

THE ADVOCATE.

TRAINED HANDS.

How They Prove of Incalculable Value to Woman at Her Work.

Too much cannot be said in favor of training the hands to do whatever work they are called on to do with exactness. A vast amount of the force of the world is merely wasted because the worker has not been properly trained to work in the simplest and best manner. Want of method is at the bottom of most of the troubles of overworked nervous women. They fritter away more than double the amount of energy required to do their work properly, and yet often fail in accomplishing it at the end.

A systematic cook will go into her kitchen, lay out the materials for an elaborate dinner, and by steady, orderly work will have everything ready at the proper time. She will leave no debris of her work behind when the dinner is served, and—except for the few pots and pans soaking—there will be no sign about the kitchen of what she has accomplished. The housekeeper who indulges in brilliant flashes of industry and lets her work slide between times is an abject failure, but not more of one than the over energetic housewife who takes a dozen steps where three will suffice, and uses up her strength in petty ways, so that she is unable to accomplish necessary tasks or only does them finally by an almost superhuman effort.

As a rule American housekeepers dislike science and method as applied to their work, and with some show of reason. Grahamites and various other food cranks have appropriated good terms, full of meaning originally, and have applied them to their own ideas. Scientific cooking is associated almost irrevocably in the mind of the average housekeeper with bran bread and oatmeal mush—a diet now warranted by intelligent physicians to break down the strength of a Tartar savage. Thorough scientific knowledge of what is necessary to sustain life would lead any one to avoid such a diet. The matters which it is especially necessary to bring down to a scientific basis in order to save time are methods of work.

In the kneading of bread, for example, if the work is done properly and the dough turned and folded systematically in kneading there is no waste, no sticking of bread to the bowl it is raised in, and no dust left over the board. The simple exercise of kneading steadily and easily for half an hour is no hardship; it is, on the contrary, an admirable and delightful exercise, which may be recommended for broadening the chest. When the proper method of handling the paste in making puff paste is once acquired you may discard marble tables and chilled rolling pins, and success is as certain as it can be from any merely human work.

If the skilled housekeeper is offered any labor saving tool to assist her in this work she can tell in a moment, if she understands the best method, whether the new tool will be of assistance or merely offers a makeshift for the genuine process. Good makers of cake formerly used an old fashioned egg whip. By taking long strokes in a moment or two they beat the whites to a coarse, moderately stiff froth, such as makes a delicate, tender cake. With some of the new patent beaters they can produce a fine froth, stiff and tough enough to bend when cut. A good cake baker knows, however, that such a froth will produce a fine grained, but a tough cake.

Again, in mixing in the flour with the other ingredients, the trained worker knows that if she folds the flour in carefully, instead of taking circular stirring strokes, her cake will be feathery light, but that with the circular stirring she will break down the whites and render the cake liable to be tough. Her success depends upon scientific knowledge of the proper way to do her work in every case. In cleaning there is a right and a wrong way. If the worker scrubs a floor in the go lucky "hit or miss" style of some charwomen she can devote a great deal of strength to her work and yet leave a larger part of the dirt on the floor when she is done. If, on the contrary, the worker keeps two pails of water at hand, one to scrub with and one for rinsing the floor with, abundance of clean cloths and a firm brush, and the floor is scrubbed with the grain of the wood, it may be cleaned with very little outlay of muscle.—New York Tribune.

The Stowaway.
A very small boy stole a ride on a train running out of Jersey City the other day. When two men took their seats they heard a slight snuffle beneath them, and one of them, looking around, found a boy hardly bigger than a pound of tea lying on the floor, shielded from sight by the reversed backs of two seats, which formed a tent over him. Of course, the men did not inform the trainmen that they were carrying a stowaway.

Indeed, one man was inclined to slip twenty-five cents down to the little rogue. Men always seem to like young scamps. The child was still beneath the seats when the two men got off the train. He was still snuffling, too; perhaps from fear of the vigorous shaking which he knew would be forthcoming when he was discovered.—New York Tribune.

Big Cables on the Brooklyn Bridge.
The four cables of the Brooklyn bridge are sixteen inches in diameter each and consist of about 20,000 single wires. One difficulty with which the engineers of the Brooklyn bridge had to contend was the fact that the outside or exposed wires were expanded by the heat of the sun, while the inner and protected ones were not so affected. The pressure of the wind, too, being of varying velocity, required such adjustment of the wires as to prevent displacement, even in a hurricane. It took fifteen months' continual work to string the wires of the bridge.—New York Sun.

Unexplained.
In Captain King's "Trial of a Staff Officer" an amusing story is told of General Upton, who was at one time commandant of cadets at West Point. The commandant's tent was a great place for fighting battles over again.
One day six or eight of us were gathered there, and the floor was held by one of those blatant gentlemen who, having graduated before the civil war, and having had just as good a chance as the gallant band of ambitious young lieutenants who rose to be generals, had preferred the safety, ease and slow promotion of mustering and disbursing duty, and whose only brevet was for the service of the "recruitment of the armies of the United States."

For some reason or other such men have often been prone to disparage the services of successful men, and to attribute the promotion over their heads of such soldiers as Upton and Custer to political influence. So Major — was on this day holding forth about luck in the line, ending with this startling statement:
"Well, now, Upton's another instance. Of course, I don't mean to say but what you fought all right, old fellow, when you got a chance, but you won't deny that there were fellows who went through the whole war with the regulars, stuck to their regiments or batteries, got wounded time and again, and only got a brevet; but here you are a lieutenant colonel, and never got a scratch!"

Considering the fact that Upton had been wounded in three different engagements, he might have been excused for making a pointed reply, but he only smiled quietly, as he sat writing at his desk, and said:
"Well, there are lots of men who think just as you do, I've no doubt."

Different Kinds of Gold.
"Most people suppose," says an assayer, "that all gold is alike when refined, but this is not the case. An experienced man can tell at a glance from what part of the world a gold piece comes, and in some cases from what part of a particular gold district the metal was obtained. The Australian gold, for instance, is distinctly redder than the California, and this difference in color is always perceptible, even when the gold is 1,000 fine. Again, the gold obtained from the placers is yellower than that which is taken directly from the quartz. Why this should be the case is one of the mysteries of metallurgy, for the placer gold all comes from the veins. The Ural gold is the reddest found anywhere."

"Few people know the real color of gold, as it is seldom seen unless heavily alloyed, which renders it redder than when pure. The purest coins ever made were the fifty dollar pieces that used to be common in California. Their coinage was abandoned for two reasons: First, because the loss of abrasion was so great, and, secondly, because the interior would be bored out and lead substituted, the difference in weight being too small to be readily noticed in so large a piece. These octagonal coins were the most valuable ever struck."—New York Tribune.

"Thou Diest on Point of Fox."
Fox blades were celebrated all through the sixteenth and seventeenth centuries for their excellent temper, and mention of them is frequent in English drama. This is their history: There was a certain Julian del Rei, believed to be a Morisco, who set up a forge at Toledo in the early part of the sixteenth century and became famous for the excellence of his sword blades, which were regarded as the best of Toledo. That city had for many ages previous been renowned for sword making, it being supposed that the Moors introduced the art, as they did so many good things, from the east. Julian del Rei's mark was a little dog, which came to be taken for a fox, and so the "fox blade," or simply "fox" for any good sword. See "Henry V," act iv., scene 4. "Thou diest on point of fox." The brand came to be imitated in other places, and there are Solingen blades of comparatively modern manufacture which still bear the little dog of Julian del Rei.—Notes and Queries.

Sick Room Vagaries.
"It is curious to notice the moral effect of illness upon people," said a prominent physician the other day. "For instance among my patients are a preacher who swears when he is sick and a gambler who prays. A successful and well known business man will not go to his bed when illness attacks him because of a morbid fear that he will never rise from it again. A lady of not the prettiest character has all her jewelry and fine dresses laid on the foot of her bed, I suppose to keep her mind from terrifying thoughts. A hundred other peculiarities are developed, but the most remarkable one to me is that of a professional man who reads up in current literature when he is really seriously ill because he 'hasn't time to do it when he's well.'"—Cincinnati Enquirer.

Legal Expenses Over One Sovereign.
The Textile Mercury calls attention to a recent bankruptcy case in which the liabilities exceeded £40,000, and there was an item of £338 for legal expenses. Asked by the official receiver to explain how this was incurred, the bankrupt stated that the costs arose in connection with a dispute over a sovereign, as to which he denied his indebtedness. The myrmidons of the law were thereupon set to work, and after the litigants had had their fill the "gentlemen by act of parliament" who had been conducting the contest presented the debtor with a bill for £338.

A Domestic Hero.
"Thank heaven, I am safe!" shouted the boy hero as he ran into the woodshed pursued by his chum disguised as an Indian.

"You are, indeed, me boy!" said his father as he caught him by the slack of his trousers and ran him into the house to take care of the baby.—Detroit Free Press.

What May Be Patented.

A United States patent will be granted to any person who has invented or discovered any new and useful art, machine, manufacture or improvement thereof, not known or used by others in this country, and not patented or described in any printed publication in this or any other country before his discovery or invention thereof, and not in public use nor on sale for more than two years prior to his application, unless the same is proved to have been abandoned. In this connection the word "art" means the process or method of producing an old or new result.

If a method of doing anything contains one or more new steps, the process is new and patentable. The word "machine" means any device or thing by means of which a mechanical result may be produced, such as a pin, a churn or a locomotive. The word "manufacture" means a made up article, such as furniture, clothing, harness and the thousands of things which are offered for sale. "Composition of matter" means a chemical compound of ingredients, such as hard rubber, liquid glue, medicine, etc. Patents may also be obtained for designs for manufactures and works of art, for three, seven and ten years.

Trade marks may be registered for any arbitrary sign or symbol which is not descriptive; the government fee is twenty-five dollars. Such marks are the exclusive property of the registrar for thirty years, and the time may be extended. A "label" is any descriptive tag, print or impression to be placed upon any article or its case, and it may be registered for twenty-eight years. The government fee for a label is six dollars; but if it contains any special mark or symbol, the office decides it to be a "trade mark" instead of a label.—Washington Chronicle.

Ticket Agents and Counterfeits.
Counterfeit money comes into the hands of the railroad ticket agent more frequently than anywhere else. But this official of the great steel highway has to become an expert in detecting it, else his salary would suffer to the amount of spurious coins which he took in.

The detection of counterfeits seems to become a sort of second nature with the ticket seller. To discover a bad piece of silver is a comparatively easy matter, for it has a greasy feeling and very seldom looks like good money. Even if it possesses these requisites of good coin it very seldom has the weight of the genuine quarter, half dollar or dollar, and the lack of weight is perceptible by taking it in the hand.

But to detect a bad bill is not, to the layman who is not burdened with handling thousands of dollars each day, an easy task. The expert ticket agent will, however, when counting a stack of bills ranging in value from one dollar to fifty dollars with great rapidity snap them in both hands one after another and pick out the counterfeits, seemingly by an acute sense of touch. Some ticket agents are marvelously clever in this way. The method used by the majority in detecting a bad bill is to hold it to the light and see if it contains parallel silk threads running horizontally through it. All genuine bills contain these.—Albany Argus.

How Some Seeds Travel.

The most curious provision possessed by seeds for self dissemination is the hygroscopic awn. In the wild oat (avena fatua), for example, there is attached to the glumella (a small, leafy structure connected with the seed), a spiral awn covered with humorous fine hairs, and this awn has the power of expanding when moist and of contracting when dry.

Thus the attached seed is constantly on the move with the changes in the weather, the hairs clinging to any object met with, until germination or destruction puts an end to its motion. The seed of barley, too, is provided with minute teeth that point toward its apex. The seed, when lying on the ground, naturally expands with the moisture of the night and contracts with the dryness of the day, but, as the teeth prevent its moving toward the point of the awn, all motion must be in the direction of the base of the seed, which will thus travel many feet from the parent stalk.—Knowledge.

Carlyle's Opinion of Washington.

It is worth noting that Carlyle in his sweeping assertion made no exception in behalf of Emerson, who perhaps bored him more than he dared acknowledge with his transcendentalism and effusions of the "over soul." But one might have thought that he would have spared Washington. Far from that, we find him pleasantly remarking at some grand dinner to Mr. Fields (a gentleman who, both by his writings and from all accounts by the charm of his personal presence, must have done much to remove the imputed odium from his countrymen): "That grete mon of yours—George" ("did any one under the sun ever dream of calling Washington George before?" exclaims Miss Mulford, who recounts the story)—"your grete mon, George, was a monstrous bore and wants taking down a few hundred pegs!"—Exchange.

He Won't Do It Again.

An amateur beekeeper in Penobscot county learns a thing or two almost every day. Among other valuable lessons was this: While working among his hot footed charges he clumsily upset a hive. He was shielded by netting and loose overalls and could watch with amusement the frantic jabbing of the 40,000 bees that covered his anatomy. After a moment, however, he thoughtfully stooped to pick up the hive. Then it was that the bees were amused. The loose overalls were drawn tight by the stooping process, and the beekeeper didn't sit down and enjoy himself for two weeks.—Lewiston Journal.

A Modern Reason.

Teacher—Why did Alexander weep?
Class—'Cos he couldn't find any more worlds to conquer.
Teacher—Why could he find no more?
Class—'Cos he didn't advertise.—New York Truth.

Assignee's Public Sale!

As assignee in trust of G. W. Goodpaster, and as assignee in trust of Peter Goodpaster, I will sell at public outcry, at the home place of G. W. Goodpaster, about 6 miles north of Mt. Sterling, Montgomery county, Ky., on

Saturday, September 12th, 1891,

all the real and personal property of said Goodpaster, consisting of about 520 acres of first-class Blue-Grass land with fine brick house, barns, all necessary outbuildings, and a magnificent trotting track, lying upon the Mt. Sterling & North Middletown turnpike. Also 83 head of fine cattle, 3 milk cows, 1 yoke of oxen, 10 yearling calves, 130 head of sheep, 30 head of lambs, 75 head of hogs, 1 sorrel mare, 1 yearling colt, one 2-year-old horse, 2 stallions, 1 colt, 1 bay mare, about 14,000 pounds of tobacco, also about 1,000 bushels of wheat, one 2-horse wagon, plows, reapers, mowers, rollers, 1 harrow, 1 buggy, 1 corn planter, 1 spring wagon, and various minor things used in farming. Also, the following thoroughbred stock:

One sorrel mare, Marietta, by Meredith, bam of Meredith, Lady Overton; 1st dam by Greenwood, by Clark Chief; 2d dam by son of Errickson, by Membrino Chief. Marietta has trotted in 2:35.

One gray mare, Willette Wilkes, by Ethan Wilkes; he by George Wilkes, dam by Ethan Allen; Willette Wilkes' 1st dam was Annie D., by Hero; 2d dam by Vinco. Vince sired the dam of Ed. Rosewater—she has shown a quarter in 32½ seconds.

One bay filly, Calisse, by Caliban, the sire of C. F. Clay, 2:18; 1st dam Belje of Greenwood, by Greenwood; 2d dam by son of Errickson, by Membrino Chief.

One black mare by Forest Wilkes, record 2:24½, 1st dam by Star Davis; 2d dam by Jno. Dillard, the sire of the dams of nine 2:30 performers; 3d dam by Bolivar.

One gray mare, Cally Chief, by Ashland Chief, the sire of four in the 2:30 list; 1st dam by Civil Rights, by Reefs Membrino Pilot.

One black gelding, sired by Mozart, out of a Magic mare.

One bay mare, Miss Wren, sired by Magic; 1st dam by Bay Messenger; 2d dam by Emory's Lexington, stinted to Vanness.

One gray mare, by Vinco, stinted to Vanness.

One bay stallion, Vanness, sired by Caliban; 1st dam Nannie Eticoat, the dam of Brown Silk, that trotted second to Bellevara in a yearling race in 2:38, and later sold for \$3,700; 2d dam Soprano, the dam of C. F. Clay, Eminence and Strathbridge, by Strathmore, the sire of twenty-seven 2:30 performers; 3d dam Abbess, the dam of Steinyaw by Albion, the sire of the dam of Vanity Fair, 2:24½.

One brown mare, Lucile, sired by Lewis' Napoleon; 1st dam Emma West, by Ashland Chief; 2d dam Rottie West by Colton.

One roan filly, 2 years old, by Kentucky, a son of Princeps, sire of Trinket 2:14; 1st dam by Dictator, Jr.; 2d dam by Membrinotime, the sire of Four Corners.

One black mare, 2 years old, by Mozart, a son of Membrino Patchen, with colt by her side by Vanness.

Ten yearling colts by Elf King, all sired by Elf King, and out of good mares. Pedigrees furnished on day of sale.

One yearling colt by Vasco, out of Lucile, by Lewis' Napoleon.

Also about 190 acres of land lying in said county, about 3 miles south of Mt. Sterling, and known as the Whitsett place. All of said land will be sold in parcels to suit purchasers, and upon long length of time. Terms made known on day of sale.

Those desiring to examine said farms or personalty will apply to G. W. or Peter Goodpaster, or the undersigned. All inquiries will be promptly answered by addressing the undersigned at Mt. Sterling, Ky. Sale will commence promptly at 10 o'clock, a. m., is positively without reserve, and will continue until completed.

R. A. MITCHELL,

As Assignee in Trust of G. W. Goodpaster, and as Assignee in Trust of Peter Goodpaster.

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