A PLEA FOR PLAIN FOOD. THE COLOR OF THE EYES.

of an ostrich.

their breakfast of ontineal or some oth- of girls and women having bine or gray 34 hours old, a little, very little, butter, per cent. In other words, blue eyes are sometimes none at all. • a breakfast is decidedly rarer among women than varied by corn bread, well done, a little among men, and it is for this reason of Lop and is situated between east raried by corn bread, well done, a little among men, and it is to the corn bread of Lop and is attended to swieback and sometimes stale bread dipped in egg and cracker cruents and browned with butter. A fresh egg is teemed so highly as a feature of femination with blood bair, are established browned with butter. A fresh egg is bread and butter and a simple dessert.

Supper, which is a very light meal, frequently consists of graham crackers or genuine black. The percentage of these brown bread and milk or the wadden.

There were hot rolls, soggy looking ages are based are the result of inquir-and smoking from the oven; parsuips is not prosecuted in one or more of the and smoking from the oven; parsaips fried in lard and recking with the grease. A pile of cheap cakes, sufficient to fill a good sized four quart measure, stood on one corner of the table; also donor one corner of the table; also lard that they looked absolutely greasy.

In every instance must be carefully considered. One of the most important response to find brack is water.

Besets there are none for there is naught for them to cat. But there is a marvelous thing related of this desert, which is that when travelers are on the lard that they looked absolutely greasy.

In every instance must be carefully considered. One of the most important response to the grider and in four places also yen find brack is with the grider.

Besets there are none for there is naught for them to cat. But there is a marvelous thing related of this desert, which is that when travelers are on the lard that they looked absolutely greasy.

In every instance must be carefully considered. One of the most important response to the wasted in getting rid of superfictions and in four places also yen find brack.

Best that energy must not be wasted in getting rid of superfictions and in four places also yen find brack.

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Best that energy must not be wasted in getting rid of superfictions and in four places also yen find in fo ing and worse smelling, and this the Sunmuch as they pleased. They are like listle wolves, with an unnatural and fero-cious appetite. Two of them had pasty. nhealthy looking complexions; one

their the to and too expensive food. A proper would have cost a third of the many and would have saved health and operars' bills, to say nothing Punch. of their lives -New York Ledger.

Dr. . . . experiment to the effect tists second of the most distinguished

A man may, from education, training and habit, or even from motives of cy or other reasons, neually speak grath and be esteemed accordingly. he may not by any means be imd with the spirit of truth which animates his neighbor, who loves and re-veres it, not merely for its results, but for its own sake, whose impulses spring toward it and whose whole life manias it not only in word, but in deed and in thought. Truth does not get ex-alted by flinging it at people. It is ex-alted whenever it is really expressed in a man's life and shines out through

The extravagance of expression com-non to certain young ladies of an em-hatic habit leads them into queer state-sents. For instance, a contemporary ports this fragment of conversation

"I was just dying to see it." Yes, and when I saw it it was par-

tly killing." Why She Took It. "My deat," said Mr. Darley, "did you take any money out of my waise-

"I did," replied she defiantly.
"Why did you!"
"Because that is one of married wom-

Hints That May Nave Many fractors' Bills Dark Eyes Said to Be More General Arreng Women Than Among Men. It is not a generally understood fact.

Into the realm of sentiment, with but a fact nevertheless, that some of the heavy footfall, like a built in a china wealthlest and most make the control of the beavy footfall. wealthiest and most juxurious appearing shop or an elephant among porcelain, ing people five on the plainest food, the sedate and matter of fact statistician There are children in the families of obtrudes himself, intent on dealing, millionaires who would no more be through percentages, with matters permitted to partake of such meals as which one might think would be exare given to the children of many a laboring man than they would be allowed to use articles that were known to be poisonous. Many a mechanic's little ones live on meat, warm bread, all the propounded in various countries and butter they want, and that of an inferi- duly anthenticated it has been discovor quality, coffee as much as they ered—and not merely discovered, but choose, and cheap bakers' cake, which also proved-that, taking the average of is in itself enough to ruin the digestion Europe and America, 44.6 is the percentage of men having light eyes, in-The children of one family make cluding blue and gray. The proportion er cereal and milk, with bread at least eyes is by the same computation 34.9

DICKENS DUMMY BOOKS.

On Their Covers.

We need to sit on the floor to study Noah Brooks, in St. Nicholas. this mock library and roll over with de-Tosse is a story about the famous "The Virtues of Our Ancestors," a volume so thin that the title had to be in the West Indian islands, in Nubia mercians, Hawthorse among them, India, by a British Tourist," in two vol- leaf and posts with a spiri or open edge.

vegetables with the best of us. He dogs who have distinguished themselves

over, he did not do it with surly Among the animals already decoes and sudden snarlings, nor rated in this way one of the most celedid he abruptly stop and sit down to brated is Bacchus, a large building, reproach. He washed dishes whose specialty it is to stop runaway od knives and cooked like a horses by jumping up and seising them intelligent animal has already saved how to ride a wheel. One morning, the lives of eight persons, if not more, when she was out on her bicycle, max-

in this way. Pautland, another buildeg, received curves, she saw a man coming toward a collar in 1887 terraying his mistress her in the middle of the read. Still from the attack of a tortpot, and Turk, speeding along, she halled him: a splendid Newfoundland, has had a similar honor for saving three young get out of my way!" children from drowning on different oc-

An Old Epitaph.

A most quaint and ingenious epitaph was copied years ago by an American traveler from a tombetone in Hadley

churchyard, in Suffolk, England: The charmal mounted on the we bets to be seen in funer A matron plain domestic. In care and pain continu. Not slow, not gay, not prodig Yet neighborly and hospit. Her children seven yet living lier sixty seventh year benoe did corest her body natur. In hoppe to rise subritus.

Mice With Pink Legs. In the Missouri river, near Platts mouth, Neb., is an island which is overrun with curious mice. They have a golden brown coat, while the lower part of their bedies is pure white. Their legs are pink, and their eyes are jet black. No such mice are found anywhere else.

The "Fugio" coins were struck in time the weather will be fair and frosty, New York and were so called from the provided the wind is from the north or device employed on the reverse of the cults, time among the other things being a stial with the word "Pugio," and in-scription, "Mind your business."

THE WHIPPOORWILL

Listen how the whippoorwill,
From his song ted veiled and dusky.
Fills the night wars warm and musky
With his mouse's throb and thrill.
The the western nightingsde,
Ledged within the certaint pale,
firsting into sandon tone
Mid the success air of June. Lord of all the songs of night, Bird nuseen, of voice outright. Buried in the samptuous groom Of his shadow paneled roots Ronfled above by webbed and woven Leaf and bloom, by music-same cloven Searched by adorous riphyrs through, Low with dusk and damp with dew. He it is that makes the night An enchantment and delight. Opening his entrancing tale
Where the evening robins fall,
Ending the victorious strain When the robins stor again.
-O. C. Auringer in Boston Transcript.

THE SEA OF SAND. Marco Polo's Account of the Great Desert of Gobl.

brown bread and milk or the pudding, among men is 43.1 and among women other. And here, where its breadth is eaten with a little molasses or maple 45.1. The percentage of dark, or, more least, it takes a month to cross it. The airup.

A few days ago, in a call at the house of a workingman, there were five children seated at a table, on which was a large dish of meat, swimming with gravy, in which potatoes had been cooked. These potatoes were saturated with fat and almost impossible of digestion.

The figures upon which these percent. by any person of ordinary constitution. The figures upon which these percent-

There was coffee, dark and rank look-tion in northern countries.—New York to lag behind or to fall asleep or the like, when he tries to gain his company again, he will hear spirits talking and The Most Delleious Sattre Was Inscribed Scincilines the spirits will call him by name, and thus shall a traveler of times Gad's Hill was a mercy house, writes be led astray, so that he never finds his her provisioned it." was evidently suffering from some skin disease; the elder of the group had an article telling of the personal side of an article telling of the personal side of an article telling of the personal side of a paid and the object of the students of the stude have said that they gave being book ases, but the books on the for travelers to keep close together. All the diese the best they could af- doors and along the floor were bogus, the animals, too, have bells at their is this was just exactly the Dummy backs had been lettered with necks, so that they cannot easily get course of the troubles. They gave titles and pasted on the glass, and the astray. And at sleeping time a signal titles had been selected by such wits as is put up to show the direction of the Dickens, Yates, the Collins brothers, next march.

Albert Smith and Mark Lemon of So thus it is that the desert is crossed.—"The Story of Misco Polo," by

The musical or whistling tree is found the pigs' backs for ammesment. When, how ver, it became Hawthorne's duty to feed the pigs, he drew the line. Scratch a pig's back he might; feed a pig he would not. His daughter, Mrs. Lathrop, denies that he was a finical man. She writes in the Cambridge Magnaine; againe; "Hawthorne could work with his "Hawthorne could work with his against to the Dickens would be hands too. He hoed many a vegetable was a finical man, is also called that Dickens would be hands too. He hoed many a vegetable was a flower of the property of the matives. Its shocts are frequently and or here were and which he was a hopeiers down the trade winds blow access the islands to the Duke of Wellington," 15 portly volumes, and there were dozens of other a corestant meaning, deep tened whistle is heard from it, which is heard from it, and for that he was a hopeiers down the trade winds blow at the opposite side.

As hy changing our position of the power of the ourse, and down the direction of the own from it, and for that he was a hopeiers down the trade winds blow at the opposite stact.

As hy changing it of the nest in the Cambridge Magnating our position of the power of the own is heard from it, which is heard from it, and for that he was a hopeiers down the dev ion, planted sunflowers, of which he a thorough admirer, cut bean poles in France the Society For the Pre-orily and ate his personally raised vention of Cruelty to Animals decorates to a globular bladder from 1 to 2 leaders. in diameter. After the insect has emergflute. - London Tit-Litz.

He Had Sense. The Louisville Courier-Journal tells ing good time is rather ancertain

"Oh, mister, mister, won't you please The kind hearted gentleman jumped nimbly off on the grass at the side of claimed:

Discrimination. The young man with longish bair man came along looking for a seat. band eats three means a day." Having settled himself in comfort, he engaged his neighbor in conversation. Been on a long jour rey?" he asked.

"Not very." "On business?" "No, sir. In pursuit of my profes-"Oh, excuse me. Might I ask what the difference ist"-Washington Star.

falls between 6 and 8 p. m. fair weather will probably ensue; in the winter

ed in 1750 in the city of New York. | cago Record.

THE CHILDREN'S TABLE,

of Children. A few hints as to what not to give to young children may be helpful to mothers, for children are creatures of An Old Soldier Takes Issue With the have formed habits of caring for cake age"-Comp Followers and Hangers On tinique, at the Ebbitt. and sweets and refuting other food Purnished the Profunity of the War.

in the center of the whole of the eyethe iris will be seen in front of the pic-

Proverbs of Assam.

Here are some rather elever prover's every intelligent person that violent he might at up at a second rather elever prover's ers' fields, but the best sons are at about it." "A hasty rook, a hasty whenever he violated the law himself.

Had Been Very Moderate. "I should fine you for contempt," yer who had aroused his ire.

feelings toward the court."-Detroit George L Kilmer in Independent.

Improved Farm Method. They are talking of putting in long aid of volcanic action during the pro-"How charming! Of course, they can not gain to the earth of 3! islands—
The first American theater was open— be utilized in calling the cows."—ChiPopular Science Monthly.

PROFANE SOLDIERS. MR. TUCKER OF MARTINIQUE

Eacht Suggestions For the Hygicale Diet THERE WAS VERY LITTLE SWEARING For Topperant Share In Proging to Diet's IN THE ARMY OF THE UNION.

whose fault is it? How many mothers When the recruits of the First Maine recent decrease the Rio Grande to give a child a slice of bread not only thickly buttered but covered with a layer of sugar or jam besides? Was not the bread good enough with either alone? to be supposed by the should be men "full of strange that the same of extraordinary shills."

When the recruits of the samp of the provider airs' in their camp on the Penobscot, in months. During that the log contract the provider and the was my guest for about four months. During that the log contract the provider airs' in their camp on the Penobscot, in months. During that the log contract the provider airs' in their camp on the Penobscot, in months. During that the log contract the provider airs' in their camp on the Penobscot, in months. During that the log contract the provider airs' in their camp on the Penobscot, in months. During that the log contract the provider airs' in their camp on the Penobscot, in months. During that the log contract the log co Such mothers when remonstrated with oaths," Colonel Donty promulgated and force of character, and here an antiprofamily order. At first the edict there sprang up a fraction in the character, and are such as the color of the character and are such as the color of the character and are such as the color of the character. bread and jam unless it were buttered was received with considerable merri. Disk thought that he could saly on also." That habit was formed in the ment, and expletives, innocent in them- friends in Bevensville to facilish him child by the mother. Even young chilselves though meant to do duty as oaths,
dren are very shrewd in dealing with
were freely used. But in a few days,
on the national ferces, but were the their elders and will soon discover their impired by the precepts and examples weak points. Perhaps when there are callers the mother, to avoid a scene, gives a piece of cake, and this is advoit- "needless vice," as the historian of the him pacing the hallway with restless ly made use of to secure a like favor at regiment characterizes it, was effectually strick and evidently in a very secured

browned with butter. A fresh egg is often the only article outside of faring-cours food that they are allowed. For dinner, witch is the middle of the day, they have some well cooked meat, one or two regetables, a cup of milk if they bread and butter and a simple desert, and a simple desert.

The browned with butter. A fresh egg is teemed so highly as a feature of femi-nine beauty.

Men have a feature of femi-nine beauty.

Men have light cres oftener than this term to refresh themselves and their they make ready their cattle, and then they make ready for the journey, taking with them a most desperate situation, without a following their cattle, without a dollow, but they have some well cooked meat, one or two regetables, a cup of milk if they bread and butter and a simple dessert.

The length of this desert is so great take a week's rest in this intermediate grade of their good more month's supply for man and beast. On quitting this city they enter the desert. The length of this desert is so great with in the restory to crown them. Supply for man and possessing the restory to crown them. Supply for man and beast on the propose to cause year them they want to refresh themselves and their take a week's rest in this term to refresh themselves and their cattle, and then they make ready for the journey, taking with them a most desperate situation. Without a dollow them a field second to no other members to their cattle, in the cake habit to the cake habit. Consistent firmness will space which we are in the cake habit. Consistent firmness will second to no other members to their cattle, and then they make ready for the cake habit. The field second to no other members to their take a week's rest in this term to find which we are store in the second to no other members to their take a week's rest in this term to find which we are stored to the cake habit. The field second to no other members to their take a week's rest in the cake habit. The field second to no the cake habit. The field second to no other members of the kind of pastry. You and your child will the victory to crown them, swearing solved on doing weeks before, which the victory to crown them, swearing solved on doing weeks before, which the victory to crown them, swearing solved on doing weeks before, which the happened on doing weeks before, which was to left him have a good result sum mental temperance pledge held in all of money for the purchase of arms and

bester than much that is half digested hear an officer above the rank of cuptime we hiel in cluding both the MexiMany of the diseases to which children tain give way to prefanity. That once can and Apperican officials and getting are liable would disappear under strict was the case of a brigade commander this arms across the river. But the thing supervision of hygiene and diet, espe- invoking the curse of Dairy upon a ras- was managed, and it gave Disc the start cially the various intestinal disorders, cally quartermaster. The quartermaster for another campaignt that ended in his will suppose them to be his comrades, including many resultant throat, carries the spot and went home, complete triumph. Before that wascontant than removing what might have been a summated, however, he passed through resents carelessness and is relentless in stumbling block from the path of many an experience that reads like a chapter

besides the general cars, and the entire lot were living examples of the results of a mistaken system of feeding. It was no surprise to the visitor to hear, a few days later, the visitor to hear, a few days later, Often when I came down from Lordon follow the sound, and when day breaks the visitor to hear, a few days later, Often when I came down from Lordon follow the sound, and when day breaks the six also forbidden, as it is almost impossible to keep it clean."

This to be the down follow the sound, and when day breaks the is also forbidden, as it is almost impossible to keep it clean. "

The down the sound and when day breaks the six also forbidden, as it is almost impossible to keep it clean." that two of them were very ill, one he would walk out and lean against the hey find that a cheat his been put on hopelessly so, with choices morbin.

The Wisest Flat to Follow in Varieng the main of army discipline—eaths were That the death rate among such perple does not increase with frightful rate pledies not increase with frightful rate pledies the one thing that the thoughtful persons and philanthropists never ful persons and philanthropists never clears to receive to the receiver to th roundings that, to say the least, are not sanitary."—American Kitchen Maga-manned, as these were, by noncombat- year case of the supply department, approximately sanitary is a sanitary.

representing the lower features in a commissary stores. With him the swear in in the wilding which is followed in the store of the stor ume so thin that the title had to be in the solution of the Sudan. It has a peculiar shaped marks, "a lost look of devent abstraction in an uplifted countenance may be the other was a teamster, who had fully solved be a British Tenrist." In two volfound the place so uncongenial that they umes as large as an unabridged diction. The wind passing through these sends exchanged for an appearance of inquisi- leaved the sea until long past middle the chief will come to see passing through these sends exchanged for an appearance of inquisithe pigs' backs for annessment. Which pigs' backs for annessment which pigs' backs for annessme

ous records as gallant saidfers. When was determined to have a state rince of fairy tale reliability and gen- by the bridge. It is calculated that the a story of a woman wise was learning ball, so that, being on a flat surface, the men came together in camp, it ap- woman wise was learning ball, so that, being on a flat surface. the iris will be seen in front of the picture that there was not one among which I gave him, and as the ture or obliquely.—Notes and Queries the Lu veterans so selected who used outly given him each lar. prof to or vulgar language foshio sort of joke, that a moment's reflection must convince challe and sewing materials as

of Assam: "The best crops grow on other agrage is subversive of all true disci- shirt. Immediately the time, and a successful army without pilleds "Is to the court of the home" "A bird is a little thing, but it discipline is an impossibility in this tag with the stage with the builds its nest on a lefty bulang trea." age. The article of war proscribing the cancle as give no "Buy land which slopes to the middle profanity, premulgated, as it was, to finally risided and to be a second nimbly off on the grass at the side of Bay land which slopes to the model.

Bay land which slopes to the model, profamity, promulgated, as it was, to finally yielded and government and marry a girl who has a good every new command and read on parade patched garagent, which saided have "Yes, indeed, I will, good lady. I ways hides mader the leaves." "If a the soldier and a moral weapon for the Tree," by the Labe E. J. Chare, in the wouldn't stay in your way for a \$10 man slips down, it is always his eldest officer. The soldier could insist upon its pury. wife's fault, but if his youngest wife observance by his superiors. On the makes a mistake be says he will see other hand, he weakened his own cause was gazing abstractedly out of the car broom, and the husband goes fasting: At first blush the article seemed to window when the fatherly old gentle- a slow cook, a slow broom, and the hus- many obsolete and ridiculous and was generally received as a reite of Puritan them sometimes. His hardstop of happer days. But the more energia and exacting a rule the more it is studied and analyzed. Men of fixed hubits obeyed origin, not for the first time, in the said the pulge as he glared at the law- readily, setting a good example. In the same way. He said, "My bretters, I end wilder spirits found that obedience "With all due respect to your hon- was easier than resistance. Thus as the or," responded the attorney. I think rery outset the law of God was impressed that you should not. I have been par- upon the understanding of all who ticularly careful not to express my true hada't it written in their hearts. -

> Pifty-two islands have appeared by ent century, and 10 have disappearedhave been submerged. This makes

"Inhelpend President Disc of Mexico same years ago, when he was a refugee from his own land," said Captain J. G. habit from earliest infracy, and if they Author of "The Red Badge of Cour- Tucker, United States of the Mar-

"It's had been at the head of a revolutionary movement that had failed and

was, and in answered in the served four years was, and in answered if an in the cause your child to form a pernicious field second to no other mented comframe of mind. I miked what the trouble

not be given to children under 6.

The general ever a division of 10,000 prefity fat government controlled manual few thousand deliars didn't matter. not be given to children under 6.

A helpful book for mothers is "How to Feed Children," by Louise Hogan.

The following extracts may well be copied in large letters and hung in the copied in large letters and hung in the copied in strangs troops, but be fels the joy that possessed him that kitchen or pantry wherever children's wat not a jester, neither a victim of night when he learned that he could food is prepared.

If military have all the money needed for his management of the military have all the money needed for his management. The amount of nutrition required necessity warranted violation of the law distinct. He actually shed seems of de-in every instance must be carefully con-he would be the judge. Under a leader light, and on that I felt rewarded, not

besides the general.

I should say that the rascally quare that has had a career so foll of 1 seasons.

auts Into that safe asymm drifts, as for material in mission of corriling to a well known law, the alum the same that white and white a property of Wollasten's curious discovery was that by adding to each pair of eyes a nose directed to the right or the left the eyes lose their front direction and lock to the right or left, according to the directed on the right or left, according to the directed on the right or left, according to the directed on the peninsula in 1832. Both were emisted the class class according to the direction and lock to the right or left, according to the directed on the peninsula in 1832. Both were emisted the class class according to the directed on the peninsula in 1832. Both were emisted the class class according to the directed on the peninsula in 1832. Both were emisted the class class according to the directed on the peninsula in 1832. Both were emisted the class class according to the directed on the peninsula in 1832. Both were emisted the class class according to the directed on the peninsula in 1832. to the right or lift, according to the di-rection of the mass. By means of a flap offenders acted as keeper of the brigade on the very test, or you do not up to the williams, where I have do be

middle line, and each iris will be in the fanity at times, and that solely on the sometimes an empty lottle of time. middle of the whole eye. If we now ground of their general reputation for variably I received next day the executive move to one side, the appearant horizon. Hightness of morals. On the expiration ation of the chief in every war, and and did not fear to help his wife in their by deeds of bravery with a tastefully ed from a circular hole in the statefully ed from a circular hole in the statef tal breadth of every part of the head of our term of enlistment, in 1863, two a big gent as sheep or defeat of the ment, equal in sound for a sweet torsed will be diminished equally, and at any ice. They had the pick of 500 applining. If the chief took a fame, to any position, however oblique, there will be the same breadth of face on each side of the middle line, and the iris will be men strictly with regard to their previous and another a best followed:

An Reinsepel Defil.

A number of "bulks" by sagates, of parliament and others have been present lately, but hishops were to perpetuate in a semment the other day at Calwerle, a near Leeds, betrayed his Editorious best of from to take bolid of your own heart and look it straight in the face? -- Westen inster Causette.

Oce million standard other delices weigh 412,500 bod grains, or 85%,878. ounces they, or 73 634,38 pensels than, or 58,308,57 pounds avoirdupets or 29,464 "abort" term of 1,000 pounds avairshupois each or 25,357 "long" torse of 2,340 avairtichous oach.

Brass pine were first made in New York by English machinery in the year