

THE DAILY TELEGRAM

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TUESDAY, MAY 20, 1913.

An Evening Echo.
When a man has not a good reason for doing a thing he has no good reason for letting it alone.—
SIR WALTER SCOTT.

Things are not always what they are labeled. For example, the "literary magazines sections" or many big city newspapers contain patterns, pictures, songs, recipes, comic cartoons and puzzles, the chief of the last named thing doubtless being to find something literary in the section.

The overweening anxiety of Secretary of State Bryan to get mixed up in some international entanglements over California's alien land law bill now places the national administration in the shameful position of having to uphold what it lately denounced. About the next thing in order will be for Bryan to make a trip to Japan for the purpose of making a special kowtow to the Mikado.

For and Against.
There is some interest, at least, in the suggestion by an eastern newspaper that if there is to be an officially created and officially enforced standard of industrial efficiency in the mills, farmers should not be allowed to pursue their present system of producing one blade of grass where they should produce two.

This is mindful of a suspicion that the present instigators of that sort of bureaucracy are gratifying toward state ownership of both mills and farms, yet, queer enough, they are the bitterest in denunciations of socialism. The Redfield Ready Relief proposal reminds one of the old song, "I don't know where I'm going but I'm on my way."

Postal Inefficiency.
In view of the anxiety of Secretary of Commerce Redfield to investigate management and general efficiency of privately owned industries, a hint by a contributor to a New York City newspaper that the secretary should try his hand at trying to locate the efficiency of the postoffice department, is somewhat pertinent.

Under the Hitchcock administration the federal postoffice department was brought up to its highest points of both efficiency and economy, but it took the Democrats only a short time to knock both to pieces. The national mail service is today "rotten" than it was half a century or more ago as the result of Democratic laws; and it is a rather safe bet that when the estimates are made at the end of the next fiscal year a big deficit will be staring the Democratic wreckers in their faces.

It is not likely, however, that the Democratic administration will train its own guns against itself. They must be trained somewhere else probably for the purpose of obtaining the highest "political efficiency." The postal inefficiency will just have to run along until it falls of its own weight.

The Garbage Matter.
The city council met and solved a stiff problem in the matter of locating a crematory. The work was promptly and admirably done. The next question with that body is the method of garbage removal. Due consideration should be given this question. It should be answered in a way that will guarantee efficient and complete service at all times at the least possible cost. There should be no privileges. No person or persons should be given the opportunity to reap a harvest at the people's expense or to bring about discrimination in service. The removal of garbage question

is one that can be settled now permanently and to the satisfaction of citizens generally. Whatever way the city council decides upon, the council should reserve its right to have strict supervision and regulation, else the service may not be satisfactory or as cheap as it should be. All patriotic citizens are perfectly willing to pay a just amount to have a clean and pure city.

Rat-Proof Buildings.
The recent elemental catastrophes—the cyclones in the middle West, and the floods in that vast region watered by the Ohio river—have destroyed many hundreds of buildings. Here, out of misfortune much good should come. A timely appeal for the rat-proofing of dwellings and other buildings at present existing, under construction or in contemplation, comes from the United States Public Health Service. Those about to erect a new building or repair an old one, whether of frame, brick, rock, concrete or other construction, may learn from a recent bulletin issued from Washington what sanitary and economic benefits are to be derived from permanent rat-proofing; and measures to such ends should be demanded by prospective owners as a part of building contracts.

The rat is far too prolific to be exterminated by such agencies as traps, poisons, gases and the like; these may reduce the numbers of the rodents, but if there is food within reach, the surviving rats have more to eat proportionally, and procreation will be stimulated the more. Rat extermination can be effective only by cutting off the rat's food supply. The bulletin contains all necessary information to this end, so far as relates to buildings. Those already erected can be rat-proofed by the closure of natural or accidental openings; by being remodeled with material impervious to rats; by the removal of structures which will give refuge to rats, and by the protection or removal of foods which rats will eat.

Hot Weather Bathing.
In hot weather a great advantage of bathing is to assist the body to rid itself of its surplus heat, says Dr. Woods Hutchinson in the May American Magazine. All of the vital processes of the body are attended by friction-waste in the form of heat, when in cool or temperate weather is got rid of by united work of the blood vessels and sweat follicles all over the surface of the body, retaining only as much as is needed to keep up a healthy degree of bodily warmth. In the summer time whenever the temperature of the air approaches that of the blood, and especially when it rises above it, the process of getting rid of the surplus heat is seriously interfered with. The body is wonderfully ingenious in meeting emergencies and for the most part can meet this by pouring out large amounts of watery perspiration all over the skin which evaporates and thus cools off the body.

But this normal safety valve will be very greatly aided by plunging the body into cool water at least once or twice and in very sultry weather, three or four times a day. One immersion may result in keeping the body, as it were, on even keel for several hours afterward. No one need hesitate to bathe in cool water as many times a day as will give a feeling of comfort and exhilaration. In sea bathing, however, as the temperature of the water is far below that of the body, once a day is usually enough, limited to such a period as will not be followed by any sense of chilliness or depression.

Habits.
In the May Woman's Home Companion, Ralph Waldo Trine writes a very practical and interesting article on "The Mental Law of Habit." It is an article full of suggestions about habit forming and habit breaking. Following is an extract: In the matter of breaking away from a habit already formed, especially if one is for the time being under the domination, as we say, of that habit, mental or physical, it is many times very difficult to keep the thought or the recurrence of the thought out of the mind. The one safe rule of action, or the course of action that makes the accomplishment easier, is as quickly as the undesirable thought presents itself, to put it ought of the mind instantly; dalliance with it, and thereby allowing it to assume larger proportions, makes it continually

HAIL TO WEST VIRGINIA.

(By Aunt Becky.)
All hail to our own West Virginia, fair handiwork of nature's God. Where man may be led back to Eden, and like Adam be tilling the sod. Who gazes with joy on thy scenery, which none can fail to admire. Will certainly covet thy beauties, and a home in thy boundaries desire. Oh why should they ever long far o'er the wide world to roam. When here in our fair West Virginia, is a beautiful place for a home.

CHORUS—
Hail all hail to West Virginia,
Let the cry ring out with a merry shout.
Let the cry ring out; with
Hail our dear old Mountain State,
Cheer it early, cheer it late
For its name is West Virginia.

All hail to our own West Virginia, formed by our brave fathers' hand. In a time when blood and carnage was spreading o'er the land. Thou child of war and blood-shed; born in eighteen and sixty-three. Well dost thou bear the motto: "Mountaineers are always free." For thou hast not nor e'er will be conquered till the setting of the sun. When our pilgrimage here is over, and our earthly race is run.

CHORUS—
All hail to our own West Virginia, of all the states the best,
In this land of wealth and promise there is no time for rest.
But ever a ceaseless endeavor amidst the toil and strife,
To keep alive the spirit which ennobled our fathers' life
The true son of West Virginia, wherever he may roam,
Is always to be heard singing, "There's no place like Home Sweet Home."

CHORUS—
All hail to our own West Virginia, fair land of the laurel and pine,
In thy valleys the whir of machinery, on thy mountains the lowing of kine.
With thy numberless mines of black diamonds thy underground wealth is untold.
While the forests which cover thy mountains are of no less value than gold.
Lest but not least of thy jewels are the beautiful boys and girls,
With their cheeks the hue of roses and with dancing golden curls.

CHORUS—
harder to check it. That which at first is but a tiny flame will grow, if we act too tardily, into one of consuming proportions; and we will find ourselves under its domination again. Fortunately there is a fact which, if we once fully understand it, will be of tremendous aid at this particular point. It might be called a "Law of Indirectness," or a "Law of Substitution." To get rid of an undesirable thought it is easier to put into the mind some other object of thought which will replace the undesirable one than to tussle with it and endeavor to put it out directly. So when it presents itself again, instantly to throw the mind along some other line, the opposite of the undesirable one, or along any line that will follow most easily and naturally, will enable it to be freed from the undesirable one, which will gradually decrease in its power, thereby gradually losing its hold, while the mind is growing continually along the lines of more effective self-control. It is simply shutting out objectionable and undesirable thoughts and putting desirable, any desirable ones, in their place. If this course is persisted in the undesirable loses its hold and disappears in time completely.

MEMORIAL SERMON.

The members of Custer Post, Grand Army of the Republic, are requested to meet at the court house Sunday morning at 10 o'clock, May 25, thence to march to the Episcopal church where the memorial sermon will be delivered by the Rev. Charles B. Mitchell. Soldiers not members of the post are invited to attend.

PENSIONS

Are Being Obtained by Congressman Avis for a Number of Pensions.

(SPECIAL TO THE TELEGRAM)
WASHINGTON, D. C., May 20—Congressman Avis has introduced private pension bills for Margaret J. Racer, Spring Hill; Edward E. Cummings, St. Albans; George Imboden, McAlpin; and Mary A. Johnson, Charleston. Through the pension bureau, Congressman Avis has obtained a pension for George C. Ellison, of procius, Clay county. Appointment of a midshipman to the United States Naval Academy at Annapolis has been made by Congressman Avis. He named Francis G. Fahrion, of Buckhannon, as principal, and Claude R. Hill, of Oak Hill, as alternate. Mr. Fahrion was appointed as the representative of the West Virginia Wesleyan College, the appointment having been offered to that college.

MARRIAGE LICENSES.
Marriage licenses have been issued to James W. Robinson and Mabel Lyon Stealey, W. Zarus and M. Crep and Samuel Washington, colored, and Betty Christian, colored.

Cold, Weak Lungs, Coughs, Weak Throats.
Ayer's Cherry Pectoral
Sold for 70 years.
Ask Your Doctor.
J. C. Ayer Co., Lowell, Mass.

EVENTUALLY YOU WILL TRADE AT The Watts-Lamberd Co. WHY NOT NOW?
We Give 2% Green Trading Stamps with Cash Purchases

Sale Of Brass and Metal Beds Now In Progress

Tailored Suit Sale Extraordinary TOMORROW, WEDNESDAY MAY 21st. Thirtyeight Women Can Buy \$20 and \$21.50 Tailored Suits for \$10.00



Wednesday morning at 9 o'clock we will place on sale thirty-eight Ladies' and Misses' new Tailored Suits. Everyone of these beautiful suits portray one of this spring and summer's best style models including the new Balkan Blouse Suits. The materials are principally fine serges. Colors are brown, navy, blue, Copenhagen blue, light tan, and black. Sizes 13, 14, 15, 16 and 17 and 35 and 37, also 42 and 44. Only two Suits in the entire assortment that sold for less than \$20.00 and they are exceptional values at \$16.50. There are twenty-six that sold regularly at \$21.50 and eight that sold for \$20.00. You will notice there is a large assortment of Misses' Suits and small Suits for women in this lot. Don't overlook this wonderful Suit sale—Wednesday morning at 9 o'clock. See special window display. Sale price only \$10.00.

Information for Housekeepers Wondering About New Carpets, Rugs and Curtains

You will find here the largest and most complete stocks of Carpets, Rugs, Mattings and Curtains in this part of the state **AT MONEY SAVING PRICES.** **GOOD REASONS WHY WE SHOULD SELL YOU YOUR FLOOR COVERINGS AND DRAPERIES.** Whether you look upon the Carpet, Rug or Curtains from a price standpoint or from quality alone, or from a combination of the two, we can serve you to your complete satisfaction. Don't believe there has ever been a time when you could buy them for so little money. One hundred and thirty bales of Carpets and Rugs have been received during the past week, and they are going out in a hurry—it is no puzzle to figure out the cause for this wonderful active selling when you have once looked the line over and get our prices.



"Aerolux" Porch Shades.
"Waldo Wood Web" Porch Shades
Bamboo Porch Shades
Grass Porch Rugs
Porch and Window Awnings
Stripe Valance for Porches
—Scalloped and bound ready to hang, 27 and 36 inch widths.

Special for Thursday 9 a. m. MESSALINE FLOUNCES SATINE PETTICOATS, 98c
Value extraordinary for this sale. Petticoats of extra quality mercerized Satine with 12 inch all-silk Messaline flounce, accordion plaited. Will seams, newest styles. Colors, Emerald, Navy, Light Blue, Pink, American Beauty.
SEE WINDOW DISPLAY. COME EARLY.

4 Per Cent
START A SAVINGS ACCOUNT WITH THIS BANK AND WATCH IT GROW
Many good things are said about our methods of conducting this bank. All who avail themselves of our services are well pleased and they will tell you so. This is exclusively a Savings Bank—a Bank for the masses—we welcome the small accounts as gladly as we do the larger ones.
ALL ACCOUNTS AT THIS BANK DRAW INTEREST AT THE RATE OF 4 PER CENT
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