

Helpful Beauty Hints

A Typewriter Tells How She Keeps Erect and Her Neck from Sagging—A Tight Collar Fatal to a Beautiful Throat—Valuable Suggestions By One Who Knows

"How do I keep my back straight and my neck from sagging?" said the woman who spent hours each day at a typewriter.

"I never allow myself to stoop, sitting well back on my chair to make the erect position possible, and whenever I do not have to look at my copy I throw the neck back.

"When taking dictation it is quite easy to keep the head up and I arrange my notes on a rack on the level with my eyes. Naturally I use the touch system so the keys need not be watched.

"Often, when working in a room by myself I twist my head and take neck-stretching movements while writing to fight off the double chin and sagging throat muscles that are so common for women who sit at a desk or piano much.

"The way I happened to think of combining neck development and work was by watching my grandmother. Her throat is as thin and supple as a girl's though she is nearly 80, and she has none of the sagging and lines that most of us connect with age.

"She told me that whenever she got a chance during the day, whenever she had to plan any of her work or wanted a minute's rest, she sat with her eyes turned heavenward, her chest up and the muscles at the back of the neck contracted.

"Often as she sat there she would massage the throat muscles with the tips of her fingers or draw the palms of her hands alternately from the line of her chin toward her chest.

"Grandmother never went to a beauty doctor in her life but she agrees with most of them that a tight collar is fatal to a beautiful throat. I cannot go collarless in an office but I take it off the minute I reach home and always wear a Dutch neck dress in the evening."

Cucumber Milk.

The formula for cucumber cream is as follows:

Oil of sweet almonds, 4 ounces; fresh cucumber juice, 10 ounces; essence of cucumbers, 3 ounces; white castile soap (powdered), 1-2 ounce; tincture of benzoin, 2-3 dram.

To obtain the juice of the cucumbers slice them very thin, skin and all, cover with a very little water and let cook slowly until soft and mushy; press through a cheesecloth. To make the essence, take equal parts of pure alcohol and the juice; put the essence and soap in a jar, the larger the better, as the mixture requires much tinkling; after the soap is fully dissolved add the cucumber juice. Shake until thoroughly mixed, then pour into a bowl and add the oil and benzoin, stirring until you have a creamy substance. Put into small bottles, tightly corked and keep in a dark place. It does not require a preservative other than the Oriental paste, it is best to use the fresh figs and apricots; if these are not to be had the dried fruit can be used.

Almond Meal.

Almond meal is excellent to use on tender hands, and good preparations may be found already made up. Below are directions for making it.

Almond meal, in fine powder, prepared from blanched bitter almonds, after the oil has been extracted, 6 ounces; orris root, in fine powder, 4 ounces; wheat flour, 4 ounces; white castile soap, in fine powder, 1 ounce; borax in fine powder, 1 ounce; oil of bitter almonds, 10 drops; oil of bergamot, 2 drams; tincture of musk, 1 dram. Mix thoroughly, and pass the mixture through a fine sieve.

Tested Recipes.

Antiseptic for the Hair. Quinine bisulphate, 2 grains; spirits of rosemary, 2 ounces; alcohol, 2 ounces.

Flesh Food.

Lanoline, 2 ounces; almond oil, 6 ounces; white wax, 3-4 ounce; glycerine, 1-2 ounce; spermaceti, 3-4 ounce; tincture of benzoin, 20 drops.

Massage Cream.

Express oil of sweet almonds, 80 minims; fresh cucumber juice, 1 ounce; lanoline, 4 drams; oil of rose, 4 drops.

Melt the oil and lanoline in a double boiler; remove from fire and stir in cucumber juice; before the mixture cools add the perfume; beat until cool.

Slap the Hollow Back.

A gully between the shoulder blades is fatal to beauty. This hollow can sometimes be filled out by a treatment of vigorous slapping with the palm of the hand. This develops the muscles and makes flesh.

KANSAS THEORY OF RAIN.

Dispute as to Whether Kansas Gets Hers From Snow or Gulf.

The theory that the rainfall of Kansas depends very largely on the snowfall in the Rocky Mountains of Colorado is not supported by Dr. F. S. Snow, of the University of Kansas, who believes that the rains of Kansas are caused by winds from the Gulf of Mexico. The United States Weather Bureau recently sent out warnings to persons in eastern Colorado and parts of Nebraska stating that on account of a deficiency in the snowfall in the mountains last winter the supply of water in the Platte River for irrigation will be exhausted prematurely.

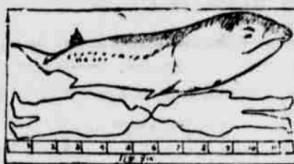
"Notwithstanding the deficiency of snow in the Rocky Mountain region last winter, the rainfall of Kansas in March and April greatly exceeded the normal amount and furnished a sufficient refutation of the theory that Kansas rainfall depends upon the mountain snow. The most probable source of the moisture which produces the Kansas rainfall is the Gulf of Mexico. The prevailing winds of Kansas in the latter part of spring, the entire summer and the first half of autumn are from the south and southwest.

Dr. Snow's theory is that the winds of western Kansas come from across the hot, sandy country of New Mexico and western Texas, and that the winds of eastern Kansas come from the Gulf. The moisture laden winds of eastern Kansas blow over central northern Texas, central Oklahoma and after crossing Kansas take a northwestern course through southeastern Nebraska, northwestern Missouri and over Iowa. This territory is in the rain belt and is not subject to dry seasons as in western Kansas and parts of other states over which the dry, hot winds from the far southwest pass. These dry winds, after their course over New Mexico and western Texas, cross western Kansas and pursue a course further east in Nebraska than in Kansas and then into the Dakotas.

"The sea breezes from the Gulf of Mexico," said Dr. Snow, "extend westward into south Texas for a considerable distance, gradually veering to the north and joining the regular south-west winds, bringing abundant moisture to the eastern part of Kansas, while the western half of the state, lying beyond the moisture laden winds from the Gulf, has a different rainfall in each locality according to its distance from the northward moving moisture laden currents."—Kansas City Star.

A Twelve Foot Sturgeon.

The biggest fish ever received at the Fulton Market was on exhibition recently. It is a sturgeon weighing



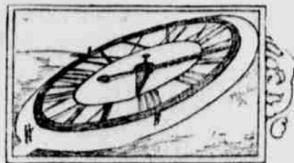
The Monster Sturgeon.

460 pounds, and measuring almost 12 feet in length. If served at one meal this one fish could feed a thousand men. For five hours after its removal, the heart continued to beat. It was placed on a board and was watched by hundreds.

The jumbo sturgeon was caught by some fishermen off the Jersey coast. It ran into a net which it damaged in its wild struggles to escape. The fishermen saw by the commotion in the water that they had made an unusual catch, but when they caught the first sight of the sturgeon they were amazed. A rope was secured about its body with some difficulty, and after a struggle of an hour or two the fish was landed in the fishing smack.

The World's Largest Clock.

With its delicate mechanism hidden in plants, flowers of all sizes and colors, the largest and most wonderful timepiece in the world is to be seen



The Great Floral Clock.

In front of the north entrance to the Palace of Agriculture at the Louisiana Purchase Exposition.

In a maze of vines and foliage skilled artisans have constructed machinery similar to the works of a watch and the floral timepiece will keep as correct time as the most delicate instrument ever turned out by a Swiss watchmaker.

The clock is just sixteen times larger than any timepiece of which this world has any knowledge. The dial contains a circle of flowerbeds one hundred and twelve feet in diameter and the hands are long, green pointed, the largest of which moves five feet a minute. The floral arrangement was planned by the chief of agriculture of the Exposition.

The effect in the daytime will be that of a mass of green moving slowly over a field of white, and pointing at brilliant colored hours and minutes. At night, a glowing indicator will move above glowing numerals. The minute hand alone weighs 2,700 pounds.

Susquehanna Synod.

Sessions Will Be Held From May 12th to 15th at Williamsport.

From May 12 to 15, inclusive, the forty-second annual convention of the Susquehanna synod of the Evangelical Lutheran church will be held in St. Paul's church, Williamsport, the Rev. Charles George Bickle, pastor. About 60 churches are included in the bounds of the synod, including Seranton, Hazleton, Bloomsburg, Danville, Shamokin, Sunbury and as far as Jersey Shore. About 120 ministers and delegates are expected to attend the convention.

The convention will open with an evening session, at 7:30 o'clock, on Wednesday, May, 12. The Rev. J. W. Shannon will conduct devotions, there will be a synodical sermon by the Rev. W. E. Fisher, president, and holy communion.

Hicks' Forecast for May Weather.

Rev. Irl Hick's forecast for May is as follows: 1st to 5th—mild period—Fine enjoyable and spring-like conditions will prevail at most points lying east of the Mississippi river. Rather dull, smoky and dry at many points in western and northwestern sections. 6th to 9th—tornado period—Destructive lightning and hail in Alabama, Georgia and the Carolinas. Tornado storms in Arkansas, Missouri, Iowa and Illinois. Great wind energy expended over the Lake region, Middle Atlantic and the New England states. 10th to 12th—cool period—Abrupt fall of temperature over the Rocky Mountain highland and northwestern states. Cool frosty nights and mornings as far south as Nebraska, Iowa, West Virginia and Maryland. Temperature 28 degrees at Omaha, 30 at Dubuque, 32 at Columbus and 30 at Cumberland. 15th to 20th—storm wave—General rains in New Mexico, Texas and Oklahoma. Thunder storms in upper Mississippi river valley. Unusually damp and foggy over Lake region and the Ohio valley and portions of the Middle Atlantic and New England states. 21st to 26th—mild wave—Seasonable weather in southwest and at all points in south and southeast portions. Clear and dry conditions are due for the Middle west and northwest. 28th to 31st—warm wave—Advanced heat at all points except over the highland region of the west and the mountain sections of the east. Severe drought in southern Illinois, Indiana and Ohio. Temperature 100 degrees at Wichita, 98 at Cairo and 95 at Cincinnati. The temperature will fall slightly below normal at most points. The rainfall will be excessive in portions of the southwest and Middle Atlantic and New England States, but will be below normal at many points in the west and northwest.

Fisher Will Hang for Killing Mrs. Klinger.

Henry Fisher, convicted of killing Mrs. Sarah Klinger, was sentenced to be hanged by Judge Savidge on Monday at Sunbury. Fisher as well as the woman killed was a resident of Shamokin. The murder, which took place over a year ago, was an especially cold-blooded and brutal one. Fisher after being convicted, was adjudged insane and brought to the hospital at Danville. Many thought that he was feigning insanity; at all events after being incarcerated for a short time he was removed to the jail at Sunbury.

Fisher's case was taken to the supreme court, but the lower court was sustained. Accordingly sentence was passed upon him.

Fisher was commanded by Judge Savidge to arise and he complied in a stoical, unemotional manner. The court asked him if he had anything to say why sentence should not be passed upon him. He replied that he had nothing to say beyond the fact that he "was not guilty."

Judge Savidge informed him that he had received a fair trial and that a jury of twelve men had adjudged him guilty of murder in the first degree.

Then in due and legal form Judge Savidge pronounced the sentence of death. The silence was intense and the words of the judge could be heard in every part of the court room as he informed Fisher that he was to be "hanged by the neck until he was dead."

It only remains now for the Governor to fix the day for the execution.

Peeling Onions Without Tears.

The work of skinning onions, which usually ends in tears, can be made a pleasure by pouring boiling water over them and covering a few minutes before peeling.—Woman's Home Companion for May.



Each of the chief organs of the body is a link in the Chain of Life. A chain is no stronger than its weakest link, the body no stronger than its weakest organ. If there is weakness of stomach, liver or lungs, there is a weak link in the chain of life which may snap at any time. Often this so-called "weakness" is caused by lack of nutrition, the result of weakness or disease of the stomach and other organs of digestion and nutrition. Diseases and weaknesses of the stomach and its allied organs are cured by the use of Dr. Pierce's Golden Medical Discovery. When the weak or diseased stomach is cured, diseases of other organs which seem remote from the stomach but which have their origin in a diseased condition of the stomach and other organs of digestion and nutrition, are cured also.

The strong man has a strong stomach. Take the above recommended "Discovery" and you may have a strong stomach and a strong body.

GIVEN AWAY.—Dr. Pierce's Common Sense Medical Adviser, new revised Edition, is sent free on receipt of stamps to pay expense of mailing only. Send 21 one-cent stamps for the book in paper covers, or 31 stamps for the cloth-bound volume. Address Dr. R. V. Pierce, Buffalo, N. Y.

House Fly Must Go.

A Few Years Ago Scientists Said He Was Useful—Now He Is Denounced.

Only a few years ago scientists and observers declared that the little housefly was a useful insect; that he absorbed foul air, made way with filth, and was an all around purifier. A meeting was held in New York in which eloquent orators of both sexes defended the buzzer against certain people who wanted to make war on the fly as a general nuisance. But now the sentiment has changed in regard to the fly. Health officers all over the country are uniting in a campaign against the housefly, declared to be one of the most important agents in the spread of typhoid fever and tuberculosis. If the statements of a committee of the New York Merchants' association, which has compiled testimony on this subject from various parts of the United States, are to be credited, it is evident that the average person has failed to realize what a dangerous foe to mankind the innocent appearing little fly really is. To quote the committee's own words, the fly is "more dangerous than the tiger or the cobra, and may easily be classed as the most dangerous animal on earth," which certainly is "going some," if one may employ a flippancy colloquialism in treating so serious a subject. Clearly, the housefly is a monster, and it makes little difference where we find it, provided it has the freedom of the town. It is evident that it is time to get after the housefly. Owing to his activity the policy of extermination is apt to be slow when an attempt is made to wipe out the species one at a time. The only way that any progress can be made is by stamping out the breeding places of the fly. Let the same tactics be pursued in fighting the fly that have been employed in battling against the New Jersey mosquito. Cover compost heaps about stables; wipe out the other unclean conditions which enables the fly to exist and multiply in countless numbers; and the question of fly disposal will be half solved. In this zone it is not too early to begin the work for the present year.

A fine new line of Wedding invitations just received at this office.

Neglected Cemeteries.

The unsightly brush-grown old burying ground is a saddening feature of many a rural neighborhood, and will be a long time in evidence, but there will be no increase of these neglected resting places of the dead if a law passed at the recent session of the Legislature is rigidly enforced. It provides that hereafter no charter shall be granted to a cemetery company unless it contains a provision that said company be required to set apart a sum equal to at least one-tenth of the gross amount of funds derived from the sale of lots for the perpetual care and preservation of the grounds and the repair and renewal of the buildings and property.

DR. HUMPHREYS' SPECIFICS.

- Directions with each Vial in Five Languages. English, German, Spanish, Portuguese and French. No. FOR Price 1. Fevers, Congestions, Inflammations... 25 2. Worms, Worm Fever, or Worm Diseases... 25 3. Colic, Cramping and Watkines of Infants... 25 4. Diarrhoea, of Children and Adults... 25 5. Dysentery, Gripings, Bilious Colic... 25 6. Coughs, Colds, Bronchitis... 25 7. Toothache, Faceache, Neuralgia... 25 8. Headache, Sick Headache, Vertigo... 25 9. Dyspepsia, Indigestion, Weak Stomach... 25 10. Croup, Hoarse Cough, Laryngitis... 25 11. Salt Rheum, Eruptions, Erysipelas... 25 12. Rheumatism, or Rheumatic Pains... 25 13. Fever and Ague, Malaria... 25 14. Piles, Blind or Bleeding, External, Internal... 25 15. Ophthalmitis, Weak or Inflamed Eyes... 25 16. Catarrh, Influenza, Cold in Head... 25 17. Whooping Cough, Spasmodic Cough... 25 18. Asthma, Oppressed, Difficult Breathing... 25 19. Kidney Disease, Gravel, Calculi... 25 20. Nervous Debility, Vital Weakness... 25 21. Sore Throat, Fever Sore or Canker... 25 22. Urinary Incontinence, Wetting Bed... 25 23. Sore Throat, Quinsy and Diphtheria... 25 24. Chronic Congestions, Headaches... 25 25. Grippe, Hay Fever and Summer Colds... 25 A small bottle of Pleasant Pellets, fits the vest pocket. Sold by druggists, or sent on receipt of price. Medical Book sent free. HUMPHREYS' HOME MEDICINE CO., Corner William and Ann Streets, New York.

Trial List for May Court.

SECOND WEEK, MAY 16.

Henry Hinderliter vs. Daniel Derr, Trespass. Johnston, Freeze and Harman for plaintiff; Small for defendant. E. D. Tewksbury, admr., vs. The P. & B. Ry. Co. Trespass. Fisher and Hinekey for plaintiff; Rhawn for defendant.

Catherine Carr vs. Lehigh Valley Coal Co. Trespass. Fritzdand Bell for plaintiff; Woodward; d. b. e. for defendant.

Lydia A. Smith vs. The A. C. & F. Co. Trespass. Small and Harman for plaintiff; Sprout, Cupp and G. Herring for defendant.

Jessie Smith intermarried with Fredrick Smith vs. Penna. R. R. Co. Lessee of N. & W. B. Ry. Co. Trespass. Rhawn and Mensch for plaintiff; Waller for defendant.

Rathbone, Sard & Co. Assumpsit. Jackson for plaintiff; Harman for defendant.

The Fairbanks Co. vs. Berwick Consolidated Gas Co. Assumpsit. Jackson for plaintiff; Harman for defendant.

Albright Son and Co. vs. Berwick Consolidated Gas Co. Assumpsit. J. L. Evans, for plaintiff; Harman for defendant.

Harvey Roach vs. Penna. R. R. Co. Trespass. Ikeler for plaintiff; Waller for defendant.

Dodge and Day vs. Avery Sickles, Assumpsit. Evans for plaintiff; Harman for defendant.

Mary E. McMannin vs. The Lehigh Valley R. R. Co. Trespass. Flynn for plaintiff; Ikeler and Ikeler for defendant.

U. A. Knecht vs. Penna. R. R. Co. Trespass. Fred Ikeler for plaintiff; Waller for defendant.

Pearl A. Slusser vs. Penna. R. R. Co. Lessee of N. & W. B. Ry. Co. Trespass. Small for plaintiff; Waller for defendant.

Lull Carriage Co. vs. J. L. John and Son. Assumpsit. Fred Ikeler for plaintiff; Anna H. Musselman, widow of Adam W. Musselman, deceased vs. York Bridge Co. C. Herring, G. Herring, Wagonseller, S. P. Wolverton, Sr., S. P. Wolverton, Jr., for plaintiff; Ikeler and Black for defendant.

George W. Rhinard admr. d. b. n. e. t. a. of John Rhinard vs. Susannah Rhinard. Sci. Fa. Sur Mge. Yost for plaintiff; Harman for defendant.

John Brophy vs. The Township of Cleveland. Trespass. Moser and Matze for plaintiff; Kreischer for defendant.

Wm. H. Hauck vs. Penna. R. R. Co. and Penna. R. R. Co. Lessee of S. E. & W. B. Ry. Co. Trespass. Yetter for plaintiff; Waller for defendant.

William Flannagan. Mary A. Flannagan vs. The Lehigh Valley Coal Co. Trespass.

Flynn for plaintiff and Ikeler and C. Herring for defendant.

Howard R. Reimard, Cora A. Reimard vs. B. & S. R. R. Co. Trespass. Duy and Ikeler for plaintiff, Waller for defendant.

Samuel Longenberger vs. The P. & R. Ry. Co. Trespass. Fisher for plaintiff and Rhawn for defendant.

Mrs. Alice Fahr vs. The York Bridge Co. Trespass. Potter for plaintiff and Black for defendant.

John Leuhau vs. Shamokin and Mt. Carmel Transit Co. Trespass. Laubenstein and Flynn for plaintiff, and Wolverton and Wolverton and G. Herring for defendant.

Albert Reeder vs. Harvey Fairchild, Trespass. Small and Ikeler for plaintiff, Evans for defendant.

Charles Reigle vs. Sylvester Shultz, Trespass. Rhawn for plaintiff and Evans for defendant.

Jurors for May Court.

PETTIT JURORS—Second Week. Casper Hower, Catawissa township; E. Koss Kester, Hemlock; W. O. Holmes, Bloomsburg; J. B. Millard, Scott; Hilbert Albertson, Fishingcreek; J. Hess, West Berwick; J. A. Laub, West Berwick; Joseph Rinard, Catawissa; E. D. Hagenbuch, Secht; T. B. Miller, Bloom; Geo. W. Creasy, Center; Seth B. Lehman, Briar creek; H. M. Bowman, Mifflin; J. W. Burlingame, Scott; W. A. Myers, West Berwick; A. B. Mendenhall, Jackson; C. S. Fornwald, Bloom; Robert Lee, Madison; James Y. Stackhouse, Pine; J. E. Cox, Bloom; John Trinkle, Bloom; Ira B. McHenry, Benton; Ralph Eves, Greenwood; Thomas Turry, Conyngham; Wm. Ikeler, Orangeville; C. A. Shannon, Benton; J. Harvey Hess, Berwick; A. J. George, Bloomsburg; A. C. DeSheppard, Bloom; Alexander Shiner, West Berwick; Calvin Dent, Hemlock; John Custer, Bloom; Bruce Girton, Sugarloaf; W. H. Dennis, Berwick, Frank Hirtleman, Jackson; Anthony Cain, Centralia.

Bloomsburg Souvenir Books, 48 half tone pictures, 25 cents, at the COLUMBIAN office.

Columbia & Mount El. Ry.

TIME TABLE IN EFFECT June 1, 1904, and until further notice.

Cars leave Bloom for Espy, Almedia, Lin Ridge, Berwick and intermediate points as follows:

A. M. 5:00, 5:40, 6:20, 7:00, 7:40, 8:12, 9:00, 9:40, 10:20, 11:00, 11:40.

P. M. 12:20, 1:00, 1:40, 2:20, 3:00, 3:40, 4:20, 5:00, 5:40, 6:20, 7:00, 7:40, 8:20, 9:00 (9:40) 10:20 (11:00)

Leaving depart from Berwick one hour from time as given above, commencing 6:00 a. m.

Leave Bloom for Catawissa A. M. 5:37 6:15, 7:00, 7:40, 8:20, 9:00, 9:40, 10:20, 11:00, 11:40.

P. M. 1:00, 2:00, 3:00, 4:00, 5:00, 6:00, 7:00, 8:00, 9:00, 10:20, 11:00, 11:40.

Cars returning depart from Catawissa minutes from time as given above.

First car leaves Market Square for Berwick on Sundays at 7:00 a. m.

First car for Catawissa Sundays 7:00 a. m. First car from Berwick for Bloom Sundays leaves at 8:00 a. m.

First car leaves Catawissa Sundays at 7:30 a. m.

From Power House. Saturday night only. P. R. R. Connection.

W. W. TERWILLIGER, Superintendent

Bloomsburg & Sullivan Railroad.

Taking Effect Feb'y 1st, 1905, 12:05 a. m.

NORTHWARD.

Table with columns for A.M., P.M., P.M., A.M. and rows for Bloomsburg D.L. & W., Bloomsburg P. & R., Paper Mill, Light Street, Orangeville, Forks, Zaners, Benton, Edsons, Coles Creek, Laubachs, Grass Mere Park, Central, Jamison City.

SOUTHWARD.

Table with columns for A.M., P.M., P.M., A.M. and rows for Jamison City, Central, Grass Mere Park, Laubachs, Coles Creek, Edsons, Benton, Stillwater, Zaners, Forks, Orneville, Light Street, Paper Mill, Bloom, P. & R., Bloom, D.L. & W.

Trains No. 21 and 22 mixed, second class. Daily except Sunday. 1 Daily 1 Sunday only. Flag stop. W. C. SNYDER, Supt.

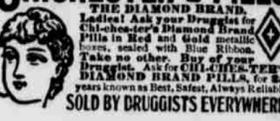
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