

FOOD FOR THE AGED.

Some Diet Rules For Those Who Are Advanced in Years.

Libraries have been written on diets for business men and actresses. But little thought has been given what aged people should eat.

With advancing age there is less strength and activity. For these reasons the amount of food should be diminished.

There is no definitely prescribed diet for old age, but there are a few rules that can be followed.

WASHING THE HANDS.

How to Get Them Clean After a Greasy Job on the Motorcar.

The following is a practice long familiar to railway engineers, who have to mess around oil, and it should serve equally well for their present day conditors of the motor car.

Wash the hands in warm water, using a soft, free lathering soap. Work up a good lather and then dip the fingers into a small dish of lubricating oil.

After using this mixture be sure to let the washbowl drain and then rinse it quickly, as the oil, if left, separates from the soap and makes a ghastly mess on the sides.

Another good way of cleaning the hands after a dirty job around the car is to wash them in turpentine, rubbing it well into the skin and then wiping off thoroughly on something that can be thrown away.

The Road to Thrones.

In the year 1718 a girl called Marie d'Abbadie was hired as a servant in an inn at Pierrefitte, France. She was the daughter of a peasant named Dominique Habas and Marie d'Abbadie.

Power of Eloquence.

A story is told of the great Irish orator, O'Connell. An attack had been made upon him in the house of commons. When O'Connell arose to reply his lofty brow was black with thunder and his arm uplifted as if to strike.

A Curious Illusion.

People declare that they have seen a field of grass gradually change color during a shower of rain, thousands of mushrooms springing up before their eyes.

Olive Oil.

When olive oil is good and fresh it is of a pale greenish yellow color, with little taste or smell, except a sweet, nutty flavor.

Mending Hot Water Bottles.

To mend a hot water bottle use a patch such as used for auto tires. They can be had at any garage. Just clean around the puncture with gasoline, then apply patch.

Our Troubles.

Gibbs—So you blame your present troubles on the middleman. Dibbs—Not exactly. I blame all our troubles on the first man.—Dallas News.

Too Much of It.

"Was the dinner cooked to suit you?" "Yes, all but the bill. Take it back and have it boiled down."—St. Louis Post-Dispatch.

Let in the Sunlight.

All household furnishings should be exposed to direct sunlight for a number of hours every few days. Direct sunlight is the best disinfectant known.

How to Fit a Horse Collar.

A collar should be fitted to the horse and not the horse to the collar. The collar that is too large should not be used on a horse in the hope that it will grow large enough so it will eventually fit.

Waste in Food.

"Eat what is on your plate" may seem to many people to be a new table precept, yet it has been practiced for many years in certain little communities nestled among the rugged hills of New England.

People Who Rarely Wink.

There are people who rarely wink. How they manage to get along without doing so is a marvel, but somehow or other they do. Some eyes are naturally more moist than others, and the very moist eyes do not so much need the assistance of the lids to keep the eyeball bright.

First Veterinary School.

As nearly as the facts can be got at the first veterinary school was founded in the city of Lyons, France, about the middle of May of the year 1761.

Her Proposal.

"Ah, George, did you propose to Vivian?" "No. She made the proposal before I had a chance to say anything."

Simplicity.

I am convinced, both by faith and experience, that to maintain oneself on this earth is not a hardship, but a pastime if we will live simply and wisely.

PRACTICAL HEALTH HINT.

Measles. "Every rise in temperature of a child should mean isolation as completely as if that child were in fact afflicted with an acute contagious disease," says the Medical Record in discussing means for the prevention of measles.

THE WHITE PLAGUE.

Tuberculosis is Often the Result of Lack of Nourishment.

While tuberculosis is caused by a well known germ, we often have a right to be suspicious of its coming from want of proper nourishment.

This want of nourishment is to be accounted for in several ways. The digestive system may be naturally weak—that is, born weak.

A plunge bath just after eating will often arrest digestion. The drinking of ice water during a meal or iced tea and coffee will reduce the temperature of the stomach so that the natural process of digestion is interfered with.

There are certain things that nature demands for building up healthy bodies. We must have some starches; otherwise the body will be partly starved and disease germs will thrive in the different tissues.

TO UTILIZE THE SUN'S HEAT.

Why Not Store It in Oil In Summer and Make It Work For Us?

Of course water can be heated only to the boiling temperature, but there are many liquids that can be heated to a very much higher temperature than this without boiling.

We have plenty of heat going to waste in Washington during the summer time, for the sun's rays are very powerful, and we do not use the roofs of our buildings except to keep off the rain.

An Audacious Schoolboy.

The audacity of Warren Hastings as a Westminster schoolboy in carving his name beneath the clock on the western tower of the abbey pales before the audacity of another Westminster schoolboy, who secreted himself in the abbey in fulfillment of a wager that he would sleep in the abbey, notwithstanding the report that the ghost of Bradshaw, the president of the court at the trial of Charles I., who in the time of the commonwealth occupied the dancery, haunted the building.

The Call to Individuality.

No man thinks his own thoughts; no man uses his own eyes; no man stands upon his own feet; no man walks alone. We go in flocks; we lean on others; we follow the multitudes blindly; we bend our necks to the yoke of public opinion; we have no self reliance.

Milton's Works.

Milton regarded the "Paradise Regained" as infinitely superior to the "Paradise Lost" and once expressed great surprise that any one should entertain a contrary opinion. He said that of all his works the poem "On the Morning of Christ's Nativity" was his best.

Domestic Bliss.

"You are always reaching for something you can't afford." "You were not always of that opinion."

Too Sensitive.

"What is wrong between that young engaged couple?" "He didn't like it because when he told her that he would die for her she wanted to know how much life insurance he carried."—Baltimore American.

There is one broad sky over all the world and, whether it be blue or cloudy, the same heaven beyond it.—Dickens.

Watches and Water.

When a person falls overboard or gets a ducking in any other way he at once has trouble with his watch, unless, of course, it happens that he be not wearing it.

Three Servian Words.

Dobra is the general word of assent in Servia. If a doughnut is good—and Serbs make delectable doughnuts in tin pans over camp fires—it is dobra.

One can go anywhere in Servia if one is but letter perfect in dobra and naimo, which latter is the general negative. One should also be able to say "Hydy" with great force and conviction.

Cheap and Good Foods.

Some of the best foods are the cheapest. There are carrots, salsify, parsnips, lettuce and such stuff. Carrots have the rarest combination of food qualities of anything that grows. It is so healthful that it is said a steady diet of it will cure many distempers.

Washington's Bowery.

Pennsylvania avenue, in your expectation the Broadway of Washington, is more or less its Bowery; since proprietors, aware that the government will soon take over their holdings, see no object in improving them.

Hibernation.

In the state known as "hibernation" respiration practically ceases. Digestion seems to follow respiration, and the waste of tissue is reduced to the smallest possible limit, the circulation in the meantime being only just sufficient to sustain life.

Cleaning a Water Bottle.

To clean the inside of a water bottle or any glass that is too small to insert the hand into put into the bottle a small quantity of tea leaves, pour in about one-third of a teacupful of vinegar, shake well, empty and rinse with cold water. A perfectly clear glass will result.

Must Be Paid.

"Dad, I want to be a musician." "Then I'd be either a piper or a fiddler."

Work as Well as Pray.

Pray for what you want, but don't wear out de knees of yo' britches at it. Ef you don't git a quick answer rise up an' go to work befo' you git too weak ter rise.—Atlanta Constitution.

The Alternative.

Mr. B.—Do you think you'll be able to keep up with your neighbors? Mrs. B.—If we can't, my dear, we'll move.—Pittsburgh Press.

The Giraffe.

In its native country of Africa the giraffe sometimes attains the height of seventeen feet.

Many things difficult to design prove easy to perform.—Johnson.

Head of Chautauqua Light Opera Company Famous in Stage World



J. K. MURRAY AS GEOFFREY WILDER.

MR. MURRAY during his long career before the public in opera has been connected with some of the most famous operatic organizations. He has been associated with Francis Wilson, De Wolf Hopper and practically all of the other stars.

For the past two seasons he has sung the leading male part in "Sari" under the management of Henry W. Savage. "Sari" is one of the most popular and successful light operas which has been put on the stage in several years.

Mr. Murray was born in Liverpool, England, but is a true American in every sense of the word.

Advertisement for New Perfection Oil Cook Stove. Includes image of the stove and text: 'Let the Long Blue Chimney Do Your Cooking. THERE'S no need to burn up your strength over kitchen drudgery.'

Advertisement for Baltimore & Ohio Seashore Excursions. Includes text: 'SEASHORE EXCURSIONS FROM MEYERSDALE, PA., TO Atlantic City. AUGUST 9 and 23, SEPTEMBER 6. TICKETS GOOD RETURNING 16 DAYS.'

Advertisement for Royal Baking Powder. Includes text: 'ROYAL BAKING POWDER Absolutely Pure No Alum—No Phosphate. In its native country of Africa the giraffe sometimes attains the height of seventeen feet.'