Wanted! Some one who has treed our tea and does not like it. Blue Ribbon Jea

The Unknown Bridegroom.

low, imperative tone; "you know that I never miss fire, and you may starce, if you come near me. I shall rever submit to you again, Carl King; and the first money that came into my hands after escap-ing from Dr. Flint's power, I spent for this weapon, to defend myself, in case you and I should ever meet I am never without it, and warn you that it will not be safe for you to attempt to lay hands upon me now or hereafter. Florence, please open the door for him, seems unable to act for himself." she calmly and rather scornfully concluded, but without removing her eye from her foe or lower-Ing her weapon.
A cold sweat had started out upon

man. He was a rank coward heart, as all bulles are, and had always been strangely afraid of firearms, rough miner though he was. arms, rough miner though he was.
He now backed away from that
slight but resolute figure, but with
a face almost convulsed with baffled hate and fury.
"You shall pay dearly for this,
miss," he hissed.
"Go, go!" she reiterated, slowly ad-

vancing upon him.
With a look of abject fear in his eyes, he backed out of the room, when, turning quickly, he made very good time in getting out of the

heard a dogeart driving rap.dly

down the avenue.
"Oh, Moniea, would you have shot him?" gasped Florence, as she sank weakly upon a chair, as the wretch disappeared, and turned a look of mingled wonder and horror upon her

cousin.
"Yes," replied the girl resolutely, but with pale Tps, "If he had dared to touch me. Papt taught me how to us: a revolve; which I was a little girl; you have no iter of the rough people one is liable to encounter in mining district; and he used to d m: i. I was ever judely are s el d found myself in a tight place, take true aim and shoot quick, they rever yet had occasion to follow his advi e, and I hope I may sontique to be spared, such an experi-Carl King to lay hands upon me, un-less he takes me unawares," she con-cluded, in a tone which assured her conside that she ws in earnest.

She care ully returned her revo'ver to her pocket while she spoke, and then, fondly linking her arm within Florence's, who was still trembling from relyouscess, they were no taken from nervousness, they went up thirs together, both feeling very thankful that none of the guests of the house had been about to witness the reent somewhat tragic incident.
Mrs. Scaver was greatly excited
what she learned what had occurred,

and continued to be very nervous until her hu bank returned, which he did just as the family arose from the cxciting interview in the reception room.

He believed that Carl King was a despirate man, and would resort to despirate man, and would resort to despirate measures to swe p Monica from his pith, and he mast heartly wished that he had insisted upon having him arrested that very night instead of waiting until the follow-ing morning.

But, as matters so d he was forceed to act the pure he had planned, and, Jamle, being safely askep in his, place of conceament, said it would be best for them all to join the company in the drawing-toom as

He took ocea ion to remark, how ever, in the hearing of Sir Walter, that he had found his business of so important a nature, he would be obliged to shorten his stry at the

his family, on the morrow.

The young man boked a trile startled as he heard this; then he darted a quick, searching glance at II rence, who, catching it, returnel it with one of c.11 definee; where-upon a melicious sinde curled the baronet's lips for a moment, and pre-cutly he slipped from the rom. The minutes later a groom was on his way to Worthing, with a couple of me sages, which were to be wiled to London with all posited, Mr. Saver quietly betook himself to the partial malicious thoughts and plate to the partial malicious thoughts and plate to the partial malicious thoughts and plate to the found august Castal-

The young man appeared to quite that Carl King had returned from a drive that a ternoon in a terrilly fury, that the man whom they had see: the previous night had come to him later, and the two had confer-red together for more than an hour; Brighton on the neon train of the following day, and August sail he te-Monica was on the verge of teing

haven't a doubt of it, my young ad," Mr. Spaver returned when nd, Mr. Seaver returned when oncluded; "but do not allow your-to be disturbed, for it will be

"Go, sir!" Monica repeated in a inipped in the bud-there will be no opportunity for it to mature. Mr King and his daughter will uncoubt-King and his daughter will uncoubtedly have on the room train to-morrow, but they will be attended by an efficient escort, for a couple of officers will take them into custody previous to thir departure, and indithem a very recure abiding place when they reach London.

He then gave his companion an account of his errand to the metropolithat day, and what he had discovered regarding Mr. Carrol's protege and the present baronet's e iminal

and the present baronet's e iminal schemes, and the measures that bad sen adopted to summari y cut shirt

been ad pled to summarly cut short his career.

Then he closed by relating what had occurred in connection with Carl King's visit to Monies that afternoon, and August I. whed cloud is he listened to the recitive of Monas he fistened to the rectin of Minica's daintiess courage and the humiliating deept of her little enemy. "Aha! that was true g.l.?" he exclaimed with an exuitant chuckle, as, in imagination, he saw the deheate, teauti, it girl confronting and sub-cuing the clarse, bu ly miner; "the would always best him in an open fight, tut, give him the charce, and he would strike her down in the dark like the coward he is. Now I

understand why he was so fur ous when he returned to-day."
"But he won't get the chance,my young friend—after nine o'clock to-morrow morning it will be out of his power to do any one any harm." Mr. Seaver dryly observed, then inquired; "I cuppose you have closed with him?"

"Yes, he settled with me to-night.

and—I am free!" replied August, drawing a long breath of relief.
"Henceforth, I shall work, heart and hand, with you in the fight for Monion."

"That is well," returned his com-anion. 'We shall leave the Towcrs to-mor ow afte noon, or as soon a .er S.r Walte, s arrest as we can get away—probably on the three-thirty train."

"Then I will meet you at the

station and accompany you to London," August rejoined.
"I am sure that will be agreeable to us all, and especially so to Monica," the lawyer cordially observed. ca," the lawyer cordially observed.
Then, after discussing their plans

for a few moments longer they parted, Mr. Seaver returning to the Towers, while his companion lur-ried to the spot where he had left his horse, As he was in the act of mounting he was sure that he saw a tall figure skulking among the trees near him; but as he turned to in-vestigate, it quickly vanished, and

"Oh, if to-morrow were only here," he sighed as he rode away. The night passed quietly and peacefully to the inmates of the fowers; at least to all save Walter, who was in such an anxious state of mind over the disappearance of James that he could not sleep, but tossed and tumbled the whole night through, and swore in impotent wrath over his hard luck.

Besides this, he had planned a grand coup de grace for the morrow, and his head was full of that. He understood-or thought be did why Robert Seaver had made -why Robert Seaver had made a trip to Losdon that day; and he had also understood Florence's glance of defiance that evening wheav mention was made of their intended departure the following

day. He believed that the lawyer, after learning Florence's story, had gone at once to town to engage rooms for the accommodation of his family, and that doubtless the shrewd lawyer would give him a thorough raking over before his de-

parture.
"But I will spring my trap upon them before he has a chance." he mused: "I will show that obstinate girl that she made a fatal mistake in defying me, and that, if I cannot win her a willing bride, I can at least make it impossible for any one else to marry her. Merrill tells me that she fell in love with Carrol, and he with her, during the voyage over. Ha! Ha! what irony of fate!" he chuckled, maliciously. "But with that important paper in my possession, and my three witnesses to swear to that marriage, I need have no fears of a rival, and Miss Florence will find herself cruelly hampered for life." at least make it impossible for any

And with his mind full of these malicious thoughts and plans for revenge, he finally dropped into an the hour of three.

The morning broke clear and bri'.

liant—a perfect day, with not a sign to indicate anything of the excit-ing events that were drawing on Down at Brighton, in a private breakfast-room adjoining their apartments in one of the swell ho-tels. Carl King and his daughter were partaking of their morning

It was about nine o'clock, and both were in traveling attire, while their trunks were packed, strapped and labeled, waiting to be conveyed to the station in season for them to take the noon train.

Neither father or daughter appeared to be in a very amiable frame of mind, for Carl King was still classing wrathfully over his defeat of yesterday, while Inez was deeply chagrined and disappointed over not having once seen Sir Walter Leighton, except at a distance during her solourn at the resort.

ing her sojourn at the resort.

She had seen him, day after day, start out with his yachting parties; she had seen him driving over the beach with his guests; in the Brighton papers she had read of the gay doings at the frowers; but although the baronet knew she was there, he had never sought her out—he had not sent her an invitation to share in the gayeties of his home, and she was turious over the slight.

was turbous over the slight.
The circk on the mantel struck the quarter past the hour when the attention of the occupants of the breakfast-room was attracted to a slight disturbance outside the door. The next moment it was thrown ppen, and two officers entered the apartment, one of whom went straight up to Mr. King, with the

startling announcement;
"I arrest you, sir, in the name
of her majesty, the queen."
Office man sprang to his feet with a furious oath.
"What's the charge?" he fiercely

demanded.
"Obtaining money under false pre-

tenses, for one and some other charges equally serious," briefly returned the man of the law.

Mr. King raved and swore; Inez pleaded and berated the officers by turns; but all to no purpose; they were closely granted until nearly were closely guarded until nearly twelve, when they were conducted to the station, put aboard the noon train, and taken to London, where Carl King was locked up for the night—ball being refused him—to await an examination later on. Inex, however, was allowed to go to a hotel. ever, was allowed to go to a hotel, but was warned that she was under surve llance, and must not attempt to leave London.

At half-past twelve of this same eventful day, lunch was served in the large dining-room at Worthing Thewers, and as Florence passed to her soat at the table, she started slightly and lost some of her color as she observed that two new guests were present, and that one of them was Add son T. Merrill.

She fill ray deign the man a sec-

She till hm, during their last in-forces. terview, that their acquaintance was at an end, and this calm ignoring of his presence proved that she literally meant weat she had said.

Eut the was not as calm inwardly as the reserved to be said.

as she appeared to be. She was asking herself why he was ther , and who was the other stringther, and who was the other string-er bands him-suspicion suggesting it in gut be the man Hayden. Something in the atmosphere made for heart sink and her pulse throb with a secret dread and fear.

But tearly everyone else ap-peared in the best of spirits, and an animated conversation was maintain-ed throughout the meel, and after it was over the ladies repaired, as isual, to the drawing-room

usual, to the drawing-room.

Mrs. S aver and the two gi.ls were
among the number, for they wished
to make some quiet, adieus before
leaving at three, as they had planned.

They were, however, very shortly er leading the procession.

He walked directly up to Florence, and state et hims I' behind her in a way that drew the attention of

every one of them. "I suppose you all know," he began "I suppose you all know," he began in a voice that could be distinctly leard in the farthest corner of the room, and with a cruel smile on his I'ps, 'that our friends, the Seavers, propose to leave us this afternoon. We right them; but there is an old saying that there is no loss without rome gair, and our gain will be in the fact that they will leave behind them a fair mistress for the flowers. My friends, allow me to surprise and introduce you to my wife, and introduce you to my wife,

Lady Fibrence Leighton! Lector Fibrence realized his inten-tion, he had solzed her hand and, carrying it to his lips, left a slight salute upon it. She attempted to snatch it from

him, but he held it firmly, while her face grow first crimson, then deadly plin as she caught the looks of ascenshment and curosity that were bent upon her from every quarter. "This is, of course, a great sur "This is, of course, a great sur-prese to you al, the man continued, before any one could speak, although Mr. S aver had started angelly from he chair, "but you will be even more emazed to learn that the lady has been my wife for more than a year "It is false!" Florence here burst

forth, and, making a violent effort, she wrenched her hand from his and sprang toward ler guardian, "Le gitton, have done with this nonsense!' thundered the lawyer in his

sense: 'tundered the lawyer in his stein stiones, "It is not nonsense," retorted the baronet, confronting him with a malkious smile, "and you know it; you know that I can prove my statements, and I have simrly made this announcement at this time to explain to my guests why the lady, who has hitherto been known as your ward, will not leave the Towers with you, as has been stated.
As my wide, her place is here, and here she will remain. Miss Richardson and I," he resumed, turning from Mr. Seaver to the other guests, "were secretly married a year ago this month. Her guardian had obthey month, her guardian had objected to our union: but we, believing that our future happiness depended upon it, took matters into our own hands, and were quietly married one evening in the presence of three witnesses, besides the dergyman. I have here the certificate,"—drawing forth the docufinate,"—drawing forth the docu-ment from an inner pocket and **bolding it up** before the company —"and the three witnesses are "in the borse at this moment, and pre-pared to verify my statements."

During the first of this cowardly expose, Florence had stood with downcast eyes and a face as pale as snow, but before he ceased, her bearing became proud and defiant, plainly indicating that, in spite of the terrible mortification to which

she had been so publicly subjected, she was determined not to yield one in his of the ununinclaid schemer, who chained her as his wife.

But the moment he paused for breath, she turned and faced him with blazing eyes, soon and indignation written upoh every line of

her countenance, and looking sur-passing beautiful in her right-eous and spirited wrath.

eous and spirited wrath.

"I am not—I was never your wile!" she said, in tones that rang clearly in the remotest corner of that great room, "and, as I told you last evening, if it were true that, by any possibility, I were irrevocably bound to you by the letter of the law, I would still refuse to ablie by it—I would utterly repudiate the tie."

CHAPTER XXXVI.

"You will perhaps find it easier

CHAPTER XXXVI.

"You will perhaps find it easier said than done, Lady Leighton," the baronet retorted, but having himself grown white to his lips with anger, in view of her heroic defiance.

"The law gives a man his wife, and I shall claim you in the face of the whole world if you drive me to it. Merrill—Hayden—" turning to the two strangers who had lunched with them—"you are the witnesses of this marriage—are you prepared to vouch for its validity?"

"We are," the two men replied, "We are," the two men replied

stoically.

"Anna Folsom," called Leighton, beckoning to the girl, who, until this moment, had been concealed behind the portieres of the door where

"Yes, sir, I did," boldly affirmed the girl, and glancing spitefully at Florence. "I rode with her in the hack to Rosedale chapel; those men" glancing at Merrill and Hayden —
"drove us. I stood beside her while
she was being married, and rode
home with her afterward. When we got into the house she was so nervous and upset she insisted tha I must sleep in the same room with the instead of going to my own room, as usual."

(To be continued.)

A LITTLE LIFE SAVER.

Baby's Own Tablets have saved man Babv's Own Tabléts have saved many a precious little life. They are the best mediene in the world for all stomach and bowel troubles, simple fevers and teething troubles, and they contain not one particle of opiate or harmful drug. Mrs. Elbridge Lowe, Sheet Harbor, N. S., says: "My baby was always sickly until I began giving him Baby's Own Tablets, but they have changed him into a fine, big, healthy child. I am never without the Tablets in the house," The Tablets can be given with perfect safety to a new can be given with perfect safety to a new born babe, and are good through every stage of childhood. If you do not find the Tablets at your medicine dealer send 25 cents to the Dr. Williams' Medi by mail post paid.

THE FARMERS' ICE HOUSE.

(By Prof. J. B. Reynolds.)

The season of the year has arrived when the ice house may be filled. There is no reason why most farm houses may not have a continuous supply of ice throughout the summer. Where a stream of sheet of water is within reach, the cost is but trifling.

An ice house can be constructed very cheaply after the following fashion: Large posts six or eight inches in diameter may be sunk into the ground to support the frame work forming the walls. For a small ice house two, or at the most three posts on each side would the most three, posts on each side would be sufficient. Inside the posts two-inch plank may be nailed on, the posts and the plank completing the walls of the the plank completing the walls of the storage. A door may be constructed of short pieces of plank, kept in place on the inside by the ice itself and on the outside by the posts. As the ice is used the boards closing the doorway may be taken down one after the other. The roof may be made after any fashion to suit the builder. The sharty roof ship. uit the builder. The shanty roof shin gled would perhaps be as cheap and sat isfactory as any.

In the filling of the ice house the floor

should be covered about a foot deep with sawdust or dry chopped straw. The ice may then be laid upon this, leaving space all around between the ice and the wall about one foot wide. As the ice is filled in, this space should be filled in with ice chips and soft snow, so as to the wild leave the same among the ice. Af-ter the full supply of ice is in place the top should be covered a foot deep with straw or sawdust.

The site for the house should be care-

fully chosen so that good drainage is provided. It is important that the ground below the ice should be kept dry. A building twelve feet square and eight feet high, affording space within for ice ten feet by ten feet by six feet will contain about fifteen tons of ice which would undoubtedly be ample for all purposes on the farm, The materia required to construct this building would only a trifling cost, and a few to the nearest pond of creek would bring enough ice to fill the house. It is best to fill the ice house after

old weather, when the ice is most likel to be sound and solid. What is called rotten ice is ice filled with air spaces which will not last nearly as long a olid ice.-Press Bulletin from Ontario

FRAUDS OF THE FUR DEALERS. Public Pays High Prices for Imitation and Bogus Goods.

As a people we are very fond of fraud. W

don't care much for law, and we love to be foled. In no line of commerce are we more regularly fooled and defrauded than in the retail fur trade. The ermine which my lady buys for the collar of her opera coat cost her some dollars a skin. She may pay \$1 for the black tip of the tail of a single ermine skin. The trapper who caught the weasel from which came the ermine got, perhaps, 10 cents for the skin; perhaps & foled. In no line of commerce are we more

ABOUTI NCUBATORS

Best Machines are the Cheapest .--Directons Should be Followed.

pator question is an important one to the poultryman, says Mr. F. C. Elford, Acting Chief of the Poultry Division, Ottawa. An inexperienced person or beginner in the poultry business should exercise the same care and judgment in buying an incubator that a farmer would use in selecting an expensive farm im-plement. In other words, he should take care to buy the best. It is simply take care to buy the best. It is simply wasting money to buy a poor machine, as it can never be depended upon. With a first-class machine, all that the beginner has to do is to learn to run his machine according to the manufacturer's directions. Five or ten minutes' morning and night, will be all the time required to care for the machine, and it can be depended upon to maintain the hind the portieres of the door where her master had stationed her, "you were Miss Richardson's maid at that time—you accompanied her to the church and saw her wedded to me?"

"Yes, sir, I did," boldly affirmed the girl, and glancing spitefully at Florence. "I rode with her in the nore about the machine than the facturer.

To be considered first-class an incu

bator must not only hatch a large percentage of chicks, but those natched must be large, strong and lively. The test of incubators is not alone in the number hatched, but also in the health, vigor and hardiness of the chicks and their ability to live and thrive. Faulty incubators are responsible for the death of many small chicks. Being poorly hatched, that is, hatched with ten or hatched, that is, hatched with ten or twenty or thirty per cent. less vitality than they should have, they struggle against heavy odds and die off in large numbers in the brooders. If, by buying a low priced and poorly constructed in-cubator, a man gets a twenty per cent. lower hatch or gets twenty per cent low-er vigor in the chicks that do hatch, he has hought the probability of failure as has bought the probability of failure in buying that machine. A large hatch of strong chicks cannot

A large natch of strong chicks cannot be expected unless the eggs used are from a pen of thrifty, vigorous fowis. If the breeding stock is lacking in vitality the chicks are sure to be weak. The fresher the eggs are, the greater is the vitality of the germs and the more chicks.

A large natch of strong chicks cannot careful to feed sparingly. More small chicks are killed by over-feeding. W. A. CLEMONS, Publication Clerk, Department of Agriculture, Ottawa, Feb. 2, 1905.

At this season of the year the incu- , they will hatch . It is not advisable to they will hatch. It is not advisable to use for hatching eggs that are more than ten days old, and these should be tested twice during the incubation period. The use of a simple egg tester will enable a man to know what percentage of the eggs are fertile, and thus prevent him blaming the machine when it is not at fault. The same thing holds good with chick

ens for the market. The greatest profits are made by putting our eggs, our broil-ers and our fatted chickens for the home or export trade upon the market when supplies are scarcest and prices highest. If an incubator is to be purchased, it should be ordered early, as there are apt to be vexatious delays in shipment and delivery, and it is always advisable that the operator has an opportunity to run the machine for a few days before the the machine for a few days before the eggs are placed in it, or until the regulation is understood and the temperature of the egg chamber can be maintained at 102½ degrees F. The incubator should be placed in a well-ventilated room, preferably one unheated. The chicks developing in the shells require an abundance of fresh air. A bright airy cellar or a well-ventilated room having an even temperature is the best

ing an even temperature is the best place. The ventilation should be so arranged that there will be outside air entering the room at all times, but without a direct draught blowing on the

machine.

Finally, let me repeat the advice to follow implicitly the directions that accombany the machine. Study carefully the instructions regarding the care of the lamp and the control of temperature, the turning, cooling and testing of the eggs, and all other details. Then, when hatching commences let the machine alone. It is too late to rectify mistakes in management and interference can only in management and interference can only injure the hatch. The chicks should be left in the machine until they are thoroughly dry and should not be fed the first day. When feeding commences be careful to feed sparingly. More small chicks are killed by over-feeding than by under-feeding

nairs are regularly inserted in fox skins; and sometimes in sable skins? Surely not all of our readers were advised as to these details. There is a vigilance committee appointed by the London Chamber of Commerce whose duty. is to spread information against these trade frauds. We presume we need nothing of that kind in America, for here we don't mind being fooled.—Field and Stream.

ST. VITUS DANCE.

Nervous Trouble that Yields Readily to Dr. Williams' Pink Pills.

St. Vitus dance is a common disea among children, but it often attacks both men and women of nervous tempera-ment. Its symptoms are shaky hands, jerky arms, trembling legs, twitching muscles; sometimes the power of speech is affected. The only cure lies in plenty of blood because good blood is the life-blood of the nerves. Dr. Williams' Pink Pills never fail to sure St. Vitus dance, because they make the rich, red blood that feeds the nerves and keeps them strong and steady. Mrs. Wm. Levellie, Welland, Ont., was serieusly afflicted with St. Vitus dance, and no treatment helped her until she began the use of Dr. Williams' Pink Pills. Mrs. Levellie says: "At times the trouble was so severe that I could not take a drink of water unaided, and could not trust myself to raise a dish. There was a constant in-voluntary motion of the limbs, and at times I could neither eat, walk nor talk. which I was taking almost continuously, did not do me a particle of good and I had almost come to the conclusion that there was no cure for me. I was in what must be considered a desperate condition when I was advised to try Dr. Williams' Pink Pills. In the course of a few weeks after I had begun their use, there was a marked improvement in my condition, and by the time I had taken nine boxes every symptom of the trouble had disappeared, and I was as healthy

and active as in girlhood."

It is because Dr. Williams' Pink Pills go right down to the root of the trou-ble in the blood that they cure such diseases as St. Vitus dance, neuralgia, nervous prostration, anaemia, backaches and headaches, rheumatism, kidney trouble, indigestion, lung troubles and other discounting the state of the s eases of the blood and nerves. But you must be careful to get the genuine pills with the full name, "Dr. Williams' Pink Pills for Pale People" on the wrapper around every box. Sold by all medicine around every box. Sold by all medicine dealers or by mail at 50 cents a box, or six boxes for \$2.50, by writing the Dr. Williams' Medicine Co., Brockville, Ont.

THRIVE ON A YOLK DIET. Regimen Advised by a New York Docto

in Treating the Underfed. In the treatment of the underfed Dr Heinrich Stern, of New York, has adopted what he calls the "yolk cure," and which he says as a dietary regimen exhibits all the advantages of a nutriment of the first order without its usual drawbacks. Dr. Stern says:

"The 'yolk cure' as a dietary regimer in which the greater portion of calorie (heat units) is yielded by the yolk of the hen's egg and in which the latter forms the only fatty substance. Besides the rigid 'yolk cure' we may speak of modified forms of the same. A modified yolk cure is one in which there is either (a) not a succession of yolk days, that is, when days on which yolks do not preponderate in the diet are inserted, or (b) when the yolks, although contained in the diet to a certain extent, do not furnish the bulk of the calories.

"In a majority of instances a modified 'yolk cure' will be found to offer certain advantages over the strict regimen when the patient's alimentary tract is in good condition or after the patient has start-

ed to gain in body weight.

"Moreover, the 'yolk cure' modified according to individual needs and deaccording to individual needs to the ly deaf in my right ear—and my in accordance with the changed condi- band talks in his sleam.

hairs are regularly inserted in fox skins tions for many months and even for

"The yolk of the hen's egg in the row or half raw state is readily digested. Experiments conducted by me in the heal-thy human stomach show that two raw only numan stomach show that two raw yolks, slightly seasoned, leave the stomach in seventy to ninety minutes, three in seventy to 100 minutes, four in eighty to 100 minutes. One yolk taken in hot water and whiskey leaves the stomach in fifty to seventy-five minutes. One yolk taken in a euro of hot coffee (see the second s yolk taken in a cup of hot coffee (some sugar or milk) leaves the stomach in sixty minutes; two leave the stomach

in sixty to seventy minutes.
"Yolks are well assimilated and are "Yolks are well assimilated and are well borne and liked in almost any amount by almost every individual. This can not be said of any of the fatty ingesta. Suet, lard, and tallow are not well tolerated by the ordinary stomach in large amounts, and certainly not in quantities that yield the bulk of the in quantities that yield the bulk of the necessary heat units. Furthermore, the yolk of the hen's egg is an efficient stimulator of gastric secretion and may be looked upon in certain respects as a di-

"That lecithin is contained in the yolks is a fact too well known to receive atention on this occasion. The ingestion of yolks, hence, may tend to the restora tion of nerve force and the amelioration of the state of subalimentation. An average yolk contains between five and six grams of fat, representing about 50 are almost totally as-s. From eight to twenimilate calories. ty calories, yielded by yolks, a day and kilogram of body weight will be found necessary in overcoming the condition

WOMEN NIGHT WORKERS.

A Brigade of Them Now to be Added to the Army of Night Working Men.

"When we speak of the night works of the great city," said a man, who is one of them-"of the printers, of the surface and the elevated and now the subway car men, the hotel and restaurant and saloon men, the telegraphers and the bakers the market men, the policemen and the firemen, the telephone men and the newspaper men and so on—we have in mind men only as a rule. Yet there are nowadays a great many women night workers, as well, women who work at nights and sleep days, just as the night working men do

"There, for instance are the women, plenty of them, who work at night in great office buildings, cleaning tenants have gone; after the tenants have gone; the wo-men employed in restaurants and in res-taurant kitchens; the little army of women employed in telephone exchanges, the women nurses employed in hospi-tals and in homes; women stenographers, and typewriters; the matrons in police stations, who work as the police-men do, in relays, some by day and some by night; the stewardesses on steam-boats; the women's cloak and hat attendants; women cashiers in drug stores; bakers' wives who help to get the bread and rolls ready for early custo-mers, and so on and so on. Then there are last, but not least, the women news paper sellers who are up and out long before daybrak to get their morning

newspapers.
"The men, to be sure, still count up by far the greater number, but at a moderate calculation there are now some thousands fo women, a very fair brigade of them regularly so employed, who are entitled to be enrolled in the city's big army off night workers."—N. Y. Sun.

An Impossible Remedy.

Doctor (after the diagnosis)—Apparently your system is run down from nervousness superinduced by loss of sleep. My advice would be for you to try sleeping on your left side a while. Fair patient—But doctor, I am slight-