

In the Social Whirl.

A large number of young people were invited and accepted the hospitality of James Eddy and wife, Wednesday evening of this week. All present had an enjoyable time, and were glad to have been there.

Miss Bessie Smallwood entertained a large number of young friends last Saturday evening in honor of her cousin, Miss Bessie Smallwood, of West Plains, Mo. The evening was passed most pleasantly with innocent games and pleasing conversation. Refreshments were served, and the young guests are loud in their praises of their little hostess as an entertainer.

Mrs. Emma Zook entertained a party of ladies at her home Tuesday afternoon of this week, complimentary to Mrs. Ora Crampton, of Kansas City; Mrs. Flora Clisby, of Green Bay, Wis., and Mrs. Blanche Smith, of Chicago. The afternoon was very pleasantly spent with cards and other amusements for which six handsome prizes were awarded. Refreshments were served.

Chapter Z, of the P. E. O., spent a most delightful evening with Mrs. Fannie Dungan, on Thursday evening of last week, a meeting having been called by the president for the purpose of initiating Miss Edith Dungan into the mysteries of the sisterhood. The chapter feels greatly pleased to welcome Miss Dungan, because of her intellectuality and gracious manners.

The Y. P. A., of the Evangelical church, surprised Rev. H. E. Bower and wife at their home, Friday evening of last week, by walking in on them in a body, to make them a farewell call. Some of the older members of the church were present also, making 43 present. The evening was very pleasantly spent. The president of the Y. P. A. presented Rev. and Mrs. Bower a large Axminster rug in behalf of the society. The society will lose a valued helper, member and guide, in the removing of these two excellent young people from their midst, but they wish them God's blessings wherever they go. Refreshments were served.

Thursday afternoon, March 23, 1905, the peaceful little paragonage of the Evangelical Association was broken into by a crowd of women, representing the oldest woman's club in the state—The Woman's Union. The cause of this unusual demonstration was the fact that a member, Mrs. Amelia Bower, was about to leave Oregon to make her home in another town and the Union wished to express to Rev. Bower and wife their esteem and to wish them happiness in their new home. A short musical program was enjoyed during the afternoon, after which the President of the Union, Mrs. Emma Zook, presented Mrs. Bower in behalf of the society, very pretty dessert spoons; the spoons were sterling silver with gold bowls, having the names and dates engraved thereon. The handles of the spoons were lily of the valley leaves, containing the flower—this being the emblem of another society of the church of which Mrs. Bower holds the presidency of the conference branch. Mrs. Bower made a very pleasing speech in answer to the one by the W. U. president, after which Rev. Bower thanked the ladies of the union in behalf of himself and wife for the pleasant association and the kindly feeling. A lap luncheon was served at four o'clock. Those present were: Mesdames Emma Zook, Coburn, Kate Thatcher, India Price, Mattie Bridgeman, Laura Davis, Flora Kunkel, Mollie Kunkel, Nellie Morris, Lulu Soman, Misses Hattie Harris, Gertrude Stock, Lucy and Nell Bragg, Alice Price, Daisy Rostock and Grace Montgomery.

They Are Over.

On Friday last, March 24th, Miss Ella E. Hood closed a very successful term of school at Burr Oak. Quite a number of the patrons and friends of the school were present. There had been no special program arranged, for the school was an excellent entertainment Christmas; and Miss Ella thought they could not spare the time from the school work to prepare a program, but they had a very interesting cyphering match, and Burr Oak has no equal in this part of the country for cyphering, it is no wonder those present enjoyed it immensely. Students from other districts were present, but refused to take part. Miss Hood has good reason to be proud of such a bright group of pupils. Sammy Wilkinson and Jesse Anno were the champions, and these two boys are just 1 years old, and their parents should certainly be proud of them. The progress of this school for the past two years speaks well for Miss Hood, as she has taught two terms at Burr Oak, and has given excellent satisfaction. In the closing address to the school, the teacher told the children how thankful she was for the manner they had improved their time in school, and how much she appreciated the courteous treatment she had received from them. She wished them further success in school and then bid them all good bye. All the patrons of the school seemed well pleased with Miss Ella as an instructor, and she will be greatly missed by Burr Oak people. I went away thinking it was good to have been there.

ONE WHO WAS THERE.

ANNOUNCEMENT.

We are authorized to announce A. R. Coburn, as a candidate for re-election to the office of County School Commissioner, subject to the decision of the voters at the polls.

Cost of Rural Routes.

The first rural free delivery route was started in 1897, under President McKinley, as an experiment. The tremendous success of the method has been unexampled. However, it must not be assumed that this is a new Yankee invention. It has been used in European countries for many years, and in Great Britain it has been extended until there is hardly a district so remote that the carrier does not visit it at least once a day. The system was established in the British Isles long before it was begun in the United States.

In its first year in the United States, 44 rural mail routes were established, at a cost of \$40,000. The enormous success of the method is shown by the fact that, for the first fiscal year ended June 30, 1904, nearly 30 million dollars were paid out on rural free delivery account. For the fiscal year upon which we have now entered \$20,816,000 have been appropriated for the continuance and extension of the rural mail service. There were 24,566 rural routes in existence at the end of the fiscal year on June 30, last; 9,446 new routes have been put into operation during the fiscal year. On October 1, 1904, there were 27,135 routes established, and the service was being extended at the rate of about 800 routes a month.

—Born, to Claude Petree and wife, of near Forbes, on Wednesday, March 22, 1905, a sweet girl baby. Mrs. O. E. Paul, of Savannah, is here making the acquaintance of her little granddaughter.

—We are certainly pleased over the announcement that J. D. Ahrens, who left this county about two years ago, locating at Concordia, Mo., has returned to Corning, having purchased the creamery there and will at once put it in order and begin making butter. He is without doubt the best buttermaker in the state.

—Everybody smiled; and the sun seemed to shine brighter when the news flew over the phone lines between here and New Point, last Wednesday evening, March 29, 1905, that Mrs. Cora Forney, nee Hibbard, had presented her husband with a son. Dr. Evans says grandpas G. W. Hibbard and Philip Forney were about the best pleased men, for old men, he ever saw, and papa hadn't struck the earth yet when he left.

The Red Oak Rug Company.

John U. Tempier will be in Oregon, Mo., at the Lawn Hotel from April 3rd until April 10th, taking orders for the Red Oak Rug Co. Save your old Ingrain, Brussels and Moquet carpets, call at the Lawn Hotel. All work fully guaranteed.

THE IDEAL GREENHOUSE

We have a large stock of all kinds of spring bedding plants in the finest growing condition, and many other rare plants usually kept in greenhouses. Will also have a large supply in season of all kinds of choice vegetable plants and early vegetables. Orders from out of town will receive our special care and attention. Independent Phone 86.

JOHN H. DURHAM & SON,

Mound City, Mo.

Notice of School Election.

For the purpose of electing two (2) directors for the Independent School District of Oregon, Mo., two (2) directors for a term of three years each. Also to vote on a proposition to increase the annual rate of taxation 25 cents on the one hundred dollars valuation, an election will be held in said Oregon Independent School District on

Tuesday, April 4th, 1905,

at the Court House, to maintain the school. A. H. BAILEY, President. J. T. THATCHER, Secretary.

Land for Sale.

The SE 1/4 NE 1/4 of 14, 59 37, in Holt County, Mo., about 7 miles south of Oregon, and about 3 miles east of Nod away station. The land is partly improved, and has quite a lot of very rich, fertile land not subject to overflow. The 40 would make a splendid place for a small home for an industrious man. Most of the land is rich and fertile and having been farmed only a few years is not old and worn out. The price is only \$700 for the 40 acres, and at this price it is the best piece of land in Holt county, \$100 cash down; balance in 10 equal annual payments, 6 per cent interest. Apply to Petree Box & Benton, Oregon, or Leonard Everett, Council Bluffs, Iowa.

WASHINGTON UNIVERSITY,

St. Louis, Mo. Grants four Competitive Scholarships to young men graduates of secondary schools in Missouri, outside of St. Louis. Examinations will be held in St. Louis and Kansas City, and elsewhere if necessary, on June 2nd and 3rd. Examinations will cover high school courses usually required for admission to college or school of engineering and architecture. Applicants send names now.

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- Peerless Carpet Warp, all colors, per lb.22
- Corset Cover Embroidery, 35 and 40c values, per yard25

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MO.

\$13.50
Rain Coats
for \$10

Forest City.

—Mrs. Huffman was in St Joseph last week, visiting relatives.

—Ed Secrist has added a lovely porch to his residence the past week.

—Mr. Bender and family are visiting relatives in New Point, this week.

—Rev. S. Hoover, of Elmo, was in the city Tuesday, visiting his parents.

—Mrs. Ettinger has been quite sick with the la grippe the past two weeks.

—Rev. L. M. Brummitt and wife went to Skidmore, Tuesday evening, to visit relatives.

—Mr. and Mrs. Shauck Smith, of Kimsey district, were guests of relatives in the city, Friday.

—The revival meetings still continue at the Baptist church, and much interest is being manifested.

—The Misses Mary Moore, Pansy Lyons, and Dale Zeller, of Oregon, were the guests of friends here, Sunday.

—J. F. Acton is having a kitchen vault to his house and other improvements made. Mr. Anno is doing the work.

—Mrs. Austin and daughter, Miss Agness, of St. Joseph, came up Saturday to attend the funeral of Mr. and Mrs. Ben Austin's little daughter.

—Millard Hill left Wednesday for St. Joseph. His wife expects to leave for St. Joseph next week, where they will make their future home, since returning from St. Louis.

—Jesse Thornhill has purchased the property belonging to Mr. Meek, on Commercial street, and moved into the same this week. Mr. Martin moved into the Wm. Kollmer property, and J. F. Acton moved to the property purchased of Mr. Thornhill.

—The infant child of Mr. and Mrs. Ben Austin died Saturday afternoon. Funeral services were conducted at the home Sunday at 1:30 o'clock, by Rev. L. M. Brummitt. The sympathy of the entire community are with Mrs. Austin in her bereavement.

—Rev. McDonald was in the city, Sunday, and delivered two sermons, one at the Baptist church in the morning and Methodist church in the evening. He left Monday morning for St. Joseph, taking with him Harry Williams, who goes to the hospital to have an operation performed on his hip.

RUTH.

Program

of the P. E. O's., to be given at the club rooms, Tuesday night, April 4th, 1905: Leader, Mrs. Frank Hinde.

Roll call. A custom of Japan.

Lesson, Modern Japan, Chapters V and VI.

Music, (Duett), Misses Schulte.

"Aborigines of Japan," Mrs. Grace Aiken.

"War Work of Japanese Ladies," Mrs. Etna Hogrefe.

Poem, ("Ima Toki Nara Zo," Mrs. Edith Bunker.

Letter List.

The following letters remain uncalled for in the postoffice at Oregon, Mo., for the week ending March 31, 1905:

Letters—
Mr. O. W. Clyton,
Mrs. W. H. Shoot,
G. T. Blankenship (2).

Cards—
Mr. J. W. Bask,
A. A. Anderson.

When calling for any of the above letters or cards, please say "advertised."

TOM CURRY, P. M.

—Dr. Thatcher leaves Sunday for St. Louis and Kansas, where he will attend a meeting of the State Board of Health which meets in Kansas City April 3, 4, and 5, and in St. Louis, April 10, 11, 12.

MAN EATS TOO MUCH.

THE AVERAGE MAN CONSUMES MUCH UNNECESSARY FOOD.

This Opinion Verified by Experiments with Three Different Classes of Men—Diet and Civilization.

A series of experiments has recently been concluded under the auspices of the Sheffield scientific school of Yale to determine the point as to whether the average human being does not eat too much. Prof. Russel H. Chittenden, the director of the school, who conducted the experiments, read a paper on the subject before the National Academy of Sciences at Washington, in which he reported that as a result of the investigations the conclusion had been reached that the average healthy man eats from two to three times as much as he needs to keep him in perfect physical health and vigor.

The experiments were made on three classes of men, several professors of the school, some students and a squad of United States soldiers. In nearly all the tests meat was gradually reduced, with little if any increase in starch and other foods. No fixed regimen was required in any case, the endeavor being to satisfy the appetite of each subject.

The experiments, which lasted a period of from six months to nearly a year, ended a short time ago when, according to Prof. Chittenden, all his subjects were in the best of health.

Their weight in some cases was almost exactly the same as when the experiments were begun and in some slightly lower. Their bodily vigor was greater and their strength was much greater, partially owing to their regular physical exercises during the experiments and partially due, Prof. Chittenden believes, to the smaller amount of food eaten. The daily consumption of food at the close of the experiments was much less than the recognized standard and from a third to a half as much as the average man eats.

It is undoubtedly true that overeating is distinctly harmful to health. Some hold that more persons are injured by overfeeding than by overindulgence in alcoholic stimulants. Further, the statement is incontrovertible that a certain class of the population of the world eat in a manner which is decidedly prejudicial to their physical and mental well-being. In the higher or richer classes such an individual is termed a gourmand, while in the more vulgar language of the working classes the gross feeder is styled a glutton. The ordinary healthy person may also eat in excess of his real need, and would probably do equally well if he curbed his appetite for food within more stringently narrow limits.

Such instances, however, occur mainly among those who can afford to eat whatever they may desire. Their number, however, is not so large as some would have us believe, even in these days of vaunted prosperity. Overeating is principally prevalent among that class who have the money to spend on self-indulgence and who frequently fall into the habit of literally gorging themselves. The majority of the inhabitants of the world who can earn their bread by the sweat of their brow cannot spare out of their wages sufficient to enable them to gratify their eating propensities, but are compelled to live frugally. Many of these do not consume enough nourishing food, and it would be to their physical and mental advantage if they partook of a more generous diet.

Again, good cooking, suitable food and avoidance of monotony in diet are just as important factors in the preservation of "the sound mind in the sound body" as is the quantity of food consumed. Variety is the spice of life and without the savor of change food does not work the good expected of it. At the same time the diet should be wholesome and plain and the canned and preserved foods which are so prominent features in the cuisine of modern civilization should be avoided as far as possible.

In the United States and in Great Britain the population do not require to be warned so much against the ill-effects of overeating as against non-nutritive and deleterious food and bad cooking.

The conclusions reached by Prof. Chittenden are interesting, but prove nothing definitely. If he is of the opinion that the deductions to be drawn from the investigation are that the daily rations of the average person should be cut down, experience would seem to be against his point of view. Underfed nations have never been in the forefront of civilization, but have always been the easy prey of those peoples who have been able to satisfy thoroughly the cravings of their stomachs. The matter is of little concern to the average person, but touches closely the well-to-do individual.

The problem of what to eat and how to cook food is of greater moment than the question of overeating. An editorial in the British Medical Journal of a recent date states the situation aptly in the following words: "What to eat and what to drink will always be decided by national custom and individual preference, so far as the public is concerned, but both may be influenced in the right direction by the guidance of skilled medical opinion."

Real Dignity. There is a healthful hardness about real dignity that never dreads contact and communion with others, however humble.—Irving.

ARMOR PLATE AND SHELLS

Makers of Plates and Guns Constantly Striving to Outdo One Another.

"A constant struggle is always going on between the firms that make armor plates and those that make guns and projectiles, though these firms are often rival departments of the same great establishment," writes Capt. F. G. Jackson, the English writer and explorer. "The old armor plates of wrought iron could keep out shells of a diameter equal to their own thickness, except at short ranges. The Palliser shot, however, with hardened point, soon disqualified iron plates. Then a steel face was welded to a wrought-iron back. This was beaten and then plates were made wholly of steel. A fresh advance in projectiles was met by various hardening processes applied to the face of the steel plate. A splinter of Krupp hardened steel, it is said, will scratch glass like a diamond. This intensely strong resistive had the effect of elater throwing off the projectiles when they struck at an angle or of breaking them up, even when they penetrated the plate. The makers of projectiles responded by fitting the points of their missiles with softer caps of mild steel, so that they should bite on the plates instead of slipping off when striking at an angle.

"All modern projectiles are fired from rifled guns and are cylindrical in shape, with conical heads. To keep them point first and to correct deviation from the course they are made to revolve on their own axis while traveling. This is the purpose of the rifling of the guns with spiral grooves. The projectile is made to follow the grooves by having a driving band of copper on the shell, which is rather larger in diameter than the bore of the gun. This band is forced into the grooves by the explosion of the charge, compelling the projectile to follow the grooves. The latest American invention is to fit the projectile with ball bearings to avoid friction and damage to the grooves and inner tube of the gun. If practicable this should enable an even higher velocity, and thus a longer range, to be obtained from guns.

"Armor-piercing shot or shell goes through a special method of manufacture. It is made of the very best steel, sometimes alloyed to give additional strength. It is cast or forged to a size very slightly larger than its intended dimensions. A groove is turned round it to hold the driving band that takes the rifling and the shot or shell is then hardened by heating the head of it till red-hot and cooling it suddenly in water or oil. The scale produced by this process is ground off the shell, the driving band is pressed into its groove by hydraulic power and turned down to its proper size, and the projectile is ready."

THE KANSAS CITY SPIRIT.

"Keeping Something Going On All the Time" Secret of the City's Success.

When you meet anybody from Kansas City what does he talk about? At the first chance he launches forth into eulogies of the town, doesn't he? In fact, Kansas City people are so extreme and excessive in their zeal that they make nuisances of themselves sometimes. But the cumulative effect of tens of thousands of people having in mind constantly the idea of telling all about their town is something tremendous, says the Denver Post.

Kansas City's most passionate admirer can't say that it's beautiful. But he is able to prove that Kansas City is going to be surpassingly picturesque and handsome. He tells you about the grand new park and boulevard system that will metamorphose the town, so that you won't recognize it when you see it again a few years hence.

He rattles off statistics about the miles of asphalt pavement, the bank clearings, the convention hall, the volume of business, the improvements under way, and he is as persistent about it as the man telling about the wonderful doings of his first baby, and as passionately happy, in the telling, as the youth eulogizing his lady fair and as plausible as the mining promoter who is trying to sell you a block of stock. But the soul of the talk is the great and glorious future!

Except for the united public movement to keep something going on, however, the bottom would drop out of that grandiose boasting. Keeping something going on all the time is the incentive, the impetus of it.

Picture in Disguise.

Many and strange have been the vicissitudes of some of the world's greatest pictures, and a fine painting which now graces Lord Leigh's residence in Warwickshire has an interesting history. This remarkable picture, which some years consisted of a painting of flowers, was pronounced by an art dealer to be merely a mask for some other picture, and on his receiving permission he gradually cleaned off the flowers, discovering underneath a very fine portrait of Charles I., by Vandyke. It is supposed that the portrait was thus disguised in order to save it from destruction by the Roundheads at the time of the commonwealth.—London Tit-Bits.

Celery Lands in Florida.

A few years back the low, wet lands of the state, that now produce thousands of dollars annually for the planters of celery, were deemed utterly worthless and could have been bought for a song—no sane man would have paid five dollars an acre for it, while at the present time the improved land, peculiarly adapted to celery culture, will bring from \$300 to \$1,000 an acre, the unimproved \$25 to \$125 an acre.—Florida Times-Union.