

Cheap Living in Washington.

A Washington letter says: I know of a woman in Washington who occupied a small, dark, inside room on the fifth floor of a tolerably fashionable hotel. She, to use a theatrical expression, faked out her meals—that is, she arose at 10 or 12, bought a second hand newspaper for a cent and wended her way to a small saloon on Pennsylvania avenue whose proprietor had grown rich by making a specialty of delicious coffee and Vienna rolls and fine butter. He charges 10 cents for this little lunch. This Mme. Itinerant would breakfast on her cup of coffee and roll. Then she went up to Congress, invariably riding in the three-cent car. There is a boat car running up to the Capital, the fare in which is only three cents, and some folks are so aristocratic they are ashamed to be caught riding in it.

Mme. would visit a few of the members, loiter for a while in the gallery of the House and sit just long enough in the Senate gallery to secure recognition by a smile or a bow, from such of her Senatorial friends as happened to be on the floor, and after picking up a few choice items of gossip news, the conversational coin with which she paves and pays her social way, my Mme. Itinerant gets back by two o'clock to her dingy inside room. At 3 she comes out resplendent in a non-pannel velvet dress and, card-case in hand, starts on the round of calls. She goes from house to house and daintily and deliberately eats her lunch at each place. In the course of ten visits Madame has more than satisfied the cravings of her stomach and has dined and supped for the day. Do you wonder that I call this "faking out one's meals?"

When Baby was sick, we gave her Castoria, When she was a Child, she cried for Castoria, When she became Miss, she clung to Castoria, When she had Children, she gave them Castoria.

A Cold-Footed Lady.

Madam, allow me to prescribe for you. I have had a long experience in the management of delicate women, and believe I can give you some important advice. For the present I prescribe only for your feet:

First—Procure a quantity of woolen stockings, not such as you buy at the store under the name of lamb's wool, that you can read a newspaper through, but the kind that your Aunt Jerusha in the country knits for you, that will keep your feet dry and warm in spite of wind and weather.

Second—If you want to be thorough, change them every morning, hanging the fresh ones by the fire during the night.

Third—Procure thick calf skin boots, double uppers and triple soles, and wear them from the first of October to the first of May. Make frequent applications of some good oil blacking.

Fourth—Avoid rubbers altogether, except a pair of large rubber boots, which may be worn for a little time through snow drifts of a flood of water.

Fifth—Hold the bottoms of your feet in cold water a quarter of an inch deep just before going to bed two or three minutes, and then rub them hard with rough towels and your naked hands.

Sixth—Now, madam, go out freely in all weathers, and, believe me, not only will your feet enjoy a good circulation, but, as a consequence of the good circulation in the lower extremities, your head will be relieved of all its fullness, and your heart of its palpitations. Your complexion will be greatly improved, and your health made better in every respect.—Hall's Journal of Health.

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