

according to this rule. The face, from the highest point of the forehead, where the hair begins, to the chin, is one-tenth of the whole statue. The hand, from wrist to the tip of the middle finger, is the same. From the top of the chest to the highest point in the forehead is a seventh. If the length of the face, from the roots of the hair to the chin, be divided into three equal parts, the first division determines the place where the eyebrows meet, and the second the place of the nostrils. The height from the feet to the top of the head is the same as the distance from the extremity of the fingers when the arms are extended."

What We Eat.

"The spices of vegetables we now cultivate have been produced and eaten for centuries. Even before the christian era many of them were in use. Lettuce has been used at the table for thousands of years. Herodotus tells us that it was served at the royal tables centuries before the christian era, and one of the noble families of Rome derived its name the plant. Spinach, asparagus and celery have been cultivated among the Eastern nations for thousands of years. Jesus took the mustard seed as an exponent of a parable, showing that it was esteemed among the Jews. Radishes were known and grown by the Greeks, and were offered at Apollo's shrine wrought in precious metals. Parsnips were raised and brought from the Rhine

to add to the luxury of Tiberius' table. Beets were most esteemed centuries ago, and carrots were in such high repute in Queen Elizabeth's reign that the ladies of her court adorned their huge structures of false hair with their feathery plumes. Peas, at Elizabeth's court, were very rare, and were imported from Holland as a great delicacy. Fruits were in great repute among the ancients. The currant was cultivated centuries ago in European gardens, and was called the Corinthian grape. Evelyn, in his charming dairy, speaks of its berries as Corinths, hence the name of currants. The Damson plum was extensively cultivated at Damascus, whence its name. The cherry came from Cerasus city of Pontus, and the delicious peach king of fruits, was first known in Persia. The quince was a holly fruit, dedicated to the goddess of love, and was called Cydonian apple."