## PEOPLE AND EVENTS

BY AURELIE MAREAN BERNARD.

TELEPHONE NO. 38 AFTER 3 P. M.

rent Literature."

Young Wives.

to be a vacancy.

the evening

knowing it.

Little Kinks of

sure rich brown color.

sup, for a change.

Advice to

blind. In its dramatic version it has

Never ask a fat man for anything

Never discuss servants at table.

When you want anything wait until

When he looks injured and plain-

and shakes the house with his snores,

accuse him not of sleeping, for he is

'merely thinking with is eyes shut.' If he says he is "going to the club

for an hour, dear," bid him adieu for

If he loses his handkerchiefs every-

he will not be "tied to a woman's

apron strings."-McCall's Magazine.

Brush pie crust with cream to in-

kitchen, for innumerable purposes

fine and lubricated with cream.

while pulling on his boots.

had something good to eat.

### Curious Superstitions About the Hair.

It is said that more fair people than dark ones remain unmarried, and people residing in the country have lighter hair than those who live in towns, owing to the fact that they are more in the sun and fresh air. Black hair was most esteemed by the ancient Jews, while the Greeks and Romans gave the preference to the golden shades. Those with dark hair work best, those with fair hair think the most. Red hair is a sign of passion, jealousy and ardor; auburn shades indicate delicacy and refinement of taste: dark-brown hair combines strength and susceptibility; while black hair denotes hasty temper, selfwill and revenge. Black-haired people are the most liable to consumption; brown-haired to rheumatism and heart disease; red-haired to pleurisy, pneumonia, ague and neuralgia; and fairhaired persons to skin diseases. Closely curled hair denotes vivacity and coat, and while behind him smoothexcitability; hair curling in irregular ing his collar the right way, ask him possible, chops or hamburg steak can rings on the face indicates good nat for it. ture and vitality; hair parting naturally down the center and falling over the temples denotes feminine element and genius of a certain kind; straight hair in cultured persons indicates evenness of character, honesty of purpose, a clear head and good tal-

### A Popular Book.

Twenty-six years ago President Garfield ventured the prediction that General Lew Wallace's "Ben-Hur" would "take a permanent and high place in literature." His prophecy, extravagant as it then seemed, has already been justified. It is true that General Wallace's novel has won a popular rather than a critical success; but a novel that can grip the hearts of a whole people becomes, by that Importance. very fact, a literary portent of the first order. With the single exception of "Uncle Tom's Cabin" no Amer-

Deafness Cannot Be Cured. by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachlan Tube. When this tube is inflamed on vegetable or case knife in the you have a rumbling sound or imperfect hearing, and when it is entirely closed, deafness is the result, and unless the in-flammation can be taken out and this tube restored to its normal condition.

hearing will be destroyed forever; nine cases out of ten are caused by Catarrh, which is nothing but an inflamed condition of the mucous surfaces.

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过度使成绩的美数的 Every Medicine Advertised in This Paper For Sale at CRYSTAL PHARMACY. ntotutututututututututututu

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A well known citizen of Danville, Pa. writes: "I have had an aggravated cas ican book has equaled "Ben-Hur" in of Eczema for over twenty-five years. popularity. It has been published in fourteen editions, aggregating 1,000, 000 copies. It has been translated into German, French. Swedish, Bohemian, Turkish, Italian, Spanish, Portugese and Arabic and has been translated into German and Italian, Spanish, Portugese and Arabic and has been translated in the present in using HANCOCK'S LIQUID persist in using HANCOCK'S LIQUID and one jar of your HANCOCK'S LIQUID and how I feel as though I had a branch hemian, Turkish, Italian, Spanish, Portugese and Arabic and has been translated into a province and hemian and how I feel as though I had a branch hemian and how I feel as though I had a branch hemian and how I feel as though I had a branch hemian and hemian and hemian and how I feel as though I had a branch hemian and h hemian, Turkish, Italian, Spanish, persist in using HANCOCK S Live.

Portugese and Arabic and has been SULPHUR acording to directions.

"BUTLER EDGAR."

been witnessed by tens of thousands ficient, the fat may be heated with of people in all our great cities.-"Curcharcoal.

added, therefore arrange the skimming accordingly. A cup of cream added to a pot of beans the last hour . while baking Never disturb a man while reading greatly improves them.

Bread is not indispensable to make a stuffing. Potatoes, rice, fruits and Never speak to a man until he has chestnuts answer the purpose as

Pumpkin and squash are better for steaming than boiling. On ironing day, when space on the your husband has had his breakfast, and then help him tenderly into his range top is valuable, and it is also desirable to keep the top as clean as

be baked in the oven. A spoonful of water added before tive examine his plate, there is sure beating an egg increases the amount of froth; a pinch of salt hastens its If he lies on the sofa after dinner coming.

Oysters for frying may be rolled in corn meal and no egg is needed. A small piece of codfish added to escalloped salsify greatly improves the flavor .- McCall's Magazine.

To prepare an egg for an invalidwhere but at home let him have his beat the yolk and white separately own way about it-that the washer- until extremely light, add a pinch of woman is dishonest without your salt, pour into a china cup, which set into a saucepan of hot water, stirring never tell him it is good for him, for When this is done slowly the egg just

> ARITHMETIC AND FOOD School Children Must Be Well Fed.

A young girl in Newport says no one has a better right to speak of

Grape-Nuts food than she. "I was in school, but in poor health The milk in a beef loaf or furci can e replaced by tomato sauce or cat- until mamma began to give me Grape Nuts food. I began to improve at Whip cream in a pitcher. It whips once, both mentally and physically, more quickly than in an open bowl, and I improved so in my work at school that I got 100 in arithmetic, An artist's palette knife or drug- and during that time I gained 3 or 4 gist's spatula is a vast improvement pounds in weight and am still gaining.

"There is no one who has a right recommend the food more highl A poor masticating apparatus should than I. Mamma neglected to supply not deprive one of eating nuts and it for about three weeks, and I began cheese, as both can be ground very to fail in health so I commenced the use of the food again, and now When the marketman has sent don't intend to do without Graperather small oysters for frying, take Nuts.'

two at a time, slightly overlapping, It is well for parents to know that then bread and fry in the usual way. Grape-Nuts food contains selected ele-The appearance of the dish and sim- ments from the grains, prepared and plicity in serving will be greatly en- cooked in such a way as to present these food elements so that they can Left-over oysters of any kind can be quickly digested and assimilated; be used to good advantage as basis the phosphate of potash obtained from for an oyster sauce to be used with the field grains, and contained in eggs, fish or poultry, or as a flavoring Grape-Nuts unites with the albumen in a stuffing for any of these, says of food to quickly rebuild the gray "Good Housekeeping." Oyster straws matter in the nerve centres and

too, are as delicious as cheese straws, brain. and are made in the same way as the It is of the greatest importance that growing children and students made it a success.-Atchison Globe. Butter that has become somewhat be given food that sustains both cancid may be scalded in water, then brain and nerves. "There's a reachilled and it will be good for many son." Read the little book, ourposes. If this treatment is insuf Road to Wellville," in pkgs.

The Journal's Daily Fashion Feature

EVENING GOWN.

and shows in the skirt design an excellent way to use deep lace flouncing

or embroidery. The bodice was trim med with bands of mauve velvet and

The decollette evening gown pictured was of .. cream net and lace

thickens slightly, but puffs up until the cup is almost filled with creamy custard. Set in the oven a moment

Where different lengths are printed under illustrations of ladies' skirts it Death Liable to Follow a Sudden means that the patterns are perforated for those lengths .- McCall's Mag-

### A NEED, JUST LIKE SLEEP. Is the Instinct of Natural Death Born In Mankind?

the existence in man of an instinct of ed by Toxarsky in relation to an old woman. In the lifetime of Toxarsky I begged an acquaintance of his to obtain for me the details of this most in- fit of anger. Persons who are other-Less scum rises on soup after the I believe, however, that I have found resulting from a fit of anger. Paul requisite amount of salt has been the source from which his instance had III., who occupied the papal throne

taste, which had its day of celebrity, liberal as well as just of popes, died Brillat-Savarin relates the following: from a sudden fit of anger while up-"I had a great-aunt, ninety-three years | braiding Cardinal Alessandro Farnese, old, who was dying. Although for some who had proved false to his friends time confined to her bed, she had re- and benefactor. tion was only betrayed by her loss of addressing a deputation of backsliding voice. She had always shown a fond- to get the upper hand of his common ness for me, and I was near her bed, sense and fell dead ere he had finished affectionately ready to wait on her, speaking. The celebrated English surher with the philosophical eye I have dispute with one of his colleagues at ever had for the things and events sur- St. George's hospital and dropped dead rounding me. 'Are you there, nephew?' at the feet of him who had been the 'Yes, aunt; I am here at your service, marks. The Russian surgeon Baddaa little good old wine.' 'Give, mon ness of an assistant during a surgical I hastened. Raising her gently, I made anger and expired without a moment's her take half a glass of my best wine. She brightened for a moment and, looking at me with eyes which had once been very fine, 'Thank you,' she said, for this last favor. If ever you reach | tain elements of poison, and many an If you want him to do anything constantly till scalded, but not cooked. my age you will find that death becomes a need, just like sleep.'

"These were her last words. Half an hour later she had fallen asleep forev-The instinct was shown at a relatively early age in a person who had retained all her intellectual faculties."-Professor Elie Metchntkoff in Harper's.

### POINTED PARAGRAPHS.

Beat a boy out of a dime and the crime will never outlaw.

Comparison may not be a detraction, but it is certainly a half sister.

The truth with unselfish people There is only one way in this world

to get your own way-insist upon it. Almost any defense would be all right if you could make people be-

It is just as dangerous to tell some people a secret as it is to fool with a loaded gun.

When a man submits to a procession wedding the other men look at him the way boys look at a boy whose mother makes him wear long curls.

The man who has made a failure in any line of business never has a very good opinion of the man who started in the same line at the same time and

LADIES OF PENSACOLA will do well their Carpets, Rugs, etc., renovated and put in good shape for the summer, by skilled workmen. No fancy prices. Work guaranteed. Geo. H. Crosby.. Phone 1424.

India Rubber.

Few articles seem more strangely named than india rubber. It gets the "rubber" from the first use to which it was put-that of erasing pencil marks by rubbing. Nor should it be assoclated with India. The tree was first mentioned by an explorer among the Mexican Indians three centuries ago, and the first account of the substance is in connection with Columbus' visit to Haiti on his second voyage. Most of our present importation comes from Brazil. But Columbus and those explorers who followed him were searching for a short passage to India, and they supposed that the land they discovered was India. The name india rubber is therefore a permanent sign of their mistake.

It Is Dangerous to Neglect a Cold. How often do we hear it remarked: learn that the man is on his back with pneumonia. This is of such common occurrence that a cold, however, slight, should not be disregarded. Chamberlain's Cough Remedy counteracts any tendency of a cold to result in pneumonia, and has gained its great popularity and extensive sale by its prompt cures of this most common ailment. It always cures and is pleasant to take. For sale by all druggists.

Portrait Eyes.

We all know that the eyes of an oil portrait appear to follow one all around the room. That is because the painted eyes have the pupils in the center, and naturally they stay there, no matter what the position of the observer. In life, however, the pupil could not remain in the center unless the head was turned. This is the solution of a somewhat perplexing and yet a very simple problem.

CHAS. H. BLISS BUILDS THE BEST SIDEWALKS

Learn to relax the muscles of the eye. Till you have practiced and attained the art you can have no conception of the relief and restfulness. By saving power, you have in reserve ready for use more power for concentration .- Eustace Miles in C. B. Fry's

Subscribe for The Journal.

Outburst of Temper.

FRENZY MAY SPELL SUICIDE

The most convincing fact in proof of A Chemical Poison Is Created In the System When One Indulges In a Fit of Rage-Famous Men Who Have Died In a Moment of Passion.

Death frequently follows a sudden teresting case, of which I had found wise sensible and even philosophical but an incomplete statement. Tox- indulge at times in this suicidal and arsky unfortunately could add nothing profitless pastime. The Emperor Nerva to what he had published in his article. died at the age of sixty-ix from fever from 1534 to 1549 and who was consid-In his book upon the physiology of ered one of the most intelligent and

tained all her faculties, and her condi- The emperor of Valentinian while appetite and the weakening of her Germans allowed his angry emotions which did not prevent my watching geon John Hunter indulged in angry she asked, in a scarcely audible voice. cause of the resentful and bitter reand I think you would do well to take woski, being angered at the awkwardami. One can always swallow liquid.' operation, gave free vent to a fit of

The milk as well as the flesh of animais that have died while in a rage has been found upon analysis to coninnocent babe has been made dangerously ill by nursing at the mother's breast immediately after that mother had indulged in a fit of frenzy or aner. We unmistakably have here an in- ger. Neither the chemist nor bacteristance of the instinct of natural death. | ologist has yet been able to demonstrate the particular poison or germ that renders the milk toxic under the conditions, but that a poison and a very active and energetic one exists is unquestionable.

Death during a fit of anger may be produced by a toxic product developed by the undue excitement as much as to the play of the emotions upon the nerve centers of the heart. Little children should be taught in earliest infancy to control their angry passions. A parent smiling approvingly at what he is pleased to term the "spunkiness" of his offspring without making any effort to reprove or to correct the outburst of ill temper is guilty of wanton neglect and is storing up much unpleasantness for both himself and the

"Anger is a stone cast into a wasp's nest," reads the Malabar proverb, and how often the angry word stirs up strife and discord and contentions that keep up a continual unpleasant buzzing until, like wasps disturbed in their nests, they alight upon the disturber, bringing a sting that wounds his own

personality. "Be slow to wrath" might be a cherished guide at any and every period of life. But as years run their course, particularly if accompanied by a feeble condition of body, a conscious tendency to fits of anger should induce habits of strenuous self control. This control, however, is not acquired in a day. The imprisoned fire of anger but waits for the kindling breath of provocation, and each time it is confronted by the latter a calm exterior, even though the spirit be at white heat, will win a victory without either party

to the strife being a loser. A bright three-year-old child who was given to passionate outbursts of resentful anger each time her wishes were thwarted was one morning suddenly lifted to the mirror with the mother's admonition, "Look at yourself." Immediately the child's resentful face changed, and, nestling to her mother, who wisely refrained from saying another word regarding the ebullition of temper, she, with an apologetic hug, softly sobbed away the re-

Some weeks afterward, during which time there was a marked change for the better in the temperament of the It's only a cold," and a few days later child, the mother had occasion to reprove the little one for an act of disobedience, using perhaps unnecessary warmth of temper at the time. Without hesitation the little one seized her by the hand and took her to the mirror.

"'Ook at 'orself!" she exclaimed, her childish voice as severe as her strength permitted, at the same time struggling desperately to keep the angry lines from her own tiny face by puckering her lips into a form from which issued a succession of soft, nonchalant oos.

The lesson had been taught, learned and retaught, and who shall say how far reaching its influence? If one can only be brought to understand the toxic effect of anger upon the whole sensorial system of the individual, resulting, as it frequently does, in sickness and even death, each would be more at peace with his neighbor, with the community and with the world at large .-Marion Ainsworth White in Chicago Tribune.

Not Her Sort. Gabriel was blowing the last trump. "Hurry up." shouted Mr. De Style. "I won't!" retorted Mrs. De Style. "Think I'm going in with the crush?"-Washington Herald.

Behavior is a mirror in which every one displays his image.-Goethe.

## Said of Soda Crackers

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Saunders Mill Company,

Canada possesses no general register with a recognized standard of qualifi- man. Professor Sapiens-Allow me to cation for the medical profession. Each remark, my good man, that your stateprovince possesses the right to estab- ment is absurd. If I move, it is an exlish its own licensing authority, and cellent proof that I am alive and not medical men qualified and registered a dead man. I should advise you to in one province are not allowed to consider the meaning of words before practice in an adjoining province.

A whistling moth is a rarity found in Australia. There is a glassy space | zerland have quaint sundials upon the on the wings crossed with ribs. When front, and, where they are very fine, the moth wants to whistle it strikes there is not infrequently an inscription these ribs with its antennae, which telling when the house was built and have a knob at the end. The sound is when it was restored, and perhaps a love call from the male to the fe- there is also a pious sentence in old

Teacher-Yes, Freddie, the tail of Mrs. Jawback-l'd be so happy if I the comet is 3,000,000 miles long. Freddie-Gee! There wouldn't be no for a whole year. -Mexican Herald.

Burglar-If you move, you're a dead using them .- Pele Mele.

Some of the village houses in Swit-German text added.

Unanimity.

land Leader.

had money enough to travel abroad fun tyin' a tin can on the end o' that. Mr. Jawback-So would I .- Cleve