

Hays City Free Press

HAYS CITY, KANSAS.

Though two in a canoe may be bliss, it often ends in blisters.

When money is tight, no one else has an opportunity to be.

The fishhook cactus is the compass of the desert, for it always points to the south.

The Merry Widow says she knows what it feels like when a wedding is "solemnized."

It's better to have loved and lost than never to have enjoyed her mother's good cooking.

The science of navigating the air is of slow growth. It is a century old and still in its infancy.

The colleges of the country turn out 14,000 new lawyers every year, but then the trust demand is also big.

The Clyde shipbuilding yards produced 509 vessels during 1907, as compared with 372 the previous year.

Hudson bay is reported to be already almost frozen over. The hay fever season must be very short in that region.

King Edward is absolutely free from personal debt. This will seem almost unprofessional to a number of neighboring rulers.

If that Yellowstone park highway man who had up 11 coaches has a head for business he will incorporate in New Jersey.

That report about flies carrying typhoid germs is true enough, though some revengeful baldheaded man may have started it.

New York slipper makers are about to go on strike, but the small boy will no doubt be happy so long as the slipper wearer doesn't.

If a man tells a woman she is pretty, she believes him. If he tells her the same thing about another woman, she thinks he's imaginative.

Chewing gum, it is said, will prevent seasickness. On the other hand, seasickness often serves the useful purpose of preventing gum chewing.

The government is going to conduct a sham battle for submarines, this being one set of maneuvers that won't interfere with the farmers' fences.

Speaking of Standard Oil politics, Bryan's campaign treasurer appears to be fairly well greased himself, from the days of Calvin S. Brice down to date.

Now comes a student of criminology who asserts that blonde criminals largely outnumber the criminal brunettes. This puts an entirely different face on the matter.

It would be interesting to know the feelings of the men who make battle-ships and big guns who they read of the honors heaped upon the Wright brothers in the sacred name of peace.

Prussian women are to have better opportunities for higher education. The suspicion is spreading over there that the "three k's" are not of necessity quite all of woman's sphere.

The greatest heat is never found on the equator, but some ten degrees to the north, while more severe cold has been registered in northern Siberia than has been found near the pole.

Somebody has made the interesting discovery that the blonde criminals outnumber the brunettes who go wrong. It may be, however, that the brunettes who bleach are counted as blondes.

A 15-year-old bride in Washington, after a week of married life, wants a divorce. It is no wonder that marriage is a failure when children are allowed to make playthings of the obligations held most sacred by church and state. Needless to say, the marriage in question was a "romantic" one, the kind of romance which generally fails to outlive its novelty.

American flying machines have beaten records made in the air, and American submarines are surpassing the achievements of all others under the water. It turns out that a vessel of this type tested in Buzzard's bay was maneuvered for an hour and a half at a depth which at no time was less than 107 feet, something which had not been done before.

German interests in Argentina and Brazil are so great that German capitalists have decided it is worth while investing \$6,500,000 in a new telegraph cable connecting the fatherland with South America. The imperial government will protect the investors from loss. This is one of the ways by which the ties between the Germans abroad and those at home are preserved, as well as one of the methods adopted for fostering the expansion of German commerce.

A great deal of sympathy is going out to the scientist at Des Moines, who was bitten by a rat which he had poisoned. Still, nobody has been narrow-minded enough to find much fault with the rat.

Burglars in a New Jersey town tried to steal a piano by taking it out of the window. The noise aroused the owner, and then there was music in the air, the harmonious burglars leading their pursuers a merry dance, getting away to the tune of some hundreds in household valuables.

Even a calamity like the August floods develops compensations, and one such is revealed in the heroism of a telephone operator, Mrs. S. F. Rooks, relates the Youth's Companion. Seasonably notified that rising waters threatened the little town of Folsom, New Mexico, she put aside her own opportunity to escape, and spent her last hour in life in warning and saving her subscribers. What they lost in property is comparatively immaterial. They gained, they and the world, the abiding inspiration of a deed of unselfish devotion.

COOKED IN CHAFING DISH.

Appetizing Dishes for Those Who Are Fond of Shrimps.

Shrimps may be cooked delectably in the chafing dish in several ways. They are delicious with curried rice. Put four tablespoonfuls of butter into the blazer with a little chopped onion and allow to remain until brown. Add a heaping tablespoonful of cornstarch, into which two teaspoonfuls of curry powder, a teaspoonful of salt, and a dash of pepper have been mixed. Then add two cupfuls of milk, one-half cupful of shrimps broken in small pieces, and a cupful of boiled rice; cook slowly for about five minutes.

For shrimp salad cut the shrimps into pieces and mix with minced lettuce. Arrange lettuce leaves with it and cover with a dressing made with two eggs, yolks and whites beaten separately, adding a teaspoonful each of salt and pepper, half cup of vinegar, and a spoonful of mustard. The whole should be cooked until it tests as thick.

Two other recipes have been tested and found not wanting. For one, take half a pint of fresh or canned shrimps, a tablespoonful of tomato sauce, half an onion grated, two and one-half tablespoonfuls of butter, half a cup of boiled rice, and half cupful of cream. Put the butter into the blazer, and when melted stir in the onion and rice. Then add the shrimps, cream and tomato sauce. Stir until it boils, then allow it to simmer for five minutes. Serve on toast.

The other recipe: Melt a piece of butter in the dish and add half a cup of boiled rice, one cup of cream or milk, and three tablespoonfuls of catsup. When the mixture is thoroughly heated add one cup of shrimp and cook for three minutes. Serve this also on toast.

The Home.

Try cleaning white cloth trimmings with sand and flour. This is very effective, while not injuring the material in any way.

Furniture takes a better polish if, before starting the rubbing, all dirt and dust is rubbed from the wood by a slightly dampened cloth.

A quick and easy method to peel onions for frying or stewing is to cut off the top and bottom of the onion, quarter it and the outside skin is easily removed.

When starching Holland pinafores, if a little tea is put into the starch used they will keep their color, instead of getting that faded appearance all we know so well.

If a small quantity of cream turns sour in the icebox do not throw it out, but with a fork beat it a few minutes and a tiny patch of fresh butter and a little glass of buttermilk will be the reward.

To clean kid shoes put in a saucer a half-ounce of strong ammonia, dip in a clean flannel and rub it on the sole cap. Then rub the shoes with this, changing the flannel when it becomes soiled.

To make croquettes of soup meat use two cups of very finely chopped or ground meat to one cup of thick white sauce. Season the meat well with a teaspoon or more of onion juice, salt and pepper, and mix with the sauce made from one cup of milk, two level tablespoonfuls of flour, and four level tablespoonfuls of butter cooked five minutes and seasoned with a level teaspoon of salt and a saltspoon of pepper. Spread on a large plate to cool, then take a heaping tablespoon of the cooled mixture and shape into a little roll, flatten each end by striking on the board, then roll in very fine bread crumbs. Take each roll on a broad bladed knife, and slip into a deep plate in which an egg is beaten with a tablespoon of cold water. Roll over and over to be sure that every point is covered, then roll in fine crumbs until well coated. Fry in deep, smoking hot fat, and serve with a tomato sauce.

Cream Salad Dressing. This is considered by many to be better than mayonnaise, and in the country, where there is a plentiful supply of eggs, and good olive oil is hard to get, this dressing is an excellent substitute. Here is the recipe: Bake the yolks of six eggs with half a cupful of granulated sugar. Add a cupful of vinegar and cook in a double boiler until it thickens. Remove from the heat and while still hot add a tablespoonful of butter and a tablespoonful of mustard, having first blended smoothly. When cold add a cupful of cream beaten to a stiff froth. Keep in a cold place.

Bacon in Potatoes. Select large potatoes and see that they stand firmly on end by cutting a small piece off each before baking. When baked simply remove the other end of the potato, scoop out part of the inside. Fill the cavity with chopped boiled bacon, letting it form a small mound. Stand the potatoes up on a dish and place a bit of parsley in the bacon. It can easily be made, and on a warm summer morning will tempt the appetite.

To Prevent Sticking. Most housekeepers buy seeded raisins these days, but the conservatives who cling to old ways will find the sticky task of seeding much improved by slightly greasing both knife and fingers with butter.

A small pointed knife used for paring potatoes is the best choice. If this is dipped from time to time into boiling water the stickiness will also be relieved.

To Remove Ink Stains. To remove ink stains from table linen, etc. As quickly as possible after staining, pour a quantity of hot, melted tallow on the spot; let remain at least thirty-six hours, scrape off, and if not entirely removed, repeat process.

Home-Made Sausage. One ounce of pepper, one ounce of sage, about two ounces of salt to every ten pounds of meat. Use one-third beef and two-thirds pork. Beef lean, pork part fat and part lean.

The Obsequies of Ole Miss Jug

By Jean Ross Irvine

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"This sort of day always reminds me of Indians," said Mrs. Allbright, taking a long look around over the hills.

It was an afternoon late in August. A blue haze, the smoke of distant forest fires, lay upon the land, lending to the old familiar hills an air of mystery and remoteness, like that of veiled faces. Down in the valleys and upon the long hillsides the blue faded softly into the gray of the sage brush, and the gray into the vague green of the creek bottom.

Mrs. Allbright, the wife of the manager, and I, the governess, of the Big Red ranch, were sitting on the porch. "I don't know why," she continued; "perhaps because it's such a very lazy day."

Ten minutes later we discovered more convincing reasons for the tenor of her thoughts, in the weekly paper, brought by a mounted messenger from the post office over fifty miles away.

The population of the Big Red comprised three women, four men and five children; the cowboys, of whom there were about fifty, being absent upon the round-up, while Mr. Allbright was away on a trip to New York. We were 65 miles from the railroad and from the nearest town, ten miles from any other ranch, and quite 50 from anyone whom we could call neighbor.

And now, as though aware of our unprotected position, the Indians had taken occasion to go on the war-path. "Willfully and maliciously," explained Mrs. Allbright, as she sat reading blood-chilling accounts of massacres that had taken place or were about to take place—accounts which were further supplemented by the messenger's report of the burning that very morning of a ranch only 40 miles away.

At the other end of the porch sat the five little Allbrights in a circle, holding a solemn consultation. There was Tony, the eldest, the 12-year-old; the twins, aged ten; Billy, seven years old; and Ethelbert Van Twieler Allbright, aged five. They were all looking very sober, and each child was decorated with a generous piece of black silk, torn off the bottom of an old skirt. In the center of the circle stood an empty box, over which were draped the remains of the skirt, and which probably represented to Tony's cultivated mind a bier. The twins shared between them a very crumpled handkerchief, with which they occasionally rubbed their eyes.

"What is the matter, children?" I exclaimed, as I took in the details of the scene.

Tony was silent until he had marshaled his features into a state of due solemnity; then, in a voice carefully modulated to fit the occasion, he replied: "At the break of day Miss Jug departed this life."

"She has gone over the big divide," added the twins, who never let pass an opportunity of using a cowboy phrase.

"Ole Miss Jug," as the children called her, was a portly dog of great age and immovable dignity. In the opinions of the five young Allbrights she "was as old as the oldest tree." Certainly she was as old as the oldest mourners. And now, as Tony would have said, in the fullness of time she had gone whence no dog returneth.

"She was a mighty fine dog," said one of the twins, sorrowfully.

"And," said Tony, visibly brightening, "we are going to give her the very finest funeral we ever had."

At this the four other young Allbrights also brightened, and a few moments later the five marched around into the back yard, where the body lay in state, and there I could hear them cheerfully discussing the arrangements for the funeral of the deceased Miss Jug.

Had Tony lived some hundred years ago, he would have become pope, or certainly a cardinal, so great was his love of ritual. The burial of a hen under his direction became a most imposing ceremony. Theatricals were his passion. Robed in a scarlet tablecloth, and armed with a bread knife, he would recite Hamlet's soliloquy in such a melancholy voice, and with such expressive motions of his weapon, that the twins and the little Allbrights had borne us company, we had kept up a pretense of cheerful conversation. But now that the small folks were tucked away in bed, and the men had foregathered in the barn, we had relapsed into a silence whose gloom was accentuated by the deep minor chords of night, the croaking of frogs, the distant howling of thirsty cattle waiting for the rains, and now and then the hungry howls of the coyotes, holding revel further down the creek.

Over Sea in Airship

Airline Route Across Ocean Is Sure to Come

By A. LEE STEVENS, Aeronaut Inventor and Builder, and Member Aero Club of America.



New York is destined to be the great air port of the world. The magnificent harbor, which has attracted the ships from all parts of the world, will serve equally well when we navigate the air. We will be crossing the Atlantic ocean in three or four years. At first it will be done by some adventurous sportsman, but as our airships are improved and we grow more confident and skilled in handling airships their practical commercial value will appear. Some day we will see great airships, after making the trip from Europe in incredibly short time, hovering over our harbor and lowering their great boatlike baskets or cabins into the water, while tugs will bring them alongside the docks to land their passengers and freight. The future of the airship, it seems to me, lies in some improved form of the dirigible balloon. The development of this form has been carried further than in the case of the aeroplane. I am rather skeptical as to the commercial value of the aeroplane, at least for a long time to come. The dirigible balloon travels further, and if not as fast at least with more certainty. The French and German governments have accomplished much with their war balloons. They will stay aloft hours where the aeroplane will stay up for minutes. At the present stage of their development they are the more practical machine.

The lifting powers of balloons may be increased indefinitely by building larger bags. As we learn to control them better there is no reason why they should not be used as commercial machines. There is to-day a very general terror of the balloon and aerial navigation in general, but this will disappear largely as the airships become more familiar. I have made 1,280 ascensions and taken up nearly 600 persons without serious mishap. In time aerial navigation will grow safer as in the case of any other means of locomotion.

The airship is by no means as dangerous a vehicle as most people imagine. When accidents occur it is usually due to carelessness or ignorance, just as in the case of automobiles. The time has come when the pilots or navigators of airships should be governed by explicit laws. I purpose having some such legislation presented at Albany this fall. No one should be allowed to go up who has not received a pilot's license and proved his ability as an engineer. At present a pilot's license is granted to any one who has made ten ascensions, one at night, and has been passed by two regularly licensed pilots. I would suggest that the engineer on a dirigible or aeroplane be licensed in the same way.

It is the mistaken notion that stuffing one's self with so-called fattening foods will increase avoidupis. That has been tried often, without success. Men cannot be fattened, like cattle, merely by increasing their food supply. Why that is so is plain. Domesticated animals are given a certain amount of food that keeps them at a certain weight; but they can usually digest more than is furnished. Consequently a greater supply makes more weight. Most persons, however, eat habitually as much as they desire; so, in their case, increasing the amount increases merely the overflow to be got rid of. It is as though water were poured into an already full vessel, which, not being able to contain more, discharges the excess.

The Thin Made Stout

By G. ELLIOT FLINT.

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It is quite true that, when one has been underfed for some time, a full diet will result in a gain of weight. But we are concerned here with the thin, who, wishing to become stout, yet have enough to eat. In their cases the first thing to do is to increase the appetite; then more food will tend to form more flesh.

Appetite is a manifestation of the tissues' need of nourishment. Hence, anything that wastes tissues increases appetite. Exercise pre-eminently wastes tissue; consequently exercise, more than aught else, augments the desire for food. Now, though the first effect of exercise is to destroy muscular fiber, its after effect, through stimulation of the nutritive processes, is to rebuild the wasted tissue; and, unless the exercise has been excessive, the rebuilding exceeds the destruction—the muscle grows.

Here, then, we have a sure and scientific method of making weight. Oblige the muscles, particularly those above the waist, which are usually smaller and weaker than they ought to be, to work, and they will inevitably grow larger, and therefore weigh more. It is a remarkable fact that, through judicious general exercise, a man will gain flesh, even though he does not increase his daily amount of food, simply because he appropriates much nourishment which, when he did not exercise, was eliminated.

The kind of physical exercise is an important factor in the formation of flesh; the body slowly adapting itself to the particular work required of it. Thus quick but non-straining work, such as handball and boxing, will produce no such development as weight-lifting, rowing and exercises on the parallel bars. While light muscles can do light work, only heavy muscles can do heavy work. Hence to learn to do heavy work, by gradually increasing its intensity rather than its amount, should be the aim of one who wishes to become stout. A tall, thin man whose occupation was "light" once informed the writer that he had been 20 pounds heavier when he had worked as a butcher.

Diet, of course, affects weight considerably. Fats, starch and sugar are especially fattening. The writer, therefore, would advise all who are anxious to get Taft figures to eat three, and if possible four, meals a day; the meals to consist of fat meat, potatoes, or rice, and peas, beans or lentils. Cooked cereals are fattening; also puddings, pies, bread and cakes, including batter cakes. Accustoming one's self to drinking much water with meals helps greatly to put on flesh; for thinning the food with liquids makes it more soluble and assimilable. Eating just before going to bed will stouten almost anyone always providing the subject exercises rigorously for about half an hour three times a week.

Socialism has not a chance in this country, because wealth is too diffuse. If a man has \$100, all his own, he loses all ideas of sharing it with anybody else. American people are opportunists; they will adopt institutions, socialistic or not, if they are practical, but they will not follow an idea beyond the stage where it becomes inefficient. Human society is based on self-interest, shaded and concealed, perhaps. To have a socialistic society, where everyone thought first for the rest of the world, you would have to change not society, but humanity. When anyone says that the college is becoming the recruiting ground for socialism, he is wrong.

Poor Show for Socialism Here

By PRES. CHARLES W. ELLIOT, Harvard University.

This kind of paragraph is common in British newspapers: "A medal and £2 (\$10) have been awarded to Henry James of Wellsbourne, Warwickshire, in recognition of upward of 59 years' service on the Walton estate of the Mordaunt family. James, who is 83, and commenced work at the age of six, became connected with the Walton estate under Sir Charles Mordaunt in 1852. For many years he kept a wife and two children on \$5 (\$3) a week. The veteran is still hale and hearty, and often labors from day-break to sunset."



Proof is Inexhaustible that Lydia E. Pinkham's Vegetable Compound carries women safely through the Change of Life.

Read the letter Mrs. E. Hanson, 304 E. Long St., Columbus, Ohio, writes to Mrs. Pinkham: "I was passing through the Change of Life, and suffered from nervousness, headaches, and other annoying symptoms. My doctor told me that Lydia E. Pinkham's Vegetable Compound was good for me, and since taking it I feel so much better, and I can again do my own work. I never forget to tell my friends what Lydia E. Pinkham's Vegetable Compound did for me during this trying period."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness or nervous prostration. Why don't you try it? Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.

LOVE'S YOUNG DREAM COOLED.

Time of Sentiment Evidently Long Past with Husband.

A certain well-known Bostonian has been married long enough to have acquired the average man's cynical attitude in respect of the written expressions of devotion indulged in before marriage.

One day the Hubbite was going over with his wife a mass of useless papers that had accumulated in the household. They unearthed several large boxes full of love letters. After a hasty glance at them, the husband said: "No use keeping this junk, I suppose. Here it goes."

The wife was hurt. "Oh, Clarence," exclaimed she, "how can you be so brutal? Surely you don't want to destroy your own love letters to me?" "Well, keep 'em, if you want 'em," cheerfully assented the husband, "but honestly, Helen, these seem too soft to file!"—Lippincott's.

Woman Chosen City Alderman.

Mrs. H. J. Gates has just been elected one of the six aldermen of Magee, Tenn. For several years she has taken an active interest in the educational work of her town and wanted to be elected alderman because it would help her in this work. She is reported to have made about the most aggressive campaign ever witnessed in Magee, if not in Tennessee. The town people seemed pleased with her election, and even those who voted against her believe she will make a first-class alderman.

He Would Talk.

"This is a busy wire, I tell you," roared the excited man in the telephone booth. "And from the other end of the wire came this: 'I don't care, I will talk.' 'Get off the wire!' shouted the other, beside himself. 'You don't want to talk with me.' But it was no use. 'I've paid ten cents to talk,' came the answer, 'and I'm going to do it.' And talk he did, busy wire or not."

Nature Conquers Man.

Man can get along without his clothes and his clothes and his complicated tools and treasures; but all his vaunted wisdom and skill are set utterly at naught by the simple failure of the clouds to drop rain. The only actual necessities of life are those necessities of nature which were necessities to aboriginal man.—Philadelphia Bulletin.

ASTONISHED THE DOCTOR

Old Lady Got Well with Change of Food.

A great scientist has said we can put off "old age" if we can only nourish the body properly.

To do this the right kind of food, of course, is necessary. The body manufactures poisons in the stomach and intestines from certain kinds of food stuffs and unless sufficient of the right kind is used, the injurious elements overcome the good.

"My grandmother, 71 years old," writes a N. Y. lady, "had been an invalid for 15 years from what was called consumption of the stomach and bowels. The doctor had given her up to die."

"I saw so much about Grape-Nuts that I persuaded Grandmother to try it. She could not keep anything on her stomach for more than a few minutes. 'She began Grape-Nuts with only a teaspoonful. As that did not distress her and as she could retain it, she took a little more until she could take all of 4 teaspoonfuls at a meal. 'Then she began to gain and grow strong and her trouble in the stomach was gone entirely. She got to enjoy good health for one so old and we know Grape-Nuts saved her life. 'The doctor was astonished that, instead of dying she got well, and without a drop of medicine after she began the Grape-Nuts.' 'There's a Reason.' Name given by Postum Co., Battle Creek, Mich. Read 'The Road to Wellville' in plus.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

