

OUR SCRAP BOOK COLUMN

DEPARTMENT DEVOTED TO THE HOME.

MY CREED.

This is my creed: To do some good,
To bear my ills without complain-
ing,
To press on as a brave man should
For honors that are worth the gain-
ing;
To seek no profits where I may
By winning them bring grief to
others.
To do some service day by day
In helping on my toiling brothers.
This is my creed: To close my eyes
To little faults of those around me;
To strive to be when each day dies
Some better than the morning
found me;
To ask for no unearned applause,
To cross no river till I reach it;
To always have a worthy cause,
To fearlessly and fairly preach it.
This is my creed: To wisely shun
The sloughs in which the foolish
wallow.
To lead where I may be the one
Whom weaker men should choose
to follow.
To keep my standards always high,
To find my task and bravely do it;
This is my creed—I wish that I
Could even live half way up to it.
—Chicago Record Herald.

LAUGH AND LIVE LONG.

Thackeray truly remarked that the world is for each of us much as we show ourselves to the world. If we face it with a cheery acceptance we find the world fairly full of cheerful people, glad to see us. If we snarl at and abuse it, we may be sure of abuse in return.

The discontented worries of a morose person may very likely shorten his days, and the general justice of nature's arrangement provides that his early departure should entail no long regrets. On the other hand, a man who can laugh keeps his health, and his friend are glad to keep him. To the perfectly healthy laughter comes often.

Too commonly, though, as childhood is left behind, the habit fails, and a half-smile is the best that visits the thought-lined mouth of the modern man and woman. People become more and more burdened with the accumulations of knowledge and with the weighing responsibilities of life, but they should spare time to laugh.

Let them never forget, moreover, and let it be a medical man's practice to remind them that "a smile sits ever serene upon the face of wisdom."
—London Lancet.

God trusts the honor of his own name to our keeping, and with it also our neighbor's reputation. Speaking evil of our neighbor is an easy method of dishonoring God.

It is not at all necessary to sacrifice adults for children. A tremendous amount is being done for the latter all of the time, and they need no encouragement to forget the duty they owe those who are doing the most for them. We need to go back to some of the older nations to learn reverence and love for the aged and feeble, the worn-out mortals who have done their work and earned a rest. Parents are not loved and protected as they should be, and there is little chance that the children of the future will do even as much if science is to be placed ahead of humanitarianism.

RECIPES.

Wash codfish well. It is a meaty fish, very sweet and no waste. Wrap it in a clean cloth and boil it in salt water fully 30 minutes. Remove from cloth, put it on a hot platter and garnish with parsley and lemon cats. In a sauceboat serve the following sauce: Heat one-half a cup of sweet butter until it browns, remove from fire to cool, then add one heaping tablespoonful of wet French mustard to the cooked butter and place the pan over hot water until fish and sauce are to be served. The mustard must not be put into the butter while it is hot or it will curdle. If any of the fish is left over after one meal it can be made into a breakfast dish for codfish balls by adding one-half the quantity of boiled potatoes, the yolk of an egg, a little melted butter, salt and pepper. This is

rolled into balls, turned in flour and fried. Or the remnants may be creamed for luncheon if no mustard sauce has been poured over.

Carrots—that article so cordially recommended by the doctors, and so much disliked by many people—may be made equally attractive by the same treatment; but with this dish as well as some others such as celery, onions and Brussels sprouts, I have found it to be an improvement to slightly thicken the cream.

I have the highest regard for education, but it surely does not come before existence. There is work to do, practical work at that, and somebody must do it while the children are being educated. It is so easy to make startling statements and so hard to back them. The survival of the fittest is nature's law, but we have got away from nature through that very education of which the scientific physician speaks. Animals are bred on that principle, but we are higher than the animals by force of superior advantages backed by a higher grade intellect. Why should we return to a lower order for an excuse to kill out all the gentle impulses which civilization has brought us?

HOUSEHOLD HINTS.

Never use soap on window panes. Use either alcohol or ammonia to make them shine.

Cream cheese, mixed with canned currants or jellied cranberries, makes a good sandwich filling.

Coal soot is easily removed from the articles or porcelain, if they are first coated with kerosene.

To keep insects away wipe the floors of closets, after they are scrubbed, with gasoline or benzine.

To remove ink stains from the hands rub the juice of ripe tomatoes over them and rinse in warm water.

The flavor of a cup of cocoa is often made more delicate if the least bit of vanilla is placed in it.

If you cannot get into the deep recesses of a refrigerator with a scrub brush, try using a small, stiff paint brush.

Instead of sewing hangers to towels make small buttonholes. They will last as long as the towel and can't wear off.

The darkest stain on a mirror or window pane can generally be routed by rubbing with a flannel wet in spirits of camphor.

To remove rust from kettles fill them with hay, packed tightly, fill in with boiling water and boil for several hours.

If your corn does not pop well, it may be that it is too old. Soak it in cold water for fifteen minutes, drain and try again.

Figs and dates chopped with diced apples make a delicious combination for a salad with mayonnaise. Serve on lettuce leaves.

An egg shell or two, or better still, an oyster shell, should be kept in every tea kettle. Then no rust will appear.

If six to ten drops of spirits of camphor are taken on a lump of sugar when sneezing starts, a bad cold may be averted.

The juice of stewed cranberries, with the addition of lemon and sugar to taste, makes a delicious drink, diluted with cold water.

When serving poached eggs, instead of the usual slice of toast place the eggs on rounds of bread, cut thin and sautéed in butter.

Bric-a-brac should be carefully dusted before being washed in hot borax water or soap-suds in which a little ammonia has been dissolved.

A good cleanser for hardwood is to wash it with a clean flannel wet in turpentine and rub lightly afterward with linseed oil.

Paint the inside woodwork of bedsteads with corrosive sublimate and turpentine, 5 cents' worth of the former to a pint of water.

THE ESKIMOS' PIPES.

Small Bowls With Stems of Walrus Tusk Handsomely Carved.

The pipes used by the Eskimos are quite different from those of any other North American race and in the shape of the bowl more resemble the opium pipes used by the Chinese than anything else. The old pipes were very small in the amount of tobacco that they would hold, for in former days tobacco was extremely scarce and in its use was most carefully husbanded.

There was therefore a wide flaring margin to the pipe to catch any grains of tobacco that might be spilled in filling it; then there were a hollow which would hold a pinch of tobacco half as large as an ordinary pea and a rather wide hole passing down through the base of the bowl which fitted into the pipe-stem. The bowl of the pipe was of ivory, stone, brass or copper.

The pipestem was curved and had a mouthpiece. It is said that the small hole running down through the base of the bowl and into the pipestem was usually plugged with caribou hair to save any grains of tobacco that might otherwise have passed down through this aperture and so be lost. The smoking of such a pipe would not last long, and we may presume that a very few draws would exhaust it. The smoke was of course taken into the lungs.

The Eskimos are known to be extremely skillful in the representation of scenes and objects, while the Indians of Queen Charlotte's sound and generally all the natives of the northwest coast of America are famous for their carving in wood and in black slate. Handsomely carved Eskimo pipes of walrus ivory from northwestern Alaska have on each side of the pipe—that is to say, on four more or less long flat surfaces—scenes from the daily life of the Eskimo. Of these the two sides on the right hand of the pipe as it is held in position for smoking appear to represent the period of cold weather, later autumn, winter and early spring, while those on the left hand side of the pipe represent the summer life of the Eskimo.—Forest and Stream.

Wanted to Bet.

The greatest trotter in the world for his time was being sold at auction, says Ainslee's Magazine. He was finally knocked down to a local millionaire for \$26,000. The purchaser strolled out of the ring and over to a lunch counter, where he ordered a chicken sandwich.

The restaurant man sliced off a postage stamp wafer of chicken and inserted it between two slices of bread. The horseman passed over a dollar, and the attendant nonchalantly handed back a half. The horseman looked at the change with a puzzled gaze for a few moments and then pushed it back, with the remark:

"I will bet you."
"Bet me what?" asked the attendant.
"The half dollar."
"On what?"
"I'll bet you that the chicken brings more in the horse I just bought."

Charles Reade's Literary Method.

Reade's literary work was, Sir Robert Anderson remarks, a rare combination of genius and plodding. A brass scuttle which stood by the fireplace held the illustrated and other papers which reached him week by week. From these he culled anything that took his fancy, and the cuttings were thrown into a companion scuttle, to be afterward inserted in scrapbooks and duly indexed. Materials for his novels and plays were thus supplied or suggested. The accuracy of his descriptions of events and places was phenomenal.—Blackwood's Magazine.

Changed His Tune.

It is said that when President Polk visited Boston he was impressively received at Faneuil hall market. The clerk walked in front of him down the length of the market, announcing in loud tones: "Make way, gentlemen, for the president of the United States! Fellow citizens, make room!"

The chief had stepped into one of the stalls to look at some game, when the clerk turned around suddenly and, finding himself alone, suddenly changed his tone and exclaimed: "My gracious! Where has that darned idiot got to?"

Mental Arithmetic.

Wife of Young Literary Man—Why, George, £10 for that magazine story? How long did it take you to write it?

Young Husband (nonchalantly)—Oh, I don't know. A couple of days, I suppose.

Wife (exultingly)—Five pounds a day! That's £30 a week and £120 a month. Twelve times £120 is nearly £1,500 a year. Why, George, we can keep a carriage just as well as not.—London Answers.

DEGREES OF BURNS.

How They Are Marked and How They Should Be Treated.

The medical books describe several degrees of burns, according to the amount of damage the fire has done to the skin or the parts beneath.

The first degree consists merely in redness and stinging of the skin, such as is caused by the flame of a match touching the finger for an instant or by a drop of hot wax from a candle falling on the hand. Ordinarily this is a trivial accident, and the pain of it, if annoying, may be subdued by applying a cloth wet with a solution of cooking soda, but if a large surface is burned, as when a cambric night dress catches fire and blazes up for a moment, but is quickly extinguished, the patient may suffer severely from shock.

In the second degree, blisters form on the injured part. Care must be taken not to tear the blisters—in removing the burned clothing, for example. A little snip with clean scissors or two or three punctures with a clean needle should be made in the part of the blister which protrudes most, and as soon as the water has drained away the part should be covered with a cloth wet with soda solution or with equal parts of lime-water and olive oil—called carron oil.

In burns of the third degree the upper layer of the skin is destroyed. This is the most painful of burns, for the sensitive cutaneous nerves are exposed. The first thing to do is to cover the part so as to protect the bare nerve endings from contact with the air. The same dressing as that for burns of the second degree will give relief until the physician comes. Carron oil is best, but the soda solution is better than nothing and much better than plain water or oil.

In burns of the fourth degree—the third and fourth degrees usually occur together—the skin is burned through and the bare flesh is exposed. This, strange as it may seem, is less painful than a third degree burn, for now the nerve endings, which receive and transmit the painful sensations, are entirely destroyed. It is more serious in its after effects, because it always leaves a scar which is disfiguring and may contract and draw the part out of shape.

In burns of the fifth degree the muscles and other tissues are more or less extensively disintegrated, and in those of the sixth degree the entire limb—finger, hand, arm, foot or leg—is destroyed.

In all these severe burns there is more or less shock, which may be so profound as to kill, and there are also serious symptoms caused by congestion of the internal organs and probably also by a poison formed in the burned tissues.—Youth's Companion.

The Chief Requisite.

Richard Watson Gilder had a dry wit of his own. He once received a call from a young woman who wished to secure material for an article of 3,000 words on "Young Women in Literature." "It was a fetching subject, full of meat," explained the young woman afterward, "and I saw not only 3,000 words in the story, but at least 6,000. But I never got any further than the first question. Mr. Gilder's answer took the very life out of me. I asked him, 'Now, Mr. Gilder, what would you say was the first, the chief, the all essential requisite for a young woman entering the literary field?' I waited with bated breath, when he answered, 'Postage stamps!'"

Where She Drew the Line.

A story of a little maiden who finally asserted her rights is related in an exchange.

She was only three years old, and it was her first visit to a number of relatives. Aunts, uncles and cousins crowded around her and kissed her over and over again. She stood it patiently and gave every kiss that was asked for without demur. After awhile, when she had run the gantlet of affectionate relatives, Uncle Tom said, "Now, baby, I'll take you out to see the cow."

Outside the door she stopped and shook her little head. "Uncle Tom," she said, "I won't kiss the cow!"

And Uncle Tom took pity upon her and did not insist.

It Made Him Angry.

When a merchant in the Hill district who had been standing in front of his store saw two young men stop the other day and begin looking over his wares he naturally was pleased and immediately gave them attention.

"I want to know," began one of them, "if you have any clean shirts ready to wear?"

"Certainly, certainly!" was the quick response.

"Well, then, go in and put one of them on," was the reply of the smart young man as he and his companion continued on their journey.

Eyewitnesses say 'hat the merchant didn't laugh.—Pittsburg Gazette-Times.

Notice of First Meeting of Creditors.

In the District Court of the United States for the Southern District of West Virginia, in Bankruptcy.

In the matter of Kate M. Fry, in Bankruptcy.

To the creditors of Kate M. Fry, Bankrupt, of Henderson, in the County of Mason, and district aforesaid.

Notice is hereby given that on the 31st day of January, 1910, the said Kate M. Fry was duly adjudicated bankrupt; and that the first meeting of her creditors will be held at the law office of John L. Whitten, on Main street, in the town of Point Pleasant, Mason County, West Virginia, on the 21st day of February, 1910, at 10 o'clock in the forenoon, at which time the said creditors may attend, prove their claims, appoint a trustee, examine the bankrupt, and transact such other business as may properly come before said meeting.

JOHN L. WHITTEN,
Referee in Bankruptcy.
Point Pleasant, W. Va., Feb. 2, 1910.
Somerville & Somerville,
Attorneys for Bankrupt.
Feb. 9-2w.

Notice of First Meeting of Creditors.

In the District Court of the United States for the Southern District of West Virginia, in Bankruptcy.

In the matter of Tallie W. Foard, in Bankruptcy.

To the creditors of Tallie W. Foard, Bankrupt, of Buffalo, in the County of Putnam, and district aforesaid:

Notice is hereby given that on the 31st day of January, 1910, the said Tallie W. Foard was duly adjudicated bankrupt; and that the first meeting of her creditors will be held at the law office of John L. Whitten, on Main street, in the town of Point Pleasant, Mason County, on the 19th day of February, 1910, at 10 o'clock in the forenoon, at which time the said creditors may attend, prove their claims, appoint a trustee, examine the bankrupt, and transact such other business as may properly come before said meeting.

JOHN L. WHITTEN,
Referee in Bankruptcy.
Point Pleasant, W. Va., Feb. 1, 1910.
Somerville & Somerville,
Attorneys for Bankrupt.
Feb. 9-2w.

Notice of First Meeting of Creditors.

In the District Court of the United States for the Southern District of West Virginia, in Bankruptcy.

In the matter of Charles H. Varian, in Bankruptcy.

To the creditors of Charles H. Varian, Bankrupt, of Point Pleasant, in the County of Mason, and district aforesaid:

Notice is hereby given that on the 31st day of January, 1910, the said Charles H. Varian was duly adjudicated bankrupt; and that the first meeting of her creditors will be held at the law office of John L. Whitten, on Main street, in the town of Point Pleasant, Mason County, West Virginia, on the 21st day of February, 1910, at ten o'clock in the forenoon, at which time the said creditors may attend, prove their claims, appoint a trustee, examine the bankrupt, and transact such other business as may properly come before said meeting.

JOHN L. WHITTEN,
Referee in Bankruptcy.
Point Pleasant, W. Va., Feb. 2, 1910.
Somerville & Somerville,
Attorneys for Bankrupt.
Feb. 9-2w.

TO WHOM IT MAY CONCERN.

Notice is hereby given, that the undersigned will make application to the Honorable W. E. Glasscock, Governor of the State of West Virginia, for a pardon from a conviction of a felony, under which I am now confined in the penitentiary of the State of West Virginia.

Very respectfully,
feb. 2-2w. HOMER STERN.

LADY WANTED

To introduce our very complete Spring line of beautiful wool suitings, wash fabrics, fancy waistings, silks, etc., hdkfs, laces and petticoats. All up to date N. Y. City Patterns. Finest line on the market. Dealing direct with the mills you will find our prices low. Profits, \$10.00 to \$30.00 weekly. Samples and full instructions packed in a neat sample case, shipped express prepaid. No money required. Exclusive territory. Write for particulars. Be first to apply. Standard Dress Goods Co., F. I. Binghamton, N. Y. jan. 26.

JUST ONE WORD that word is

Tutt's,
It refers to Dr. Tutt's Liver Pills and MEANS HEALTH.

Are you constipated?
Troubled with indigestion?
Sick headache?
Vertigo?
Bilious?
Insomnia?
ANY of these symptoms and many other indicate inaction of the LIVER

You Need
Tutt's Pills
Take No Substitute.

B. & O.

NEW TIME TABLE

EFFECT SUNDAY A. M. AT 12:01, NOV. 21

Under the new time table trains will arrive at Point Pleasant and depart as follows:

WEST BOUND

No. 723, 12:40 a. m.
No. 719, 6:59 p. m.
No. 709, 3:00 p. m.
No. 705, 10:45 a. m.

EAST BOUND

No. 704, 2:50 a. m.
No. 714, 8:33 a. m.
No. 716, 2:20 p. m.
No. 710, 5:27 p. m.

Nos. 723 and 704 are new trains and run between Pittsburg and Charleston, via C. & O. They each carry baggage car, smoking car, ladies' coach and sleeper.

No. 723 will arrive at Charleston at 8:25 a. m. and No. 704 arrives at Pittsburg 10 a. m.

McMILLINS HOSPITAL.

CHARLESTON, WEST VA.

ACCOMMODATIONS FOR BOTH SURGICAL AND MEDICAL CASES.

J. E. CANNADAY, M. D.,
(Surgeon to Charleston General Hospital—former surgeon to Sheltering Arms Hospital, Paint Creek)

General Surgery.
W. A. McMILLAN, M. D.,
General Medicine.

B. S. PRESTON, M. D.,
Anesthetist.

P. A. HALEY, M. D.,
Eye, Ear, Nose and Throat.

H. L. ROBERTSON, M. D.,
Bacteriologist

MISS MOLLIE McMILLAN,
Superintendent Hospital.

July 25-

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NOTICE TO FARMERS.

We wish to call your attention to the fact that we are now prepared to give you the best service as a Custom and Merchant Mill. Will give in exchange for good milling wheat 40 pounds of best straight flour. We pay freight one way for 5 sacks or more of grain. We also exchange fresh bolted meal for good co'n. Will give your business strict and prompt attention.

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The Gold Medal Award to
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KENTUCKY
WHISKEY
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awarded to
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Chicago 1893