

Entered as second-class matter at the postoffice at Barrington, Illinois.

M. T. Lamey, Editor and Publisher

FRIDAY, MAY 22, 1908

Three Square Meals

One looks in vain among the authors of new rules for taking in our portions of daily bread for the man with the hoe or some one able to speak for him from a fellow feeling. His creed would doubtless be found very simple as to the number and the nature of his meals. Others preach of one meal, and perhaps the majority of those who want to reform our habits of dieting insist that two are enough. Breakfast we are told, we don't eat, but if we insist upon it from force of habit we should come to it after chafing for an appetite an hour or more. Then the little breakfast should suffice until evening and the noon meal be cut out.

But the man with the hoe is usually chased out of bed by an appetite more urgent, and his day is twice as long as that of the average maker of food regulations. If everybody needs two meals a day, then the man of hard work needs four. School children have also a strong claim to four, for they must grow as well as keep 'em strong for study and play when they get out. The muscle worker is always creating an appetite. He transforms his food into energy and requires more, and more fuel to make good the steady waste. His appetite isn't a habit, and it isn't forced. It is a necessity to him as naturally.

It is to be noticed that the most of the theorists who tell how little food is required insist upon regulating other "habits" besides the appetite. Fletcher, who contends that man eats too much, insists that one must feel just right before taking food. But when there's no work to be done a man cannot consult his feelings and moods as to the time of eating. The work demands the food and demands a worker who can eat periodically and work regularly. When a general gets a hurry order march his army a certain distance by a given time he insists upon the men having breakfast first. They can lose time over getting breakfast and then reach the goal quicker than they could by marching on empty stomachs. So it's a question of the size of a man's job as to how many meals he shall eat in a day and how hearty they shall be. The two meal man will do a two meal stint, and the man who is put at a three meal job should have his three square meals or more will interpose and square the deal in her own way.

Meeting of the Governors.

The purpose and scope of the conference of the governors are the important things about the meeting convened in Washington recently on the invitation of the president. Immediate results were not to be expected. The governors do not and cannot make laws, but they can talk reason and compare conditions. Only through a common understanding and an agreement on the part of the state executives can any thing resembling uniform action be secured, and only by uniform action can the forests, the water courses, the mineral deposits and other natural resources of the country be protected against extravagance and spoliation.

The conference of 1908 sets up a precedent that may be observed hereafter with benefit to health, to morals, to finance, to commerce, to agriculture, and to popular government. Our population is rapidly shifting, and individual states are first affected by the change. In certain of the states these issues first arise which grow and force themselves upon the attention of the nation. What is needed is uniformity of state policies on matters affecting the well being and progress of the nation as a whole. When such uniformity is assured we shall see an end to evils which, if not stopped, may be to be regretted, because they are obstacles in the way of national progress.

If Canada sends all her citizens as enthusiastically as her transportation commissioner is now doing in England, the Dominion must some day be the natives often dream of—the Utopia of the Anglo-Saxon race. The influx of southern and eastern Europeans and orientals is vigorously opposed, and even the English themselves must pass a strict examination as to their desirability. The searchlight is turned mercilessly upon all proposed importations from the London times.

In 1844 Edgar Allan Poe furnished a New York paper with his renowned "balloon hoax" invention, a tale of a balloon which came from Europe and landed near where recent experiments with the aeroplanes were conducted. It may be that the first real aerial transatlantic flight will start from the very region where the fictitious one was made to end sixty-four years ago.

Another later day problem of the air is how the mother birds can prevent their reckless youngsters from flying in front of the aeroplanes.

The Good Trade Shows.

It is true that optimism can be carried too far. There should be something in sight to back it up. Prosperity which exists only in the mind is a thing that the national habit of optimism is being pushed to excess in some quarters at this particular time. Referring to the unwarranted circulation of improvement reports, which it calls "manufacturing prosperity," this paper says:

Every section of the country is naturally eager to see a restoration of normal conditions. Naturally on the part of its own leading industries, where the public eye is directed, is the desire to see the hidden industry, if for no other reason than the influence it has on industrial conditions generally. But there is a good reason for doubt that in the long run the work of restoring confidence and actually under the publication of reports which are either entirely without foundation or at most half truth. These fallacies are being so carefully covered and sold abroad, and their repetition is invariably disastrous.

It is possible that the cry of hard times was too overdue. It is to be noticed that some of the seasonal which insisted last October that there was no panic are still talking on the same key. If the shouts of that class had been heard, they should shout "but natural" and they should shout "faster and louder. There are truthful reports current of heavy orders in manufacturing, of suspended banks reopening, of an increase in orders for a year ago. In the state of mind for this time these reports would have meant nothing. Now they tend to accent the calamity cries. Fair crops are in prospect, and prohibitive prices are not likely to prevail in any line. It is safe to moderate our expectations, especially that form of optimism which leads to casting expectations in advance. As the Review points out, false prosperity is calculated to do harm. There has been a sign of luxurious living in this country unwarrantably by the real condition of things. If the hard times are not real, the scare may be worth while. If it makes the reckless ones more cautious. And false reports of prosperity may do harm if they lead to more recklessness.

Personal Identification Cards.

The woman who was arrested and detained on the New York Central upon the vague suspicion that she might be the LaPorte murderer was fortunate in being able to establish her identity without tedious delay. For one thing, she had a traveling companion, making it necessary for the police who made the arrest to dispute two stories. Alone she might have fared worse. The incident shows that it is wise for people traveling far from home to carry upon their persons some form of identification papers. It is a simple matter, but may turn out to be most important. Accident insurance companies provide their patrons with such a card today for the subject in case of injury the insurer may be alone and identification a belief of mystery to strangers.

The revelations of the LaPorte case also show that means of personal identification are always a good thing. Miscellaneous and without the hundreds are unaccounted for in this country, and the friends of the missing one are in doubt in some cases as to whether the farm victims may not include the missing one. They choose to hide their identity, others by the hundreds are in public institutions. Under a variety of happenings swift and sure means of identification may serve a good turn, and every long distance traveler can easily provide for it in advance.

A woman who evidently has studied her subject first hand said recently of the "whole trouble with society east of the Hudson is word-innocency. A love of outward display governs every action. People have become too fashionable to enjoy themselves and, while they do not know it, have lost the art of good living." Others have discovered this, too, and that may be why so many plain people content themselves with homelike simplicity and genuine friendships.

American farmers cannot be blamed for the exorbitant prices for eggs, vegetables and other products which go into cold storage. They do not receive the fancy prices which the consumers are forced to pay or go without. The trusts see to it that no one but themselves gets in on the division of profits.

Recently the Porto Ricans celebrated the eighth anniversary of the establishment of civil government in the island. There were parades and mass meetings and speeches, but nothing in the reports to indicate any fretting for home rule and all that.

President Roosevelt talked recently to natives of six different countries in their own tongue. Little chance for the crafty, tip hunting courier when he goes on that world tour.

Many a vic is a virtue which has passed from service to mastery.

CHURCH DIRECTORY

METHODIST EPISCOPAL CHURCH

Cook Street near South Hawley Street.
Worship Services:
10:30 a. m. Preaching
10:30 Sunday School
2:00 P. M. Junior League
6:45 Epworth League
6:45 P. M. Preaching
Wednesday Mid-Week Praise and Prayer Service 7:30 P. M.
The Woman's Foreign Missionary Society meets the first Tuesday evening of each month.
The Epworth League business literary and social meetings the last Tuesday evening of each month.
Parsonage corner Cook and S. Hawley St. Telephone No. 21. Cordial welcome is extended to all services.
O. F. MATTHEW, Pastor.

SARAL UNITED EVANGELICAL CHURCH

Sunday Services:
Sunday school, 9:15 a. m.
Preaching service (German) 10:30
Keynote League, 6:45 P. M.
Preaching service, 7:30 P. M.
Week Night Services:
Monday—English Prayer meeting, 7:30
Tuesday—English Prayer meeting, 7:30
Wednesday—German Prayer meeting, 7:30
Friday—Teachers meeting, 7:30
Church meeting, 8:15 P. M.
Monthly meetings:
Mission Band—1st Sunday, 1:30 P. M.
Y. P. M. S.—1st Sunday, 7:30 P. M.
Cancer Missionary Meeting—1st Wednesday, 1:30 P. M.
W. M. S.—1st Thursday, 1:30 P. M.
Strangers are cordially welcomed at all services of the church.
Phone No. 21. EDWARD P. FRENKEL, Pastor.

EVANGELICAL ST. PAUL'S CHURCH

Sunday school, 9:30 a. m.
Sunday morning services, 10:30
Evening services, 7:30 P. M.
Phone 574. REV. O. H. SPANGLER, PASTOR.

ST. ANN'S CATHOLIC CHURCH

Sunday Mass 8 a. m.
Sunday Mass of Holy Days and Morning Mass, hour subject to change.
St. Ann's Sewing Circle, Tuesday, 1:30 P. M. Phone 367. REV. FATHER E. J. POX, Pastor.

BAPTIST CHURCH

Saturday evening prayer and praise service, 7:30 P. M.
Sunday school, 10:30 a. m. 7:30 P. M.
Sunday school and I. U. X. at 11:45 a. m.
Young People's Meeting at 8:30 p. m.
Devo. society, Tuesday, 7:30 p. m.
You are all cordially invited to worship with us.
JAMES H. GAORER, Pastor.

ZION CHURCH

Sunday school, 9:30 a. m.
Morning service, 10:30
Evening service, 7:30 p. m.
Prayer meeting, Wednesday 7:30 p. m.
Y. P. A. business meeting first Tuesday of each month, 7:30 p. m.
Woman's Missionary Society second Thursday of the month at 7 o'clock.
A cordial welcome to all.
J. WISNER, Pastor.

People always take deeper interest in articles on the benefits of vegetable diet after a fresh announcement of a rise in the price of meat.

The wife who unlearned \$7,000 while cleaning house will never be lonely at housewrecking time hereafter.

Now is the time for some one to apply the cycle theory to naval accidents. It is estimated that in every \$100,000 in circulation only \$15.00 is counterfeit. Of course Mr. Easy Mark is bound to get more than his share.

General Nogi's nephew is studying to be a dairymen. Evidently some bright young Japs are taking to the paste habit.

If some one would invent a feveteest springle one they could enjoy the "retinal mildness" without a chill.

When the price of prunes go up it begins to look as though starvation have the simple life.

Sometimes men ride two horses in the political arena as well as in the circus. But the political equestrian breaks the heavier risk.

The arbitration treaty with Japan respects the dignity of the signatory powers. But the little Japs touchest point is his dignity.

Some people will not be content unless the president goes to the trouble to refuse a renomination in every speech.

The usefulness of congress is increasingly impaired by a feeling that it will be time enough to take up important legislation after election.

Dismissed From Trade Schools.

Recently the High School Teachers' Association has gathered data from the large cities and has shown that the lesser ones scattered over the country as to the efficiency of the high school for the complete education of youth. Particular attention was given to the attendance of school during the year. Various causes are assigned for the failure of the school to hold boys of sixteen and upward until graduation but one professor bluntly declared that the world can do better for some boys than the high school. When a boy quits school with the excuse that he cannot learn anything there it is usually unwise to agree with him. But when he says he cannot learn in the high school what he cannot learn in the high school and what he cannot learn in the high school and what he cannot learn in the high school and what he cannot learn in the high school and what he cannot learn in the high school.

The promoters of industrial education propose to give boys who skip the high school the means to make good on their practical training which shall serve for a start in the world. It is only fair to the boys to do so. A boy will be helped on for years in one crowded, but there remains work to be done in providing technical education. The young graduate at law or medicine can hang out his shingle and begin earning at once, but the boy who drops from high school into the shop has been trained by the wages scale. It has been proved by figures that the graduate of a trade school starts in the shop with higher wages and gets on faster than the wholly untrained beginner in the same work. The practical benefit of technical training is assured. What is needed is more training schools, so that the boy may take his choice and not waste time attempting work in the high school which is not for him.

A New Railway Danger Signal.

Testimony in a recent distressing accident due to a grade crossing collision between a trolley car and a passenger train showed that danger signals are ignored, sometimes, to make schedule time by the object set before motormen and engineers. It is only fair to say that occasionally the making of schedule time by a train will limit the liability to accident through confusion. However, the practice of ignoring signals in some cases to make schedule time is a menace, and railroad men have adopted a new device for signaling which also stops the train or car signal. If the machine operates effectively it will doubtless be widely adopted.

The new signal cannot be ignored, because the car or train is at once taken from the control of its master and compelled to stop. The only way to start motion is for some one to slight and release the exterior check, which automatically at the time the signal warns warning. Recently an article in the Atlantic Monthly that the practice of ignoring signals by railroads is a menace to life and property. A habit had at certain times has become a habit hard to eradicate. He considered the practice responsible for many distressing accidents, but yet trainmen continue to exercise discretion. If the obstacle suggested by the signal is slight and released, but if not speedily checked, it will not stop. If railway men will not obey rules as to signals, they will not device to check their train in spite of them they will find necessary, especially at points where the danger is greatest.

Woman in the Sporting World.

In those forms of athletics which tend to making fancy records women are being put in comparison with the men. But the political equestrian distance in athletic facts may deprive upon health and vitality. At the recent Vasar exercises women showed that the amateur college athlete can run well and make a good running jump. Women can swim well, and it is plain that in athletics which make for health and endurance the sex is at home and can achieve as good a record as is worth while.

Woman has capacity for physical endurance, and the real purpose of athletics is the maintenance of health and the development of strength to the field in one where college girls and all young women may appear with benefit. The athletic girl has been criticized for being perhaps an affectation. But, although she may not be an expert and produces no star record, it sports maintains health her devotion to sport is not a waste of time or energy. It is possible to make a record at the expense of health, an abuse of powers and a misuse of the training field.

Perhaps the severe and somewhat unseasonable storms of May may be accounted for by the fact that circus and picnic schedules have unusually early dates this year.

"Our naval policy," says Army and Navy Life, "should be preparativeness for the east, on our Pacific and on our Atlantic coasts and supremacy in the gulf of Mexico."

The boy who whistles to keep his "couage up" shows that he has some "vkap" anyway.

A NECESSARY PRECAUTION.

Do you know how much letter it is to have your return card printed on all of your envelopes? If your letter mis-carries, or the party for whom you are writing cannot be found or has moved; if you give the wrong address, which may happen, do happen, your letter will be returned to you, and you go to the dead letter office to be opened and read by strangers and sent back a month or two if it is considered important enough. And how much better you feel in sending checks, money orders, receipts, etc., to know that if your letter does go wrong it will come back to you at once.

At the REVIEW office you can buy envelopes, 250 in a box, printed with your return card for \$1.35 per box, or larger boxes at proportionate prices. In buying envelopes a bunch at a time you will pay more than this for the envelopes alone, if you get the same quality. The practice of using printed envelopes is endorsed by the United States government, and is coming into almost universal use.

THE WORLD'S BEST CLIMATE.

Is not entirely free from disease, on the high elevations fevers prevail, while on the lower levels malaria is encountered in greater or less extent, according to altitude. To overcome climate affections, lassitude, malaria, jaundice, biliousness, fever and age, and general debility, the most effective remedy is Electric Bitters, the great alterative and blood purifier; the antidote for every form of bodily weakness, nervousness, and insomnia. Sold under guarantee at Barrington Pharmacy, Price 50c.

FASTEST ROAD TO CHICAGO.

The telephone toll lines. Messages travel instantly. No checks or delays. Rush past clerks and office boys. Reach your party. Your words for his ear; his words for your ear. And you remain attentive to your own business. Use the toll lines. It pays. CHICAGO TELEPHONE COMPANY.

TAKE NOTICE.

Notice is hereby given that all persons are forbidden from plowing up the highways in Barrington township. The dumping of rubbish, quick grass or other foul matter upon the highways is also forbidden. The statute provides for a fine of not less than five dollars upon anyone convicted of violating the law in regard to this matter and all persons found not obeying this order will be prosecuted.

By Order of Commissioners of Highways of Barrington township.

A CALIFORNIAN'S LUCK.

"The luckiest day of my life was when I bought a box of Bucklen's Eucalypti, Sassafras, and Glycerine Cough Cure," writes Charles F. Bulahn, of Tracy, California. "Two 3c boxes cured me of an annoying case of itching piles, which had troubled me for years and yielded to no other treatment." Sold under guarantee at BARRINGTON PHARMACY.

A VERITABLE CAZAR.

You are. And the telephone is your messenger. You give your order. It travels for you. Brings distant business man into your office. You talk to him. Transact business. Dismiss him. Only the long distance lines. CHICAGO TELEPHONE COMPANY.


PAY YOUR WATER RENT.

All persons desiring to use city water for sprinkling purposes are hereby notified that the water rent for the same was due on May 1st and must be paid before the water is used. The superintendent of water works has instructions to turn off the supply where the ordinances governing the using of water is not complied with.

GEORGE A. JENKINS,
Village Collector.

Buy your paints, oils, varnishes, brushes etc., of LAMEY & COMPANY.

STEELES



Do you remember, as a boy, how delighted you were with your first STEEVES? Truly an event at that time. Give YOUR BOY a STEEVES now. Will add to his happiness and education.

MAKE A MAN OF YOUR BOY!

If you cannot obtain STEEVES BILLY-BOYS...
Send for...
J. STEEVES ARMS & TOOL CO.,
P. O. Box 4008,
Chicopee Falls, Mass.

E. F. WIGHMAN

GARRIAGE PAINTING

HORSE SHOING

WOOD AND RUBBER-TIRE WORK

GENERAL BLACKSMITHING

ALL WORK PROMPTLY DONE

WILBERT C. NAEHER

NEW MAGAZINE AGENT
LIFE, NATURE, THE YOUNG MAN AND WOMAN
SUNDAY PAPER, THE WASHINGTON POST

KILL THE COUGH AND CURE THE LUNGS

WITH Dr. King's New Discovery
FOR COUGHS, COLDS AND ALL THROAT AND LUNG TROUBLES.
GUARANTEED SATISFACTORY OR MONEY REFUNDED.

PATENTS

TRADE MARKS
DESIGNS
Scientific American
MUNN & Co., 711 Broadway, New York

The Barrington Home Bakery

Every day you can now get

Ice Cream

The sort that may be eaten freely without any unpleasant after effects

The cream we sell is known far and wide, and recognized as the standard of purity. Delicate in flavor and wholesome excellence. It's a rare product, which accounts for its popularity.

Come in and get a dish or send for a quart.

The Barrington Home Bakery

Jewelry

If you want to know just "what's what" in fashionable jewelry, come to my store. You can't go wrong by choosing an article from my assortment. All prices, from the cheapest that's good to the best that's made.

Watches and clocks that are guaranteed to keep correct time. Repairing a specialty.

Burkhardt

Jeweler