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DIET FOR THE FAT.

Sugar and Starchy Foods to Be Avoided—Fatty Vegetables and Water
It is popularly believed that all fat persons are gross feeders, but this is not true. Indeed, the reverse is often the case. Obesity may be a disease, or rather a prominent symptom of one, the trouble being with the internal chemistry of nutrition—a disease of metabolism, as it is called. It is comparable to diabetes—nearly related to it, in fact. In this disease sugar is thrown in excess in the system even when very little is taken with the food, and so in obesity there is a tendency to the formation of fat in the body, even if little fat forming food is eaten. In most cases such can be done by a regulation of the diet.

The amount of meat should not be increased, but the quantity of sugar and starchy foods should be reduced, their place being taken by non-starchy vegetables, such as spinach, cauliflower and salads. The foods to be avoided or taken in great moderation are those which contain much starch, such as rice and potatoes, and all sweets—pies, puddings and candy. Tea and coffee should be taken without sugar, if taken at all, and chocolate should be omitted entirely.

Bread is fattening, but for most persons it seems an indispensable article of diet. Its amount can, however, be limited, and it should be toasted.

Fats are less harmful than sugar and starch, and may be allowed in moderation in the form of butter and salad oil.

The belief that the drinking of water makes fat is erroneous. If one eats fatty vegetables, and especially the less sweet fruits, such as apples and grapefruit, and abandons the use of sugar, there will be a natural reduction in the amount of water taken, but one should drink all that is needed to quench thirst.

Joint Worm's Devastating Work.
There is an agent from the entomological station at Washington in these parts inspecting the condition of the wheat, and especially as to the effects upon it of the joint worm, which, he says, is gradually increasing its devastation, and unless it is arrested and destroyed, in a few years the wheat crop of this State will not be worth the sowing and harvesting.

This agent collects samples of the wheat, with the worm working in it, which he sends to Washington for inspection. This joint worm is a thread-like worm about a sixteenth of an inch long, grown from an egg that a fly has deposited on the wheat stalk, and down the inside of that the worm burrows, absorbing the sap and substance of the wheat, and in this way completely ruining it.

No way to destroy this worm or to resist its ravages has been discovered.—Ohio State Journal.

Old Missouri State Road.
One of the oldest landmarks in this part of Missouri is the old Bloomington road, also known as the old State road. This road began in the eastern part of North Missouri, running west through Bloomington. It didn't run on section lines as the roads now run, but ran as the crow flies. The highway was the main thoroughfare through North Missouri long before and after the Hannibal & St. Joseph railroad was built, and has a history not well known to the younger generation. Over this old time highway the early gold seekers traveled in ox wagons with their little early belongings, going to California and Oregon.—Brooklyn Gazette.

Not His Business.
"Powful fertile country down them in Texas," said the colonel. "Yes, seh! Why, seh, I know spots down there where the trees grow so close together that you-all couldn't shove your hand between them trunks. And game, seh! Why, seh, I've seen Pol-jin-yuh death in those same forests with antlers eight feet spread! Yes, seh!"

At this point some meddlesome idiot asked the colonel how such deer ever managed to get their antlers between such tree trunks.

"That, seh," said the colonel, drawing himself up with squealing dignity, "is 'deh business!"—Everybody's Magazine.

Fattest French Soldier.
Occasionally our Paris contemporaries entertain their readers with an account of the tallest and the shortest conscript. Now a journal has gone one better and discovered the fattest recruit in the French army, who has been found at Corbell. This honorable distinction belongs to M. Lavardit, the son of a merchant in the locality. The young man turns the scale at 268 pounds, avoirdupois, or rather over 19 stone.

Frozen Fruit Custard.
Three parts of sweet milk, eight eggs, one teaspoonful of vanilla, one and one-half cups of sugar, one cup of raisins, one-half cupful of pecans chopped fine, one-third cupful of citron or candied orange peel.
Directions for Mixing.—Put three pints of sweet milk in a double boiler and slowly heat. Beat eight eggs together ten minutes, add one and one-half cupfuls of sugar to the eggs, then gradually stir eggs and sugar into hot milk, boil thoroughly, flavor with one spoonful of vanilla and set aside to cool. When cool put into a freezer, pack with crushed ice and salt; when almost frozen add the fruits and nuts and set aside to harden. This quantity will serve twelve people.—Alice Riggs Winston, Frankfort, Ky.

Curried Eggs.
Four eggs, one ounce of butter, one ounce of chopped onion, half an ounce of flour, one gill of milk and water, one teaspoonful of curry powder, the juice of half a lemon, boiled rice.

Constant.
Mother—Is it possible, Harry, that you have eaten all that cake without giving a thought to your sister?
Harry—Oh no! I thought of her every second. I was afraid all the time that she would come before I had eaten it up.

Notes and Comment

Of Interest to Women Readers

FIRELESS COOKING.

Do not Leave Things in the Hot Yea Long Nor Put Them in Too Soon.

In fireless cooking there are certain things to be remembered by the inexperienced cook. One is that if a dish is left indolently in the cooker it will sour. Soups, stews, vegetables and such things must be removed after twenty-four hours, and less in hot weather.

Another thing is that some foods require a longer time on the fire before being put in the cooker than others do. According to Harper's Bazar, cereals may take only ten minutes, but tough meat half an hour; it is best to find out something about the length of time the different things require before beginning to use the cooker.

Generally speaking, all indigestible things take longer than the rest; oatmeal, beef stew, corned beef and beans need more time than steamed puddings, rice and chicken.

A third thing to remember is this: Everything that takes a very long time to cook is improved and the process hastened if, when the time is half up and the food cooled, the pall is removed and reheated without opening it, and put back again.

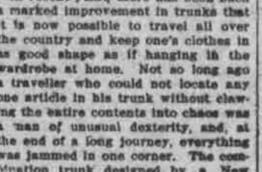
In all cooking also you must be careful not to uncover the pall with the food in it before putting it in the pot. It must be kept tightly covered from the time it is put on the fire or the steam will escape and the meat or soup cool so that it cannot cook. Put everything in as quickly as possible, and cover at once.

NEW KIND OF TRUNK.

Drawers Can Be Adjusted to Vertical or Horizontal Positions.

In recent years there has been such a marked improvement in trunks that it is now possible to travel all over the country and keep one's clothes in as good shape as if hanging in the wardrobe at home. Not so long ago a traveler who could not locate any one article in his trunk without chewing the entire contents into chaos was a man of unusual dexterity, and, at the end of a long journey, everything was jammed in one corner. The combination trunk designed by a New York inventor is a marked improvement.

The trunk is so constructed that it will always stand on one end, the top and sides having convex projections which insure this. The drawers of this trunk are so pivoted that they can be tilted to either a vertical or a horizontal position. There is a generous number of drawers and flaps, and the trunk is especially convenient for the safe carriage of women's hats. There are also hooks on which suits of clothing may be hung and kept always in an upright position.—Boston Post.



Trunk Always Upright.

Fork man is so constructed that it will always stand on one end, the top and sides having convex projections which insure this. The drawers of this trunk are so pivoted that they can be tilted to either a vertical or a horizontal position. There is a generous number of drawers and flaps, and the trunk is especially convenient for the safe carriage of women's hats. There are also hooks on which suits of clothing may be hung and kept always in an upright position.—Boston Post.

OLD TOM AND NELSON.

Tells How He Ruled the Rules of the Queen's Navy.

The great Nelson's sovereignty was confined to the sea; on shore his valet, old "Tom," ruled him completely. He was no hero to Tom, but a boy to be governed kindly but firmly. To the end of his days the faithful old servant ascribed his master's fate to the fact that he was not aboard Nelson's ship at Trafalgar.

Tom had been everywhere with Nelson until the time of Trafalgar. On that occasion he was detained in London too late to go to sea with Nelson, and ever afterward he used to say: "If I had only been there, Lord Nelson would not have been killed, for he should not have put on that coat!"

"He would mind me like a child," the old fellow would go on, "and when I found him bent on wearing his flannel before a battle I always prevented it."

"Tom," he would say, "I'll fight this battle in my best coat."
"Oh, no, my lord, you shan't," Tom said.
"But why, Tom?" he'd say.
"Why, my lord? You just ask no questions, but fight the battle first. I'd say, 'and then I'll dress you up in all your stars and garters and you'll look something like me. But after the battle, not before, my lord.' He put on his best coat at Trafalgar, because I wasn't there to prevent him, and it was the end of him."—St. James's Budget.

HURRYING HIM A LITTLE.

In His Conversation He Reminded Her of a Steamboat.

The steamer was moving very slowly up the broad, swift river. Several miles ahead, where there was a bend a sharp point of land projected a considerable distance into the stream. I had been in sight nearly an hour. C. the upper deck at a young couple engaged in earnest conversation.

"Lucinda," he was saying, "we've known each other a long time, haven't we?"
"Yes," she answered.
"Five or six years, at least, isn't it?"
"I believe so."
"Don't you think a girl ought to know a fellow pretty well by this time?"
"Why, yes, of course."
"You've never heard anything bad about me, have you?"
"No."
"As in five or six years a young man ought to know a girl pretty well oughtn't he?"
"I suppose so."
"We've been together a good deal too, Lucinda."
"Then there was a long pause."
"And, of course, you must have suspected."
"Another protracted silence."
"Anybody would naturally suspect—though I've never been in a position until lately—and yet my mind has been made up all the time—and I can't tell you how much I—"
"Then Lucinda spoke."
"Henry," she said, "do you know you remind me of this steamboat?"
"Er—how?"
"It takes you such a long time to get to the point."

Applying the Closure.
He was one of those long, sad-faced men who never seem to be able to resist talking to their fellow passengers in a train or any similar conveyance, and, seating himself next to an inoffensive individual smoking a big black cigar and reading a paper, he at once began to worry him with questions.

"Sir," he said, "will you allow your box to smoke cigarettes when he grows up?"
"I've never given the question a minute's thought," replied the other. The other man panted for breath.
"And," he went on faintly, "will you allow him to drink?"

Again the smoker answered that he had never thought about it.
"Oh," gasped the sad-faced man, "can such people exist. To think—"
But then the other man interrupted him.
"Look here, sir," he said, "you mean well, no doubt, but let me tell you that I've been a confirmed bachelor for the last thirty-five years!"
Then, at last, the sad-faced man was silent. He had something to think about.

Couldn't Tell.
"Well, well, neighbor Weaver, I see as how you've got a new hired man over to your place," remarked Uncle Charlie Beaver, as he leaned over the pasture fence and accepted a chew from his friend's heart-case tobacco pouch. "Somethin' peculiar about the way that fellow walks. Is he a mite lame?"
"Huh, ding-busted if I know whether or the cow's lame or not," ejaculated Mr. Weaver, expectorating into the pig-wood beside the fence. "To tell ye truth, neighbor Beaver, I never seen th' cuss move fast enough so's I could find out. The hired man may be lame in th' right leg, as ye say, but I guess we'll never know the truth. Huh!"—Puck.

The Witty Warden.
"You'd hardly expect to find a sense of humor in prison officials," says an American representative on the International Prison Commission, "but during an inspection made by some Americans interested in penal matters of a penitentiary in England one of us was thus surprised."
"I presume," observed the American, "that here, as elsewhere, you prison officials find existence painful enough."
"I think you may fairly say so, sir," responded the warden, with a grin, "seeing the number of felons we have on our hands."—Lippincott's.

The Wonders of Science.
It was left for the exhibitor of a phonograph in the streets of Utrecht, according to an American traveller, to put the finishing touch to the wonderful invention.

There was the sound of a military band in full blast, and then suddenly the tune stopped and "Halt!" rang hoarsely out upon the air.
"Who's that interrupting the concert?" slyly inquired the American, edging close to the operator.
"That," said the man, surveying him blandly, "was the voice of Napoleon Bonaparte, giving the order at the battle of Waterloo."—Youth's Companion.

Rather Rough.
Gunner—And now comes a professor who declares that fruit is just as healthy with the skin on as it is peeled.
Guy—H'm! I'd like to see some body start him on a diet of pineapples.—Chicago News.

Complete Trouseau.
Stella—Have you got your going-away gown?
Bella—Yes, and a going-home-to-another gown.—The Sun.

Just for Fun.
A Rhode Island farmer set a hen-han hen on fourteen turkey eggs, and great was the scandal thereof throughout the neighborhood. Friends from far and near dropped in for to see and for to admire the freakish feat.
"Say, Silas," asked envious Mr. van Waggoner, "how many turkeys 'f'rew call' to get out them eggs?"
"Oh, shucks!" Silas answered. "I ain't callin' 'em many turkeys. I just admit it was that pecky little critter to 'sperduck' herself!"—Harper's Weekly.

Quality

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