

THE UNION OF THE PEOPLE.

TUNE—"Marching Through Georgia."
 Sound the Union's war cry, over sea and land,
 See the swarthy workers gather in a band;
 Labor's ranks are closing—united we will stand
 Till Union is won for the people.
 Chorus—Hurrah! hurrah! we'll shout for victory;
 Hurrah! hurrah! for Labor's Jubilee;
 The Union shall triumph by land as well as sea,
 The Union shall conquer for the people.
 Clear the way for action;—everyone must be
 Faithful to our leaders, who fight for victory;
 Let our glorious watchword re-echo from the free,
 The Union gives strength to the people.
 Chorus.

Union men are gathering, ready for the fray;
 See the light is breaking, darkness turns to day;
 Sacred rights of capital, so the parsons say,
 Are perilled by the Union of the people.
 Chorus.

Traitors to the people's cause may bluster
 and may blow,
 Out, at next election, neck and crop they go;
 We, with paper bullets, will lay the Skitters low,
 And reform by the Union of the people.
 Chorus.

PHUNNY ECHOES.

No man was ever as good to his father as he thinks his children should be to theirs.
 "Does the cellar leak?" "No. It's had two feet of water in it ever since I've been in the house. Not a drop has got out."

Pardonable Resentment—Customer in hardware store—"Have you any small vises?" Salesman (angrily)—"I don't think that is any of your business."

Philanthropist (to tramp).—"Where there is life there's soap." At least so the tramp understood him and said he hadn't found it so and didn't care if he didn't.

The world is full of learned men
 Of all degrees and sorts,
 Yet they haven't with all their scholarship
 Discovered a cure for warts.

A—"I thought you said you'd mail me that five dollar bill you owed me?" B—"I did mean to, but when I went to the post office I found this placard on the walls: 'Post no bills.'"

He—"You absolutely refuse, then, to share my lot in life?" She—"Absolutely." He—"There are plenty of fish in the sea." She—"Well, if it's fish you want don't, let me detain you."

"Grindstone, were you ever a candidate for office?" asked a friend. "Yes, I went through a campaign once as a candidate," replied Grindstone, as a look of pain flitted across his face; "but I lived it down, Kil-jordan, I lived it down."

You Cannot Always Tell.

Rusticus—"I suppose that you go around so much that you know everybody in the city."

Urbanus—"Well, I know a good many people, it is true."

Rusticus—"Well, who is that old fellow with a ragged tie and a dent in his hat, who can't find a nickel to pay his fare?"

Urbanus—"That is the greatest lawyer in town; he makes a hundred thousand a year."

Rusticus—"And that wealthy young fellow next to him, with the diamond ring and furlined overcoat?"

Urbanus—"Oh, he takes care of the towels in a barber shop."

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He Wouldn't Forget Her.

And you won't forget me, Mr. G—, when you are far away, said a young widow to a young man the other evening. He was contemplating a week's sojourn in Mimico, and her heart was sad at the notion of parting.

Oh, no, he replied; I won't forget you. And you'll write me, she insinuated, as she summoned all her available witchery to her aid.

Oh, certainly, he answered coolly. Do, please, she gushed; write me a real sweet letter, won't you?

And as he passed down the street he muttered to himself, Oh, yes, I'll write you something sweet. I'll send you a breach of promise suit with a verdict to match your complexion.

HOUSEHOLD MATTERS

LIGHT CURRANT DUMPLINGS.—For each dumpling take three tablespoonsful of flour, two of chopped suet, three of currants, a pinch of salt, and as much milk as will make a batter of the ingredients. Tie in floured cloths and boil an hour.

HEADACHE.—We suggest that for distressing headache you place your feet in a mustard foot bath for about ten minutes, the temperature to be warm. You ought, however, to improve your general health, by more out-of-door life, so as to avoid headaches entirely.

CREAM CAKE.—Two eggs, one-half a cup of sugar, two tablespoons of cold water, one half a teaspoon of lemon extract, three-quarters of a cup of flour, a little grated nutmeg, one teaspoon baking powder; mix thoroughly and bake in two round cake pans; fill with one cup of cream whipped stiff and flavored to taste.

FRUIT CAKE.—Mix one pound of butter and one of sugar, then beat in twelve eggs, yolks and whites separately; work in two pounds of stoned raisins, two pounds of currants, one pound of fine chopped citron and as much spice as is liked in flavoring, one glass of brandy or wine. When these ingredients are well mixed in then work in one pound of flour; beat the whole well up and bake four hours in a slow oven.

THE PRINCIPAL reason why new bread is unwholesome is because it forms in the mouth a doughy mass, and is not easily penetrated by the digestive fluids. The objections to soda are that in the form taken it has no normal relation to the needs of the body, and so becomes a material to be worked off, which is expensive to vital organs. If used constantly it would overload the body with a form of soda salts which could not be used. Fats of some kind are essential to the growth of children.

THE MODEL HEALTHY MAN.—The man who lives an idle life, be he a sturdy vagrant or fine gentleman, even if he is ever so healthy, is not our model healthy man. The pattern healthy man is one who lives long and vigorously; who in every part of his life does the largest amount of the best work that he knows how to do, and when he dies leaves healthy offspring. The healthiest country is that which produces the largest number of such men, who do the greatest variety of good work for the longest time. Of course the word man is used in its broad sense, and includes women also.

SLEEPLESSNESS—A REMEDY.—I am usually a good sleeper, I was about to say, a perfect sleeper; but twice of late I have failed to do my whole duty in that line. On both occasions I awoke soon after midnight, and sleep refused to be wooed by me, though I made my very best endeavors to win that sometimes fickle goddess. On the first occasion I remembered having, a short time previously, read in the New York Tribune a statement that relief for sleeplessness could be found by wetting a linen kerchief, folding it and placing it under the back of the neck, with a dry cloth under the kerchief to protect the pillow. I thought I could improve on that, which I think I did by folding the kerchief to the right width, wetting it and wrapping it around my neck, letting the lap be made at the back of the neck and enveloping that with a dry towel, folded somewhat wider than the kerchief was. Last night I repeated this treatment. In both cases, very soon after returning to my bed I was lost in sleep, as perfect as that which comes to us in childhood's happy hours. If I were habitually a poor sleeper I would try such envelopment of the neck on retiring; and if should become wakeful in the latter part of the night, I would again wet the kerchief and replace it on the neck.—C. S. R., in Herald of Health.

THE FUNCTION OF PAIN.—One of the chief symptoms of bad health is pain. What is pain? Webster says, "Pain is an uneasy sensation in animal bodies, from slight uneasiness to extreme torture." One pang of toothache or gout will define pain far better than all those words of Webster's. Strictly speaking, pain is not in any organ or tissue, but in the mind, as that only can feel. The nerves are the telegraph wires of the human system. When any nerve brings news to the brain of an injury, the mind refers the pain to the end of the wire—its peripheral extremity. It is easy to see that a delicate, refined, housed, modern young lady will suffer more from pain than a laborer, or even more than her out-door bustling sister. The will has quite a control over suffering at any rate as regards the external manifestations of it. On account of the early appearance of pain in disease, it is rather a blessing, putting us on our guard; forewarning us. Sad it is that we do not always obey its warnings. The pains of a weakened stomach urge us to temperance in food and drink; the sprained ankle resists the effort to walk; exhausted muscles ache and beg for repose; the painful head warns us of a weary, jaded brain.

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