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**SOME BEAUTY RULES.**

Modern Recipes for Attaining Good Looks of Varied Kinds.

To Get Thin.—Eat a great deal of chopped meat without any potato in it. Drink little fluid of any kind except strong tea. Exercise a great deal without drinking and do not eat bread, butter or candy. Lemonade, acid drinks of all kinds, and saline mineral waters are excellent. Drink a glass of clear water before breakfast.

To Get Fat.—Eat vegetables and sleep after each meal. Go to bed at nine o'clock and lie in bed half an hour after you wake up. Laugh a great deal. Drink water by the pint or the quart if you can. Drink weak and sweet tea with plenty of milk in it. Take cod liver oil and sweet oils as much as you can. Eat until you feel as if you would burst at the table. Put plenty of butter on your bread, and do not be afraid of ales, lagers and sweet wines. This will guarantee a gain of five pounds a month, and, if you can sleep a great deal, of double that amount.

To Have a White Skin.—Eat no meat at all. Become a vegetarian; they always have a beautiful skin. Once in six weeks or so eat a meal of fresh meat. This does away with the tendency to scurvy—the curse of the vegetarian. Drink as much water as you can, eat little grease, and touch no tea or coffee. Your breakfast may be oatmeal and oranges; your dinner fruit, nuts, fruit tea—preferably quince tea—graham muffins, cauliflower croquettes, marmalade and dishes of stewed vegetables. The diet is not so bad when you get used to it. In large towns you will find one or two restaurants catering to such as you.

To Become Very Muscular.—Walk a great deal, carrying something always in the hands. This develops the arms. To roll a hoop might be good if one were brave enough to do so in public. Practice lifting a little every day. Never strain or tire yourself. Eat meat, drink milk, and practice bending backward, forward and sideways every day. At night rub about a tablespoonful of brandy or rum into your skin on the under and tender part of the arms.

To Have Plump Hands.—Rub them with sweet oil night and morning. Exercise them by rubbing together. Never wear tight sleeves or small gloves.

To Keep One's Feet Small.—This is difficult. The first sign that one has passed youth is the tendency to wear a larger pair of shoes—and this is necessary. The feet spread and really grow. To remedy this wear shoes as long as can be managed, but not as wide as seem necessary. Never wear old slippers around the house, unless they are snug in the width, and be careful of corns. These are never necessary while the chiropodist exists.

To Have a Fine Color.—Wash the face with the juice of preserved strawberries in the winter, and in summer rub a ripe berry on the face.

For a Smooth, White Skin, Without Dieting.—Bathe the face daily with buttermilk. A preparation of tincture of benzoin and rose water is excellent for whitening purposes. There are very good prepared creams, but these are never cheap. Do not go under a dollar for them if you want them compounded of fine and pure materials.

To Have One's Garments Sweet-Scented.—Make sachet bags and slip them in the linings of dresses. They will, if good at first, keep their scent for a year or more. Fold the bodices of the scented gowns and lay them away in air-tight boxes. This fills them with scent.—Philadelphia Times.

**MISCELLANEOUS ITEMS.**

—Boston is to have a restaurant wherein only vegetable productions will be cooked and served.

—Dogs are annually taxed two dollars each in Paris; but pups are exempt until they are weaned.

—A French agriculturist has grafted tomatoes upon potatoes, with the result that his plant produces potatoes underground and tomatoes above.

—A jealous husband in Bellefonte, Pa., thought his wife had too many admirers, and to make her beauty less attractive, he shot off the tip of her nose.

—After sharpening an indelible lead pencil, John Renshaw, of Yonkers, N. Y., used the same knife to cut his corn. Blood poison resulted, and the man died.

—Stale sermons are not admired by the archbishop of Canterbury. He advises his clergy to burn their sermons after they have been preached three times.

—Taxes are remitted on Paris houses which are unoccupied. If any part of the house is untenanted, a corresponding reduction is made in the amount of the tax.

—A small inheritance came to a London pauper at the age of 70. He invited his friends to a champagne supper, and he drank so freely that within three days he died.

—An undertaker at Leavenworth, Kan., during the recent reunion of soldiers in that city, displayed in the window of his coffin shop a banner with these words, "Welcome, Comrades!"

—The dairyman of Syria marches his goats to the houses of his patrons, and milks them on the street in sight of his customers. Should they express a wish for the milk of any particular goat, the wish is gratified.

—If one dollar were loaned for 100 years, at six per cent., with the interest annually collected and added to the principal, the investment would amount to \$340. At eight per cent. it would amount to \$2,203; at ten per cent., \$13,800.

—A gentleman who needed wifely attentions was recently married at Van Buren, Ark. He interrupted the ceremony long enough to adjust one of his suspenders, both of which were held in place at the back by the restraining influence of one button.

—A cord of wood, weighing 4,000 pounds, will yield nine gallons of alcohol. 200 pounds of acetate of lime, 25 gallons of tar, and 85 bushels of charcoal. Wood alcohol is almost a perfect substitute for grain alcohol for mechanical and manufacturing purposes.

**HELPED LAY OUT WASHINGTON.**

First American Negro to Distinguish Himself as a Civil Engineer.

"It is pretty well known to those who have informed themselves on the subject that Maj. L'Enfant, a French engineer, laid out the plans of Washington," said a leading physician, who has given a great deal of attention to a study of the early history of that city, "and Andrew Ellicott was employed to complete the work, the big property owners of the day being combined against L'Enfant for the reason that some of the lines laid down by him ran into their property, as they understood to the injury thereof, and that Ellicott did finish it. It is not generally known, however, that Ellicott's powerful engineer assistant was a colored man, Benjamin Banecker by name. Banecker was born and raised at Ellicott City, Md. His remains are in the cemetery there, unmarked and neglected, though he was the first colored man to distinguish himself as a mathematician and civil engineer in the history of this country. He possessed a wonderful genius for mathematics and the exact sciences, and long before he had gained a prominence as a civil engineer was the author of an almanac, which ranked as standard authority.

"Among others who were attracted by it was Thomas Jefferson, who freely admitted that the work of Banecker deserved and commanded his praise. Banecker was 60 years of age when he ran the lines for the city of Washington. He is described as a fine-looking specimen of a man, very distinguished in appearance, having a head and suit of white hair not unlike in general appearance to the late Frederick Douglass. He wore a drab coat of superfine broadcloth and a Quaker hat, with a broad brim. It is not known exactly how much was paid to Banecker for his services, for engineers in those days did not command the salaries of the present times. Ellicott himself only received five dollars per day and expenses for his services, which, the records show, Jefferson thought too much. In the letter to Maj. L'Enfant relieving him of the work, President Jefferson states: 'Ellicott is to go on to finish laying off the plan on the ground and surveying and platting the district. I have remonstrated with him on the excess of five dollars per day and his expenses, and he has proposed striking off the latter.' Under these circumstances it is not probable that Banecker was paid much, notwithstanding the value of his services. Ellicott was but a little over half the age of his assistant, Banecker, and he had the greatest confidence in him, depending on him to untie many of the engineering difficulties that were constantly met with during the progress of their work.—St. Louis Globe-Democrat.

**ENGLISH STUFFINGS.**

Recipes Which Are Excellent and Not Found in the Cook Books.

Here is a recipe for turkey and chicken stuffing which the sender says is very different in its results from those given in the cook books:

Crumble or grate the inside of a stale loaf or more of bakers' bread. Add pepper and salt, the grated rind of a lemon, and to one loaf half the juice, to two loaves all of it; a little grated nutmeg, a handful each of finely cut parsley leaves and fine white celery leaves; thyme, sweet marjoram and summer savory, using the leaves in preference to the ground, and twice the quantity of thyme as of the marjoram or savory. Mix all together dry and fill the crops, putting all the remainder into the bodies of the fowls. As the filling is being done, add small pieces of good butter, which, together with the proper basting, will give the dressing sufficient moisture.

This dressing is also excellent for roast leg of pork when you do not want to simulate duck or goose with it.

"The recipe for the good old English stuffing for ducks or geese," the sender adds, "I never see in our cook books, and do not find it used upon my neighbors' tables. People spoil these birds with soft bread and muss."

This is the old recipe for stuffing for geese, ducks, or a leg of pork: Take equal parts of parboiled potatoes cut into inch-square cubes, and onions cut up. Strain dry, add pepper and salt and sage leaves crushed up. Prepare enough of the mixture to fill the birds or pork with it and to lay some of it under them in the roasting pan. Keep this extra filling under the birds. Dish it separately, and serve it at the table with the rest.—N. Y. Sun.

**DATE GEMS.**

Separate two eggs, beat the yolks and add half a pint of milk, half a cup of finely-chopped dates, a cup and a half of whole wheat flour, a tablespoonful of melted butter and beat thoroughly; add one teaspoonful of baking powder and then stir in the well-beaten whites of the eggs. Bake in hot, greased gem pans in a quick oven for 20 minutes.—Boston Budget.

—A fibrous preparation of steel, made in the same manner as the so-called "mineral wool," by passing an air blast through molten steel, is coming into use for cleaning, polishing, etc., instead of sandpaper.

**THE KAISER'S TITLES.**

In case any of our readers may have occasion to address the German emperor, we have modeled on his brother's speech of yesterday the mode of appealing to his majesty which is most likely to elicit a favorable response: "Most Sublime Emperor, All Powerful King, and About-to-be Lord of all the Earth, Inspired Sender of Telegrams, Serene Annexer of Foreign Ports, Beloved Master, Most Mighty and Illustrious Monarch, Anointed and Made in Germany, Ruler of All Men, for ever and ever, Hoory! Ho-jolly-roy! Ho-Billy-roy!"—London Globe.

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**Afraid He'd Be Lonesome.**

Sunday-School Teacher—Yes, children, the good go to Heaven; but all who are bad in any way—who lie, steal, swear, fight, think bad thoughts, or who are selfish or envious or jealous—all such will go to the bad place. Why, Charley, what are you crying for? You will not go to the wicked place.

Charley—I know I won't, but all the rest of 'my folks will.—Town Topics.

**Talking Through Her Hat.**

Mrs. Styles—Don't you hate to go to the theater, and have people talking nearly the whole time just behind you?

Mrs. Myles—Indeed, I do.

"Well, it happened to me last night. There were a couple of men behind me making remarks, nearly the whole evening, about my hat."—Yonkers Statesman.

**Others Think Otherwise.**

He thinks he's a Christian, good and right, My neighbor across the way; But he keeps a dog that howls all night, And a daughter that sings all day.

—Indianapolis Journal.



**NEW ENGINEERING TERM.**

Traveler—I had a terrible ride on this plug road. Those awful curves—they really make one seasick.

Native—Well, when we built the road we had to save money and in order to avoid building bridges and tunnels we "pigtailed" the road around the mountains.—Fliegende Blaetter.

**If He But Could.**

If I could garner wisdom From each foolish thing I've done I'd be the wisest mortal That walks beneath the sun.

—Town Topics.

**A Choice of Evils.**

Mamma (during a heavy thunder shower)—Now, Ruth, I shall have to go down and take care of the baby, but you must not be afraid, for remember that God is here and will take care of you!

Ruth (calling down the stairs five minutes later)—You come up here, mamma, and stay with God, and I will come down and stay with the baby.—N. Y. Truth.

**A Real Help-Mate.**

"When she married him, he was a poor young oculist, but she's helped him greatly."

"By economizing?"

"No. By carrying her umbrella over her shoulder all the time."—Harlem Life.

**The Bad Boy Again.**

Tommy (at the dinner-table)—Mr. Johnson, are you blind?

Mr. Johnson—No, my boy. Why do you ask?

Tommy—Why, nothin', only sister said you'd get your eyes opened if you married that Grinder girl.—Tit-Bits.

**No Cause for Worry.**

Junior—I wonder where and under what circumstances I shall meet the woman who will be my wife?

Senior—Don't worry about that, my dear fellow; the women will attend to those little matters.—Boston Evening Transcript.

**Too Much Progress.**

Mr. Chippa (looking up from the paper)—The doctors have discovered another new disease.

Mrs. Chippa—Well, I wish they'd stop looking for new diseases long enough to find a cure for my old rheumatism.—N. Y. Weekly.

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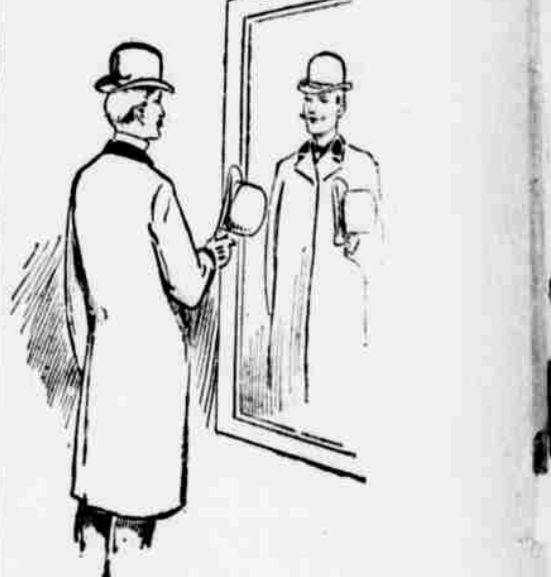
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