

Appraising Railroad Property.

Attorney Van R. Pond of this city, is acting as an appraiser of the valuation of the Ann Arbor railroad company's property in Shiawassee county. The appraisal will be used in the company's suit to obtain an increase in passenger rates and Mr. Pond will be a witness in the suit.

No Helms Found.

Gustav Knop, who died a few weeks ago at the state hospital at Pontiac, left no helms that can be found. Although nearly 30 days have elapsed no information has been received. A petition will be filed by the creditors for the appointment of an administrator. Arch Burnett who was appointed special administrator will be permanent administrator by Judge Bush. The estate is valued at \$4000 and will escheat to the estate.

Automobile Insurance.

An automobile insurance company is being formed at Howell to insure automobiles against fire, theft, personal injury and property damage cases. The company proposes to undertake the insurance for about one-seventh the present rates. Several prominent business and professional men of Central Michigan are interested in the new company including Fred Welch of Owosso.

Dissolve Partnership.

The firm of Hoffman & Hartsborn, which has conducted an automobile agency and garage on East Main street for two years has been dissolved and F. E. Hartsborn will continue the business, including the agency for the county for the Ford automobile and will handle nearly double the number of Fords in the coming year over the past year.

Mr. Hoffman has not decided as to future business but will take a rest for a while.

Cruise Spoiled.

A party including Charles Ellis, Julius Kehler, Leon Beals and their wives and Misses Edna Beals and Myrtle Tozer of this city, had an unpleasant pleasure trip Sunday while taking a cruise with John Baird on his launch, *Sure Footer*, near Point Lookout in Port Huron. A fierce rain came up and while running the launch in shallow water it struck a sandbar. After being released it was again driven on the sand and remained there all Sunday night being released Monday morning. The company were in no danger and were provided with food but do not care to repeat the "pleasure" trip.

Another Southern Outrage.

Without opposition from guards or officials a party of murderers from Marietta, Georgia, raided the prison farm at Milledgeville, Ga., Monday and took Leo M. Frank from his bed and lynched him. Frank is the Jew who was convicted of the murder of Mary Phagan and sentenced to be hung, his sentence being later commuted to life imprisonment by the Governor of Georgia, who like thousands of others did not believe the man guilty. The evidence was entirely circumstantial and the conviction was undoubtedly the result of race prejudice and the lynching was probably done by the lower element of the community.

BURTON

Rev and Mrs F E Kunsman are at Gull lake for a month's vacation. Mr Charles Wilkes has returned to her home in Battle Creek after a visit with her parents Mr and Mrs Joseph Vincent, of Carland. Miss Harriet Cadz is the guest of Mr and Mrs C F Allen of Elsie, and attending the Chautauqua. Mr and Mrs Frank Kinney of Lawton, and Mr and Mrs George Fitch of Kalamazoo, spent a part of last week with their uncle and aunt Mr and Mrs J W Rose. Mrs Jay Purves left last week for Topinabee where she will spend two weeks at the Calkins cottage. Wm Giles is driving the Wright grocery wagon this week. F T Wright was in St. Johns one day this week on business. Alecca Wright was the guest of Lucile Smith, Friday. Geo Moray of Lansing, spent the week-end with friends in this place. E W Mason and family and U G Stiff and family left the first of the week for a two weeks sojourn at Gull lake. Mrs A E Cadz and daughter Miss Harriet, were the guests of Mr and Mrs E L Smith and family Saturday. Mrs Inez Cramer of Lapeer, is visiting relatives in this vicinity. A J Leavitt and daughter Miss Clara of Carland, Mrs Louise Northrop of Owosso, left Thursday morning for a two months tour through several of the western states including California. Mr and Mrs Joseph Purves of Owosso, are spending the week with their son Jay. Joel Bailey of Morenci, is visiting his brother Silas Bailey.

Gleaners, Grangers and Farmers Will Picnic at McCurdy Park Aug. 30.

The annual picnic of the Grangers, Gleaners and Farmers' clubs of Shiawassee county will be held at McCurdy park, Monday, Aug. 30. Superintendent Clarence E. Holmes of the Michigan School for the Blind will be the principal speaker. A basket dinner, games and music will be features of the day's program.

FINE WAREHOUSE.

Young-Randolph Seed Co. Break Ground for New Building

Thursday morning the Young-Randolph Seed Co. of this city broke ground for the erection of a brick warehouse and operating plant 100x30 feet, two stories high with full basement, on Corunna avenue between the Food factory and the power plant. The company is composed of J. W. Young and Fred Randolph of Owosso and G. S. Young of Alma, and a constantly increasing business since coming to Owosso two years ago, makes necessary the new and up-to-date quarters.

OBITUARY—JOHNATHAN SPRAGUE

Good Citizen, Faithful Public Official Loyal Friend and Son

Brief announcement was made last week of the death of Johnathan Sprague at his home at an early hour Friday morning. Funeral services were held at the home Sunday afternoon at 3 o'clock, Rev. E. J. Cross of Corunna officiating. Many of the friends of the family, a number of the rural mail carriers of the county, and representatives of the fraternal orders of which the deceased was a member were in attendance. Six of the rural carriers of the Owosso post office acted as pall bearers. The floral offerings testified to the esteem of friends and expressed better than words the sympathy felt for the aged wife and family. The interment was in Oakhill.

Johnathan Sprague was born in Farmington, Oakland county, July 11, 1837, was married to Helen Augusta Lee in 1861 at Novi, and in 1872 removed to Caro, Mich., engaging in the foundry business there for several years. In 1886 the family came to Owosso, which has since been the home. November 1, 1898, Mr. Sprague was appointed carrier for rural route one, the first route in the county and the third in the state, at a salary of \$300 a year. From the first day he entered the government employ until the day of his death his interest outside the home centered about the work and the development of the rural carrier service. No one could have been more interested or ambitious than he to serve the patrons on his routes—one, and later four—and many days he carried their mail when most men many years younger would have considered it an impossibility because of his physical condition. This was not done to gain the pecuniary benefit but because of his real devotion to the service, and his patrons appreciated it and had only kind words for him. On January 1st he was granted a 90 days leave of absence on account of his disability and this was extended from time to time by the post office department until July 1st—some time beyond the limit fixed by the regulations, showing that the department recognized him as one of its most efficient carriers—when he tendered his resignation. From that time on his decline was more rapid, although he did not once give up the hope that he might again resume his position. Death was due to hardening of the arteries.

He was a life member of Colfax lodge of Odd Fellows and Owosso lodge of Foresters. His church affiliations were with the Baptists. Mr. Sprague was held in affectionate regard by the members of the rural carriers county association which he had served in several capacities and at the recent state gathering a resolution of good cheer was adopted and sent him.

Mr. Sprague is survived by his wife, one son, ex-Mayor O. L. Sprague, one daughter, Mrs. H. O. Rounds of Detroit, and two grandchildren, Miss Helen Gibson, who had made her home with Mr. and Mrs. Sprague practically all her life, and Harold Rounds of Detroit. One son, John J., and a daughter, Mrs. C. V. Gibson, died some years ago.

Relatives attending the funeral included Mr. and Mrs. H. O. Rounds, Harold Rounds, Mrs. V. A. Kent of Detroit, Emory Noble, Northville; Elliott Sprague, Farmington; Watson Sprague, Wayne; C. V. Gibson, Toledo; Eben Thurgoon, Holly; Mrs. J. J. Hopen and son James, of Alma; Mr. and Mrs. Floyd Parish, Fowler.

Deputy County Clerk Barnett is enjoying his annual vacation.

STORES CLOSED AUG. 26

Practically every retail store, shop and business place in Owosso will be closed all day Thursday, Aug. 26, so that every one may attend the Retailers' picnic at McCurdy park with their families.

The County Fair.

"The county fair is coming back. The poster sheets are everywhere. And almost everybody now is whooping up the county fair. We've had our fill of aeroplanes—We want to see the big fat hog. The patent churn, the trotting dog. The new device that beats a cog. And work around through the catalog. At the county fair.

"We've always missed the county fair. Its inner and its outer track. The dancing sandler and the bull. About four feet across the back. We're weary of awful war talk—We want to hear the whistles blow. The horses neigh, the roosters crow. The blooded cattle when they low. And the shrill-voiced startel shouting 'Go!'"

At the county fair.

"It seems as if the world grows cold. And people nowadays don't care for other people in the warm Old manner of the country fair. We're tired of bowing here and there. We want to about 'How are you, Dan?' 'Hello there, Bill' and 'Howdy Ann!'"

"And get a warm clasp of the hand From every woman, child and man At the county fair."

"Apologies to Mo. State Board of Agriculture."

Masonic Picnic.

The second annual picnic of the Shiawassee County Masonic association was held at McCurdy park, Aug. 13, but because of the rain was attended by but a small fraction of those who had planned to come. A picnic dinner in the casino was followed by a short program. Hon. Frank T. Lodge of Detroit, past grand master of the grand lodge of Michigan, and a brilliant and well known orator, spoke on masonry as it effected the individual in his relation to his family, his friends, neighbors, and the community. Judge E. J. Jeffries of Detroit, spoke of the order in its work collectively and of the results accomplished.

E. F. Conant was re-elected president and Arch W. Burnett secretary at the business session. The program of games and sports was dispensed with on account of the condition of the grounds, except a well contested base ball game between Owosso and Perry Masonic teams which was won by Perry 6 to 5.

Hale-Reed.

The wedding of Miss Adamae, daughter of Mr. and Mrs. Worthington Hale and Selwyn J. Reed of Vernon, was solemnized Wednesday at the bride's home on N. Washington street in this city, in the presence of fifty guests. Rev. Stevens of the M. E. church of Vernon officiating. Miss Mabel Reed acted as bridesmaid and Emerson Hale of Detroit, assisted the groom, Miss Pauline Hale being ring bearer. Miss Dora Thorne rendered Mendelssohn's wedding march and other appropriate selections.

After a three course wedding dinner had been served by Misses Adelaide and Rosalind Hook, Mildred Donigan and Shirley Steeds of this city and lama Hook of Ann Arbor. Mr. and Mrs. Reed left for a wedding trip to Chicago and will be home after Sept. 1 at the groom's farm near Vernon.

Mrs. Reed is a graduate of the Owosso high school and the county normal and has taught since 1911 in Vernon and Bancroft. She is a member of the Methodist church and has a wide circle of friends. The groom is a well known and popular young farmer of Vernon. Many friends extend congratulations and best wishes.

Among the friends and relatives from out of the city were Mr. and Mrs. John Hale and Mr. and Mrs. Sylvester Hook of Henderson; Mr. and Mrs. Frank Hale of Pontiac; Mr. and Mrs. Samuel Atherton of Gaines; Mr. and Mrs. David Hook of Ann Arbor; Mr. and Mrs. Chas. Reed, Mr. and Mrs. Marvin Reed and Mr. and Mrs. Charles Payne of Henderson; Mrs. J. W. Ellsworth and Mrs. Ed. Houghtelling, of Howell.

HOLSTEIN-FRIESIAN BREEDERS

Organize County Association—President Aitken of National Organization Present—Officers Chosen.

An organization of the breeders of registered Holstein-Friesian cattle in Shiawassee county was perfected at a meeting held Thursday afternoon in the Y. W. C. A. rooms in this city. At noon lunch was served by the ladies of the Y. W. C. A. to about sixty ladies and gentlemen—the latter including a number of business men of the city who were present to show their interest in the new organization, which started off with 25 charter members. B. E. Hardy, president of the temporary organization formed a short time since, called the gathering to order and introduced Mayor DeYoung, who welcomed those present to the city and tendered them the free use of the rooms in the city library for any future meeting the association might wish to hold, invited the members to make use of the books, etc., in the library and stated that if other books along lines which would interest them in the breeding, feeding, etc., of dairy cattle were wanted an effort would be made to provide them. He commended the purposes of the gathering as he believed organization was essential in the life of today. W. A. Seegmiller, L. F. Miner, G. T. Campbell, E. O. Dewey and G. L. Taylor also spoke briefly before Hon. D. D. Aitken of Flint, president of the National Association of Holstein-Friesian breeders, was introduced. Prea Aitken talked most interestingly for twenty minutes, setting forth the good qualities of the Holstein cattle, told of the wonderful milk and butter records, of the rapid advance all over the county of the herds, spoke of the national meeting to be held in Detroit next year and urged Shiawassee breeders to be present in large numbers. He said that within six weeks a new queen in the cow world would be announced with a butter record of 1500 pounds in a year—a Holstein, of course. He urged those present to study statistics and to be able to show to their communities the great food value of milk and its products. Incidentally he suggested that Shiawassee county wake up and really go at the work of building better roads in a more energetic manner after the manner of Genesee county where nearly a million dollars has been expended in a period of two or three years, that county receiving last year one-twelfth of the state reward money paid out. Professor A. G. Anderson of the M. A. C., spoke of the benefits of local and county organization, pointing out the manner in which the membership as well as the communities were benefitted. G. H. Gillespie of Mason, told of the advantages and the pecuniary benefits to be derived from authenticated testing, citing a number of instances where the owners of cows with large records had been able to sell the increase in their herds at several times the original price paid for the foundation cattle. J. Fred Smith of Byron, and B. E. Hardy of Owosso, talked on the importance of large exhibits of Holsteins at the county and state fairs. After a talk by A. L. Chandler, the following officers were elected: President, B. E. Hardy, Owosso; vice president, J. H. Keyes, Owosso; secretary-treasurer, J. Watson Hurst, Owosso. President will name an executive committee of five members as provided for in the by-laws which were adopted just before adjournment was taken. The Association starts off with a good membership, which will be increased considerable when all the breeders of the county have an opportunity to enroll.

Looking Glass River and Vermillion Creek Drain.

A conference of the drain commissioners of Clinton, Gratiot, Ingham and Shiawassee counties was held in the office of Commissioner Griffin in Corunna, Wednesday, to consider the improving of the Looking Glass river and Vermillion creek, a south branch of the river. The counties of Shiawassee, Livingston, Ingham and Clinton are interested in this proposed improvement. The dredging of the Looking Glass river will cover between 40 and 50 miles and that of Vermillion Creek between 18 and 20 miles. The applications were filed July 3.

Reunion at Corunna.

The Twenty-third Michigan regiment will hold a reunion at Corunna, Sept. 6. J. J. Peacock of Corunna, is president of the association and R. Anderson of Maple Rapids, secretary. Capt. John Carland of Corunna, was in command of Co. H, which was composed of Owosso and Corunna men and but five or six are living and but one hundred are known to be surviving of the entire regiment of one thousand.

HOW TO LIVE FOR ONE HUNDRED YEARS

PRACTICAL ADVICE FROM ONE OF NATION'S LEADING MEDICAL EXPERTS.

Simple Rules of Promoting "A Sound Mind in a Sound Body," Are Given.

One of the most practical and helpful lectures ever given in Hastings was that delivered Saturday afternoon at the Chautauqua by Dr. Charles E. Barker, Ex-President Taft's physician, and a noted authority in the medical world, on "How to Live a Hundred Years."

First he showed by authority that could not be questioned that it was not at all unreasonable for a normal boy or girl to expect to live 100 years. It involved common sense, reasonable care, thoughtfulness and will power.

The first essential was to take plenty of good fresh air into all the air cells of the lungs. That would purify the blood and eliminate poisons from the system. The pores of the skin were another means of elimination of wastes and poisons. Wearing flannels tended to clog the pores. This could be overcome by a few moments of vigorous exercise. Or it could be to a large extent overcome by brushing the skin night and morning vigorously with a coarse brush, for about two minutes.

The third means of elimination of bodily waste and poison were the bowels. And inattention to them, especially the disease of constipation, was the source of breaking down physically of men and women who should be in their prime. He declared that there was no reason whatever why anyone should suffer from constipation. He recommended the following five things and said that doing them would cure many people in a month's time, and the most obstinate case of constipation in six months time. Here follow his five rules:

- (1) Every morning, as soon as one can after arising, sip a cup of hot water into which has been put a quarter to a half a teaspoonful of salt. The salt is for cleansing. Five minutes after drinking the hot water drink a glass of cold water.
- (2) Before dressing, and while lying on the bed or on the floor on the back, take about seven minutes time for exercises, simple ones, which exercise the abdomen and muscles; such as raising the feet to a perpendicular, holding the feet to the floor and trying to raise the knees back to the chest and return to the floor; abdominal breathing exercises.
- (3) Eliminate meats absolutely from the diet for six months, in serious cases of constipation, and eat meat not more than twice a week in less serious cases.
- (4) Eat cereals, such as cracked wheat, green vegetables and fruit. He recommended parsnips, carrots, beans, peas, baked potatoes (never fried potatoes), spinach and lettuce. Fruits he suggested were oranges, figs, raisins, grape fruit, apples, baked or in sauce or eaten out of hand. If one's stomach were acid, it was a good thing to eat a few raisins or a fig or two at meals. If one could do it, it would be very helpful to drink at night the juice of two oranges. But if one's stomach were acid that could not be done.
- (5) Drink from eight to ten glasses of water every day.

The kidneys had their part to perform in eliminating wastes and poisons. But if one did not breathe properly, or suffered constipation, or the pores of the skin were clogged, then the duty of eliminating the surplus poisons and wastes was put upon the kidneys, with the result that they were seriously overworked, so that these organs finally broke down, and one suffered from Bright's disease or diabetes.

He strongly opposed meat eating as a habit, claiming that once a day was the limit of meat eating, and twice a week would be better.

Dr. Barker poured it into the patent medicine and drug taking habits. He stated that Dr. Metchnikoff, the noted Russian physician, was the best authority in the world on questions affecting the length of the human life, and his studies had made a great contribution to scientific knowledge of that subject. Dr. Metchnikoff's attention was attracted to the little kingdom of Bulgaria, where with a population of 5,000,000 there were, according to the census reports, over 4,500 people who had reached 100 years of age, and some of them were 130 years. In other words, he found that in that little country there were more centenarians than in all the rest of Europe, with over 400,000,000 people. Dr. Metchnikoff spent over a year in Bulgaria, and found

a singular absence of diseases that affected the rest of Europe, and found that long life, that is 70 to 80 years, seemed to be quite the normal. Then he began to search for the reasons why the average of life was so much longer there. It was not due to climate, for the neighboring territory possessed the same climate. After thorough investigation he satisfied himself that it was due to what the Bulgarians lived on. They eat very sparingly of meat, and their staple food is cereals. But there is one peculiarity of their diet which is entirely different from that of any other people. They are exceedingly fond of and eat large quantities of loblended milk. Dr. Metchnikoff found the germ which produces sour milk and butter milk and found that it was the enemy of germs in the body that destroy health, and helped the growth of germs that promote the health. Therefore Dr. Metchnikoff concluded that people can promote health and long life by eating sparingly of meat, plentifully of cereals, and vegetables, and advised drinking buttermilk in plentiful quantities. Dr. Barker endorsed the advice, and said he drank it every day, and had in his own diet come to eating meat but twice a week, while he ate plentifully of cereals, cooked vegetables and green vegetables such as lettuce, cabbage, etc.

In conclusion Dr. Barker stated that the condition of one's mind had much to do with one's living a long and useful life. The prime thing was cheerfulness. And very very fortunately cheerfulness and happiness did not depend so much on outside conditions as upon conditions within one's own control. And if one had the right conditions making for cheerfulness within him, he would soon find that outside conditions would shape themselves so that they would minister to one's happiness and cheerfulness. He gave these five rules which, if followed, would immediately produce cheerfulness:

- (1) Cultivate the habit of looking on the bright side of every experience.
 - (2) Accept cheerfully the place that is yours, believing it is the best possible place for you.
 - (3) Throw your whole soul and spirit into your work and do it the best you know how.
 - (4) Form the habit of doing little acts of courtesy and kindness to all those who touch your life each day.
 - (5) Adopt and maintain a simple, childlike attitude of confidence and trust in God as your Father.
- Dr. Barker said that if one would faithfully follow—every day—the simple exercises which he recommended to promote thorough breathing, and to exercise the liver and kidneys and the abdominal muscles, open the pores of the skin, and would follow his directions as to diet, using common sense in doing it all, and follow the five rules named above, if they were young and in good health, they had a right to expect to live for a hundred years. "But the trouble is you won't do what I advise you, and what your own common sense tells you is the right thing to do. Many of you will try it for a few days. A small number will stick to it for a few weeks. But in all human probability not a dozen will stick to it for six months. Those who do will follow it up for years, because they will know the benefits. Why will not the rest of you? Because you are quitters. And if I could look at your back, I would find a streak of yellow where your backbone ought to be."—Hastings Banner.

Death of Mrs. Frank Forster.

Mrs. Emma Snyder Forster, aged 52 years, wife of Frank Forster, died at the family home on Lee street Friday after an illness in bed for several months and after having been an invalid for many years. Mrs. Forster was a kindly, Christian woman of lovable traits, a good mother and a patient sufferer. She was born in Sodus, N. Y., and had been a resident of Owosso eighteen years. She was a faithful member of the Methodist church.

Funeral service were held at the home Saturday afternoon. Rev. E. G. Gordon officiating, the remains were taken to Marietta, N. Y., for interment. Mrs. Forster is survived by her husband and one son Leon G, two brothers and two sisters.

Holiness Camp Meeting

The fifteenth annual camp meeting of the Apostolic Holiness churches of Michigan, will be held at Seminary park, (Gute hill) from August 29 to 30. A large number of tents as usual will be pitched on the grounds, less than a mile from the heart of the city, and there will be several services every day with a number of outside pastors, missionary workers and others in attendance. P. F. Elliott of Lansing, is president of the state organization, and C. E. Cliff of Applegate, is secretary.