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YOUNG BRIDE DEFIED U. S. GOVERNMENT

Mrs. Jessie Benton Freeman Fearlessly Boosted National Expansion.

SUPPRESSED MESSAGE TO HALT EXPEDITION

Arrest Was Threatened—Hailed as Heroine After Husband's Work Was Done.

St. Louis, Mo., May 15.—Seventy-one years have elapsed since an eighteen-year-old bride in this city played a tremendous part in the history of the United States by intercepting and withholding important government orders. The history of at least three states on the Pacific coast hinges more or less directly upon this act of insubordination. The bride was Mrs. Jessie Benton Fremont, wife of John C. Fremont, the explorer and statesman, and daughter of Thomas H. Benton, for many years a Senator from Missouri.

Early in 1843 Fremont received from the United States government a commission to undertake the second of his noted expeditions of exploration to the northwest, then a vast uninhabited region, the ultimate destiny of which hung in the balance. In obedience to it he came to St. Louis from Washington and immediately set about outfitting his expedition, with his young wife acting as his secretary. It is a matter of history that during the first third of the last century there was a powerful sentiment both in and out of congress against extending the dominion of the United States to the Pacific coast. Such Senators as Webster and Calhoun were opposed to it and for the most part were able to influence congress to their beliefs. On the other hand Senator Benton, following his first election in 1821, became a staunch advocate of Western expansion and was able to command a large following, through whose efforts the various expeditions of exploration were authorized.

Leaders Opposed Expansion. In outfitting his expedition Fremont took the liberty of adding a twelve pound brass arsenal at St. Louis upon the representation that he needed it as a defence against possible hostile Indians. News of this acquisition, it appears, was carried hastily to Washington, where the announcement created something of a sensation in governmental circles. The element not especially friendly to the expedition declared that the taking of cannon into foreign or neutral territory constituted an act of hostility which might involve the government in grave eventualities. This view appears to have been shared by the head of the topographic bureau, under whose direction the explorations were being made, for he straightway dispatched sealed orders to Fremont at St. Louis, directing him to halt the expedition and report forthwith at Washington for the purpose of giving an explanation of his action.

Fremont had left St. Louis for the west in April, shortly before the arrival of these orders, Mrs. Fremont as his secretary being instructed to open his mail and forward by courier such documents as appeared important. He was still within easy recall, having proceeded but a short distance into what now constitutes Kansas upon the day of the arrival of the important post. The young Mrs. Fremont, who was thoroughly imbued with the ardor of her husband and father for western expansion, thought she discerned in the peremptory orders a subterfuge to defeat the purpose of the expedition. For her husband to proceed to Washington, she well knew, would require weeks and make impossible any journey to the northwest during that season. Senator Brown was absent; it was before the days of the telegraph; she had no one with whom to counsel. Thus beset the young wife resolved to suppress the orders.

Summoning one of the fast couriers at her command Mrs. Fremont dispatched a message of love to her husband, urging him at all hazards to hasten his departure from the furthest fringe of the Rocky mountains as quickly as possible. There were hints of a reason in the message but the reason was not given. Thus Col. Fremont proceeded upon a journey of months all unconscious that his presence in Washington was daily expected.

Created a Sensation. There was another sensation at Washington when the expedition dispatched by the young bride became known. It was stated that Fremont would be arrested and court martialled as soon as the government could lay hands upon him, and that his wife might also suffer prosecution. Nothing came of these threats, however, and when the explorer finally did reach Washington, months later, he found praise and promotion instead of prosecution, while his secretary was regarded as something of a heroine because of her part in the success of his expedition.

The Fremont party dragged that wheel mounted cannon across the trackless mountains and plains far to the northwest, almost to the present site of Portland, Ore. Returning it was conveyed down the eastern slope of the Sierra Nevada mountains to about the point where the Central Pacific railway now surmounts that range. There, in attempting to cross into California, the expedition was caught by the snows of winter and the place had to be abandoned. At Lake Tahoe, nearby, it rests today, silent memento of a girl's defiance of the government of the United States.—New York Sun.

CAROLINA TEAM TO TRAIN AT KANUGA

Between 40 and 50 Athletes Will Train at Resort This Summer for Football.

ALL PLANS COMPLETED BY COACH TRENCHARD

Men Will Have Strenuous Daily Program to Carry Out in Practice And Scholastic Work.

Chapel Hill, May 15.—Forty or fifty athletes, embracing members of the "varsity football squad, class teams and others signifying their intention of joining Carolina's 1914 football aggregation, have enlisted for summer training, from July 15 to September 1. According to plans generously provided by Head Coach "Doggie" Trenchard and George Stephens, chairman of the general alumni athletic committee, a regular training camp will be established at Lake Kanuga, Henderson county, N. C.

Summer football training is a decidedly new departure for Carolina's athletic teams, spring practice being first introduced with any degree of regularity last season. The handicaps barring continuous spring practice this season, due to unfavorable condition of the grounds and the participation of athletes in baseball, rendered spring practice as a whole unsatisfactory. Summer training will supplement and rather spasmodic spring training and will additionally serve to introduce an experiment in football training heretofore untried in North Carolina.

Arrangements for the camping party of gridiron athletes will go steadily on until every convenience necessary to football training will have been established. Lake Kanuga is naturally well situated for accommodating the athletes, both from the viewpoint of providing grounds for try-outs and entertainment. The resort is located five miles south of Hendersonville on a mountain lake. It is one of the pleasure resorts of the mountainous country adjacent to Asheville and in the heart of the "Land of the Sky." Long distance telephone and an automobile line furnished communication with the outside world. The lake is abundantly stocked with fish—the mountain trout numerous—and fishing is splendid.

These attractions of scenic beauty, however, are not to interfere with the chief purpose of the 40 men who will journey to Lake Kanuga. The single purpose of training and equipping a football squad for the fall of 1914 prompts Head Coach, Doggie Trenchard and George Stephens to make such detailed preparations for this summer camp. Single to this view they have arranged a tentative program which they will seek to enforce. It runs somewhat this way:

- 7:30—Rise and take a plunge in the lake.
- 8:00—Breakfast.
- 8:30 to 9:30—Work on football rules, plays, strategy and tactics.
- 9:30 to 11:30—Scholastic work.
- 12:30—Dinner.
- 1:00 to 3:00—Free period.
- 3:00 to 5:00—Football practice on field.
- 5:00 to 6:00—Free period.
- 6:00 to 6:30—Swimming.
- 6:45—Supper.

The item referring to "scholastic work" from 9:30 to 11:30 may call for explanation. The authorities in charge simply wish to establish a department in their camp offering opportunity to any athletes who are deficient in their classroom studies. Alumni instructors have proffered their services free of charge, and athletes conditioned with scholastic work or deficient in any subject can avail themselves of bracing up their position in the classroom. Dr. Charles S. Mangum, of the University medical faculty, and resident physician of Lake Kanuga will have supervision of the camp. His experience as an old football player and long adviser of Carolina teams will make his services to the camp valuable.

The training on the field will cover every department of the sport. Drop kicking, punting, place kicking, forward passing, blocking and interfering will each receive deserved attention on the field. Coach Trenchard has invited any alumni of the university, former participant in the sport, to come to Lake Kanuga during the summer and share of their experience in equipping the squad.

Coach Trenchard is laying particular emphasis on the importance of all football candidates learning the book of football rules. While on his room-to-room canvass of the university dormitories for athletes to enlist for the Lake Kanuga trip, he emphasized the importance of each athlete purchasing a copy of Warner's (Carrille Indian coach) book of rules.

ALL RUN DOWN IN THE SPRING

The reason why you feel so tired at this time is that your blood is impure and impoverished. You need the rich red blood that gives life to the whole body, perfects digestion and enables all the organs to perform their functions as they should. Ask your druggist for Hood's Sarsaparilla. It will make you feel better, look better, eat and sleep better. It is the old reliable all-the-year-round blood medicine. Get Hood's. Nothing else acts like it.

TREES FULL OF FAT.

Some of Them Yield a Pretty Fair Substitute For Butter. There are several trees that yield an oily substance much resembling butter and making a good substitute for it. Some of these grow in Europe, but the best known species are natives of Africa and South America.

The Bassia butyracea, or the "shea butter," as it is commonly called, grows wild on the west coast of Africa. The butter obtained from this tree is derived by pounding and pressing the seeds, which are three inches long. When extracted the oil assumes the consistency of butter and smells like chocolate. Not only is it an excellent article of food, but it is used extensively for the making of soap and candles.

The seeds of the crab tree of Brazil and Guiana are 70 per cent fat, and the "crab wood tallow" derived from them is excellent for the manufacture of candles and soap. When boiled the tallow turns out yellow butter which contains a small quantity of strychnine. The latter, however, is easily removed by prolonged boiling.

From the nutmeg a useful fat is obtained. The nutmegs which have been broken or damaged by insects are roasted, ground and pressed for the fat, which is used for cosmetic and medicinal purposes.

A tree abounding in the forests of Africa and called by Kaffirs "ebignite" yields (from the fruit or bark, the exact source being unknown) a white butter-like substance which constitutes an important article of commerce on that continent.—New York World.

Labouchere's Complaint.

If people banished from their tables all the commodities which, like salt, have been condemned in print their diet would be decidedly monotonous. "Food faddists are most aggressive persons," Henry Labouchere once complained. "In my time I have known them to preach that we should give up meat, tobacco, soup, starch (including bread and potatoes), salt, tomatoes, bananas, strawberries and bath buns. I have also witnessed movements for giving up boots, waistcoats, hats, overcoats, carpets, feather beds, spring mattresses, cold baths, linen clothes, woolen clothes, sleeping more than six hours, sleeping less than nine hours and lighting fires at the bottom."

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