

RULES TO ATTAIN A RIPE OLD AGE.

A Concise Set Formulated by an Austrian Doctor Containing Some New Ones.

An Austrian physician, Dr. A. Lorand, has formulated a set of rules by which to attain a ripe old age.

"It would be impossible to say how many men have tried to discover the fountain of youth."

"Our search has been led into another direction, to make it possible for the old age to keep its strength as long as possible."

"In our fight for our daily bread we do forget this simple commandment, and when we have reached our goal, or when we should be there with what we have acquired—be it honors, or riches, or knowledge—usually a very modest condition that was possible for us to reach at the age of 60, it was too late for us to enjoy the few remaining years comfortably."

"To speak of old age, to tell us what to do and what to leave alone, so that we may grow old without the ills of old age, has been exploited by many a writer, but few have been so concise as Dr. A. Lorand of Carlsbad, Austria, whose book on 'Das Altern' appeared a short time ago."

"The rules for a long life are given by Lorand as follows: 'Join the order of the Capuchins or enter an English poor-house or become a peasant. But not every one of us will be so inclined, and for these Lorand gives the following advice: 'Exercise daily and be as much as you can in the open air and sunshine, but avoid great heat.'"

"Eat meat only once a day, and then in small quantities; your main food should consist of milk, eggs, cereals, butter, cheese, vegetables and fruit; abstain from meat entirely every third month; masticate well. Take a daily bath, and once a week a hot bath."

"The dress should be sensible; the clothes must be porous; the shirt collar should be wide; the dress in summer of light, in winter of dark colors; always wear low-cut shoes. Follow the old rule of early to bed and early to rise."

"Sleep with open windows, not less than six hours and a half, a man not more than seven and half, a woman eight and a half hours. Rest one day every week, and spend your time from Saturday until Monday in the country."

"Avoid excitement, do not worry, for by worrying you cannot change anything; do not speak of disagreeable things; have a strong will power. Avoid overheated places. Be moderate in the use of alcohol, tobacco, coffee and tea."

HE NEVER MISSED.

A Well Paid, Fery Job That Wears a Man Out in Fifteen Years.

The man who stood at the lever had a story that is common all over America. Ten years before he had been a peasant in a dull little village in Ireland. Drawn up and along by the emigrant tide, he had drifted to Chicago, and he in the works he had caught the true spirit of the place, which is to strain every nerve and rise. He had risen. His pay was \$90 a week. He worked every night from 6 p. m. to 6 a. m., twelve vigilant hours. Watching those three mammoth tanks, by the tints and hues in their columns of flame he could tell just when to wrench back a lever. This he did a hundred times in the night, and if he missed by so much as thirty seconds he spoiled thousands of dollars' worth of steel. He never missed.

To hold this job is to jam the strength of a lifetime into fifteen years—at \$90 a week. The man recognized this, and he had been only qualifying it by the remark that he knew of a red-headed Scotchman at Homestead who had held it seventeen years before breaking. That his whole life had been changed; that the little Irish village, the misty bog and the hovels were back in another age, on another planet—all this he felt vaguely and summed it up, with a twinkle. "Sure," he said, "it's a terrible quick spin this old world is ather takin'." But he loved the fery job, called the huge tanks "me darlins," and said he would rather be what he was than be president.—Ernest Poole in Everybody's.

The Law and the Lady.

Pat Finnigan had been summoned to jury duty. Coming down stairs one morning dressed in his Sunday clothes, his wife looked at him and said: "Where are you going, Pat?"

"He replied, 'I'm going to court.' " "I'm," said the wife, and Pat stalked out. Next morning Pat came down stairs all shaven and shorn, with the same suit of clothes on, and with the same set of clothes on. "And where are you going today?" said the wife.

"Sure, I'm going to court."

"Ye are, are ye?" "Pat went out and slammed the door. The third morning Pat came in and sat down to the breakfast table with the same suit of clothes on and greeted his wife, who said: "And where are ye going this morning, Pat?"

"I'm going to court." "The wife laid her hands upon a rolling pin, stood before the door and said: "Ye're going to court, are ye?" "Yes, said Pat.

"No, ye're not. If there's any courtin' to be done it will be done right here. Go upstairs and take off them clothes."—Newark Star.

Plants for Winter Blooming.

By John T. Timmons.

While we care for our houseplants during the long winter months we are anxious to have something choice which will produce a wealth of rich bloom while the outside world is bleak and cold. It is not a difficult matter to have house plants, but all plants do not bloom freely indoors during the winter, and often require a little encouragement in the way of fertilizer properly applied. This requires judgment or the plants may be injured.

The best plan is to procure plants that are known to be winter bloomers, and a still better plan is to get what you want from some reliable florist who understands your desires. He doubtless has grown the plants with that end in view, and this makes a wonderful difference. Plants grown by amateurs are likely to prove somewhat disappointing.

The azalea is a plant rapidly gaining in popularity. The Chinese azaleas are much the finest sorts, although a little slow in growing to the pleasing size which makes them a little more costly when purchased from florists who have had to devote time and room to them for 15 months to two years. Their pretty compact bushy form, with pretty foliage, makes them attractive, and their wealth of bloom in such a reward we feel it is money and time well spent to have and care for a few azaleas.

They cost from 50 cents to \$3 each, according to size. These plants are usually grown and kept in lower and wider pots or tubs than most other plants. Pot manufacturers have a great made especially for the azalea, and the plants do best in these.

The camelia is another flowering plant that is of somewhat slow growth, but the variety, wealth of bloom and fragrance makes it an excellent house plant. It should be classed with the azalea in importance and rating. It requires nice, light garden loam, with a little sand, but a little of the very best fertilizer of this sort of plant, or liquid sheep manure, will assist in producing excellent blooms, but care must be exercised in applying these fertilizers.

One of the recent introductions which is attracting wide attention among plant-lovers is the winter fragrant ageratum, which is easily grown, requiring less heat and less attention than any other plants, but paying in a wealth of lovely, high, and numerous flowers blooming in great clusters, white and delicately tinted, all through the winter and spring. It is pleasing in every way, and plants large enough to bloom can be purchased from florists at a cost very small compared with some other winter blooming plants.

Another plant that will be appreciated for its profuse and continuous winter blooming is the Euphorbia Jacquiniflora. It grows in a pretty form and bears great numbers of saintly flowers of intense crimson scarlet. The flowers are so numerous as to completely wreath the plant in brilliant color. The flowers last longer than any I know of, sometimes for a month or more.

The soil for this plant should be rich garden loam, with a little woods earth or leaf mold mixed through and a little sand on the surface of the soil. The pots should be provided with drainage, as described in former articles. The plan is not expensive.

One of the very sweetest plants grown, and one that succeeds well in any window, and will reward the grower summer and winter with a wonderful, continuous bloom of richly scented creamy white flowers is the Olea Fragrans, or Fragrant Olive. It is easy to grow, and quite cheap when purchased from the growers. When once established in your home it will always remain there. Its fragrance is stronger than that of the lily and, although its bloom is quite small, its profuse, the plant will thrive and bloom even in a north window, and that is something many other plants will not do. The soil should be a rich, light loam, such as is found beneath old sod in the woods under old leaves, with just a little sand. Watering must be done moderately and regularly.

About the only blue flowering pot plant that is considered of great value as a winter bloomer is the Streptosolen Ambabilis Magnifica. Notwithstanding its remarkable name, it is a simple and easy plant with fine properties. It blooms winter and summer, day after day for the whole year, and not only that, but from the time it leaves the cutting bed until it is several years old. How a plant can flourish such a continuous bloom is a mystery, but this one does it. It is not costly, is easy grown, and can be started from cuttings, so if one is secured it is not difficult to obtain others. It will do well in most any kind of good earth and is free from disease and pests, making it very desirable to those who have but little time to devote to plants. It must be watered regularly, but must not be kept too wet, or the roots will decay. It is a very desirable plant for beginners.

One of the most pleasing of flowers is the winter blooming dwarf sweet-pea, which in many cases will be in bloom in from six to eight weeks after the seed is sown. These are very delicate and highly fragrant, and the flowers of most strains are large and profuse. A few thrifty sweetpeas indoors make a handsome showing. They are not difficult to grow. It would be well to have a few in a large pot and have the soil quite light and rich and keep them tied up to a neatly built trellis, which will make an attractive window piece.

A Modern Fortune.

Give me three grains of corn, mother, Only three grains of corn, mother, And I will dress up in my best And start at early morn. I'll feel like a millionaire, mother, I'll buy a house and lot. An automobile, and a sack of seal. A cot; yachts and a yacht. A peck of precious diamonds, too. A corner in Union Square, A daily paper, a magazine, And still have cash to spare. Give me three grains of corn, mother, I couldn't use more than three. I would be a bore to have to give. The surplus to charity. ELLIS O. JONES, apr 15 3t

Teasing Her.

"How would you feel, Clarisse, if you and I were sailing down the stream of life together, far away from here?" "How far, George?" "Oh for, far away!" "I'd be terribly homesick for mother!" "And from that night this young man ceased his visits.—Judge.

STATEMENTS.

STATEMENT OF THE CONDITION Of the Connecticut Fire Insurance Company, of Hartford, January 1, 1910. Cash Capital.....\$1,000,000.00 Reserve for Expenses.....\$1,754,754.75 Reserve for all Outstanding Claims.....\$31,100.70 Net Surplus.....\$2,785,855.45 Total Assets.....\$5,566,215.49

J. D. BROWNE, President. W. T. Howe, Sec'y, John A. Cosmus, Ass't Sec'y, CHARLES E. GOODWIN, Resident Agent, Westminister, Md.

Office of the State Insurance Department, Baltimore, April 7, 1910. I hereby certify that the above is a true abstract, taken from the Annual Statement of the Connecticut Fire Insurance Co., for the year ending December 31, 1909, now on file in this Department. BENJ. F. CROUSE, Insurance Commissioner. apr 8 3t

CONDENSED STATEMENT

Showing the condition of the United States Branch of the Liverpool and London & Globe Insurance Company of Liverpool, England, December 31st, 1909. Total Income during the year.....\$8,612,500.87 Total Disbursements during the year.....7,974,882.74 Total Admitted Assets.....18,888,802.28 Total Liabilities.....4,085,554.47 Surplus over all Liabilities.....\$14,803,247.81

A. FRANK MILLER, Agent, Mt. Airy, Md.

Office of the State Insurance Department, Baltimore, February 10th, 1910. I hereby certify that the above is a true abstract, taken from the Annual Statement of the U. S. Branch of the Liverpool and London & Globe Insurance Co., for the year ending December 31, 1909, now on file in this Department. BENJ. F. CROUSE, Insurance Commissioner. apr 15 3t

1853-FIFTY-SEVENTH YEAR-1910

STATEMENT OF THE FARMERS' FIRE INSURANCE CO., OF YORK, PA., DECEMBER 31, 1909.

Total Assets.....\$1,043,610.38 Total Liabilities.....671,984.12 Surplus as regards policy holders.....\$371,626.26 E. K. MCKONKEY, Secretary.

Office of the State Insurance Department, Baltimore, January 14th, 1910. I hereby certify that the above is a true abstract, taken from the annual Statement of the Farmers' Fire Insurance Company, for the year ending December 31, 1909, now on file in this Department. BENJ. F. CROUSE, Insurance Commissioner. CHARLES E. GOODWIN, Agent. apr 8 3t

LEGAL NOTICES.

COMMISSIONERS' NOTICE.

The County Commissioners of Carroll county will meet at their office, in Westminister, every Monday in April, 1910, for the transaction of business. By order, O. EDWARD DODDER, Clerk. apr 1

NOTICE TO CREDITORS.

This is to give notice that the subscriber has obtained from the Orphans' Court of Carroll county, in Maryland, letters of administration on the Personal Estate of THEODORE L. ZEPP.

late of Carroll county, deceased. All persons having claims against the deceased are hereby warned to exhibit the same, with the vouchers therefor legally authenticated, to the subscriber, on or before the 1st day of November 1910; they may otherwise by law be excluded from all benefit of said estate. Given under my hand this 29th day of March, 1910. EMMA J. ZEPP, Administratrix. apr 1 4t

TRANSFERS AND ABATEMENTS.

Notice is hereby given to all persons interested that the County Commissioners of Carroll county will sit for the purpose of hearing applications for transfers and abatements at their office, in the Court House, Westminister Md., as follows:

- April 12, District Nos. 1 and 2. April 12, District Nos. 3 and 4. April 13, District Nos. 5 and 6. April 19, District Nos. 7 and 8. April 20, District Nos. 9 and 10. April 26, District Nos. 11, 12 and 13. The Board will sit from 9 a. m. until 3 p. m. on each of said days, except notice is hereby given that after the sittings as aforesaid no transfers or abatements will be made to affect the levy of 1910.

O. EDWARD DODDER, apr 1 4t Clerk and Treasurer.

NO. 4524 EQUITY.

In the Circuit Court for Carroll County, sitting as a Court of Equity.

Mordecai B. Stockdale, plaintiff vs. John H. Stockdale, defendant. Ordered, this 2nd day of April, 1910, by the Circuit Court for Carroll County, in Equity, that the sales of the property mentioned in these proceedings made and reported by John H. Hitchens and Mordecai B. Stockdale, trustees, appointed by decree of this Court to make said sales be ratified and confirmed, unless cause to the contrary shall be shown on or before the 9th day of May, 1910, provided a copy of this order be inserted in some newspaper published in Carroll County once in each of three successive weeks before the 2nd day of May, 1910.

The report states the amount of sale to be \$3,385.11. OSCAR D. GILBERT, Clerk. True Copy Test: apr 8-3t OSCAR D. GILBERT, Clerk.

RATIFICATION NOTICE.

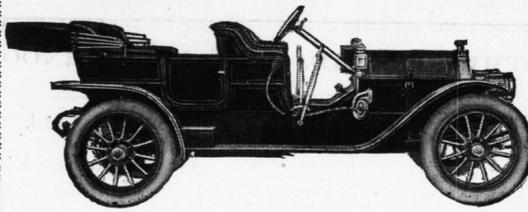
In the Orphans' Court of Carroll County, April Term, 1910.

Estate of George Younger, deceased. On application, it is ordered, this 11th day of April, 1910, that the sale of real estate of George Younger, late of Carroll County, deceased, made by Franz J. Seigle, Executor of the last will and testament of said deceased, and this day reported to this Court by the said Executor, be ratified and confirmed, unless cause be shown to the contrary on or before the 3rd Monday, 16th day of May next; provided a copy of this order be inserted for three successive weeks in some newspaper printed and published in Carroll county, before the 2nd Monday, 9th day of May, next.

The report states the amount of sale to be \$725.00. JOHN E. ECKENRODE, WILLIAM L. RICHARDS, Judge. ROBERT N. KOONTZ, True copy—Test: WILLIAM ARTHUR, Register of Wills. apr 15 3t

AUTOMOBILES.

MITCHELL



- 35 H. P. 4 Cylinder 5 Passenger Touring Car, \$1,350.00. 35 H. P. 4 Cylinder 3 or 4 Passenger Runabout, \$1,100.00. 50 H. P. 6 Cylinder 7 Passenger Touring Car, \$2,000.00.

Machines can be seen or demonstrations given by calling either of the undersigned by phone.

AGENTS:

DR. M. D. NORRIS, Sykesville, Md. F. B. BEASMAN, Sykesville, Md. Carroll and Howard Counties.

SHOES.

SHOES.

The Pump which stays on DOLLY MADISON Instep Strap \$3.00 and \$3.50

BABYLON @ LIPPY CO., Westminister - - AGENTS.

STOP! LOOK! LISTEN!

It will pay you to stop here and look at the great variety of SHOES and OXFORDS we are showing, and listen to the prices we are selling them at. We have the Agency for the best line of MEN'S WORKING SHOES on the market. Let us show you our guaranteed shoe to wear six months or a new pair if they don't. We have all the correct styles in Hats, Neckwear, Shirts, Collars and Hosiery. We hope to have you call and get prices.

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I sell more Lumber than any individual in the State of Maryland.

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I AM THE MANUFACTURER.

Why can't I SELL TO YOU a HOUSE or a BARN?

Sykesville Lumber & Coal Co.

A. F. ARRINGTON, Proprietor. C. H. SULLIVAN, Manager. C. & P. Phone. SYKESVILLE, MARYLAND. mar 11 3 m

GROCERIES.

GROCERIES.

SULLIVAN'S GROCERY AND MEAT MARKET.

SPRING ANNOUNCEMENT.

Starting March 1st, I will give Coupons with every Cash Purchase, (except Sugar and Feed), which I will redeem for Rodgers' Silverware at my store at any time. During month of March I will give Double Coupons on all Coffee. A few of the premiums I am giving and amount of Coupons it requires for same:

- For \$3.00 worth of coupons I will give you 1 Sugar Shell; for \$4.00 worth of coupons I will give you 1 Butter Knife; for \$7.70 worth of coupons I will give you 1 Cold Meat Fork; for \$9.70 worth of coupons I will give you Butter Knife and Sugar Shell; for \$10.00 worth of coupons I will give you 6 Teaspoons; for \$11.60 I will give you 1 Berry Spoon; for \$12.00 worth of coupons I will give you 1 Gravy Ladle; for \$12.70 worth of coupons I will give you 3 piece Child's Set; for \$18.00 worth of coupons I will give you 6 Desert Spoons; for \$18.00 worth of coupons I will give you Sugar Shell, Butter Knife and Cream Ladle; for \$19.00 worth of coupons I will give you 6 Orange Spoons; for \$19.65 worth of coupons I will give you 6 Oyster Forks; for \$21.70 worth of coupons I will give you 8 piece Tea Set; for \$22.00 worth of coupons I will give you 6 Forks; for \$36.00 worth of coupons I will give you 6 Knives; for \$43.70 worth of coupons I will give you 16 piece Set; for \$52.00 worth of coupons I will give you 7 piece Soup Set; for \$57.70 worth of coupons I will give you 12 piece set Knives and Forks; for \$67.00 worth of coupons I will give you 23 piece Set. I am using this means as a mere advertisement to increase my business, and hope to make this the largest year of my business. Remember the silverware will be given absolutely free. My prices remain as low as the lowest.

Yours for more business, MILTON A. SULLIVAN, C. & P. PHONE 46-K. 90 W. MAIN STREET.

FINANCES.

FINANCES.

THE Union National Bank OF WESTMINSTER, Westminister, Maryland.

STATE DEPOSITORY.

Does a General Banking Business. Has been in continuous existence for 94 years; has declared 187 semi-annual dividends.

This Bank pays 3 1/2 per cent. interest on Time Certificates of Deposits of 12 months, and 3 per cent. on deposits for shorter time.

INVITES YOUR ACCOUNT

Extends such accommodations to Patrons as is consistent with safe and conservative banking.

J. H. BILLINGSLEA, PRESIDENT. J. W. HERING, CASHIER. J. PEARRE WANTZ, ASSISTANT CASHIER.

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Have your Money in our Bank and pay your Bills with Checks.

WHY

- 1st, It is convenient. 2nd, It avoids keeping receipts. 3rd, It pleases the receiver. 4th, It requires no change. 5th, It gives you a business air. 6th, It establishes a credit. 7th, It gives you a financial standing.

We furnish Bank Books and Check Books Free.

THE WESTMINSTER SAVINGS BANK

Westminister, Maryland

E. O. GRIMES, President. JACOB H. HANDLEY, Treasurer.

ORIGINAL CHARTER 1898.

Westminister Deposit and Trust Company,

WESTMINSTER, MARYLAND.

CAPITAL - - - - - \$100,000.00 SURPLUS - - - - - 27,500.00 UNDIVIDED PROFITS - - - - - 72,500.00

Invites personal and business accounts. Acts as Executor, Trustee, Guardian or Administrator, and does a General Banking Business.

We pay four per cent. per annum interest on deposits in our Savings Department. Interest due depositors will be added to their principal on the books of the Company on the first day of July in each year. Safety Deposit Boxes for rent from \$3.00 to \$10.00 per annum. Three and one-half per cent. interest paid on Certificates of Deposit if left with us for one year, and three per cent. for a shorter time than one year.

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THE FARMERS & MECHANICS' NATIONAL BANK

THE "HONOR ROLL" BANK.

Capital, \$50,000.00. Surplus, \$50,000.00. Undivided Profits, \$10,000.00.

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