

THE BOLTING HABIT.

Healthy Eating Has Much to Do with the Persistence of Indigestion in This Country.

We live not upon what we eat, but upon what we digest.

The history of human troubles began with food. Ever eating of the fruit of the tree found it good. Adam ate and punishment followed.

The various forms of fish, flesh and fowl are in general agreeable to the palate and gratifying to the stomach.

Moreover, no food materials lend themselves more readily to the cook's skill than these. It follows that excess in this special line becomes not only easy but habitual, and the results are sometimes serious.

The question of digestibility of foods is a complex one, depending upon so many modifying circumstances no one may dare lay down didactic rules in general.

Should a table of the comparative digestibilities of various meats be shown it would be misleading. Lamb properly cooked might be more digestible than the more esteemed mutton improperly prepared.

The habit of hasty eating probably has as much to do with the prevailing American indigestion as any other one thing.

Taste and Food Needs. That taste is a reliable guide to our food needs is the theory of P. T. Borissow, a Russian physician.

To Break Up Insomnia. An alcohol rub at bedtime will go far toward breaking up insomnia. Let the rubber begin with the forehead and temples of the sleepless one.

Delicious Indian Pudding. One cup of milk, when heated, sprinkle in two or three tablespoons Indian meal, then add butter size of a nut.

Keep Bed. One cupful bread sponge, one cupful sugar, two eggs, one cupful shortening, mix, rise and add a few carrots and mold into buns. Let rise and bake. -Farm and Home.

FUR-TRIMMED SILK FROCKS.

Quaint Revival of an Old Style That Makes a Fashioning Reception to Gown.

The fur-trimmed silk frocks are more of an innovation than fur-trimmed velvet frocks, and straightway carry one's thoughts back to the day of the 1830 silk gowns and fur tippeas.

Silk of all kinds is being worked into winter frocks and is coveted for visiting costumes as much as for house wear.

First of all one must choose one's taffeta wisely and insist upon having a quality absolutely without stiffness. Charming color schemes may be found in the shot silks, either in varying shades of one color or in contrasting color.

All of these silks and many more are fashioned into street frocks and trimmed with fur, though of course the fur is not obligatory.

The skirt is usually full and encircled with a varying number of fur bands, although sometimes the fur appears only in one band at the bottom.

BLOOD CIRCULATION.

Greatly Assisted and Improved by the Habit of Proper Breathing.

The secret of health, as every intelligent physician knows, is free and full circulation of blood, and this circulation is dependent absolutely on thorough oxygenation.

With the building up of the lungs through proper breathing there is a metabolism of all the tissues and organs, so that, for most men, breathing exercises are more important than any more muscular exercise.

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A MOTHER'S INGENUITY.

Secured a Day of Perfect Peace Through an Odd Diplomatic Scheme.

Rob and Phil are brothers. One is a well-known attorney in Washington; the other an eminent jurist in Chicago.

Well, one morning Rob got up with so bad a cough that his mother resolved to put a mustard plaster on his chest.

The boys looked at the box with sager interest. They had never heard of a mustard plaster, but it must be something wondrously pleasing to have, for there was the label with its manifold evidence that the mustard came from England.

Her troubles, began, however, when night came and she had to make the award. Phil, who had a much more lovable nature than Rob, had undoubtedly been the better boy, since Rob, the elder of the two, had, in his eagerness to get the plaster, tried in various subtle ways to lure his brother into wrong-doing.

Of course there were tears, and walling on Phil's part, and much self-congratulation on Rob's, as the mother placed the plaster on the winner's chest and tucked the brothers in their little bed together.

"You ought to feel how nice and cool it is. Don't you wish you'd been a good boy all day?"

"There, Robbie," the mother expostulated, "you must go right to sleep now, or you won't get the god of the plaster. Go to sleep, and see what nice dreams you have."

"Ma," said he, presently, "I don't think Phil was such a very naughty boy to-day do you?"

"But, ma, I done some things to-day that you didn't know about."

"Never mind now. You go to sleep!"

"And you didn't know that I took a lot of matches from the house and set them afire in the barn, did you?"

"There's the darned old mustard plaster. You can have it. I don't want it."

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Addressed to Him. "I never heard a more disgusting incendiary speech than old man Brown made this morning."

The Anglo-Saxon stamp will be retained on American news, customs, literature and language, says the North American Review. Everything else is being transmitted through the superior fecundity of the immigrant.

THE OLD CIRCUS GUN.

An Animal Formerly Considered a Great Curiosity Now Almost Extinct.

If anyone will take the trouble to look over the files of the National Intelligence in the library of congress, he will find (1827 or 1828) an advertisement of the first circus that ever pitched its tents in Washington.

The white-tailed gnu, known to the people of South Africa as the black-wild-bee, and in American circuses as the "horned horse," is to-day almost extinct.

When the Boer war came on nothing was heard of these South African gnu, and some months ago a letter was written to the London Field asking for information as to whether or not they had been spared by the Boer and British armies.

The world has been a long time in making a little progress. The delight with which the public greeted the slow-going stage coach shows how little was required to arouse the people and call forth their admiration.

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Denmark possesses a unique organization. It is that of an old maid insurance company. Each member pays an annual sum to insure her against poverty stricken old maidenhood.

The women of Japan have an ingenious way of assisting men who are inclined to enter upon the matrimonial career. Young girls who are willing to accept a husband arrange the hair in the front in the form of a fan or butterfly and adorn it with silver or colored ornaments.

He—Once for all, my heart's idol, will you marry me? She—(sadly)—No. "I demand to know why."

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THE GREAT POTATO LAND.

Germany Leads the Entire World in the Production of the Favorite Tuber.

The annual crop of potatoes in Germany is colossal, and far exceeds that of any other country in the world, states the New York World.

Last year, for example, the area under potato crops was 8,907,465 acres, while our crop occupied 2,965,587 acres.

The yield in Germany was 1,593,621,076 bushels, while our production was 284,622,787 bushels.

These figures are approximately correct, though not exactly accurate, because they are based upon the population of both countries at the time of taking the last census.

The Germans export comparatively few potatoes, and they cannot begin to eat what they produce. They have ways, however, of disposing of their potatoes that have not yet been adopted to any large extent in other countries.

Almost seven-eighths of the alcohol produced in Germany is obtained from potatoes. Potato distilleries are found on many of the large farms, and Germany has stimulated the industry by removing the internal revenue tax on alcohol of inferior grades, which may be used for fuel, but not for human consumption.

The Germans are now utilizing far more alcohol for illumination and for driving automobiles and some other forms of machinery than any other nation.

Many factories also use potatoes in the manufacture of starch, glucose and other products. Still, by far the greater part of the potatoes raised in Germany are consumed as food, about half by the people and the remainder by domestic animals.

CONCERNING FOREIGN WOMEN.

Some of the Peculiar Customs of the Feminine Members of Foreign Races.

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BLUDGING CHINESE PIRATES.

Simple Enough When One Is Possessed of a Certain Talismanic Word.

A letter written by Dr. O. T. Logan, of Changghai, China, to Rev. R. T. Caldwell, pastor of the Cumberland Presbyterian church of Haron, Mo., gives some interesting facts about Chinese pirates.

The lake at Changghai is infested with Chinese pirates, who operate light swift craft and make voyages for small crews hazardous.

"How do you manage to evade them?" I asked him. "There is just one word to say. I know that word."

"Does that make you safe?" "Absolutely." "Then why do you not tell the other boatmen so they may also escape?"

"It wouldn't be right. The pirates would starve." "There's Chinese honor for you."

"There is a legend of the lake that one Ten, a mountaineer of ancient days, called upon the spirits of the lake, and they surrounded the piratical craft with logs so they could not move."

"So the pirates agreed that Ten and all his tribe should enjoy the freedom of the lake forevermore, their heirs and assigns from generation to generation, and that no piratical hand should ever be raised against them."

"Up to the last accounts, the Tens have not succeeded in recalling the spirits to punish the outlaws for the violation of their pact."

THE NEW SEVEN WONDERS.

Modern Accomplishments of Man Which Compare Favorably with Those of Nature.

The seven world wonders of antiquity were: The Pyramids, Babylon's Gardens, Mausoleus Tomb, the Temple of Diana, the Colossus of Rhodes, Jupiter's Statue by Phidias and the Sphinx of Egypt.

The Colossus of Rome, the Catacombs of Alexandria, the Great Wall of China, Stonehenge, the Leaning Tower of Pisa, the Porcelain Tower of Nanking and the Mosque of St. Sophia at Constantinople.

How will these compare with the seven wonders of the modern world? Perhaps there may be a difference of opinion as regards the latter-day wonders, but permit me to name these:

The steam railroad, the telegraph, the telephone, the wireless telegraph, the ocean steamship, the submarine, the car and the airplane.

We are speaking of things made by man, of those wonders given to us by God. The seven are, says the New York Press:

Niagara falls, the Mammoth cave, Old Faithful, the fireless heater in Yellowstone park, the big trees (Sycamas) of California, the Grand Canyon of the Colorado, the great freshwater lakes and the Great Salt Lake.

Foreigners in Pennsylvania. A great change has taken place in the population of the state since the days of Quaker rule and influence. In 1750 the population was mainly English-speaking and German.

In the presidential campaign of 1872 Horace Greeley got 2,834,079 votes, but he died November 23, and the democratic and liberal republican electors were compelled, on their day of voting, December 4, to vote for other persons in the electoral college.