SECURE VARIETY IN DIET.

The Same Things to Eat Day After Day Clog the Appetite and Offend the Stomach.

We do not believe in a great variety of food at one meal—a ten or 12 course dinner or anything of that sort. Neither do we think it is best to restrict the diet to one or two or three articles of food, eating the same thing day in and day out. The digestive organs get into a rut and become sluggish, says Medical Talk for the Home.

It is true there are many peoples whose diet is limited to one or two articles of food. The Hindu lives upon boiled rice and melted butter, and the low-caste Chinese almost exclusively on rice. The Eskimo's diet consists of two kinds of meat or fish and a little fat, while the Congo native eats little else than plantain. The North American Indian used to live all winter upon a diet of salt meat, and the Scotch peasants formerly for six days in the week tasted nothing but oatmeal porridge.

Such a restricted diet, however, is usually not a matter of choice, but of necessity. The environment provides nothing else. The Eskimo meat-eater consumes with great relish canned vegetables when he can get them, and the vegetarian African simply gorges himself with meat when he can obtain it.

As a rule, the more civilized a man becomes the greater becomes his variety in diet. The French nation, which for centuries has led the world in thought, is the great cooking nation. Fine cooks and great variety in diet. The American nation, with its magnificent class of working people, has perhaps a greater variety of diet than any other race.

Variety in food does not necessarily mean a great variety at any one meal, nor does it mean rich pastries and indigestible stuffs. We think that a meal of two or three articles is really better than a greater number, but each meal should be different from the other. Breakfast, dinner, and supper should consist of different articles of food, and these be varied from day to day. A variety of wholesome foods well cooked.

The sensible housewife is the only one who does not serve to husband and children the same things day after day until their appetites are cloyed and their stomachs go on a strike. The food should vary from season to season, from day to day, from meal to meal.

Eat meat, eat fish, eat vegetables, eat fruits, eat cereals, but do not try to eat them all in one day. Remember your body is made up of many different elements, and it is best nourished by many different kinds of food. There is no single food, not even milk, that will keep a man in health and vigor for any great length of time. Even the domestic animals are kept in better condition by slight changes in diet, or changing from one pasture to another. Nature has provided such a variety of products for food that it seems only reasonable to conclude that they are of use in the nourishment of the body.

JUST AS AN EXPERIMENT.

She Wanted to Borrow a Bad Child to Undeceive a Too-Smart Neighbor.

The young woman's request naturally created some surprise, relates an exchange.

"Have you a thoroughly incorrigible child?" she asked.

"We have one or two children who seem to be just naturally bad," replied the matron of the home.

"That's what I want," asserted the young woman; "a child that will lie on its back and scream until it's blue in the face, if it doesn't have it's own way; a child with a vicious temper, that will bite and scratch and kick; a child that will deliberately smash something when it is crossed."

"We have one here that bit a nurse's finger to the bone, and kicked another child black and blue for pure devilment," said the matron.

"That sounds promising," remarked the young woman, "but the kickers and screamers are the best. When a child yells and screams for pure temper because you refuse to let it play Indian with the carving knife, it drives one pretty close to the limit of human endurance."

"Pardon me," said the matron, "but do you want to adopt such a child?"

"Oh, no; I just want to borrow it."

"Borrow it?"

"Yes. You see, there is a woman next door to us, without any children of her own, who thinks she knows all there is to know about managing them, and moral suasion is her hobby just now. Of course, moral suasion is all right in most cases, but not in all, and anyhow, I don't like to have a woman without any children coming over to tell me how to manage mine. I thought if I could get a real ugly and vicious youngster, I'd pretend it was sent to me for a visit, and I'd find some excuse for turning it over to her for a day or two, after working it up to the proper pitch. What! You can't loan a child for that purpose! Well, it's too bad, for I don't think anything else ever will discourage this woman."

Peppers Stuffed with Rice.

Cut the tops from green peppers and remove the seeds, taking care not to get them on the fingers any more than possible. They have an unpleasant fashion of burning badly. Throw the peppers into boiling water and cook them for ten minutes, take them out and dry. Set them upright in a baking dish and fill them with boiled rice. Put a piece of butter about the size of a hickory nut on top of the rice in each one, lay on the tops of the peppers, which have been put aside to serve for covers and set the dish in the oven for ten minutes, that the peppers and the contents may be heated through and the butter melted.—Boston Budget.

EGGS FOR THE INVALID.

Dishes Tastily Prepared to Tempt the Appetite of the Most Delicate.

A raw egg is an excellent tonic and is very strengthening. If prepared in the following way it is really a delicious drink. Put the yolk of an egg into a dish with a teaspoonful of white sugar and a teaspoonful of orange or lemon juice, and beat lightly together with a fork. Put the whites on a plate and add a pinch of salt; then, with a broad-bladed knife, beat it to a stiff froth, says the Boston Globe.

Now, as lightly as possible, mix all together in the dish, then as lightly transfer it to a clean tumbler, which it will nearly fill if it is properly made. It must not stand in a warm place, as it soon becomes liquid and loses its snowy look. Any fruit juice may be used in place of orange or lemon.

Another very acceptable way to prepare raw egg nourishment is similar to the above, with the addition of cream or rich milk. Use an egg two or three days old; separate and beat the white very stiff, adding a teaspoonful of sugar and a pinch of salt; beat the yolk until light and foamy, add a little sugar, four tablespoonfuls of cream or rich milk, and any flavoring best liked by the patient. Put the piled up white into a dainty dish, and pour the raw custard over it, having first put enough of the white into the yolk to give it a foamy look. Many invalids to whom eggs are not pleasant have taken them prepared in this way with little objection.

A very delicate baked egg is prepared this way: Separate, being careful not to break the yolk, add a pinch of salt to the white and beat it very stiff. Pile it upon a saucer that may go into the oven for a moment, make a little well-hole on top, into which drop the yolk; set this into the oven long enough to give it a delicate tinge of brown; put over it a sprig of fresh parsley and serve at once with a bit of fresh toast or roll (not fresh) very thoroughly baked.

NEW NOTES OF THE MODES.

Pretty Bits of Feminine Finery That Are Features of the Season Costumes.

The French corset cover is by far the first favorite.

Silver tinsel is wrought into most captivating bows for the hair.

Ropes of silk drawn through crochet rings figure among trimmings.

Coat and skirt costumes of white pongee worn with a sheer white blouse are exceedingly smart.

An eighteenth centuryism highly approved is the use of a ribbon frill or ruche for hat trimming.

A fetching belt buckle imitates a large daisy, with petals of rhinestones and center of French gilt.

Extremely picturesque are the short coats of red linen and white canvas, with big sleeves and full skirts.

The shaded cotton voile is well worth looking into if one wants a distinctive fabric without any loss of chic.

Cleopatra is a glossy soft silk, really most brilliant in its sheen, which has a slightly honeycomb-line effect upon its flat surface.

Bands of heavy white canvas linen, embroidered by hand in padded work and inset with French crochet medallions, are a modish decoration.

Very fine Breton net with a hemstitched border and patterned nearly all over with the narrowest crepe is a novelty offered for a widow's first veil.

Colored effects in oriental embroidery and in cross-stitch are not nearly so good style now as those of all white of the broderie Anglaise kind.

Bird's-eye louisines are spotted in the most minute manner, giving a rich surface, yet retaining all the pliable softness which forms the great charm of all louisines.

Messaline, perhaps the least known by name, but the most admired, is a chiffon gauze satin weight, with an exquisite soft brilliancy of surface, but none the less intense.

Proper Eating of Milk.

The proper eating of milk is little understood. Thousands of people drink a glass of milk without removing the receptacle from their lips. No sooner does this mass of milk reach the stomach than the gastric juices curdle it and form masses of hard, tough and impenetrable curd. If the digestion is sufficiently vigorous, it may be taken care of, but few have such a digestion. If the milk were taken slowly, at the same time a piece of bread being eaten, it would be finely divided, the curd would be broken up, and the processes of digestion would proceed readily. Hence it becomes an evident rule that milk should never be drunk rapidly in any considerable quantity. It should be slowly sipped or taken with a spoon, or in connection with bread or some dry cereal.—Healthy Home.

Soft Gingerbread Without Eggs.

One cup of sour milk, sugar and molasses, two tablespoons of softened butter, one teaspoon each of ground cinnamon, ginger and soda; one-half teaspoon of salt; three cups of flour. This quantity will make one nice square loaf and half a dozen medium sized cakes baked in muffin pans. A little sugar sprinkled over the cake as it goes into the oven gives a sugary look and taste many persons like.—Good Housekeeping.

Nature's Remedies.

Wholesome food, pure water, fresh air, sound sleep, sunshine, and exercise are nature's remedies. They will keep the body strong and healthy, and do more to restore a diseased body than all the doctor's pills and the druggist's tinctures. They are nature's remedies for the whole body—from head to foot.—Medical Talk.

SAFE AND CHEAP LIGHTS.

Invention of a Device Which Absolutely Prevents the Explosion of Ordinary Lamps.

In Great Britain an invention which, it is claimed, gives absolute safety to oil lamps is being applied to practical uses. The device consists of a circular metal box, the size varying according to the candle powder required. In the box is a deposit of salt, over which is a layer of cotton waste specially prepared.

Running through the cotton packing is an asbestos wick, woven by hand, and which is practically indestructible, and requires only occasional attention. By immersing the box in petroleum or paraffin the cotton waste absorbs the requisite quantity of oil in a few minutes through small lateral interstices. That accomplished and the metal being dried externally, the application of a light to the asbestos wick produces a bright, steady white light, the candle power being in proportion to the size of the box, the consumption of oil being less and, accordingly, the cost being correspondingly cheaper than if the light were obtained from an ordinary lamp.

Moreover, it is claimed absolute safety is assured. The asbestine lamp may be inverted, may exhaust itself, may be thrown down or whirled about, but there is no danger, it is averred, as there is no free oil or oil gas that can be ignited, and consequently there can be no fire or explosion. The patent is said to be applicable to every species of lamp, from the modest night light necessary in the nursery through the entire gamut of domestic illumination, to the drawing-room lamp. In the industrial world it could be utilized in every direction, especially where a bright, steady light is essential, such as engine headlights and lights on ships.

The Great Northern and several Scottish and Irish railways are engaged in testing the capabilities of the new process with a view to its adoption in railway work. Every description of lamp—the bicycle lamp, the motor lamp, the carriage lamp, lamps for domestic purposes, lamps in mines—can, it is declared, be fitted with the asbestine patent, and oil of any flash point can be used with perfect safety and with the additional advantage of considerable economy. The problem of the safety lamp would appear to have been solved.

LABRADOR A VAST SOLITUDE

According to All Accounts It Is the Most Lonesome Region on the Entire Globe.

The coast of Labrador is the edge of a vast solitude of rocky hills, split and blasted by the frosts and beaten by the waves of the Atlantic for unknown ages. A grand headland, yellow, brown and black in its nakedness, is ever in sight, one to the north of you and one to the south. Here and there upon them are strips and patches of pale green mosses, lean grasses and dwarf shrubbery. There are no forests except in Homilton inlet. Occasionally miles of precipices front the sea in which fancy may roughly shape all the structures of human art.

More frequent than headlands and perpendicular sea fronts, says the Boston Transcript, are the sea slopes, often bald and tame, and then the perfection of all that is picturesque and rough. In the interior the blue hills and stony vales that wind up from among them from the sea have a summerlike and pleasant air. One finds himself peopling these regions and dotting their hills, valleys and wild shores with human habitations, but a second thought, and a mournful one it is, tells that no men toil in the fields away there, no women keep the home off there, no children play by the brooks or shout around the country schoolhouse, no bees come home to the hive, no smoke curls from the farmhouse chimney, no orchard blooms, no bleating sheep flock the mountain side with whiteness, and no heifer lows in the twilight.

There is nobody there, there never was but a miserable and scattered few, and there never will be. It is a great and terrible wilderness, thousands of miles in extent and lonesome to the very wild animals and birds. Left to the still visitation of the light from the sun, moon and stars and the auroral fires, it is only fit to look upon and then be given over to its primeval solitariness. But for the living things of its waters, the cod, salmon and seal, which bring thousands of fishermen to its water and traders to its bleak shores, Labrador would be as desolate as Greenland. The time is now coming when with good steamship accommodations the invalid and tourist from the states will be found spending the brief but lovely summer here, notwithstanding its ruggedness and desolation.

Birds Easily Poisoned.

Birds seem to have no discrimination whatever in regard to poisons, probably because they have almost no sense of smell and swallow their food without masticating it. They are terrified to paralysis by the appearance of a poison snake (unless the terror be due to dread of the appearance of the serpent rather than to an inherited knowledge of its venomous power); but such intelligent birds as rooks will pick up and eat poisoned grain, and crows and ravens readily eat poisoned eggs or meat. Chickens will eat the poisonous seeds of laburnum and die from its effects. Whether birds such as tits and greenfinches ever do so does not seem to be known. But wild birds are frequently found dying in gardens, though apparently they have been in good health a few hours before, and their death may be probably due to the consumption of poisonous seeds.—London Spectator.

Totally Unfit for Publication.

He—What did your father say when you told him I wanted to marry you?

She—Oh, George, can you ask me to repeat such language? Besides, I didn't wait to hear it all.—Philadelphia Ledger.

FINGER-PRINTS USED.

MODERN SCIENCE CORROBORATES AN ANCIENT CUSTOM.

Police Authorities of London Utilize the Marks for the Identification of Criminals—Results of Study.

There is, perhaps, no more striking instance of the corroboration of old customs by modern science than in the matter of finger prints. For centuries the Chinese passport has been a government stamped piece of oilpaper on which the traveler impresses the lines of his hand. Long ago the Celestials discovered that this is an effective means of preventing the transfer of a passport, as the lines on the hands of no two persons are alike. In several recent robberies the London police have effected remarkable arrests from the simple clew of a finger print on paint or glass. By photographing the impression and searching the records at Scotland Yard, the identity of the criminal who made the mark has been discovered and his arrest has followed. Thus, strangely, says the New York Times, do eastern lore and western science meet.

It is only in these last ten years that we have discovered and systematized the knowledge of the value of finger prints which Asiatics have long dimly utilized. Purkenje, a German doctor, in 1823, was the first European to draw attention to the definite and varying patterns traced on the top phalanges of the fingers and thumb. His treatise received little notice. But working quite independently, Sir William Herschel began, about 40 years ago, to put finger prints to practical use in India. In registering the sale or purchase of land many Hindoos who could not write refused to make their mark and insisted on an aboriginal method of signing documents by impressing their ink-daubed thumb on the paper. The mikado of Japan used similarly to smear his thumb with vermilion and print it on state documents.

The Hindu custom so struck Sir William Herschel that about [illegible] he began to insist on the parties to deeds affixing their finger-prints to the documents and to the register. Then, if the transaction were repudiated or forgery alleged, as is common in India, the disputant was required to give his thumb-print, and the comparison of this with the thumb-print in the register settled the dispute.

But to Sir Francis Galton is due the discovery of the definite value of finger prints. He took up their study 15 years ago, and in five years had reduced the subject to a science. He experimented, and discovered the best method of taking imprints from the fingers. He collected the finger-prints of a large number of people, and examined and classified them. By comparison of the finger-prints of several persons taken at intervals of years he established the fact that the papillary ridges or lines on the finger tips are permanent throughout life. A child is born with its fingers lined in a certain unique pattern; the finger grows in size, but through boyhood, manhood and maturity the pattern remains unchanged. From infancy to senility, and until long after death, the finger-prints remain true to their first form and never change. Injuries may destroy the pattern to some extent, but never entirely. A burn reduces the pattern to a blank, but as it heals the original lines assert themselves exactly as before.

But while the individual's finger-prints never alter, no two finger-prints have ever been found to be exactly alike. Mr. Galton calculates that the chance of identity is less than one in sixty-four thousand millions.

WILKINS DID HIS BEST.

But He Wasn't Used to Babies and Got Himself into Trouble Trying to Be Agreeable.

"Oh, Mr. Wilkins, you must see baby before you go," said a young mother, according to London Tit-Bits, as one of her husband's bachelor friends rose to say good night.

"I should be obliged, but isn't it too late?" he inquired, rather weakly, looking about for his hat.

"Not a bit," she answered. After a moment the fond mother returned with a bundle of dainty wraps and lace and presented a cherubic countenance for his inspection.

"You never saw a dearer baby in your life," she declared, putting the mite of humanity into his unwilling arms.

"I'm not very well up in babies," ventured her guest, holding the infant as if he thought it would explode, "but I should say that—that it was—was beautiful."

"I knew you would think so," said the pleased mother.

"I hope it hasn't a fever," he imprudently added.

"Fever?"

"Yes; it looks flushed, you know."

"Nonsense!" said the mother, indignantly; "all babies are pink. And, besides, you keep saying 'it.' My baby is a boy."

"I beg your pardon," stammered the unhappy bachelor, the perspiration beginning to stand out on his brow; "there isn't anything in the—the attire to indicate—but, then, I might have known it was a boy, because it—he is bald," he blunderingly added.

A look of horrified amazement came over the young mother's face.

"Don't let me detain you, Mr. Wilkins," she said, quickly relieving him of his burden; "and when you get home, if you will read up the subject, you will find that red faces and bald heads are mostly confined to middle-aged bachelors."

Big Sound.

The word Niagara means thunder water.

HIDDEN FROM THE WORLD.

Some Parts of the Lives of Most People Must Be Kept from Everybody.

"In order to keep their places in society to their own satisfaction," says Dr. Norman Bridges, in an essay on "The Etiology of Lying," "all people must hide some part of their lives from most of the world. They reveal different phases to different companies. The public in general, one's personal intimates, the different elements of one's family, his friend or father confessor, his doctor, even some casual friend, are so many distinct entities that see the man differently. To each he reveals something of himself that is different from what others see; some perceive qualities the others never dream of, and the picture of the man as seen by each is different from that seen by the others. Nor does the man reveal the whole of himself to even all these companies combined; some part of his life he keeps to himself absolutely. No human life is ever fully known or completely written down.

"Instinct and custom," continues the doctor, "make it easy, when not disturbed by unusual emotions, to keep these different phases of life apart and hold them strictly for the respective audiences they are intended for. And the discrimination seems so effortless that it must work with the ease of an automaton.

"People of all qualities of intelligence and character discriminate as to what they tell people and what withhold. * * * Even the loquacious the excessively talkative, find it easy to keep certain things to themselves. * * * Anyone who succeeds in smothering his native secretiveness and discrimination as to what shall be told and what withheld is singled out as a curiosity, and one to whom it is unsafe to reveal your soul or even your daily affairs."

And in our connection with others in conduct as well as in words, we prevaricate and deceive from hour to hour. "We put the best we have forward as a hint we have nothing worse. * * * We try, before the public, to act better than we really are—always better than our average. This deception is laudable if it teaches us to be better and cleaner; and perhaps even if it does not make us better, it is justified on the ground that it spares the world some of the unpleasant things of life. But it leads to the worst misfits in partnerships and unions of people of all sorts.

"Is it any wonder, then, in view of these facts and circumstances, that we sometimes find difficulty in keeping in line with our ethics? Our ethics are based on an understanding of right and wrong. Our definitions of lying and truth-telling are largely man-made, and made because of the requirements of social life. They are certainly good. Society could not exist without them. But to tell the vertical truth always, even within the proprieties, is one of the fine arts. Few attain to it absolutely and still keep their force of character."

POOR CONCERNS, BIG SAFES

Business Houses of Questionable Stability Have Larger Strong-Boxes Than They Need.

One distinctive and distinguishing feature of financial collapses is the large measure of attention which is attracted to the safe or safes of the defunct firm or corporation. It is a well-established axiom in business circles, states the New York Sun, that "the poorer the credit the larger the safe."

New concerns of questionable stability in every business district almost invariably equip themselves with elaborate, ornate and usually powerful safes protected against burglars, fire or other unforeseen contingencies and having, usually, some very elaborate combination. When the smashup occurs the sense of confidence among creditors, inspired by the formidable character of the safe, leads them to insist upon the opening of the strong box in the apparent belief that it is sure to yield large hidden treasure, an exception almost never realized.

A new concern which would start in business without a formidable safe or safes would certainly lack one of the chief resources for getting credit; but notwithstanding this, huge safes continue to be almost an integral part of all businesses in a line where large credit and very little real resources are demanded. In the furnishing of a new office or offices the item of safes is never large, but in no way better than by the purchase of safes can a full measure of credit be established.

Some day there will be a smashup in the business district of New York, and the sensational discovery will perhaps be made that there was no safe in possession of the concern. But so far no such case has been disclosed, and every large concern, it is now sometimes said, has a small safe and every small concern a large one.

Radium in Germany.

Consul General Richard Guenther, at Frankfort, Germany, reports that notwithstanding the difficulty in its production (many tons of ore being required to produce one gram) a radium industry has already developed in Germany and France, and although one gram is sold at a little less than $2,000, the manufacturers are said to have orders for several hundred grams. The demand for medical purposes exceeds the supply. Radium possesses all the important qualities of the Roentgen rays, in addition to the invaluable property of being ready for use at any time and furnishing its rays without the employment of apparatus.

Having a Feminine Termination.

She—Is there any difference between a fort and a fortress?

Her Husband—Why, I should imagine that a fortress would be harder to silence.—Modern Society.

EXPENSIVE INSECTS.

MILLIONS OF DOLLARS' WORTH OF CROPS RUINED.

There Are But Few Products of the Soil Which Are Exempt from the Ravages of a Few Small Pests.

Twelve insects will cost the United States $350,000,000 this year. The chinchbug will draw $100,000,000 of this amount, the grasshopper will take $90,000,000 and the hessian fly will call for at least $50,000,000 more. Three worms that attack the cotton plant will assess the farmers for a total of $60,000,000, and the potato bug will eat $8,000,000 worth of its favorite kind of garden produce. Ten millions of dollars is a moderate estimate of the injury that will be done by the apple worm, and the caterpillar that makes cabbage its specialty will destroy $5,000,000 worth of crisp green heads, says the Milwaukee Sentinel.

The chinchbug is a disgusting little "beast" only a third of an inch long. Originally it fed upon wild grasses, but when civilized man arrived and planted wheat the cereal suited its taste exactly and it soon became what it is to-day, the worst foe of the most prized bread-producing crops. It gets into the funnel-shaped part of the leaf, where it joins the stalk, and sucks the sap until the plant dies. The bugs, multiplying at a rate almost inconceivable, attack a wheat field in armies which literally carpet the ground, and when the wheat has been harvested they fly to the autumnal corn.

Everybody knows the grasshopper, which in the east is a familiar but harmless insect. In parts of the west, however, it is a serious menace to agriculture and in a "bad year" will easily do more than $10,000,000 worth of damage. It is the true locust, celebrated in Biblical and other history, and in the United States ranks as the worst enemy of man, barring only the chinchbug. It is a foe most dreaded by farmers over extensive areas. Droughts they may combat by irrigation; from tornadoes they may take refuge in suitably constructed cellars, but before the march of the devastating swarms of grasshoppers they are helpless. The plague arrives and lo, as if by magic, the crops are swept from the face of the earth, all vegetation disappears and starvation stares them in the face.

In the year 1776 the Hessian troops, engaged by the British as auxiliaries, landed on Long Island. They brought a lot of straw with them for their horses and in it, undoubtedly, were eggs of the insect, which has since become known in the country as the hessian fly. Three years later the pest began to make itself troublesome in the neighborhood of the landing place, and since then it has gradually spread westward.

The army worm, which is one of the most dreaded of the insect foes of the farmer, is a naked, striped caterpillar an inch and a quarter long. In May and June it makes its appearance in immense numbers, devouring wheat, oats and other grains and grasses. It climbs up the seed stalks and cuts off the heads. With a favorable succession of seasons it multiplies in geometrical ratio and at last becomes so numerous as to necessitate migration in search of food. Then the army worms travel and feed during both day and night, inflicting enormous damage. It is from their mode of marching in armies at such times that their popular name is derived.

The potato bug seems to have been originally native to Colorado and New Mexico. Various wild plants furnished it with food, but nothing seems to have been so exactly suited to its requirements as the potato. With the introduction of the potato by settlers came the opportunity of this objectionable insect to multiply ad infinitum. It began to march eastward and northward, at first slowly, depending upon its power of flight, but later in great jumps, assisted by the railroads, on which it took passage.

"Second Wind."

The runner who sets out on a two-mile race usually passes through the distinct stages of exhaustion. In the first quarter, if the pace be fast, he feels the first symptoms of breathlessness—the throbbing temples, the surging in the ears and the tightness about the chest that makes so many men drop out before completing half the distance. This might be called acute fatigue; but if he can keep on the distress passes away. The heart and lungs work a little harder, and at last succeed in catching up with their task of purifying the increased stream of sewage brought to the lungs by the blood, to be carried off in the form of gases by respiration. The distress disappears from the face, the lungs seem to regain the power to expand and a crushing weight appears to have been lifted from the chest. The head becomes clear, and the muscles act with renewed vigor and elasticity. The man has got his second wind.—Outing.

Her First Railroad Journey.

An old lady who had never ridden on a railroad car recently visited a station and was shown into the waiting room. She took a chair and prepared to enjoy herself. After sitting quietly for half an hour she reached over, and, touching a stranger on the arm, remarked: "It rides real easy, don't it?"—Frisco (Tex.) Journal.

Too Serious to Be Overlooked.

"I discharged Wiggins this morning."

"Discharged Wiggins! Why, he's the best servant we ever had."

"I can't help that. He neglected to boil the water in which he washed the dog."—Cleveland Plain Dealer.

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