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THE EFFECTS OF OVERSTUDY. Most of the great educators of the world agree that health is of the first importance to man, and is more desirable than all else; and then this is the one thing we are the most negligent of and instruct our children least about.

Dr. Samuel Dixon, state health commissioner of Pennsylvania, says a big factor in the development of tuberculosis among our people is the weakening of our children's general physical condition by driving them to over-study in their schools. We feel such a pride in their attainments that we forget the strain upon the nervous system and the mortgage upon health which they impose; and this is foolishness.

Dr. Dixon says: "Every day see children who will never live to grow up, and who are being sacrificed to the vanity of their parents, because their children, having active brains, stand high in their classes; and their fathers, or more often, perhaps, their mothers, are flattered by finding that their own children are outstripping those of their neighbors in their studies."

"The fact is that we Americans have been too much in the habit of regarding our children as solid lumps of intellect, and have forgotten their nature is a two-fold one; that they have bodies as well as minds and that if we would have them grow up to a perfect manhood and womanhood we must educate their dual nature and not one at the expense of the other."

Statistics show that during the middle period of school life a noticeable and rather sudden increase of tuberculosis takes place, and knowing what we do of the physical conditions which predispose to the life of that germ in the human body, this is only what one would naturally expect. Our school laws in this state contain many provisions for the protection of the health of the children, but these are too often overlooked by the teachers, and by those who arrange the overworked curriculum."

A MILLIONAIRE WITH A PURPOSE. Col. John Jacob Astor is a man of genius as well as a man of wealth and he has been studying to cheapen fuel which, whatever it may mean to him in the way of enrichment, means to the people relief from one of the greatest burdens of the present time. It is claimed that he has taken out a patent for a machine for transforming peat into fuel for heat and power. It would be a great thing for New England if its peat bogs could be made profitable. It is not so many years ago that in certain parts of New England the pile of peat for the open fireplace was as regularly made up to dry and season as the pile of logs. It was not a popular fuel, but it must have served an economical purpose. Col. John Jacob Astor can make it into bricks, for use in the kitchen ranges or steam heaters, he will benefit millions of his fellow citizens.

IS IT NECESSARY? In the opinion of the Norwich Bulletin, "The time may come when Connecticut, like some other states, will give her legislators just ninety days to do their business in." The Massachusetts body has been taking in the neighborhood of one hundred and eighty days, counting Sundays. And if such protracted sittings were not enough to disgust sensible people, with the house and senate meeting annually, it is now proposed to make the feature an excuse for increasing the salary to \$1,000. The treasury would thus be tapped to the extent of \$70,000. Is this additional cost necessary or called for?—Salem News.

Massachusetts ought to join the states which have biennial sessions of the legislature. The Massachusetts body should follow the limit required by Rhode Island. If the Almighty thought that the Ten Commandments were enough to govern and to save the entire human race, why should 1,000 bills be presented the general assembly every two years to be enacted into law? The whole business looks too little like business and too much like play. Look at congress, now dawdling away a half-year at a tremendous sacrifice to the people, over what could have been well and reasonably done in six weeks. The game of politics is to be played by the man who wants to know what there is in it for them. The people patiently witness the game.

THE MERRY WIDOW AS A SENSATION. The person who happily conceived of the Merry Widow and then put her into music and upon the stage, and named a popular and distinct style of feminine hats for her deserves to be regarded as excellent as a captain of finance as he is perfidious as the creator of a nuisance. That which gives delight to many people often becomes a nuisance and a painful experience to others. A statistician in Puck figures that 2,500,000 Americans have paid \$2,694,000 to see the Merry Widow. Also that 48,833 burdy-gurdy have caused \$2,467,467 pain and 4,896,577 fancy curses and that 10,782,262 men have had their noses skinned by Merry Widow hats. Looking at this from every point of view, the "Merry Widow" is not a true Frankenstein, went a great way before she weighed 178 pounds. Those who realized two and a half millions on her account do not care about burdy-gurdy or the mishaps or the curses which followed in her wake. As a force, the "Merry Widow" cut a good deal of ice.

The men of Boston were so common among the pioneers of the great northwest that the Indians got to calling all comers "Boston." Boston has figured large in the country's history. The Petrosino memorial candle is of Austrian beechwood, weighs 178 pounds, is nine feet high and over a foot in diameter and cost \$400. It will burn continuously for 1,440 days.

GOOD HEALTH AND GOOD WORK. In these few words are expressed the sentiments of the people today in regard to the Hon. Michael Kenedy of Stamford, and member of the New London law firm of Brandegee, Kenedy and Brennan. We all hear, with a sense of gratitude, that Mr. Kenedy is recovering from a serious operation, and that the promise of many years of usefulness to his fellow citizens is likely to prove true. Without regard to politics, the people of this state appreciate a man like Kenedy, for, as chairman of the republican state central committee he has proved a real one of the finest political executives, always has fought on the level, and thereby gathered friends in every party. With his friends throughout the state we wish him long life and good health.—New London Telegraph.

These true and commendable words from the Telegraph are sure to find cordial endorsement in all parts of the state. The Bulletin and all its readers are pleased to learn that the Hon. Michael Kenedy is on the high road to health. His friends, his party and the state need him. May he live long and be amply rewarded for his faithful and able services.

A QUESTION NOT SOLVED. The trained nurse is a recognized necessity and to many families a heavier burden than the doctor's bill. Two classes are greatly benefited by her, the poor who are cared for in hospitals, and those who are able to cheerfully meet the expense. But the larger class of people are worse off now than they were when the experienced old woman was called in, at a reasonable rate of wages, and accorded the instruction of the family physician as well as as near as she could. Speaking of this trial which has come to people of moderate means the Boston Transcript says:

"It is the respectable families living on the salaries or wages of their bread winners and living close up to, if not beyond, their income, who cannot afford the expense of the trained nurse in addition to the extra drain of the family in case of a severe illness or an accident. It is the well-being of the most thoroughly educated class of people which should be left out of consideration in this matter that the American Hospital Association and the New England Association of Nurses propose to take up in a special discussion of this problem. The former meets at Washington in the fall, and the latter will undertake to clear the ground somewhat for the debate in a meeting in this city."

EDITORIAL NOTES. If this weather continues long the summer resort landlord cannot keep a smile on his face. The longest days are right in our forefront, and we have not bid adieu to our winter clothing, yet. Some of the trust companies are declaring two hundred per cent. dividends, if the times are hard. Mrs. Carrie Catt's opinion of men is well founded. She has had two husbands and they were no shrimps. It has really got so that a German moustache seen on the horizon creates a great excitement in London. The tariff is one of the things that remains almost too hot to be handled. Perhaps this accounts for the delays. The San Francisco judge who granted seven divorces in twenty-eight minutes did not beat even the Connecticut record. The shrimps are not invulnerable to rockets, and it is said that special artillery will not be necessary to destroy them.

In England they arrest the owner of the automobile violating law because he is not only the owner but the master of the car. It will cost a man \$35 for any stray outas that he may drop in Wisconsin. This makes profanity too expensive to be indulged in. A scientific expert at Berlin says that he expects to be able to make food from the air. Will it be free from adulteration? The Bulletin might talk of laziness as a crime every day in the year, and still some people would regard it as an accomplishment. Happy thought for today: How much better memories people have when one is obligated to them, than when they owe him a dollar. It has cost Millionaire Spreckles of San Francisco over \$138,000 to carry on his campaign against the grafters. Grafters are not dislodged easily. A California woman has been granted a divorce from her husband because it took all the money he could earn to support the baseball league.

The Boston professor who says that the time will come when every man will spell as he pleases, would know that they do now, if he was in an editor's chair. President Taft has made it clear through his announcement to the committees of Norwich that he does not expect to get to Beverly until after July 4th. A St. Louis man has asked the court to give him a divorce because his wife's placenta is not as good as those mother used to make. That would be a bad precedent. As the result of one case of smallpox in Philadelphia a whole district was quarantined and ordered vaccinated, and those who fled were chased like robbers by the police. This is from the Charleston News and Courier: Within one hundred years the "common people" will be an extinct race in America, and aristocrats will wait on the table.

Silver Knife for Fish. Clean fish with a silver knife. The faint of steel is often noticed when a steel knife is used. Silver is more easily cleaned than steel. Soda water will destroy fish odors on frying vessels or dishes. Vinegar also removes the odor. Curtains for Kitchen. Old muslin or dotted swiss dress skirts will make dainty curtains for a kitchen window. What if they do not wear long? Little time is necessary to run a hem or casing.

Woman in Life and in the Kitchen

CONCERNING WOMEN. A Boston woman has all her time engaged many weeks ahead for taking inventories of houses that are rented furnished. Mrs. Fred Wilmerding, once a leader of fashion in Paris, has opened a curiosity shop in Florence, hoping thereby to retrieve her fortunes. Mrs. Cuffe, who helped her husband to discover radium has just been elected a corresponding member of the St. Petersburg Academy of Science.

The enlarged rights which have recently been given to the women of Turkey are said to have played no small part in bringing about the revolt of the rank and file of the army. The Turkish women's clubhouse was one of the buildings in Constantinople fired upon, by the troops, most of whom are said to be fanatical Mohammedans. Mrs. A. A. Anderson of Greenwich, Conn., has given \$500 toward a parish building to be devoted to the social and educational purposes of the deaf and dumb. The house is to be three stories in height and will contain rooms for entertainment, handicraft and physical training. The entire cost of the building and its equipment is now planned will be \$30,000, and Mrs. Anderson has promised to double her gift if the balance is raised during the present year.

NEEDLEWORK SUGGESTIONS. No. 8056—Design for 18-inch circular centerpiece to be transferred to thin lawn and worked in shadow embroidery in either white or colored mercerized cotton. If preferred, the design may be worked in solid stitch and transferred to linen, scrim, Indian-head cotton, silk, satin or messaline, for special occasions. The design is heavily worked in buttonhole stitch and this border should first be added, so that it will stand out in high relief, otherwise much of the effect is lost. Price of transfer pattern, 10 cents.

IN THE KITCHEN. Apple Float: Sweeten to taste one cup of sifted, cooked dried apples and season with a bit each of cinnamon and grated yellow rind of lemon. Chill thoroughly, and just before serving beat the white of one egg until stiff and fold into the apple lightly. Serve with plain or beaten cream or with a soft boiled omelette sauce. To serve more people increase the amount of apple and egg in the same proportion. Bread and Rice Pudding: One quart and pint of good milk, quarter cup of rice three table-spoonsful of sugar, half nutmeg, grated. Look the rice over carefully, wash in three waters. Bake on the bottom of oven slowly one hour, and stir occasionally. When done take out of the oven, cut thin slices of the loaf of bread, butter well and lay on the top of the pudding. Beat two eggs well, add half cup of milk, pour over the pudding, grate a little more nutmeg and put on the grate of the oven fifteen minutes until it gets a nice golden brown.

HOME GARMENT MAKING. The Bulletin's Pattern Service. Rack for Spoons. A useful addition to the kitchen table is a crossbar for hanging up spoons and other utensils. Two vertical laths are nailed to the side of the table, one at each end. The transverse bar is fixed to these. This is provided with hooks and forms a convenient rack. The hooks may be screwed to the edges of the table.

MAKING KOMMISS. Into one quart of new milk put one full fresh buttermilk and three or four lumps of white sugar. Mix well and see that the sugar dissolves. Put in a warm place to stand ten hours, when it will be thick. Pour from vessel to another until it becomes smooth and uniform in consistency. Then bottle and keep in warm place twenty-four hours. It may take thirty-six hours in winter. The bottles must be tightly corked and the corks tied down. Shake well five minutes before opening. This makes a very agreeable drink which is especially recommended for persons who do not assimilate the food, and it is said to be especially good for young children. Instead of buttermilk some use a teaspoonful of yeast. The richer the milk the better the kommiss.

WOMEN DO UP HAIR ACCORDING TO HAT. There are many new arrangements for the hair, chief among which we see the hair parted on one side, softly rounded at the sides, rolled at the back and finished with a Psyche knot. Or the hair may be divided in the center, or drawn back straight. The arrangement of the hair is really to be decided according to the hat worn. Should the hat be one of those rimless affairs, then the hair must be well rounded. The poke bonnet calls for fluffy hair dressing. Some of the fancy hats demand the straight or curled bang. Usually, for evening wear, the hair is dressed in a Psyche knot, or very high upon the head, where it is banded with some attractive ornament. This is usually a ribbon to match the gown.

CHILDREN'S HATS. Children's hats are the stumbling block on which so many mothers and milliners fall down. When any coming season brings with it the really childish hat, one should halt it with rejoicing. It is always to be found, but not always without some searching; and it never can be found successfully until it is understood. No heavily trimmed hat is suitable for a little child, from the standpoint of weight as well as that of good taste. A hat bent down with heavy flowers and fruits is hardly to be thought of in comparison with the straight-brimmed leghorn with one twist of ribbon and a bow. The one particular child's hat that stands for the best style is the French leghorn in its natural color. It is trimmed with a four-inch ribbon velvet in colors to match the coat, and usually arranged with streamers that have borne the test of time as the best effort in hat trimmings for the little girl.

Potato Loaf Good "Tuesday Recipe." Potato loaf has been called a "Tuesday recipe," because it can be cooked in the even, leaving the top of the stove for the fattions. Boil eight large potatoes in their jackets. While still hot peel and mash; add one-half cupful of sweet cream, one-fourth cupful of butter, one table-spoonful of salt, one teaspoonful of pepper, one-third cupful of butter, the pulp of chopped oysters and one well beaten egg. Mix thoroughly, make into a loaf and place in a baking dish. Cover with fine cracker crumbs and dots of butter. Bake for one hour. Good Broom Holder. To make a broom holder. Ms best hang it so it does not touch the floor. A good broom holder may be made from two spoons screwed to the inside of the cellar door. Slip the handle between them and rest the broom up on them.

Kitchen Coolness. No hot and blistering air to sap vitality and make cooking intolerable when work is done on the safe, economical and comfortable New Perfection Wick Blue Flame Oil Cook-Stove. Using it, your kitchen is not a room to fly from, but a place where all the necessary household work is done in restful coolness—it doesn't heat the kitchen. The NEW PERFECTION Wick Blue Flame Oil Cook-Stove is built with a CABINET TOP just like the modern steel range. Combines conveniences found in no other oil stove. The perfect stove for summer. Three sizes. With or without Cabinet Top. At your dealer's, or write our nearest agency.

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Look Here! THE 19th ANNUAL MEETING OF THE Gentlemen's Driving Club OF NORWICH WILL BE HELD AT THE New London County Fair Grounds, May 31, 1909, at 2 p. m. The following events will take place: HORSE RACING. 2.40 Class.....\$6 Bushels Oats. 2.55 Class......75 Bushels Oats. 2.20 Class......100 Bushels Oats. MARATHON EVENTS. Five Miles for Professionals—\$40.00 in four prizes. Three Miles for Boys 16 years of age. SILVER PRIZES WILL BE AWARDED. JAMES F. DREW Piano Tuning and Repairing. Best Work Only. 18 Perkins Ave. sept12d

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