Washington Standard

COFFEE AS A STIMULANT.

When Used Moderately, It is Seldom Injurious.

About once in so often the question of coffee drinking being injurious is agitated for awhile, then the agitation subsides and people go on drinking it. According to the best authorities, coffee taken in moderation is not only harmless, but highly beneficial. Its value as a stimulant has always been recognized, and the fact that it is so highly prized as a beverage, if there were no other reason, would go far to prove that it was a powerful influence on the nervous system.

The action imparted to the nerves, however, is natural and healthy, and habitual coffee drinkers generally enjoy good health and live to a good old age.

For brain workers, declares the Boston *Globe*, its value cannot be overestimated. It has been called the "mental beverage," and, unlike alcohol, the gentle exhilaration it produces is not followed by any harmful reaction. It causes contentment of mind, allays hunger and bodily weakness and increases the capacity for work.

It is said that coffee drinkers are happier and more contented than those who abstain from its use and drink a like quantity of tea. Taken in moderation, coffee aids digestion, and to those not in the habit of using it it is often a valuable temporary remedy for paroxysmal headaches, the peculiar headache of Bright's disease and that produced by defects in the eye.

The fashionable after dinner coffee not only enables the stomach to perform its functions with comparative ease, but it relieves that sense of oppression so often experienced after a hearty meal.

The nutritive properties of coffee have been the subject of considerable dispute, but it is now quite generally recognized that coffee contains essential properties of nutrition far exceeding its exhilerating properties. It enables those who use it to remain a long time without food, as soldiers are often obliged to do in time of war. It also decreases the sensibility to physical discomforts.

Its best results are obtained when it is mixed with an equal quantity of pure cream or milk, which forms an alimentary drink containing all the elements of good food, with the additional stimulating effect on the mind and nervous system.

Many people have an idea that strong coffee is injurious and that it should be made weak. This is a mistake. Weak coffee is bad, as it contains no nourishment, distends the stomach with liquid and prevents digestion. It should always be taken warm. Iced coffee, like all other iced drinks, is injurious.

While coffee should never be taken in the place of food, as it is sometimes by the poorer classes, rich *cafe au lait*, with bread, makes a good and sufficiently substantial breakfast for people of sedentary occupations. No other meal, however, should be composed of either tea or coffee with bread alone.

Coffee is especially a drink for adults of sedentary habits, rather than laboring people or children, as stimulating effect on the mind and imagination is not required by the laboring man and is decidedly harmful to the growing child.

EDISON'S INITIATION.

Dramatic Climax to His Introduction to Chewing Tobacco.

"A long time ago, when I was a mite of a boy," said Edison, "I, with two other little fellows, had saved up a lot of scrap iron and tin and zinc which we meant to sell when the holidays came around. There was a large boy in the neighborhood (I think he must have become a bunko-steerer afterward) who knew of our hoard. One day when we had been in swimming he came to us and said:

"'Say, you fellows, if you will give me that tin and iron and stuff you have, I'll teach you how to chew.'

"The proposition struck us as being very fair, particularly as he agreed to furnish the tobacco. Well, we were quite willing, so he brought some Canadian cut down to a sand bank by the river. He divided the stuff into three parts and gave us each one. Then he said:

"'Now you must do exactly as I say, and you must do it right away, or you'll never learn to chew.

"'Now, then,' he shouted, 'hold up!'

"We held it up.

"'Put it in your mouth!' he yelled.

"We put it in.

"'Chew!' he hissed dramatically.

"We worked away at a great rate.

"'Swallow it!' he screeched.

"We gulped it down, and then that young rascal fairly rolled down the bank with laughter, while we soon rolled down the other side, sicker, I suppose, than any of us had been in our lives before or since. One of the boys nearly died, and they had a very serious time with him. That was my first experience with tobacco."

Laughler as a Cure for Worry.

Chicago Times-Herald

"Nearly every woman is a miser of jollity. Men are willing to catch pleasure as it flies, but women must have everything just so before they can abandon themselves to enjoyment, and then they are usually too tired to take it," said a lecturer to an audience of women. "It's a disease, but fortunately not incurable. Women say it is easy to talk this way, but that one can't be laughing when one is hurried and worried. All I can say is that you might be as hurried, but you wouldn't be as worried if you did laugh. I happened once to speak of my husband to a little girl, and she said:

"'Why, I didn't think you were married.'

"'Why?' I asked.

"'Oh, cause'—

"'Cause why?"

"'Cause you laugh so much."

"Wasn't that a commentary on matrimony?"

SAFE THAT FLOATS ON WATER.

New Device for Saving Specie in Case of Shipwreck.

The present methods of transporting bullion across the ocean may be revolutionized by a device known as the Anderson safe float, now building in the Crescent shipyard, Elizabethport, N. J. The purpose of this invention is to insure the perfect safety of mail matter, gold and valuables in case of fire at sea or shipwreck, and it consists of an elliptical chamber of metal twenty-two feet long and fourteen feet broad, fireproof and water tight. Before the vessel leaves port it is fixed on the after deck. Thieves can no more get into it than into a bank vault, and in case the vessel sinks it floats free until towed into port.

It is kept upright by its form and by putting the heavy metals which it contains at the bottom. By night its presence is shown by the phosphide of calcium light, which is ignited by water, and burns with a flame four feet high, calling attention not only to the float but to the boats and passengers that may be near it, thus giving one more safeguard to human life. This light is already used on the Franklin life-buoys indorsed by the Government.

Electric light can be used if preferred, and the inventor has arranged for a foghorn and a bell, to blow and ring automatically, like the bell on a harbor buoy. The float is so arranged that late mail matter may be put in up to the moment the vessel carrying it leaves the dock. During the present summer the experimental float now being built is to receive a practical test. It will be taken to sea, loaded with thirty-four tons and set afloat in the presence of a committee of experts. Its action by day will be observed and the distance at which its light can be seen at night measured. After a sufficient test it will be towed ashore, hoisted out upon a pier by a derrick and opened to see how the contents have been affected by the water, if at all.

As every year several hundred million dollars in gold cross the water, not to mention private checks, drafts and money orders, the value of the invention is self-evident.

A MILLION-DOLLAR BEDROOM.

Gorgeous Sleeping Apartment of Ludwig II, the Mad King of Bavaria.

"Half way between Munich and Salzburg is the third castle—Herrenchiemsee--built by Ludwig II," writes Professor J. H. Gore in the July *Ladies' Home Journal*. "This great structure is incomplete, fortunately for already overtaxed Bavaria, for no one could surmise what its cost would have been. One room alone—the renowned bedchamber—could not be duplicated for less than a million dollars. The vaulted ceiling is one great allegorical painting, the rounded cornice is covered with a score of richly framed mural paintings, the walls are panels of hammered gold of intricate designs, and even the floor is of a marvelous pattern. The only suggestion of the purpose of this wonderful room is the $60,000 bed with its canopy more magnificent than any that covers a regal throne. In the gorgeous dining-room he had erected a disappearing table, which dropped through the floor when a course was finished, and in its place came up another, set and served. He desired this so that servants would be unnecessary in the room, and the most secret state matters could be discussed in safety. Many people sought in vain to see the famous room at Herrenchiemsee. Once an actress pleased Ludwig so much by her recitation that she thought it an opportune moment to request permission to see his 'most poetic bed chamber.' She was coolly dismissed for her effrontery, and the servants were ordered to fumigate the room in which she had been received."

CASTORIA
For Infants and Children.
The Kind You Have Always Bought
Bears the Signature of Chas. H. Fletcher.

The Growth of Man.

Popular Science.

Professor Bilslik's observations regarding the growth of man have determined the following interesting facts:

The most rapid growth takes place immediately after birth, the growth of an infant during the first year of its existence being about eight inches. The ratio of increase gradually lessens until the age of 3 is reached, at which time the size attained is half that which the child is to become when full grown. After five years the succeeding increase is very regular till the sixteenth year, being at the rate, for the average man, of two inches a year. Beyond 16 the growth is feeble, being for the following two years about three-fifths of an inch a year. From 18 to 20 the increase in height is seldom over one inch. At the age of 25 the growth ceases, except in a few rare cases.

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RAMBLER AND.....
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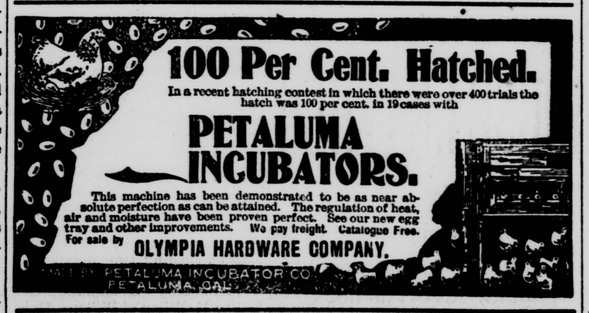
Iroquois Bicycles $16.75

400 of the famous Iroquois Model 3 Bicycles will be sold at $16.75 each, just one-third their real value. IROQUOIS CYCLE WORKS FAILED because their wheels were too expensively built, and we have bought the entire plant at a forced sale at 20 cents on the dollar. With it we got 400 Model 3 Iroquois Bicycles, finished and complete. Made to sell at $60. To advertise our business we have concluded to sell them 400 at just what they stand us, and make the marvelous offer of a Model 3 IROQUOIS BICYCLE at $16.75 while they last. The wheels are strictly up-to-date, famous everywhere for beauty and good quality. DESCRIPTION The Iroquois Model 3 is too well known to need a detailed description. Shelby 1¼ in. seamless tubing, improved two-piece crank, detachable sprockets, arch crown, barrel hubs and hanger, 2⅜ in. drop, finest nickel and enamel; colors, black, maroon and coach green. Gents' frames, 22, 24 and 26 in.; Ladies' 22 in.; best "Record," guaranteed tires and high-grade equipment throughout. Our Written Guarantee with every bicycle. SEND ONE DOLLAR for your express agent's guarantee for charges one way) state whether ladies' or gents', color and height of frame wanted, and we will ship C. O. D. for the balance ($16.75 and express charges), subject to examination and approval. If you don't find it the most wonderful Bicycle Offer ever made, send it back at our expense. ORDER TO-DAY if you don't want to be disappointed. 50 cents discount for cash in full with order.

WE HAVE BICYCLES A complete line of '99 Models at $13.50 and up. Second-hand Wheels $3 to $10. We want RIDER AGENTS in every town to represent us. Hundreds earned their bicycle last year. This year we offer wheels and cash for work done for us; also Free Use of sample wheels to agents. Write for our Liberal proposition. We are known everywhere as the greatest Exclusive Bicycle House in the world and are perfectly reliable; we refer to any bank or business house in Chicago, to any express company and to our customers everywhere.

J. L. MEAD CYCLE CO., Chicago, Ill.

The Mead Cycle Co. are absolutely reliable and Iroquois Bicycles at $16.75 are wonderful bargains.—Editor

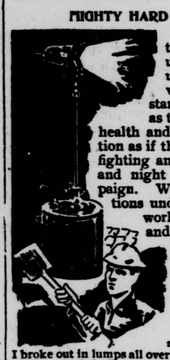


JUST one hundred years ago the Manhattan company of New York City was incorporated by Aaron Burr. Its ostensible purpose was to supply the city with water. The real purpose was to open a bank. The reason for the concealment was because there was a popular prejudice against banks. A tank was built, hollow logs laid for pipes, and water was distributed until 1840. In order to keep its charter this great banking company, which still exists, is to-day obliged to pump water from its ancient tank. A pitcherful is always in evidence at its annual meetings, and a committee solemnly reports that no applications for water have been refused. The story has its humorous side, but it illustrates the legacy of pretence and useless effort which roundabout methods always entail. Aaron Burr's mode of seeking one object under cover of another has many followers, but in politics or society or in individual relations it can never be commended and seldom excused.

ADMIRAL Dewey says the first bit of fiction he ever read was "Robinson Crusoe." Then he and his sister, now Mrs. Mary Greeley, started an island in their father's barn, where George was Defoe's hero and his sister Man Friday.

THE Standard Oil Company has succeeded in purchasing the interests of its only competitor in Mexico.

MIGHTY HARD WORK.



Some men have to do their work under all sorts of unusual and adverse circumstances that are just as trying upon their health and physical condition as if they were soldiers fighting and marching day and night in a hard campaign. When the conditions under which a man works are abnormal and unhealthy he needs to take special precautions to build himself up to withstand the extra strain.

"In 1894, *I was working at night* and I broke out in lumps all over and when these left the skin peeled off," says Mr. John A. Calloway, of 218 26th St., Columbus, Georgia, in a recent letter to Dr. R. V. Pierce, of Buffalo, N. Y. "I had catarrh for four years and also liver and kidney trouble; when it would commence troubling me I would have a slight aching a little below the chest. I used many kinds of medicine but received no benefit. My eyes were sunken and my face was pale; I had pimples on my face and there was brown spots on my face. Now these are all gone. I took six bottles of Dr. Pierce's Golden Medical Discovery and two of Dr. Pierce's Pellets. They are the best medicines I ever used in my life, and I do believe that I am entirely well. I have a good appetite but before I commenced treatment I had no appetite at all. Now I am like a child—ready to eat at any time of day or night. Last year I weighed one hundred and thirty-four pounds and now I weigh one hundred and forty-five. Please accept my thanks. I am so glad I found the right kind of medicine."

"Golden Medical Discovery" is free from alcohol; it is pure *medicine* and nothing else. Unlike the so-called "tonics" and "extracts" which tend to create an appetite for stimulants, the "Discovery" creates only a healthy natural *temperance* appetite for good food which nourishes and strengthens. The medicine dealer who says he has something "just as good" knows that he falsifies. If he urges an inferior substitute it is to gain a few pennies greater profit. No matter how discouraged you may be, write to Dr. Pierce for advice which he will send you free and which if followed, is bound to do you good.

IN the Superior Court of the State of Washington, county of Thurston.

Andrew J. Chambers and Margaret Chambers, husband and wife, Plaintiffs, vs. Henry W. Lamberton and Margaret P. Lamberton, Copartners doing business under the name and style of Winona Deposit Bank, Defendants. — No. 2276. Summons.

The State of Washington to the said Henry W. Lamberton and Margaret Lamberton, copartners doing business under the name and style of Winona Deposit Bank, Defendants:

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to-wit: within sixty days after the 21st day of July, 1899, and defend the above entitled action in the above entitled court, and answer the complaint of the plaintiffs, and serve a copy of your answer upon the undersigned attorney for plaintiffs, at his office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint, which has been filed with the Clerk of said Court.

The object of this action is to remove cloud from the title of plaintiffs to the southwest quarter of the southwest quarter of section four (4) of township sixteen (16) north, range (1) East Wil Mer., and also the south half of the northwest quarter of section thirty-three (33) of township seventeen (17) north, range (1) East Wil. Mer., and situate in said Thurston county, State of Washington, caused by lien of a judgment rendered in your favor against A. H. Chambers et al., in this court, in cause numbered 1,449, on the 9th day of May, 1895.

JOHN R. MITCHELL, Plaintiff's Attorney

P. O. Address, Olympia, Thurston county, Washington.

Date of first publication, July 21, 1899.

IN the Superior Court of Thurston county Washington.

A. A. Phillips, as Receiver of The First National Bank of Olympia, Plaintiff, vs. Capitol Park Land and Investment Company, a corporation, Defendant. — Summons.

The State of Washington to the Capitol Park Land and Investment Company, Defendant:

You are hereby summoned to appear within twenty days after service of this summons, exclusive of the day of service, and defend the above entitled action in the court aforesaid; and in case of your failure so to do judgment will be rendered against you, according to the demand of the complaint, which will be filed with the Clerk of said Court. The date of the first publication of this Summons is the 16th day of June, 1899, and service will be perfected on the 28th day of July, 1899.

The object of the action is to obtain judgment against the above named defendant on a promissory note for $302.10, executed by said defendant to The First National Bank of Olympia on June 25, 1896, bearing ten per cent. interest from date until paid, due six months after said date, and providing for an attorney's fee of ten per cent. of the amount due at date of judgment.

T. N. ALLEN, Attorney for Plaintiff

Postoffice address: Olympia, Washington.

IN the Superior Court of the State of Washington for the County of Thurston.

Martha A. Reams, Plaintiff, vs. Joseph M. Reams, Defendant. — No. 2,239.

The State of Washington to the said Joseph M. Reams, Defendant:

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to-wit: within sixty days after the 16th day of June, 1899, and defend the above entitled action in the above entitled court and answer the complaint of the plaintiff, and serve a copy of your answer upon the undersigned, attorney for plaintiff, at his office below stated; and in case of your failure so to do, judgment will be rendered against you according to the demand of the complaint which has been filed with the Clerk of said Court.

The object of this action is to obtain a disolution of the bonds of matrimony existing between plaintiff and yourself upon the grounds of desertion and failure to provide for the maintenance o plaintiff, and also for equitable relief

N. S. PORTER, Attorney for Plaintiff.

P. O. Address: 416 Franklin street, Olympia, Washington.

Notice to Creditors.

In re estate of Geo. N. Littlejohn, deceased.

Notice is hereby given that all persons who are creditors, or who have claims against Geo. N. Littlejohn, deceased, are required to present the same to the undersigned, personally, or by leaving them at my home, near Independence, Thurston county, Washington, within one year from date, accompanied by proper vouchers, or the same will be forever barred,

SARAH E. WRIGHT, Executrix of the Estate of Geo. N. Littlejohn, deceased.

Date of first publication, June 23, 1899.

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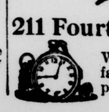

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ATTORNEY AT LAW
OLYMPIA, WASH
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June 8, 1899. tf

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IN the Superior Court of the State of Washington for Thurston county.

Zeland Stella Holmes, Plaintiff, vs. Charles R. Holmes, Defendant. — Summons No. 2265.

The State of Washington to Charles R. Holmes, Defendant.

You are hereby summoned to appear within sixty days after the date of the first publication of this summons, to-wit: within sixty days after the 23d day of June, 1899, and defend the above entitled action in the above entitled court and answer the complaint of the plaintiff, and serve a copy of your answer upon the undersigned attorney for the plaintiff at his office below stated; and in case of your failure so to do judgment will be rendered against you according to the demand of the complaint which has been filed with the Clerk of said Court. The object of said action is to obtain from you on the part of the plaintiff a decree of absolute divorce upon the grounds of your abandonment of the plaintiff and failure to support or provide for her.

G. C. ISREAL, Attorney for Plaintiff.

P. O. address 124 Sixth street, Olympia, Thurston county, State of Washington.

Date of first publication June 23, 1899.

FOR SALE.
A FARM on Oyster Bay, of 160 acres, 60 acres under cultivation, dwelling house, two barns and farming implements, for sale in whole or in part. One-half cash and remainder on time. For particulars apply to the owner on the premises, or to Jos. F. Kearney's grocery store.
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