories.

In many parts of this country the superstition still survives that it is folly or madness to save the life of a drowning man, as he will sooner or later do an injury to the rescuer, says a writer in the American Notes and Queries. The superstition comes down to us from our European ancestors, yet traces of it exist among the Sioux and other Indians, who seem to have inherited it from aboriginal sources. In Great Britain the belief is most prevalent in Cornwall and various parts of Scotland. is found, too, among French sailors and the boatmen of the Danube, and i widely credited in Russia.

The Bohemian fisherman shrinks from snatching a drowning man from the waters, fearing the water demon TO THE PUBLIC. would take away his luck in fishing, and drown him at the first opportunity. This, as Dr. Taylor points out in his Primitive Culture," is a lingering survival of the ancient significance of this superstition, the explanation being that the water spirit is naturally angry at being despoiled of his victim, and henceforth bears a special grudge against the unlucky person who has dared to frustrate him. Thus, when some one is drowned in Germany, the remark is made, "The river spirit claims his yearly sacrifice;" or "The nix has taken him." Out of Europe, also, the accidental drowning of a person is attributed to a similar seizure, and the Siamese dreads the Pnuk, or water spirit, that seizes bathers and drags them under to his dwelling. The tell how men have been drowned by Unktahe, the water monster. For the same reason, it appears, the Kamtchakais, far from helping a man out of the water, would drown him by force.

give him food, but he was reckoned for The Chinese reluctance to save a drowning man arises from quite a different belief, it being supposed that the spirit of a person who has met his death in this way continues to flit along the surface of the water until it has caused, by drowning, the death of a fellow-creature. "A person, therefore." writes Mr. Jones in his "Credulities Past and Present," "who attempts to rescue another from drowning is considered to incur the hatred of the uneasy spirit, which is desirous, even at the expense of a man's life, to escape

rescued by any chance, no one would

receive such a man into his house, or

from its wandering." Superstition everywhere has many curious modes of recovering the body of a drowned person. Again, the universality of this form of superstition is shown by the fact that, in one form or other, it is shared in this country by white man and Indian alike. Sir James Alexander, in his account of Canada, tells us: "The Indians imagine that in the case of a drowned body its place may be discovered by floating a chip of cedar wood, which will stop and turn round over, the exact spot. An instance occurred within my own knowledge, in the case of Mr. Lavery, of Kingston Mill, whose boat overset and himself drowned near Cedar Island; nor could the body be discovered until this experiment was resorted to." A loaf of bread is a favorite talisman in most European countries. Sometimes it is found sufficient of itself, sometimes it needs the aid of some other substance. Thus in England the loaf is usually weighted with quicksilver. In Brittany, when the body of a drowned man can not be found, a lighted taper is fixed in a loaf of bread, which is then abandoned to the retreating current. When the loaf stops, there it is supposed the body will be

In Java a live sheep is thrown into the water, and is supposed to indicate the position of the body by sinking But the objects used for this purpose vary largely in different countries. A correspondent of Notes and Queries tells how a corpse was discovered by means of wisp of straw around which was tied a strip of parchment inscribed with certain cabalistic characters written on it by the parish priest. A curious custom is practiced in Norway, where those in search of a drowned body row to and fro with a cock in the boat, fully expecting that the bird will crow when the boat reaches the spot

where the corpse lies. It was a popular theory in days gone by, that the body of a drowned man would float on the ninth day, a notion which Mr. Henderson informs us prevails in the county of Durham. Sir Thomas Browne alludes to it as believed in his time, and in his "Pseudodoxia Epidemica" there is a discussion on this fanciful notion. It was also believed that the spirits of those drowned at sea were doomed to wander for one hundred years, owing to the rites of burial having never been properly bestowed on their bodies.

It Was a Bargain. A certain witty Irish priest was invited to breakfast by a statesman to meet a gathering of "thinkers," advanced, and others. Of a sudden, great statesman said, mysteriously: | used only rye and barley malt. "What will you say to this, Father H., when I tell you that on my last visit to Italy I saw on the door of the Church of St. Agnes a table of indulgences, and actually saw written up there a remission of one thousand years of punishment on payment of one franc? thousand years for a single franc! What do you say to that?" "What do I say?" said the padre, gayly; "why, I say it was dirt cheap! What more would you want for your money?"

There are 67,119 postoffices.

Miscellaneous Advertisements.

FLINTSTONE CHIMED UUUUU

Pack of 1891.

I INVITE the attention of the public to the superior quality of my "FLINTSTONE" brand of Canned Fruits and Vegetables, to be found on the shelves of all firstclass grocery stores in the county. My pack is as follows: Cooking Tomatoes-Choice, fully ripe and superior flavor.

Extra Tomatoes-Finest whole Tomatoes, ready for slicing. Dessert Apples-Selected varieties, packed in full syrup and ready to serve as dessert

Pie Peaches-Extra mountain Peaches, fine flavor, all full cans; nearly one-third more

Peaches in can than Baltimore packed pie Corn-Selected variety of Sugar Corn, packed when young and tender with utmost neat-

My goods are sold to all merchants at moderate prices and will give full satisfaction in every particular.

stone Canning House this season has on t

label a fac-simile of my signature, thus:

was not packed this season.

Notice-All the corn packed at my Flint-

[F you must grow ill at times, remember L that I still dispense PURE MEDICINES at the old stand according to prescriptions | written by our good physicians. Also a full line of Standard Patent Medicines, together with Fancy Toilet Articles and Fancy Goods, Paints, Oils, Varmishes and Brushes. Window lowest. I desire particularly to call attention to my Glycerine Lotion, a preparation put up | I will gladly lose the price asked-25 and 50

DAN. KRAPF, Jr., PHARMACIST. Nov 12 Sioux Indians have a similar fancy, and JOHN CHAMBERS,

----DEALER IN----STAPLE AND FANCY

Flour, Feed and Provisions. Queensware, Woodware. Tinware.

Canned and Fresh Oysters

A SPECIALTY.

Main Street, - - FROSTBURG, MD.

Miscellaneous Advertisements.

ELEGANT DINING ROOM for LADIES and GENTLEMEN on street floor. A pleasant home and place of refreshment for visitors stopping between trains. C. Reichenbach, RESTAURATEUR.

Frostburg, Md. FOR SALE.

LI OUSE AND LOT on Orman street and Houses and Lots in other parts of the [Feb 4] JAMES KANE.

IF YOU DO YOU SHOULD KNOW ABOUT

Made by Washburn, Crosby & Co., Minneapolis, Minn., the pioneers in

the manufacture of Fancy Flour from hard Spring Wheat. Made in the largest flouring mills in the world. Daily capacity, ten (10,000)

thousand barrels. Made of Hard Northern Spring Wheat, which makes the Strongest

and Best Flour in the world. Sold by all grocers.



Miscellaneous Advertisements.

Everything Seasonable and Fresh FURNITURE

OWING to the calamity which recently befel my store building, destroying the roof and third story, and not being able to get a place to remove my stock to keep it out of the weather, I am compelled to dispose of same at almost any price in order to save from ruin by rain or snow, either of which is likely to occur at any time at this season

At Cost:

The stock comprises Walnut, Oak and Poplar Bed Room Suits; at least 25 Parlor Suits of the latest styles and upholstered in all kinds of Plushes, Brecatels, Tapestries, etc. ranging in price from \$25 to \$125; also a very fine lot of Upholstered and Rattan Easy Chairs, especially selected for the holiday trade, and a fine lot of Lounges, Bed Lounges Side Boards, Hall Racks, Wardrobes, Extension Tables, all kinds of Mattresses, Springs, and, in fact, everything pertaining to a first class Furniture store. Some of this Furniture has been slightly damaged, but the bulk is yet uninjured, and that which has been damaged in any way will be sold exceeding-

ly low. This is an opportunity to get GUUD LAUUI I AUE

CHEAP Trusting that my friends and the public in general will avail themselves of this chance to get cheap Furniture, and at the same time

assist me in a time of need. I am

Have You a House THAT IS NOT INSURED?

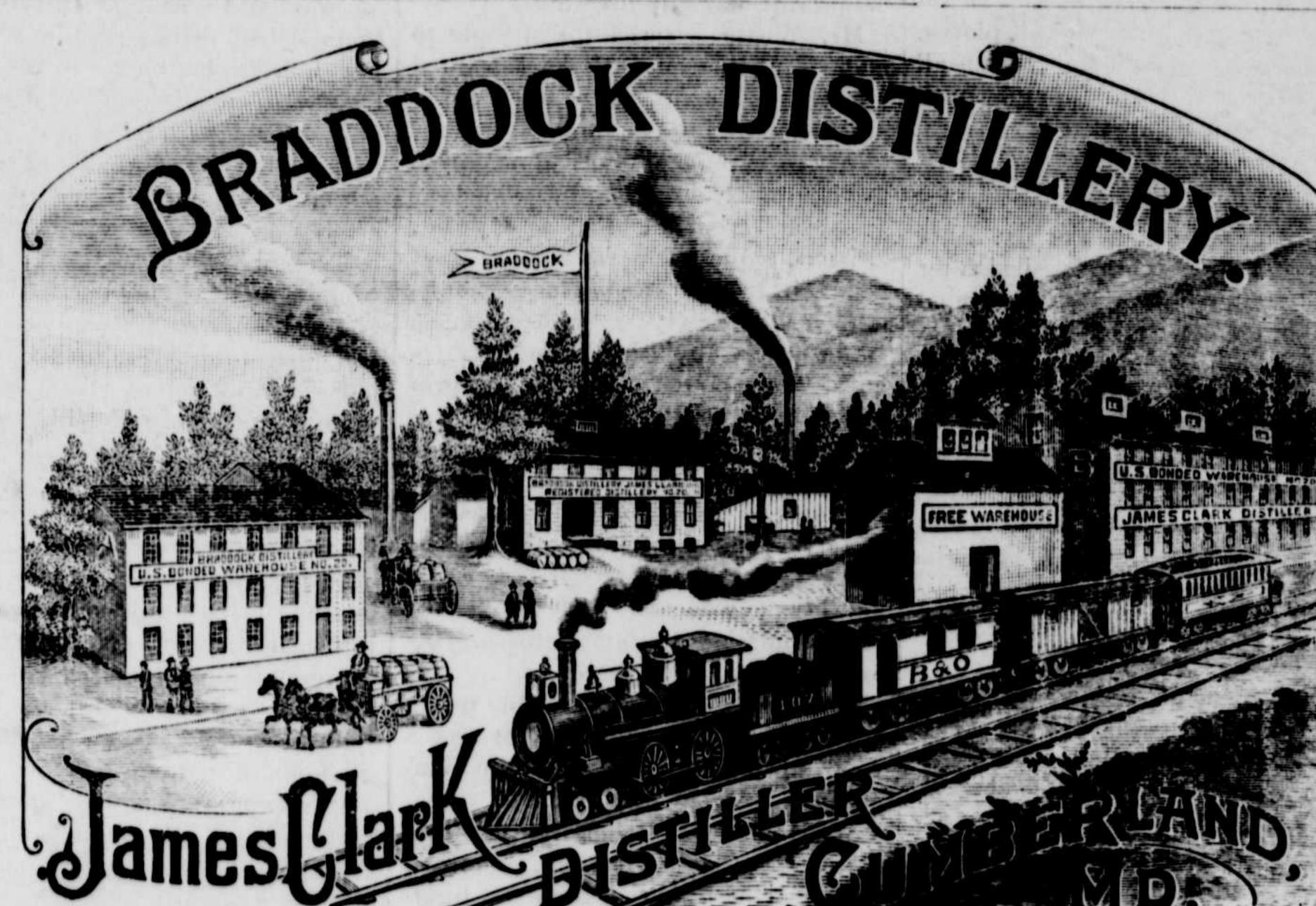
I F so, you want to place a policy on it to-day or to-morrow before you dine. You want the risk taken, too, by a standard company, such as D. P. MILLER, of Cumberland, represents. Any policy is good until a fire occurs, but then it is you want a pledge of indemnity worth its face in gold. Rates not quite as low as wildcat figures. but the lowest consistent with certain and perfect iddemnity in event of loss. Apply to J. B. ODER,

Dec 14 JOURNAL Office, Frostburg, Md. FURNITURE AND UNDERTAKING ESTABLISHMENT

GEHAUF & MAYER,

Where all will always find the Largest Stock, Lowest Prices, and Latest Styles of Parlor, Bedroom, Library and Kitchen Furniture. IN THE UNDERTAKING DEPARTMENT facilities are unsurpassed. We are prepared to conduct BURIALS in a most satisfactory manner. All MODERN UNDERTAKING appliances. Competent management guaranteed. Metalic, Cedar, Walnut and Oak CASKETS and COFFINS, and a full line of BURIAL GOODS always on hand, and in quality second to none. Throughout this and all departments of our business we aim to be prompt, considerate, thorough and reliable.

Prices Reasonable. OPEN DAY AND NIGHT. Telegraphic orders promptly attended to. Ravenscraft's Opera House Building, MAIN STREET. .



To all those desiring a pure and unadulterated Whiskey for the Holidays, or for Medicinal Purposes, or as a Beverage, we take pleasure in recommending our

MOUNTAIN RYE AND SPRING WATER.

These goods are distilled under our own personal supervision, and we have, therefore, no hes. tation in guaranteeing all our "Braddock." We are the Largest Distillers and Dealers in all grades of fine

Whiskeys, Brandies, Gins, Wines, Alcohol, &c., in Western Maryland, and are fully equipped to supply the wants of our customers.

GIVE * THE * "BRADDOCK" * A * TRIAL. THE BEST ALL-RYE WHISKEY MADE.

Special and prompt attention given to all orders. Correspondence solicited. Read what Revenue Agents who have charge of our Distillery have to say regarding the purity of our goods: OFFICE BRADDOCK DISTILLERY,

OFFICE BRADDOCK DISTILLERY,)
CUMBERLAND, MD. OFFICE FIRST NATIONAL BANK, CUMBERLAND, MD., Aug. 16, 1888. Having been under assignment as United

Having been under assignment as United States storekeeper and guager at the Braddock States storekeeper and guager at the Bradof Maryland James Clark, in the manufac- distillery of James Clark, I hereby certify dock distillery of James Clark while in operture of his Braddock Pure Rye Whiskey, according to the record from government books, used only rye and barley malt. that in the manufacture of his Braddock Pure Rye Whisky only barley malt ture of the Braddock Pure Rye Whisky only is used. JOHN H. YOUNG. WEBSTER BRUCE J. P. WILLARD.

JAMES CLARK & CO.,

Distillers Braddock Pure Rye,

money must always accompany your orders.

CUMBERLAND, MD. 55 Baltimore Street,

Price List of Braddock is as follows: We sell our Braddock Pure Rye at \$2, \$2.50, \$3 and \$4 per gallon, according to age. In ordering, always send money by Postal Note or Money Order. At offices where Postal Notes cannot be obtained and money is enclosed, 2-cent stamps can be sent for Jugs as follows: 1-gallon Jugs, 15 cents; 2-gallon Jugs, 30 cents; 3-gallon Jugs, 45 cents; 5-gallon Kegs, \$1. When you desire goods packed in boxes, add 10 cents for box and packing; otherwise, goods will be shipped without boxing. **It is unlawful to ship Whiskey C. O. D.; consequently the

JAMES CLARK & CO.

CUMBERLAND, MD.