CONTRACT OF STREET

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ing.

nao Herald.

YEAST IN A PLANT

But it Can Be Seen as Such Only

With the Microscope. Yeast is a small plant which c

says Good Health. There are two varie-

ties, wild and cultivated, for these tiny

plants can be improved through cultiva

Firms which make yeast for the mar-

ket must grow these plants quite as carefully as the florist grows his flow-

ers. Care must be taken that they do not become mixed with other valeties, therefore destroying the culture. In some laboratories where yeast is grown two separate buildings are kept for this purpose. These are ooth care-fully disinfected, and if it is found that the yeast becomes contaminated in case

dough. This plant, like bacteria, requires warmth, moisture and food. The mater-ials out of which the bread is made should always be warmed and the dough should always be kept in a warm place. The temperature most favorable is about that of the body, a little less than 100 degrees

they break it down into two substances: —alcohol and a gas known as varbon dioxide, or carbonic acid gas. As the gas is formed it is held by the gluten, which is a very elastic substance. When the bread is put into the oven the heat ex-pands the tiny bubbles of gas, causing the bread to rise, or to become much lighter. The alcohol formed, being a volatile product, passes off in the bak-ing.

Living in the Tropics.

Most Americans in the tropics make the mistake of eating large quantities of beef and salt meat. The best and cheap-

est fish market in the world is found

right at our doors. Spanish mackerel a

right at our doors. Spanish mackerel at one and a half cents a pound can be had any day. Fifty cents will furnish fish for fifty people. The longosta del mar is a forty-second cousin of the American lob-ster and altogether toothsome. It may be ordered the day before and delivered aliva at wour door

CURED

"has for generations smoked the

tion as larger plants can be.

THE ATHENS REPORTER, JULY 15, 1908.

Telling Fortunes By Tea Leaves

The person who can tell fortunes by ards, palmistry or tea leaves, is sure be a popular individual, providing as e does an endless source of entertain-sent. For though we put not an atom f confidence in what we are told, yet here is a certain fascination about the ubject in which we must all acknowlge an interest. First, the one whose fortune is to be id should drink a little of the tea while

told should drink a little of the tea while it is hot, and then turn out the rest, being careful not to turn out the grounds in doing so, and also not to look at them, as it is bad luck. Then she must turn the cup over so that no water remains, for drops of water in the tea grounds signify tears. Next she must turn the cup around slowly, towards her, three times, wish-ing as she turns it. After this she must rest it a minute against the edge of a saucer—to court luck.

the fortune teller takes it and reads the fortune. Three small dots in a row stand for the wish. If near the top it will soon, be realized; if at the bottom, some time vill elapse.

Ill clapse. If the grounds are bunched together signifies that all will be well with a fortune seeker, but if they are scat-red, it means the reverse.

the top means A small speck near

A small speck near the top means a letter; a large speck, a photograph or present of some kind, what it is de-pending on the shape of the speck. The sticks are people—light or dark, short or tall, according to their color and length. A thick one a woman. If they lie crosswise they are enemies. If straight up, intimate friends, or a plea-east acqueintance to be made.

straight up, includes to be made. If a large speck is near them, it means they are coming for a visit, bringing a

they are coming for a visit, bringing a valise or trunk. If there is a bottle shape near the stick it means a physician. If a book shape, a minister or a lawyer. If many fine specks, a married man. The sticks with a bunch of grounds which has a physician of had many

on their backs are bearers of bad news

about you. you. ng line of grounds with no open-tween foretells a journey by Mail.

A long line of grounds with no open-ings between foretells a journey by water; if openings, by rail. A large ring, closed, means an offer of marriage to an unmarried woman. To a married one it means a fortunate undertaking. To a man, success in business

A small ring is an invitation. Dust like grounds bunched together at the bottom or side is a sum o

A triangle signifies good luck, as does A triangle signific store a horseshoe. A half moon or star to married people means a paying investment. To unmar-ried, a new admirer or sweetheart. A pyramid is extremely lucky. A sware or oblong means lands.

A square or oblong means Leaves, sickness and death.

Fruit, of any kind, health.

Flowers, a present, what is it depend-ing on the shape or the present may be

Your dining room and kitchen can be I rubbed and scratched and scratched and rubbed to stop the burning itch. But now, with cocked up feet, I sit, to former sorrows dumb, And through the screen gaze at the scene --oh, hum, confound you, hum! kept free from flies by using Wilson's Fly Pads as directed on each package. Get the genuine Wilson's; no other fly killers compare with them.

The New Place.

Oh, gee, this is an awful place, We have been here a day, 'N not a kid has spoke to me; I can't go out 'n play, Fer no one cares cos we hav come, There ain't a chance fer fun. I don't know anybody yet, I am a preacher's son.

sit and idly drum With figers light which bear no bite-The place we lef' was great, you bet.

mein herr, her claws are not out when she strikes. That may come then we will fose some promising babies here." The young German keeper was greatly WOMEN AND GIRLS HELD BY ANAEMIA

> Unless the Blood is Made Rich and Red Health Cannot be Restored. Throughout Canada there are thou

The young Garman keeper was greatly distressed. I returned in the morning to see how the affair had progressed. Entering the Frankfurt Thiergarten, I found the Lion House. My friend stood in the empty corridor looking into the cage; aleek forms shifted restlessly on every side, a pale light cane from above; the place was close with a heavy odor. He greeted me mournfully. "The little beggar was too spirited. She got him last night. Just a second in her jaws and the taxidermist won't attempt to stuff the skin." The remaining puppies peered wonderingly st us from an ad-joining cage, the murderess paced in silence, but her eyes were alive with a strange, fascinating light. The tragedy had stirred the rows of imprisoned beasts. An uncanny howl in a chilling key came from the loopards, the lion's deep-throated guttural sent unwelcome shivers through one's nerves. Throughout Canada there are thou-sands of growing girls and women held in the deadly clutches of anaemia. Slow-ly but surely a deathly pallor settles on their checks; their eyes grow dull; their appetite fickle; their steps lang-uid. Daily they are being robbed of all vitality and brightness. Their suf-ferings grow more acute if neglected, until the signs of early consumption be-come apparent. If your wife or daugh-ter or sister complains of weakness, pains in the side, headaches or back-sches; if her appetite and tamper are uncertain and she is often low epirited anaemia has her in its deadly hold. What

Alternatives through one's nerves. I left the building, relieved to feel the breeze and see the sunlight. Poor little chap of a pums, he surely had tremend-ous pluck!—The Travel Magazine, New York. Never Mind the Expense.

uncertain and she is often low spirited anaemia has her in its deadly hold. What she needs is new, rich, red blood. Give her Dr. Williams' Pink Pills for Fale People without loss of time, for they actually make new, red blood. They make girls and women well and happy. impart an appetite and stead-ily bring back the charm and bright-ness of perfect, regular health. Miss Carrie McGrath, 26 Fenwick street, Halifax, N.S., says:--"I, be-lieve Dr. Williams' Pink Pills saved my life. Three years ago I suffered from anaemia in a severe form. I At Amatova, a station on the Uskub-Salonika line, perhaps the most amusing episode of this year's campaign occurred. Close by a band had made a marsh its Iny inc. Inree years ago I suffered from anaemia in a severe form. I was all run down and as pale as a sheet. I could scarcely eat any-thing, and what I did take did not seem to nourish me. My hands and feet were much swollen and the least vertion would here a better Close by a band had made a marsh its beadquarters for many days and the Turks getting wind of it, sent a small army with guns to capture them. For a whole day the swamp was bombarded with abraphel and riddled with bullets, and the only damage done was when a shell burst a little too far, and sent a shears of acid count the tation marsh feet were much swollen and the least. exertion would leave me breathless and my heart beating violently. I seemed to have pains and aches all over. I was so weak I could not even sweep a floor. At different times I was under the care of three doctors, but did not get any better. One doctor said I had dropsy and that my blood had all turned to water. My friends thought I was in a decline and that I had but a short time to live. I was completely disshower of sand against the station-mas-ter's windows. But the band had left the night before! Several thousand rounds of ammunition, therefore, had been wasted on a barren stretch of rushes and swamp. It is the same everyrushes and swamp. It is the same every-where, reckless expenditure of cartridges and a minimum loss of life from this mode of firing. Things have reached such a pass here that no Christian peasant is safe. A patrol thinks nothing of shooting down a peasant working in his fields. Corpses atrew the melon gardens and remain nntime to live. I was completely dis-couraged myself, when one day a lady friend called to see me, and told me Dr. Williams' Pink Pills had cured her daughter of anaemis and

strew the melon gardens and remain un-buried. Riding a short distance from buried. Riding a short distance from the town yesterday, I asw a gendarmie patrol marching along the high road be-guiling the way by firing a shot alter-nately at about every hundred yards. They did not trouble to aim their rifles in the air, but fired point-blank across the fields, all under cultivation.---London Mail urged me to try them. I decided to try them, and in the course of a few weeks felt somewhat better. I met the doctor on der and here and here weeks felt somewhat better. I met the doctor one day and he remarked how much better I was looking. I told him it was not his medicine but Dr. Williams' Pink Pills that were helping me, and he told me I had better keep on taking them. I con-

The Screened-in Porch.

have my porch equipped with screen

plays of spunk; round my ankles there were rings of

poisoned ridges which rubbed and scratched and scratched

My blessing on the man who first hit on

me with your hateful trains; rest my feet upon a chair, my

are exposed;

helping me, and ne told me I had better keep on taking them. I con-tinuéd to do so until I had taken an-other half dozen / boxes, when my health was perfectly restored. I am more than grateful «for what these and not a chink remains, Through which you could get into plagu more than grateful for what these pills have done for me and strongly recommend them to all weak girls." Thousands of men and women. now well and strong, praise Dr. Williams Pink Pills for having cured anaemia My Adam's apple o'er a shirt san collar is disclosed; is disclosed; At night I loll at ease and dream of general weakness, indigestion, rheuma tism, neuralgia, nervous disorders, paralysis and the ailments of girl-hood and womanhood. These Pills triumphs which may come, Screened in from care, my world is fair -- now hum, confound you, hum! paralysis and hood and womanhood. These Pris do this by making new, red blood which feeds the starved nerves, drives out disease and strengthens ev-erv organ in the body. Sold by all Time was when I was forced to sit and wave the smoking punk, And ever and ano give way to sad dis-

ery organ in the body. Sold by all medicine dealers or by mail at 50 cents a box or six boxes for \$2.50 from The Dr. Williams' Medicine Co., Brockville

Reasonable. One day when Arthur had asked, if

possible, more questions than usual during the dinner hour, and coaxed for everything on the table until his mother despaired of ever being able to finish her shortcake, she turned to him and said sternly: "Arthur, keep still. Mamma wants a little peace."

this pleasant scheme; Where might a poet hope to find a fairer, nobler theme? The evening breezes fan my brow and Without a moment's hesitation he looked into her face paintively and said: "Arthur wants a little piece, too." gladness fills my breast; I've done my best to day, and now am taking well earned rest; Absolved from care, I tilt my chair and

Sufferers from Fits, Epilepay, St. Vitne' Dance, Nervous Troubles or Failing Sickness should write the Likesie Cee, 178 Ains street, Foronto, for a trial both of their Fit Cure and Treatise. Euclose No for possage and Treatise. for a tria Treating Making the Sultan's Cigarettes. "The Turkish Sultan," said a tobaccon-

ist.



fully disinfected, and if it is found that the yeast becomes contaminated in one building the culture is started anew and the other building, previously isinfect-ed, before moving into it. The purest culture of yeast is probably obtained in the compressed yeast cakes. These can be kept only for a very short time, and then in a cool place, which renders it inconvenient for the warmer parts of the country. In this case of course the dry yeast cakes must be used, which when fresh are perhaps quite as good as the compressed, except that they require a longer time and should be started in the sponge instead of the stiff dough. woman's organism. It quickly calls attention to trouble by aching. It alls, with other survey which speedily removes the cause, and restores the feminine organism to a healthy, normal condition is

LYDIA E PINKHAM'S VEGETABLE COMPOUND

Mrs. J. A. Leliberte, of 34 Artil-erie Street, Quebec, writes to Mrs. Pinkham:

degrees. There is always considerable moisture in bread and plenty of food for the plant. The food which it requires is sugar. This it obtains from the wheat, there being some sugar in the flour and more sugar is also formed from the starch. "For six years I have been doctoring for female weakness, heart and nerves, liver and kidney trouble, but in Lydia E. Finkham's Vegetable Compound I can safely say I have found a cure. As the yeast plants feed upon sugar they break it down into two substances

"I was continually bothered with the most distressing backaches, headaches, and bearing down pains, and I kept growing more and more nervous.

"Lydia E. Pinkham's Vegetable Com-ound relieved me of all these distressng symptoms and made me a well woman. I would advise all suffering women, young or old, to use Lydia H. Pinkham's Vegetable Compound."

FACTS FOR SICK WOMEN. For thirty years Lydia E. Pink-ham's Vegetable Compound, made from roots and herbs, has been the female standard remedy for standard remedy for female ins, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulcers-tion, fibroid tumors, irregularities, periodic pains, backache, that bear-ing-down feeling, flatulency, indiges-tion, dizziness, or nervous prostration.

RULES FOR FLY TIME.

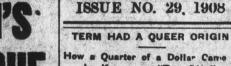
alive at your door. Mindanoo coffee will not be found in Cards Submitted to N.Y. Health Board the market just now, but Senor Torrefor Distribution to Households.

on, our enterprising grocer, will secure t soon. The writer will then tell the In furtherance of the New York Merchants Association's campaign against the house fly, the board of health has been asked by Ed-ward Hatch, Jr., ebairmann of its water pol-lution committee. to undertake the distriladies how to make coffee from the bes bean in the world. The Singapore coffee sold in the Chinese stores is infinitely superior to the commissary brand and can be freshly roasted, without which no coffee should ever be drank.--Minda-

lution committee, to undertake the distri-button among householders, hotel and re-staurant proprietors, and in other places where they do the most good, of eards on which are printed the following rules for "fly time." Keep the flies away from the sick, espec-hally those ill with contagious diseases. Kill every fly that strays into the sick room. His body is covered with disease germa. All refuse and vegetable matter should be disposed of or covered with lime or kerosene oil. -

All. Screen all food. Keep all receptacies for garbage carefully povered and the cans cleaned or sprinkled with lime or oil. Pgur kerosene into the drains. Screen all windows and doors, especially he kitchen and dining room. Don't forget that if you see flies their preeding place is in nearby fikh.

A WINDSOR LADY'S APPEAL. maid ?" To All Women: I will send free with



How a Quarter of a Dollar Came to be Known as "Two Bits" "Did you ever hear the expression

two bits' used as an equivalent for a quarter of a dollar ?" asked a New York. er. "The term is commonly used in the south and west. Not one person in 1,000

south and west. Not one person in 1,000 even of those who habitually use the term knows its origin. "Even as late as the close of the eighteenth century the silver coinage of the United States had not superseded the Spanish 'milled' dollar in the west and south. Fractional currency was par-ticularly scatte and to obtain this the Spanish 'milled' dollar was cat up to make change. Halves and quarters, of course, suggested their own names, but when the quarter was cut in two the worth 'eighth' was discarded for 'bit,' a small alug having the value of 12% cents. Many curlo collectors have these alugs in their possession, although, of course, they have long since gone out of use as currency.

course, they have long since gone out or use as currency. "So with "thrip," used in New Orleans and the vicinity as an equivalent for the nickel or 5-cent piece. "Thrip' is merely an abbreviation of "threepences," the coin of that value once in general use, rep-resenting about the same amount. of money as a 5-cent piece."—New York Mail and Express. Mail and Express.

DOLL PREVENTED WAR

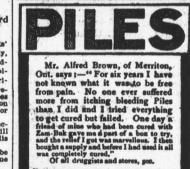
Remarkable Incident in United States History.

It is not very generally known, though it is a matter of history, that on one cocasion a doll prevented a war between

the United States and the Apache Indians. The American Government allot-ted the Indians certain territory, which the latter did not feel inclined

So war began. One day a little Indian child strayed from its father's wigwam and was found by the American soldiers. It was crying bitterly, and they were unable to console her. The commanding officer them thought of a doll which had awired that her. The commanding officer then thought of a doll which had arrived that day for his little girl, and he gave to to the Indian papoose, who soon ceased cry-

ing. Soon after a detachment of soldiers es-Soon after a detachment of soldiers es-corted the child to its father's wigwam, and its arrival caused great excitement. The Indian mother appeared at the Ami erican tents the next day with the doll, to return it, but she was overwhelmed with joy when she heard that her little girl might keep it. The result was that the incident created a change of feeling among the wandering Indians and led to negotiations, which ended in their going quietly back to the land set 'apart for them by the United States Government without any trouble.



AM-BUK RELIEVES & CURES

The Usual Uncertainty. "Where are you going, my pretty

"Really, I cannot tell," she said.



'Course I don't look for trouble, bu I bet some kids 'll see 'At no one's going' to have a chance T' walk all over me.

He thinks we ought to be content No matter where we go. He sez 'at Abram had to move Wherever he was sent. I bet 'at Isaac hated it, No matter where he went.

Hissing like a sullen geyser, the great Puma mother crouched with flaming eyes. Ridge of her, tawny back brushed in rage, tail aswitch, steel sinews rigid beneth soft skin, she glared at he four pups in the cage corner. A fluffy ball of spotted fur sprawled on unsteady legs across toward her. Out shot a mighty forearm; the baby was hurled suddenly back among her cewering brothers and sisters.

pacing her prison, sparring viciously at her offspring in passing. Three huddled together in a pitiful heap, but one stood