art Treasures of Finiw
FRENCH ZOUAVES ON THE MARCH

 a very limited audience, when he came rustc, her protege--Well. Sam, your sentiments as iverty, Justice, truth
ot the often quoted passage." 'Tis not in master and 1 are going to the cattle have been spolien of and when put intc
 laved d deep sigh and substituted for
last Ine. "But well
do more, Sem

## Aye, There's the Rub. fo we had to turn our own grind-

 represented as being feminine. Justwhy this should be so there is no telling, but it is so. It was in obedience
to this custom that "Liberty Enlight.
ning the World" stands in the

BRIDGE IN FRANCE REBUILT BY GERMANS


## BELGIAN ARTILLERY IN ACTION



FRENCH SOLDIERS GOING TO FRONT





## m

It The Soventr. Inning Stretch.
pressive, like all manifestations of the
soul of a multitude. 1 need only close
mi eer
 great crowd of men is seated in the
pena
alr, $n$ crowxd mide ditions, ages, races, temperaments and states of mind. The crowd has sat ernoon sun has slanted deeper into the
west and the shadows have crept aeross greensemara and hare crepe
clay to the eastern horizon. Then al. clay to the eastern horizon. Then, al.
most with an single motion-the time
mas be somexhere between the 4 ocloces and $50^{\circ}$ clock-this multitude of diver and stands silint, While one might
count twenty perkhaps. Notuing is
 Tlously focused into $n$ single desire
When you bare counted twenty When you bane counted twents
crowd sinks track to the benthes
half minute nt most and the rite over.-Simeon Strunsky in At:antic

The of of the peanut tas a quieting
effect on the preumogistric nerve, the largest nerve supplying the stomnch.
Many nervous persons who ilike pea nuts and do not know why. like them
for this reason. Tiuey quiet the nerves
 conditions are due to an irritation of
the pneumogastric nerve, and the pea the pheumogastric nerve, and the pea
nut oin altas ns neatiene this nere.
of course the nuts must be crisp and or course the nuts must be crisp and
well chewed and not ot oo many taken
To sot the best sedative effect To get the best sedative effect a hand
ful of the hot peanuts should be eaten
just teforone
retriting. Thliss poses thate the potwers. or er elimination
are tin good repair.
The peanut, member of the pulse family, ss nutrib
tious and wooll clog the system it
not eaten corretlo not eaten correctly, as it is almost
equal to meat.-Philadelphin Ledger.

Putting It on the Map.
Captain Cook shows in his ages" how some of the mouth golling
place names on maps are evolved Corf New Zealand there is an island
called by the natives Matuaro.' One
 fore the name, as is the custome The
ofteer. hearing the sonn mpertecty.
repeated nis
 Tndeed. So in the logbook Maturo
was transtormed into Kumettiwarr

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He Rivaled Cicero
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Quitusu Hortenstus, the Roman ora.
tor, wuld hate come dow with great $f$ : mee bad any of his speech.
es been priverved. He died in the
year 50 B. C. He was a soldier an statesman, and his mentality can be
fouged from the fact that he was a

## SUGGESTS WARTIME DIET.

Macaroni and Cheese an Ideal Me
A New York liealtb departmer
 dieal "wartine diet."
Dr. Marion B. Mcmillan. chief of the
food inspection burean of the board or
who are unathe to loy sunficient quan tities of, ,r.s.ts to sustain their fami
Hies, macaroul aud cheese would be an Ideal food a Iesson from her Itanliaus cousin
leann the and learn the many palatable dishes to
made from says the bulletin. "Very fevs realiz In an averake heiping (two heaping tai
blespoontain cheese. Snch a helping contains three
 cle, bone and sinew. studg the foliow
log compniber
 Macaronit paked with chese.
helping (150 grams) contains 450 cali ries, of which 80 calories are protein. every das the uisheresess of
The pessimist stands beneath the tre of prosperity and gro
frult talls on tis head.

French Commander Who Has Won Great Victory
general joseph joffre.

Some idea of how the Germans wer retreat was obtained on a visit to thy
felds near Meaux. The German inen road on either side of which were ocks, some of them natural and German soldiers. fifty empty cartridge shells while frag
ments of clothing, caps and knapsack on was ""cught by batteries littlo Straggling clumps of wood inter mark, but the range had been de phoned directions for the firing and
hrough glasses watched the bursting The sunken road was littered with
bodies today. Sprawing in ghastly greenish gray hue as the uniforms
vorn. The road is lined with poplars ments of shells, were strewn among
he dead. In places whole tops of lery fire. "I distimetly saw you with a pollice im? Yes, mus showin' me how to hold
burglar if I found COMPANY AT BREAKFAST. writer in the Contra Costa Gazette. miles or so frow, any other habita-
tion of white nuen. The morning my
wife and I arrived the surant breaikfast on the veranda oreriooking
he river. At the clatter of the plates
here wegan to come downa and up the tree that ghdowed the house behind it, from the house roof itself.
from everywhere, a oultitude of sol "They came up singly and in couplem and in tamilifes and tont ther: place:
without nolse or fuss on the verand and sat there like an audience waltug or an entertainment to begin. And
when the breakfast was all taid and to call my wife "'Breakfast is ready, and they are
all waiting! 1 sald.
"'Who are waitng? sho asked in dismay. 'I thought we were going to
dealone, and I was just coming out in Nerer mind.' I satd The renr:o
about here are not fashlonabily cressed.
They wear pretty much the same mey wear pretty much the same "And so my wife came out. luagine
ber astonishment. In the middle of the veranda stood our break tast table. the rallings and the steps, was corered with an immense company of monkeys,
s grave as possible and as motionless and silent as if they were staffed.
Only their eyes kept blinking and theit little round ears kept twitccling. Mg,
wife laughed heartily $\rightarrow$ at which the monkeys only looked all the graver-- Try them, 1 eat anythingr she asiked. "So she picked up a biscuit and threw
it among the company. Three hundred monkeys Jumped into the air Hike
 ooved Only their eyes winked and "My wife threw them another bls-
suit, and the riot broke out agaln. Then she threw them another and another
and another. But at last we had given way all that we had to give and got
ap to go. The monkeys at once rose and, advancing gravely to the steps,
waiked down them in a solemn pro
cession and dispersed for the dar's 00 cession and
upations.".

