

THE ARROW

Publication of the United States Indian School, Carlisle, Pa.

Vol. III FRIDAY, DECEMBER 14, 1906. No. 16

Teach Me Thy Will

RICHARD SEIDEL

Teach me to live, each day, O Lord,
As though it were the last;
Improving every moment given
More wisely than the past.

Teach me to seek thy ways divine,
To know and do thy will;
Amid the tempest and the storm
To trust and love thee still.

Teach me to act the better part,
Though foes my path assail;
And give me wisdom, strength of heart
And courage, lest I fail

Teach me the way that leads to light,
Away from doubts and fears,
And bless me with a contrite heart
While in this vale of tears.

O, give me faith to understand
My work and calling too;
Be firm and loyal in the strife,
Though volunteers are few.

Yes, teach me, Lord, that I may gain
That blissful realm of peace,
Drink from the fountains pure and clear
Where strife and discord cease.

Teach me to live each day, O Lord,
Improve the time that's given,
With gentle deeds and acts of love
Thus fit my soul for heaven.

Teach me to live, each day, O Lord,
As though it were the last;
Improving every moment given
More wisely than the past.



WHERE OUR STUDENTS LEARN HOUSEKEEPING IN ALL ITS DETAILS.

HOUSEKEEPING

(Chapel Talk by Miss Goyituey, Normal Teacher)

The problems of domestic science and household arts and economy are gradually creeping into schools to be taken up and taught like any other common branch.

The question may arise, why teach housekeeping in school when we can learn it at home? If housekeeping was really taught at home by mothers it would not be necessary to teach it in schools. All girls should be taught housekeeping while young and not wait till after they are married.

It is important that we all should know something about housekeeping, how to obtain good health and to appreciate all that is beautiful and simple. Living in a large school like this each one large or small must know something about keeping things in order as each one of you are responsible for the work put in your charge for the month.

Housekeeping does not only apply to girls but also to the boys and bachelors. In case you reach bachelorhood you will most likely do your own work unless you can afford to have a cook or housekeeper. Boys who have lived on ranches know something about housekeeping and cooking as they have to do both themselves.

The domestic instinct is very lively in a

young girl, as they all expect and hope to have homes of their own. They will talk of the kind of house they will have and how they are going to fix it up and ways they can make a happy home.

A girl will take endless pains to make observation of house plans, notice the shape and style of furniture and quality and color of fabric that are displayed in shop windows. She will observe, compare and form conclusion as to what is fitting and beautiful for her ideal home.

Boys also have domestic instinct as they also look out for a good house and they are the ones to make homes for the girls. They all appreciate what it is to have a clean house and to have every thing in order and in its place. The location of a house is the first to be thought of and one looks for a healthful and a beautiful location. An Indian looks around first to find a good place to pitch his wigwam; he gets near where there is plenty of water, grass for his horses and where game is plentiful. All sanitary conditions must be thought of. The chief things to be considered are pure air, sunlight and dryness, for these are the conditions upon which our physical and mental vigor largely depend. Without them the human system loses its power of resistance to diseases. Rheumatism and

consumption are diseases which are prevalent under such conditions, and not only these but many forms of organic life known familiar to us in the form of decay and mold. If it is possible keep away from marshes or damp places where sunlight does not penetrate.

PURE AIR—As the first of these essentials pure air, we must consider not only the air above ground but also the air which circulates in the ground. The ground air is more dangerous than the free atmosphere because it is more apt to be the carrier of foul gases and undue amount of moisture. The material ordinarily used for the construction of cellar walls are more pervious to moisture and air than is generally supposed. Dry brick for example is so porous that it can take up twenty-five per cent of its weight of water and even the finest stones absorb some moisture.

CARE OF CELLAR—In order to have a healthy house the cellar must be well built just be as well as any part of the house. I am not mistaken when I say that there are many cellars that are in wretched conditions. There are the break neck stairs to grope down, cellar is dark, windows are small and covered with any amount of dust and cobwebs. The owner of such a cellar wishes to air it, she makes her way to one window but

the coal bin forms an impassable barrier, the second window is a failure because a row of old barrels filled with decaying vegetables and other rubbish are placed against the cellar wall. The other inlet for fresh air is the cellar door, which is too heavy to lift and so airing of the cellar is a failure. A cellar should be light, dry and clean. The windows large and made to open easily. I had the pleasure of cleaning such a cellar and this cellar was as clean as any of the rooms, the beauty of it was that the cellar was planned and built by my country father. The sweetness and purity of the air are not only a satisfaction to the good housekeeper when she inspects her cellar, but they have much to do with the well being of the family. Much of the air which enters the different rooms comes from the cellar.

A heated house acts like a chimney. It not only draws air from the ground thru the cellar walls and floors but the movement of air is from the bottom upwards and makes its way into every part of the house.

A German experimenter proved that one half of the cellar air made its way into the first story, one third into the second and one fifth into the third. The upward movement of air is shown frequently by ceilings as dark streaks are formed by the deposits of dust

(Continued on last page)

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[All items preceded by an arrow found in the columns of the paper are furnished by the pupils and published, as nearly as possible, just as they were handed in, with an eye toward the cultivation of the student's use of words and language and represent the idea and intention of the writer alone.]—ED. NOTE.

CARLISLE, PA., DECEMBER 14, 1906

PROVERB

A good name is rather to be chosen than great riches; and loving favor rather than silver and gold.

Football

The football season has drawn to a close. Within a few days the uniforms will be stored away and the gridirons will be deserted. Football is a great game because it enlists the energy and attention of the best men in American colleges. An enormous amount of money, energy and time is given to this greatest of college games. After all of the enthusiasm and glory is taken from the game, what is the result? Is there something of value which remains? One alumnus of our own college said in reference to football, "Much ado about nothing." This phrase may possibly express the opinion of those who look with disfavor upon the game. With this sentiment, perhaps because our minds are young and our experience meagre, we are unable to agree. We firmly believe that football meets a real need of the college man.

It is an outlet for the surplus of the bounding life in youth and not until something better is devised will the game be forgotten. The gymnasium does not supply the elements needed by a vigorous man as does the football field, swept by the crisp autumn air. "The long walks" advised by our less strenuous friends, while excellent for the men of ordinary strength and vitality are insufficient for the men filled with the daring restlessness of vigorous youth. Football is also a game where spirit is predominant. It cultivates moral courage. There are men of the highest courage who never saw a football and they deserve credit for overcoming the obstacles strewn in their pathway. On the other hand multitudes of men have found their personality and others have gained self control by playing football. The possession of this spirit was the very element which enabled our team to win.

Football has its bad points as well as good. Betting, using unfair means to win, and professionalism are its attendant evils, but the last named two are becoming insignificant, thanks to the good work of the Inter-Collegiate Rules Committee. Betting is an evil which attends every form of work

and play, whose origin cannot be traced to football. Football is indeed a great game, when played as it should be, and will long continue as a developer of sturdy, invincible American manhood.

—The Weekly Gettysburgian.

An Unprecedented Spectacle

One of the most spectacular features of the Jamestown Ter-Centennial Exposition to be held on the shores of Hampton Roads near Norfolk, in 1907, will be the grand Military display. Here will be assembled in martial array, not only the military organizations and government troops of this country, but soldiers from all of the representative nations of the world, who will be encamped on the grounds off the Exposition for stated periods and will be the nation's guests while in this country. An entire division of U. S. soldiers will be quartered at the Ter-Centennial to act as Military hosts for the foreign troops. Among the famous organizations that will be represented are the Ancient and Honorable Companies of Artillery of London and Boston, the oldest military organizations of their respective countries. Another company that will arouse great interest at the Exposition will be the

Armed Confederate Veterans of Tennessee that will come three hundred strong, armed with the old muzzle loaders and uniformed in the confederate gray. These old soldiers from Tennessee encamped in the midst of an array of the very best equipment will afford a most interesting and instructive opportunity for comparison with the warfare of those times and that of the present day.

Officials of the Exposition, realizing the necessity for space required to drill and manoeuvre such a vast body of men, have set aside thirty acres of land in a central location, to be known as "Lee's Parade." This will be the largest and most beautiful ground of its kind ever allotted for the purpose at any of the previous Expositions. Another feature of the military display will be the many bands and musical organizations that will accompany their regiments to the Ter-Centennial. The musical program will be both beautiful and varied and the Jamestown Exposition will be a continuous and varying scene of martial splendor from beginning to end, such as never has been witnessed in this or any other country.

Reception

A delightful reception in honor of Mrs. Warner and Mrs. Snyder (formerly our teacher, Miss Cochrane) was given by the "500 club." Some of their friends from Carlisle and all employees who were associated with them here were invited to be present. Miss Ely arranged for the surprise of the evening by having Mr. Snyder come down from Lewistown for the occasion. Mr. Snyder was for several years our genial tailor. We all wished that "Pop" Warner could come too and complete the surprise.

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OBITU

ALFRED JACKSON

On Friday, December 7th, at about seven o'clock in the morning the silent reaper visited our school and bore away Alfred Jackson, a New York Seneca, of Brant, N. Y., aged 20 years. Alfred has been a faithful student at Carlisle for about six years and was of an amiable disposition and possessed genial traits that made him many friends. Overtaken by pneumonia but a short time ago, his decline was rapid, and he passed away after a short week in the hospital. His remains were interred in the Cemetery of the school and the condolences of his classmates and the entire student body is extended to his friends and bereaved ones at home.

TIFF CITY, Mo., 12, 4, '06.

DEAR ARROW— You've been a welcome visitor at my home for some time, and I have sad news for you.

Delia Cayuga passed away at the close of "Thanksgiving day" at her home. It was a sweet release. She longed to go, bidding all farewell. She said she was going, her time had come, her heavenly father was coming after her, and she would reach her hands up to take hold of something as it were. "Oh I'm going to rest," were her last words.

Respectfully, MRS. L. A. WINNEY

DIED— In the City of Utica, N. Y., Thursday December 6, 1906, Mary Elizabeth Canfield, wife of William W. Canfield, city editor of the *Utica Observer*.

The above notice will arouse the heartfelt sympathy of the entire force of employees as well as that of the student body for it announces the passing away of the mother of our Outing Agent, Mr. Frederick W. Canfield. THE ARROW extends the condolence of Mr. Canfield's host of friends.

Distinguished Visitor

We are glad to again welcome to Carlisle Miss Reel, Superintendent of Indian Schools who has arrived for a short visit. Our only regret is that her visit is to be a brief one. Since her last visit to Carlisle, Miss Reel has visited a large number of schools extending as far as the Pacific coast, necessitating thousands of miles of strenuous travel.

At the Studio

The studio now presents a most attractive appearance and a large and varied assortment of Navajo blankets and Indian curios of various description are displayed and offered for sale at the most reasonable prices. Those interested in such articles may purchase these goods with the absolute assurance that they are the genuine article and legitimate goods in every way.

Society Visitors

Section 6, of the "Regulations Relating to the Literary Societies, 1906—7," reads as follows:

"Employees in details of two will take turns in visiting the societies, and give the Assistant Superintendent the benefit of their observation and criticisms."

The detail for this Friday evening is:—Invincible, Messrs. Charles and Hudson; Standard, Misses Bowersox and Hetrick; Susans, Messrs. Henderson and Matlock.

Standards

Friday December 7, the house was called to order by President Archie Libby and the Society Song was sung with much spirit while Jefferson Smith as musical director led. The reading of the minutes was followed by the consideration of new members. Three new members were then presented.

The regular duties were then carried out as follows: Declamation, Henry Lau; Essay, Freeman Johnson; Impromptu speech, Enos Johnson; Oration, Jackson Saunooke. Debate: Resolved, "That the trade unions are a benefit to the laboring classes." Affirmative speakers were Moses Raub, Joseph Sheehan, and Charles Driscoll. Negative: Jefferson Smith, Spencer Patterson, and Levi Williams. The speakers showed careful preparation. The debate was won by the Affirmative. While the judges were making their decision the house was left open to a lively general debate. That was followed by the interesting report of the Editor and the subjects to be discussed for the good of the Society.

Thomas Eagleman gave a vocal solo which received the applause of the whole house. The Society is fortunate in having a half a dozen or so singers who are always ready to sing when called upon.

The meeting ended with encouraging speeches from the visiting Committee, Mr. Matlock, Mr. Henderson and Mr. Bowen. All the speeches were to the point and were received with thunderous applause.

Now that the foot-ball boys are back the roll-call showed that everybody was present. Good work Standards!

AN OBSERVER.

Paper Making

Miss McMichael gave us a good chapel talk last Wednesday evening on paper making. She gave a short history of the growth of the industry through several centuries and the great amount used annually in our country. Miss McMichael visited the paper mill at Mt. Holly and had spared no efforts to give us a practical, up to date knowledge of this great industry.

New Bible

We have a new bible in the auditorium. The old bible was presented to the school by the "Whatsoever" King's Daughters Circle in 1893. It is now being used by the Young Men's Christian Association.

The new bible is well bound, large print and in every way a credit to our school.

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LOCAL MISCELLANY

Items of Interest Gathered by our Student Reporters

→ The small boys enjoyed skating last Saturday morning on a small pond.

→ Rose McArthur is sick in the hospital. Her friends wish her a speedy recovery.

→ John Hearty works in the laundry this month, and good reports are forthcoming.

→ The Seniors are taking up for their subject "Heat," for the lessons in physics.

→ Florence Hunter arrived at the school last Thursday; and entered the Sophomore room.

→ The freshmen class will soon have a brand new class song. Hurrah for the freshmen.

→ Felix White, who is working as a mason, says he is doing nicely, and we all wish him success.

→ A letter received by a friend from Mary Goodboo says she is enjoying her studies and work.

→ The Seniors held a short but very enjoyable meeting on Thursday evening of last week.

→ A letter has been received from Louise Thomas stating she is well and likes her country home.

→ Jennie Jamison is back from the hospital. All her friends were glad to see her looking so well again.

→ The boys are very glad to have winter come. Some of the boys in the carpenter shop were making sleds.

→ Nellie Ironshield and Edith Maybee have joined the Y. W. C. A. All the members wish them success.

→ John Kane says that he likes to work in the Gymnasium because it makes him remember the sociables.

→ Dollie Ninham, who is out in the country, says she likes her country home but wishes to be with her friends.

→ The last few band-practices have shown that the band is improving, though there is but one hour's practice each day.

→ The Catholic pupils practiced singing their Christmas songs with the pipe organ at the church on Sunday.

→ Louise Hardin who is out in the country at Mt. Airy, Penn., writes that she likes her place very much.

→ William Garlow, one of our baseball twirlers, is under the weather. His friends wish him a speedy recovery.

→ To test the result of the study of sentence and paragraph making the Seniors are writing paragraphs for a few weeks.

→ Isaac Gould who has been assisting in the hospital the past week as night nurse is again back at his studies in the Senior room.

→ The Seniors had a very interesting meeting last Thursday evening. It showed that the majority of the class are vocalists.

→ Harry Wheeler returned last Monday after a short visit to his former country home near Belvidere, N. J. He says he had a very nice time.

→ The Junior girls and boys have elected their basketball captains for the coming season. If the Juniors play as they did last year then the different teams need to brace up.

→ Alexander Sage has been working out in the country on a farm for sometime. Now he returns to school for the winter and we hope that he has had good experience in farming.

→ The girls' basketball team in No. 10 say that they expect to play great basketball this year, and will take every thing as they come. They are now being coached by Elizabeth Penny.

→ The Seniors elected the following as class officers last Tuesday night; William Jackson, Pres.; Josefa Maria, Vice Pres.; Isaac Gould, Sec.; Hattie Powlas, Editor; Titus Whitecrow, Critic.

→ Mary Redthunder, a Freshman, gave a very interesting essay to the Susans Friday evening. The subject was "A Shoebox" which is watched every day with interest as it is the girls' mail box.

→ The A and B Class of the Normal Annex are doing some fine work this month in making baskets. They are using the lazy-squaw stitch. Those deserving special mention are Lawrence White, Charles Cole, James Lydick and Charlotte Tarbell.

→ Albert Simpson, William Owl and Paul Ricketts have joined the Invincible Society.

→ The pupil teachers enjoyed substituting in the lower grades during Institute week.

→ The small boys are very anxious for the ice to come and they are getting their skates ready.

→ The Susan's held an interesting meeting last Friday evening. The debaters deserve special credit.

→ The Seniors have elected Joseph Libby captain for the boys' basket ball and Frances Ghangrow for the girls' team.

→ William Winnie has been elected captain of the Junior's basket-ball team for the boys, and Margaret Cadotte, captain for the girls.

→ The large boys have recently started in with club and wand drills and the new boys find some of them rather difficult but interesting.

→ The Normalites are preparing to have an entertainment on the 21st. A great many are eager to show their ability in taking some part.

→ The pupils in room nine are very glad to welcome Miss Anna Coodalook back again. The class has missed her very much during her absence.

→ Mr. Stacy Matlock, an old Standard, gave an interesting talk to the members of the Standard Society about its membership twenty years ago.

→ The ceiling of the large boys' clothing room has been repaired by the carpenters. They put up a new steel one and the painters have been working at it.

→ George Redwing, who has been in the Hospital for some time is now at quarters again and all his friends are so glad to see him looking so well and improved.

→ We learn by a letter to a friend, that Lottie Trampler who is in the country is doing fine work. She reports as having a good country home. This is Lottie's first outing.

→ We hear by letter that Juliette Smith, a member of class 1906, has entered the Chicago College for Nurses and enjoys her new work very much. We all wish her success.

→ A letter was received last week by a friend from Electa Metoxen who is at Mt. Holly, N. J. She is having a fine winter outing and enjoys the privilege of attending a good public school.

→ Chas Rainey, who recently came from Idaho, has joined the band and has taken up the snare drum. He hopes to be expert enough by next June to go with the band to Long Branch, N. J.

→ A letter was received from John Foster, who is working at Philadelphia. He is well and wishes to be remembered to all his friends. John expects to return to his home in Alaska in the spring.

→ Marie McCloud, a faithful member of the Junior class 1907, has stopped school and has been appointed hospital cook, in which position she is giving satisfaction. She is also taking special training as nurse. We all wish her honor and success in her line of work.

→ December is showing up a variety of climates. One day it brings April showers, the next October's bright blue weather and sometimes March wind, but we are all waiting patiently for skating time.

→ Through a letter we learn of little Delia Quinlan, who is living at Chester, Pa. She is well and happy. Delia says her studies are very interesting to her. We hope she will continue thinking so.

→ All the pupils are very anxious for skating as the time is at hand. Some of them wonder why the pond is not flooded. We hope to have a good time on Christmas week when the pond is in good condition.

→ Mrs. Warner, wife of our former coach, spent a few days at the school during Thanksgiving week. She was a guest of our Junior teacher Miss Wood, and was entertained at a dinner given in her honor by Major and Mrs. Mercer. The students and employees who know her were glad to see her looking so well.

→ Ambrose Stone, class '05, who went to his home shortly after his graduation, says in a letter to a friend that he is getting along nicely, and what is more, he is still leading a "Bachelor life." He wishes to be remembered to his friends, the band boys especially.

→ Freemont Johnson is making quite a hit in singing up-to-date songs.

→ The Sophomore Class had their picture taken last Saturday at the studio.

→ The "Bachelors" report that they enjoyed last Saturday night's sociable.

→ Marie C. Hunter, of Fort Totten, N. D., has joined the Sophomore Class.

→ In a letter from Roger Venne he states that he is enjoying life in Arizona.

→ Jennie Warrington is on the sick list. Her many friends wish her a speedy recovery.

→ Miss Yarnell gave a good talk to the large boys in their Sunday evening prayer meeting.

→ Mary Kadashan after a serious illness is again about her school duties at Northfield Seminary, Mass.

→ Mr. Henderson led the Y. M. C. A. prayer meeting on Wednesday evening last. It was an interesting one.

→ William H. Weeks, who is at Edgewood, Pa., says that he is well and wishes to be remembered to his classmates and friends.

→ Mr. A. M. Venne, Physical Director, and his assistant Nicodemus Billy, have lately been fitting the large boys with new gymnasium slippers.

→ Miss Bowersox praised the student body last week for the great improvement they made in regard to leaving the Auditorium in good condition after entertainments.

→ Bessie Saracino, who for the last three months has been working in the girls' quarters, is now working in the sewing room. She says she finds a great change in her work.

→ There is a movement on foot to organize a Dramatic Club among the employees and a meeting will be held in the Club parlor on Tuesday evening next for organization.

→ Mr. Herr, who is in charge of the Carpenter shop, has been for the last week on the sick list. The boys wish him a speedy recovery as they miss him very much during his absence. Mr. Gumbriell was in charge of the shop.

→ The pond is the centre of attraction just at this time and each morning young and old may be seen casting wistful eyes in that direction. The mild weather has delayed the opening of the skating season, and the small boys and we are sorry to say, some of the large boys too, are further delaying matters by casting stones etc., on the thin film of ice just forming.

Foot-ball Attendance

That football is more popular than ever is shown by statistics of nineteen games, which, in round numbers, attracted 290,000 spectators.

The games listed were picked out because the attendance figures were available. For a great many games the attendance was not given. The figures are not exact, but they serve to give a good idea of the size of the crowds at the more important games and to show how tremendously popular the sport is itemized attendance at the nineteen games follow:

Pennsylvania-Swarthmore, 8,000; Pennsylvania-Brown, 6,000; Princeton-Bucknell, 4,000; Princeton-Cornell, 20,000; Pennsylvania-Indians, 20,000; Yale-Amherst, 3,000; Princeton-Dartmouth 8,000; Yale-West Point, 8,000; Harvard-Indians, 28,000; Pennsylvania-Michigan, 16,000; Yale Princeton, 25,000; Minnesota-Indians, 30,000; Harvard-Yale, 35,000; Chicago Minnesota, 20,000; Brown-Dartmouth, 8,000; Harvard-West Point, 8,000; Pennsylvania-Cornell, 20,000; Army-Navy, 20,000.

Several contests which drew well and any one of which would increase the attendance to 300,000 approximately, are the Yale-Brown. Harvard-Brown and Pennsylvania-Lafayette games. Without the figures an estimate of the entire attendance at football this fall is the merest guesswork.

However, there were in the neighborhood of 200 games in addition to those mentioned, and estimating the attendance at them at 1,000 each, they would bring the grand total for the season to about half a million.

Evidently the game is in no immediate danger of becoming extinct for want of patronage. With the public approval that the new rules have had this year still bigger crowds may be looked for next season.

For the All-American

While the picking of an All-American or All-Eastern football team always leaves the question of the eleven best players in their respective positions somewhat in doubt. This year the only men who are agreed upon generally by the various critics are Forbes, of Yale; Wister, of Princeton; Mayhew, of Brown, and Biglow of Yale. For the other seven positions there is a wide diversity of opinion as to which were entitled to the honor, and it is doubtful if the tangle will be cleared any even when the various coaches have declared themselves on the subject.

Many coaches believe that Capt. Exendine, of Carlisle, should have the preference of an opposite to Forbes through his great speed.

Exendine went down the field under punts faster than any end in the country, which is attested to by the fact that Mt. Pleasant's punts were carried back for fewer gains than any kickers in the country. Besides, the redskin captain laid low nearly every runner who came his way and was a brilliant open-field player under the new rules. His speed and Forbes' strength would make a next to unbeatable combination, many of the knowing ones say.

Mt. Pleasant and Archie Libby are strong favorites for places on the team and of the various authorities we find the following:

Coach Warner, of Cornell, favors Exendine and Libby.

New York Herald, Post, and Washington Star, all for Libby.

New York Sun for Mt. Pleasant.

Chadwick is for Exendine and Libby.

There is no doubt but what our team will be represented by at least two members on the All-American eleven.

The Invincibles

The regular weekly meeting of the Invincible Debating Society was held Friday evening last in their usual place of assembly. Vice-President George Gardner was in the chair for the evening. The quarterly election of officers was held with the following result: President, Robert Davenport; Vice-President, Alonzo Brown; Secretary, Guy Cooley; Corresponding-Secretary, Jonas Jackson; Treasurer, Joseph Mills; Critic, Louis Island; Sergeant-at-Arms, Clarence Woodbury; Assistant-Sergeant-at-Arms, Ambrose Miguel; Reporter, Theodore Owl.

The new officers will be installed at the next meeting Friday evening which will be an interesting occasion. It is more than likely these grand new officers will address their fellow-Invincibles and visitors who are present. All interested in our Society, are cordially invited to be present at that time.

The literary part of the programme which was greatly appreciated, was as follows: Declaimer, Harry Cumming; Extempore-speeches, Robinson Doxtator and Burt Miller; Select Reading, Oscar Nateroak; Orator, Robert Friday. The debate; Resolved, "That iron is of greater value to the world than silver and gold." Messrs. Casper Cornelius and Paul Dirks defended the affirmative. Opposed by Messrs. Earl Doxtator and Fred Cornelius on the negative. After the debate, the Judges reported that the opposing side made a centre rush through the line thereby scoring a victory. The chair then awarded the debate to the negative. This opinion was also upheld by the house. As a whole the program was very well carried out. Robert Friday delivered an excellent oration concerning the conditions of his people. The honored visitors were Miss Bowersox and Miss Hetrick. Miss Bowersox was called upon to make a few remarks in which she expressed her appreciation of the good work the Invincibles are doing. Miss Hetrick also expressed her congratulation to the members of the society. Seeing Manus Screamer with a bunch of music in his hand as he stepped in the Society hall he was called upon for a vocal solo, which aroused the enthusiasm of the audience, and he quickly responded to the call and sang the most melodious song to the tune of "In the Shade of the Old Apple tree." The arousement of the Loyal Invincibles who applauded him compelled him to give an encore.—MUMBLEHEAD.

HOUSEKEEPING

(Continued from first page)

from the air which passes thru the plastering. These facts prove the necessity of considering the cellar in its function of a reservoir of air for the whole house.

DRAINAGE—The subject of drainage and plumbing is another intricate problem with which the housekeeper has to deal with. I will not go into any detail about drainage but good drainage will save a heavy penalty of illness or expensive repairs. Before entering a house every inch of cesspool, every drain, joint and trap must or ought to be seen and tested. See that all drainage pipes are free from any obstruction, as match sticks and hair.

VENTILATION—The necessity of pure air in our homes, rooms and school rooms, can not be too strongly urged and its importance should secure for it careful daily attention of every housekeeper and teacher. We all agree that pure air is the first essential for a healthful home. Pure, wholesome air will keep every one of us strong, active and happy.

To have a healthful home there must be plenty of fresh and pure air. If the air in our own room or school room is impure, headache, listlessness, laziness and nervousness will result.

The housekeeper should attend the daily airing of every part of the house, especially the bed rooms. A person spends one-third of his or her lifetime in sleep so that the sleeping room becomes a matter of great importance and absolute cleanliness is necessary. The bed room should be well ventilated and in winter properly warmed.

If the windows are not arranged for good ventilation an easy way to change the air is by swinging the door back and forth about a dozen times. We get this method from the busy bees as the important duty of some of the bees is to keep the hive well ventilated and this is done by fanning their wings and thus keeping the air in motion. The air of the room may be purified in two or three hours by setting in the room a wide-mouthed pitcher filled with pure cold water—of course all bed rooms should have the windows so arranged as to give good ventilation.

A great deal of air is admitted thru the walls of the house and around windows and doors. This amount is increased by an open fire, which draws the air towards it so that a constant circulation is kept up and the escape of foul gases and air by the chimney keeps the air in a purer and more wholesome state. Let us remember that the cardinal principle of ventilation is circulation.

HEATING OF HOUSE—It must be the aim of the housekeeper to provide all parts of the house with air that is not only fresh and pure but sufficiently warm for health and comfort. Comfort is not secured by merely having hot air to breathe, but the walls and floors should be kept warm. The rooms and halls should be nearly the same temperature that no chill is felt in passing from one room to another.

LIGHTING—Under conditions of modern civilization much reading, writing and sewing

is done in the evenings and by artificial light. During these hours spent under artificial light we are under abnormal conditions, much of our headaches, backaches and eye aches are due to unsuitable lighting. All lights should be strong and steady and we should not face directly the light by which we are reading, etc. All light should come back of us over our left shoulder.

HOUSE CLEANING—When one moves into a new house and every thing is in order and in its place, the next problem to be solved is. How can I make my housekeeping easy? Many helpers are worn out at the close of day because they did too much in one day.

Like everything else housekeeping can be done in a systematic way. Have your work so planned that you know what you are to do that day and the next, by doing so you can save your self a great deal of labor and work and there will be no need of having "blue Monday" every day.

You girls who have been in country homes have been taught more or less of housekeeping and doing things in a systematic way. If you have not learned the easiest way of it or the right way, outing has been a failure to you. During the summer the patron is the teacher and she gives you lessons in housekeeping and of course you are the pupil getting all the benefits. I was always fortunate to get into good homes and my country mothers were the best of housekeepers and I took great pleasure in learning my lessons.

I will now give you a schedule of house work as it was carried out in one of my country homes and also the last place where I was. Quite a number of the girls in this audience were there and I can vouch that they are good housekeepers as they received their training from the same "country mother."

Monday—After the breakfast dishes were cleaned away and dining room put in order we did our washing. We were generally thru by 11:30 and then we got lunch and we were thru with our work by 2:30 o'clock. We started to get dinner about 4:30 or 5 o'clock and had dinner at 6 o'clock.

Tuesday—The regular work first and then ironing and in the evening at 8 o'clock we mixed the flour or dough for bread.

Wednesday—Baking bread and gave kitchen a thorough cleaning and also dining room. In the afternoon we did sewing or darning of stockings, etc. We never had very big washes or ironings as our family was small and every two weeks we had a woman come who did the big things.

Thursday—Cleaned the bed rooms on the second floor, hall and stairs.

Friday—Clean parlor, sitting room, dining room and hall. In the evening we mixed the dough.

Saturday—Baking, marketing, washing porches and walks, clean cellar and give the kitchen and pantry and cupboards a thorough cleaning. Saturday afternoon the bath room was given a thorough cleaning. I have not mentioned the many little things that the housekeeper does each day.

Sunday—Rest day and we generally went to church and Sunday School. Of course getting meals.

I will now talk briefly of cleaning house or our own living rooms.

Some one has said that house cleaning is just a habit and I think it is a very good habit to have.

Sweeping days take a great deal of time but it can be made easy and so planned that you will not be at it the whole day.

Before we leave our rooms in the morning, the bed clothing should be thrown back and windows opened so that the rooms and beds can be well aired. By the time breakfast is over and kitchen and dining room put in order the bed will be ready to be made and room to be cleaned. In order to save many trips of going up and down the stairs, have all the materials ready as broom, dust pan and brush, duster, dusting cap, a bucket of water and a mop rag. First make the bed. I wonder how many of you can make a bed in the right way? In case you do not know I will tell you.

In making a bed turn the mattress from end to end or side to side—this will prevent making a hollow place in the bed and prevent it from "looking like a boat." Put the under sheet, wide hem at the top, right side up and tuck it under at the upper mattress so that it will not pull down with the other clothes at night, when the bed is opened at night. The top of the sheet is always distinguished by a wide hem and is always put at the head of the bed. The upper sheet is next put on, right side down so now the two right sides of the sheet come together. The upper sheet should be carefully tucked in at the foot of the bed so that the toes may not stick out and covers taken apart. Blankets are next put on. Have blankets about six or eight inches from the head of bed. Tuck blankets in at the foot and then put counterpane on and tuck in all sides, making the bed perfectly smooth. Some prefer to have counterpane loose at the sides. Turn top of upper sheet down over the blankets and spread and put pillows in place.

After bed is made dust the small things and place them on the bed and cover them over with a cloth. Have the cloth large enough to cover the whole bed. Then dust chairs etc., and remove them into another room, if bureaus are easily moved, also put in another room. In this way the room is nearly cleared and save you from moving furniture every once in a while. In dusting shake the dust cloth every few minutes out of the window to remove the dust, if you do not do it the dust will settle on the things you are dusting. Never shake your duster in the room.

In sweeping use short strokes and do not use only one side of the broom but turn it about, in this way it will not become so crooked or "deformed." Be sure to remove all cobwebs from the ceiling and in sweeping get into all the corners. When thru sweeping let the dust settle and get another room ready to sweep. When the dust has settled, dust all the furniture, that was left in the room and also the woodwork, window sills and windows. When dusting is done use a damp cloth to wipe up the floor border and wainscoting. Do not wipe the woodwork with a damp cloth till the dusting is done, because while dusting more or less of the dust settles again and if such is the

case a damp rag will remove it. Then put the things in their places and do the rest of the rooms the same way. The hall and stairs should be left till the last.

Housework should be a pleasure but it all depends upon the woman. Some girls are born housekeepers and some are taught very young and have learned to love it. Some women have to cultivate a taste for it. The same way with cooks. Julia Marlowe has said "cooks are born not made, when you find a good cook, treasure her above rubies and do not over work her." House work is healthful and fits a girl nicely for a place she may sometime fill in a home of her own. To a girl who is capable and efficient general housework becomes, a pleasure and also a profit. A girl who has been trained in early life to habits of good housekeeping has much to be thankful for. Julia Marlowe one of the greatest actresses is considered a good housekeeper. She has much to do but she takes an active and interested part in her household affairs. A lady friend called on Miss Marlowe and had the pleasure of seeing the house and in eating a dinner cooked by Miss Marlowe. She asked "when did you make housekeeping a study? she replied "in the days when I was compelled to do my own cooking and when the proper keeping of the house devolved upon me, and those were the days too when I had to cut, fit and put together my own dresses." Miss Marlowe has two homes in N.Y. and the same friend asked "I suppose you govern your home with a rigid set of rules?" Her reply was "No, I have not many rules, only a few but these are ironclad. There must be plenty of fresh air, proper food prepared properly, and sunshine wherever it can penetrate when the god of day is gracious enough to favor us with his presence." Girls, let us all strive to become first class housekeepers.

Dining Room Rules

The boys at the Chemawa School have formulated the following rules for the table, and we reprint them as good everywhere:

- 1—Tell no stories that might spoil your neighbor's appetite.
- 2—Do not think of yourself alone, see that your neighbor gets something to eat as well as yourself.
- 3—Show not your greediness.
- 4—Be polite.
- 5—Do not talk in a loud boisterous tone.
- 6—Do not lean your elbows on the table, sit erect.
- 7—Do not eat with your knife.
- 8—Do not reach in front of people.
- 9—Ask them to pass the food.
- 10—When you ask for anything say "Please."
- 11—Eat slowly and chew your food thoroughly as much for the sake of your digestion as for the sake of politeness.
- 12—Take small bites and don't try to talk with your mouth full.
- 13—Don't try to talk and swallow at the same time; the consequences might be disastrous.
- 14—Break your bread into small pieces not more than enough for two bites. Don't eclipse your smiling face with a huge slice of bread.
- 15—Be pleasant; it aids digestion and raises you in the estimation of your friends.

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