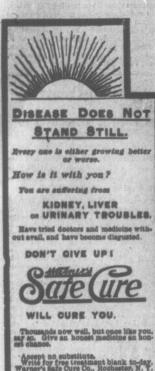
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MESSENGER AND VISITOR.

* The Home *

How Many Bones?

How many bones in the human face? Fourteen when they are all in place, How many bones in the human head? Eight, my child, as I've often said. How many bones in the human ear? Three in each, and help to hear. How many bones in the human spine? Twenty-six, like a climbing vine. How many bones in the human chest? Twenty-four ribs, and two of the rest. How many bones in the shoulder bind ? Two in each-one before and behind. How many bones in the human arm? In each one, two in each forearm. How many bones in the human wrist? Eight in each, if none are missed. How many bones in the paim of the hand? Five in each, with many a band. How many bones in the fingers ten? Twenty-eight, and by joints they bend. How many bones in the human hip? One in each, like a dish they dip. One in each, like a disk they dip. How many bones in the human thigh ? One in each, and deep they lie. How many bones in the human knees? One in each, the knee pan, please. How many bones in the ankle strong? Seven in each, but none are long. Seven in each, but none are long. How many bones in the ball of the foot ? Five in each, as the palms were put. How many bones in the toes half a score ? Twenty-eight, and there are no more. And altogether, these many bones fix, And then count in the body two hundred and six.

And then we have the human mouth Of upper and under thirty-two teeth And now and then have a bone, I should think. That was in a joint, or to fill up a chink.

A sesamold bone, or a wormain, we call, And now we may rest, for we've told them

-Medical Recorder.

* * * * The Tortoise and the Eagle.

A tortoise often watched an eagle flying, He wished to fly, too, and asked the eagle to teach him.

"I can not," answered the eagle. "You have no wings or feathers. God never in-tended that you should learn to fly,"

"Oh ! you need not be so cross about it," said the tortoise. You could teach me if you wished."

Then the eagle took him in his claws and carried him high into the air.

"Now, flap your wings." he said, and turned him loose.

As the tortoise had no wings, he could not do as the eagle said. He fell on a rock and was killed.

Moral : Envious people who refuse good advice are apt to get into trouble.-Mirror.

* * * *

Do Your Best. A minister tells how when a boy he was a great whistler, and sometimes whistled in unusual and unseemly places. One day In unusual and unseemly places. One day not long since he came out of a hotal whistling quite low. A little three-year-old boy playing in the yard heard him, and said ; "Is that the best you can

whistle?" "No," said the minister ; "can you beat

12 ?"

The boy said he could, and the minister

The boy said ne could, and the minister said : "Well, let's hear you." The little fellow began his childiah whistle, and then insisted that the minis-ter should try again. He did so, and the boy acknowledged that it was good whist-ling, and as he started away the little fel-low said low said :

"Well, if you can whistle better, what were you whistling that way for ?"

Sure enough, why should not any one do his best, if he does anything? The The do his best, if he does anything? The world has plenty of poor, slipshod, third-class work done by people who could do better if they would. Let every boy and girl try to do their best, whether in whist-ling, singing, working, or playing; and whatever they do, let them do it "heartily as unto the Lord."—Unidentified.

Putting on His Smiles,

Van is four years old, and very proud of the fact that he can dress himself in the morning, —all but the buttons "that run up and down shind."

Vanian't enough of an acrobat yet to

Van ian't enough of an acrobat yet to make his small fingers thus do duity be-tween his shoulder-blades. So he backs up to paps and gets a bit of help. One morning Van was in a great hurry to get to some important work he had on hand,-the marshaling of an army, or something of that sort. Se he hurried to get into his clothes; and of course they bothered him because he was in a hurry. something of that sort. So he hurried to get into his clothes; and of course they bothered him because he was in a hurry. Things would get upside down "hind side 'fore;" while the way that the legs and arms of these same things got mixed was dreadful to contemplate. So I am afredid it was not a very pleasant face that came to paps for the finishing touches. "There | Everything is on now !" shout-ed Ván.

ed Ván.

ed Van, "Why, no, Van," said papa, soberly, "You haven't put everthing on yet !" Van carefully inspected his clothes, from the tips of his small toes up to the broad collar about his neck. He could find noth-

ing wanting.

ing wanting. "You haven't put your smile on yet," said paps, with the tiny wrinkles begin-ning to creep about his own.eys. "Putit on, Van; and I'll button it up for you?" And, if you will believe me. Van began to put it on then and there! After that, he couldn't really call himself dressed for the day until he had put on a sunny face atop of the white collar and the Scotch plaid necktie.---Unidentified,

VENETIAN BAUCE .-- Make a rich drawn butter sauce and add to it the juice of half a lemon, one tablespoonful each of parsley and capers cut fine. Season to taste with salt. These seasonings are enough for two tablespoonfuls each of flour and butter and a pint of hot water.

VELVET SPONGE CARE .- Yolks of six eggs and the whites of three, two teacupfuls of granulated sugar, one teacupful of boiling water, two and one-half teacupfuls of sifted flour, one tablespoonful of baking powder Beat the yolks of eggs and sugar until very light ; then add the well-beaten whites ; add slowly the boiling water, stirring all the time ; then add the flour with the baking powder sifted into it ; season with the juice and grated rind of a lemon ; bake in a rather hot oven, that is to say, hotter than is usual in baking cakes. Those who are troubled with tired, ach

ing feet will find great relief by bathing them at night in hot water, then anointing

them at night in hot water, then anointing them with vaseline, which should be rub-bed in until they have become dry. In the morning rub them with a solution of al-cohol and sait. This may seem a little trouble at first, but it really does not take much time, and the relief obtained more than pays for the effort demanded. Cabbage Fudding.—Boll a firm, white cabbage fifteen minutes, changing the water, then putting more on from the boll-ing tea-kettle. When tender, drain and set aside until perfectly cold. Chop fine, add two beaten eggs, a teaspoonful of but-ter, three of very rich milk or cream, per-per and sait. Stir all well together and bake in a buttered pudding dish until brown; serve hot. This dish is digestible and very relishable.

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every morning. In the House of Commons Monday Mr. Curzon stated the rumors of a massacre in Crete were unfounded. It was true there had been some firing there, but the loss of life had been small. Mr. Curzon said five thousand refugees had embarked from Canes and that place was now perfectly guiet. Two thousand refugees were of board British warships at Canes.

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