Cheese has always been regarded as a somewhat indigestible article of diet. The dyspeptic and the individual whose digestion was not

avoided cheese, which was consid- in one-half the time. ered a rough-and-ready foodstuff, Panes of glass may easily be rethe subject are entirely different. butter the skin will not blister.

Surishing value than meat, and vor. much economical nourishment and, their growth and well-being as it

ficiently masticated. There is no doubt that excessive than with the hands. indulgence in meat is the cause of When boiling an old fowl or many of the ills we suffer from to-day. The system is loaded with an the water. Simmer gently and the upnecessary amount of nitrogenous meat will be perfectly tender. which, present in the blood in ex- boiled, should be put in cold water ver, but I understand that typhoid ceas, produces gout, the inheritance and allowed to heat slowly. of many who live not wisely, but After baking a cake always let Africa.

crumbs or cracker-crumbs; then To relieve your cough, try equal Half-an-hour later I was being

erate oven. Serve hot.

a very little cold water. With this When frying potatoes, cut the from my lips. My temperature had make the whole into a firm paste, raw vegetables into slices or rib- risen; there was every sign of a which roll out thinly and cut into bons, and dry them thoroughly in serious relapse. DISHES MADE FROM CHEESE. digiting that a nice brown shade. The is thing from the lat before put-zied. biscuits keep well and may be heat-ting in the potatoes. Drain them is ill.

USEFUL HINTS.

If a teaspoonful of sugar is put f the most robust description into the teapot the tea will infuse

svitable only for the men of the moved if soft soap be laid over the drains with. working elasses or the fortunate putty and left for several hours. possessors of digestions of a cast- Butter is excellent for a burn. If iron capacity. The latest ideas on the spot is covered instantly with Cheese is the most nourishing and A few grains of salt sprinkled on most economical foodstuff we have. the coffee before adding the water Weight for weight, it has a great- will bring out and improve the fla-

is at the same time much cheaper. A child's room should, if possible usual stickiness. No other article of diet contains so face south. Sun is as important to D+0+0+0+0+0+0+0+0+0+0+0

if properly prepared, it is readily is to that of a plant. digosted and absorbed. Cheese is only indigestible when it is not suf-found in every kitchen. Boots may be cleaned more readily with one

D+0+0+0+0+0+0+0+0+0+0+0 matter; the result is the develop-ment of such products as uric acid, beef and so on, which are to be The doctors called it typhoid fe-

too well. Cheese provides us with it remain in the tin for about five It was at Cape Town that the necessary nitrogenous material minutes to give it time to settle, caught it. For about ten days I without increasing the risks of gout and then turn out on to a sieve. to those with a tendency to this dis-case. Let there be a moderation strained tightly over the forehead though I managed to rise and dress, in the quantity of flesh foods and if you wish it to grow thick. Re- I had to crawl back to bed again. increased consumption of milk, ceding hair in later life is often Not that I was in pain; there was

Cheese Pudding.—Mix together in a basin half a pound of grated sheets with the same width hem at The doctor came. "It looks like chcess, one teaspoonful of flour, each end. By so doing they can typhoid," he said; "you had better salt, pepper and paprika to taste, be used either side up, and gain go into hospitel; you can have a

add one cupful of boiling milk, one parts of lemon juice and glycerine. Lut to bed by two nurses. By this heaping teaspoonful of butter, the Take a teaspoonful of this mixture time I think I was slightly off my

dust. Slightly moisten a square of in the hospital books, and over and the best back and have the nose above

tablespoonfuls of grated cheese, a with a soft cloth, rub a little of the great day when they brought me a little salt, pepper and grated nut- paste well on the morror and polish cup of bread-and-milk. The very cext morning the cup was dashed

small fancy-shaped biscuits. Bake a cloth. See that the blue steam The dector came and was puzsmall rancy-snaped discuits. Dake a cloth. See that the before put-lightly till a nice brown shade. The is rising from the fat before put-

on paper, sprinkle with salt, and Late in the day the trouble de- forms.

invaluable. A lump of it should pidity-Nature's final cleansing of only enough to form walls of suitable.

drain pipe pure and wholesome. A ger, next I knew the agony of walk- holes are cut for windows and doors, strong solution of boiling hot salt ing after having lain on my back and a family of five can and often water is a good thing to flush for five weeks.

Here is the correct way to stone needles being run into my legs, and settlers until they can build larger and raisins. Free the raisins from the 1 cried like a baby from sheer more convenient homes. stems and then put them in a bowl. weakness and rage.

Cover them with boiling water and When I went on board the steamlet them stand for two minutes. er I weighed less than ninety-eight Four off the water, open the rai- pounds, when I landed at Southsins, and the seeds can be remov- ampton three weeks later, I was ed quickly and easily without the close on one hundred and fifty-four pounds.

They are accustomed to big appetites on board ships, but my gastronomic performances made even modating as many as four couples.

the captain stare. they gave me a square inch of boiled-chicken.-Pearson's Weekly.

EASY TO FLOAT.

Rules That Will Aid These Simple Who Want to Learn,

"It is inexcusable for cramps cause the death of a good swimmer, remarked an old and enthe ewimmer.

"Any normal person can foat in the water," be said, "A good swimb can learn more easily than others, and he should learn it. There may be human bodies that will be entirely submerged if unsupported, but I doubt it. and I know that such bodies are rate. "Frebably the bodies of drawned people sink because they have taken in large quantities of water. Whether this is of is not the explanation is not

"With the air expelled as much as possible by ordinary breatbing and yolks of two eggs and the whites whenever the cough is very trou- head. I have a name that is often with ne swimming movement some stiffly beaten. Mix gently; pour blesome. into a buttered pudding-dish and Sweeping linoleum with an ordin- that I was consumed with anxiety water. If the experiment is to be probake for twenty minutes in a mod- ari broom is but scattering the lest I should be wrongly described longed it is more agreeable to throw

house flannel, the it over the broom over again 1 insisted on spelling the water, but that is a detail. and then sweep. when you are in the water you a experiment-realize that I was seriously ill, or, should practice douting. It is easier,

GIGANTIC TREE STUMPS.

Enough to Be Hollowed Out and Used For Houses.

The fine firs of the Pacific northwest are so colossal that after the trees are hewed down the stumps are used for

clared itself, an abscess in my jaw, To make a stump house the material As a kitchen disinfectant salt is which developed with immense ra- from the interior is removed, leaving be kept in the kitchen sink, where it will dissolve slowly and keep the I had known the agony of hun- gles is put over the top of the stump, Dreadful. It was like red-hot stump houses are sometimes used or

> After the stump home has been vacated it is turned into a stable for the horses or sometimes into an inclosure

for chickens or bogs. Next to the big tree of California the fir or sepucia of Washington and Oregon has the largest diameter. As they decay tapidly, the bollowing out is betimes they are used for easy, ison dance platforms, some of them accom-

Another custom is to turn the bla I was making up for those days stumps into playgrounds for the chil-when I could have caten an ox, and dren. The children reach the top by they gave me a square inch of pleces of wood nailed against the sides or by indders. A beautiful use of the large stumps is making them into flower beds and covering them with trail-ing vints-Chicago Tribune.

> THE WAISTCOAT. Popular by the Patrenage

of Charles II.

Few men resilve how much they are eing inducated in their dress by King Charles 11., and yet it is to that monarch we ewe the adoption of the walstcoat as a regular article of gentle man's dress, says London M. A. P. At least that is so if we are to accept ment of Pepys, who in his the state Liary under date of Oct. 16, 1696, states. "The king has declared his res-olution to set a fashion which he never alter," and "This day Votild King Charles II, begut to put on ais vest. It is a very fine and handsome

Prior to this date they were exceptional garments, and there is even

some doubt whether they were origworp by ladies or gentlemen. hough there is good reason to believe they superseded the doublet, such as was worn by Raleigh, Bases and other potables of the Elizabethan age

A isent weistcoat "wrought in sills and gold" is mentioned in "Patient careful man and siways carties papers Grissell," 1602, and there is a painting which may serve to establish his iden-

Threading a Needle While Riding at Full Galloo.

Some amazing feats of horsemanshi bave been performed by cowboys and odians, not to speak of those aston shingly espert Cossacks, but it is doubtful if these have ever exceeded the feat of a Rir Irregular cavalryman.

Cossacks have been seen to snatch a baby from its mother's arms at tuil gallop, toss it into the air, catch it and epeat the performance. Indian ridera to the far west have sprung from their horses' backs while the animals were moving at fall gallop, picked up arrows and remounted instantly in a standing posture. But who ever beard of a Cossack, an Indian or a cowboy threading a needle while at full gal-

lop? The borsemen of the Rif coast use small mounts, slight, but quick and wiry, of thoroughbred Arabian barb Those of the irregular cavalry perform all manner of charges and rolutions. They will throw their swords and matchlocks into the sir, catching them by the bilts and stocks On one occasion, by way of offering some new and unusual entertainment to a French officer visiting that regio it was announced that one rider would trempt the needle threading feat.

A peedle and a plece of thread possiby two or three feet in length were duced. They were both handed around for inspection. The needle was a cambric one and the thread fifty or sisty fine.

The rider galloped his mount down the sand about 400 yards or so. He dually wheeled his horse and remain stationary, facing his asdience. The map who held the peedle and thread waved them in his hand and rode toward the other. When he had covered bout two-thirds of the distance ha saited and waved his hand to the far ther one. Immediately the latter spurred his horse into a gallop and came loward the sudience at full speed. As he passed the other he took the needle and thread from his companion, bent ever for a moment and pulled up when he reached the visiting Frencha holding the threaded needle trium-

DRESDEN POLICE.

They Are Permitted to Impose Small Fines en Offenders.

One advantage accrues to the respectable member of the community from the minuteness with which the Dresden police look into the affairs of

on the left hand side, he is stopped by

the guardian of is w and order and re-

quested to give his name. If he has

every inhabitant of the city. If he is a

greased baking-tin and bake very list clean enameted baths, make a brandy day and might, but in the ter, but it will rise again. You can the lightly a yellow color. Dish up paste of provdered whiting and biasome thing to do

neatly on a napkin. pound of stale cheese; put it into a buttered pudding-dish; add two tablespoonfuls of milk and let it Cheese Toast -- Grate quarter

serve very hot.

small buttered molds, stirring all Simple remedy for sick headache Practically I had no pain, but cept when you will fake in

a golden color. Turn out the cus- should first be browned, so as to cared. tards on the bread, put a little pile of grated cheese on top of each and brown in the aven. Serve garnished a small quantity of boiling water ith mathematical and the pile of the pile o shculd be poured over. with cress.

whites of two eggs very stiffly; add in warm water to which a little sea- an internal perforation, which is whites of two eggs very stilly; add in warm water to which a little sea-the yolks, seasoning of salt, pepper salt has been added. Dry thorough-in and grated nutmeg, one table-iy and rub a little lemon juice. It is an internal perioration, which is fatal; by lung complications, such as pneumonia; by sheer exhaus-is the last and grated nutmeg, one table is and rub a little lemon juice. It as pneumonia, by should be a specific during of the last the effect that if a person suffering often of only one, but there are a the effect that if a person suffering often of only one, but there are a solved in one tablespoonful of boil- Eating slowly should be taught in the open air, at the mercy of the the bearth in his or her old home and ing water. Stir lightly. Melt one *o children from their earliest days. first gust. None, I afterwards strewed them on the fire in the strange table spoonful of butter in an ome- Often during their school days they lear ed, expected me to live the place be or she would be rid of the let pan; pour in the mixture and get into the way of hurrying over night. Yet the morning found me hemesickness-an easy remedy apparfry very carefully till light brown; their meals. This lays seeds of alive and better. There is no defitop; fold over and corve on a hot When the dust-pan begins to other fevers, but I had taken the the remedy in the new home one would

molds with it. Put into a sauce- scuttles can be treated in the same must not be gratified until the patiran over the fire one tablespoon- way.

ful of butter with one tablespoon- To make a strengthening hair for three or four days. ful of flour; six till smooth; add wash, mix together one ounce of Hungry! I would gladly have hal' a cupful d llk; stir till they tincture of cantharides, one and a eaten the flies that settled on the boil; cook for five minutes; then half ounces of olive oil, one ounce bed, had I had the strength to add one heaping tablespoonful of of rosemary. Shake well and rub catch them.

eggs, salt, pepper and red pepper week. to taste. Divide into the molds Your table knives need cause you meaning visitors, who surreptitious-to taste. and bake in a moderate oven for nc anxiety when stored for six ly complied with their pitiful aptwenty minutes. Turn out careful- months if you follow this method : peals for something, anything to Clean the knives thoroughly, and eat.

ly and serve on a hot dish. erg well; mix it with four heaping in brown paper, one knife in each cumstances. He was an enteric

seasoning of salt, pepper and pap-rika. Have in readiness some puff cut bleeding it and causing it to was carving the bird, when she was pastry and stamp into rounds. On lose color is to put it in cold water called out of the room. By a supeach round put a spoonful of the as soon as it is cooked. Then draw enhuman effort he managed to get mixture; wet the edges, brush over the hand gently down each one and out of bed, and when the nurse rethe top with beaten egg, sprinkle the skin will drop off without trou- turned he was lying on the floor over with grated cheese and bake ble. in a hot oven for fifteen minutes. For dull and speckled mirrors like a starved dog at a lump of over with grated cheese and bake ble.

Cheese Biscuits.-Bub two table- take a small portion of whiting, and meat. Next day he was dead.

DOWN WITH

ENTERIC

into a quarter of a pound of flour with the tips of the fingers; add two tablespoonfuls grated chesse, a make it into a smooth paste with a little milk. Boll this out into a piece about six inches broad, quar-tor of an inch thick and as long as possible. Out straws six inches possible. Cut straws six inches reaches the stomach, and if taken to be let alone. At first I rebelled ong, half an inch broad and about in small quantities it is assimilated feebly against the hourly glass of milk, the two-hourly glass of scalth. Your bead may go under wahalf an inch broad and about half an inch broad and about perfectly. To clean enameled baths, make a brandy day and night, but in the ter, but it will rise again. You can

water, and with this rub the inside blesome thing to do. of the bath. Then wash thoroughly Most of the time I seemed to "If you fail you can stand on your feet. with clean water and dry at once. sicep, though probably it was more you should foat the first time. The

tablespoonfuls of milk and let it make the cake stick to the tin, ow- onter through the window; and prothickly over well-buttered toast; make the cake stick to the tin, ow-sprinkle with a little paprika and tains. make the cake stick to the tin, ow-ceed to put on my trousers. I did not mind that, but he would try may be thrown into the water. You tains. For cleaning all kinds of tea-to put both his legs into one leg of may have a few hours or a few sec-

Cheese Custards.-Beat up four pots, pot lids, insides of pots and the garment in question. That aneggs, add half a cupful of boiling pans, also enamelled goods, no- noyed me, and I called to the night many seconds to get control of yourmilk, three heaping tablespoonfuls thing can equal wet emery cloth. nurse, and complained bitterly. I self, and there are two things you of grated cheese, seasoning of salt, It is splendid also for polishing tin remember it as if it were yester-

the time, so as not to let the cheese -For a headache, take the juice of there were minor discomforts. Be- air and not water, and if a swimmer settle. Cover with buttered paper a lemon in a glass of water with a ing washed infuriated me, so far as attempts to reacue you make no effort and steam very gently until set. a temon in a glass of water with a ing washed infuriated me, so far as to grasp him except when and as he Cur thin slices of bread and stamp foaming. This is excellent for bil- rule, I just lay there to all intents molds; fry in hot melted butter to In stewing meat, the outside I drew to the border the less I

Cheese Omelet.-Beat up the Tired feet should be well bathed Enteric kills in three ways: by

small molds; roll out some pastry When dry blacklead and polish, With recovery from enteric there stead to which one had berne the very thinly, and neatly line the and it will last a long time. Coal comes a ravening hunger, which

grated cheese, two well-beaten into the roots of the hair twice a Hundreds of enteric patients in to make.

child?"

Cheese Turnovers.—Beat up one then wipe over with vaseline. Wrap A friend of mine died in sad circumstances. He was an enteric came acrawst any one wot looks upon were afraid you might try it again." London Punch.

spoonfuls of butter finely into six sufficient cold tea to make a paste; I, however, was still far from does not set. Seneca. blespoonfuls of flour; add three jub the glass with warm tea, dry the chicken period. That was a

article of gentleman's dress.

"If you have followed instructions

thoughts. Refrain from breath# g et-

mer he will not allow you to do this, as an effort to grasp him will add to his isbors, and he will need all his strength."--Cleveland Plain Dealer.

a cure for homesickness appears in Seima Lageriof's book "The Girl From wear out paste a piece of brown turn, and mended steadily. And never be content in any other place.

And the second drawback was that ene coulda't carry askes along every time one moved to a new place, because the remedy could be used once only. After that it lost its charm and had so effect. So that, taken all in all, it was a rather dangerous experiment

walls of they Winchester cathedral, dated 1489, so indignity of being arrested and marchthat what Charles II, took was merely ed off to the police station unless, inan unisting garment, which be re- deed, he commits some especially moduled, and by his patronage so pop- nons crime. Does he drive faster than marized it that it became a standard the law permits, does he cross a bridge

Clover Reesoning.

Rather an original lesson in political economy was that once taught by the Japanese pobleman Awoto and thus translated by Sir Edwin Arnold in "Sens and Lands:"

One evening as he was going the salace to take his turn in keeping the light watch he let ten cash drop out t his tinder case into the stream and then bought fifty cash worth of torches to search for the lost coin. His friends mathed at him for spending so much in order to recover so little, and he replied, with a frows:

"ilirs, you are foolish and ignorant of conomics. Had I not sought for these ten cash they would have been tost enever-suck in the bottom of the Namerigawa. The fifty cash which I have expended on torches will remain a the hands of the tradesman. Wheth-The has them or I is no matter, but net a single one of the sixty has been lost, and that is a clear gain to the country."

Wedding Ring Mottoes.

When postes or mottoes inscribed initide wedding rings were first introduced does not seem to be known, A quaint Swedish legend concerning but from the sixteenth century until and that would end the matter." the middle of the eighteenth it was customary to have them sugraved on nings. These mottoes seldom consisted of more than two lines of a verse. lines were used." Some of these poster are very quatht and curious, and a few reach a trigh standard of poetic boasty. The South Kensington mustam has a good collection of posy rings, and among them are the follewing inscriptions: "United hearts death only parts;" "Let us chare in joy and care;" "Love and five hap-

pily."-London Standard. the acut

The Cause "Did you bear the awful shrick that first man as they approached a railroad crossing. "Yes. What caused it?" rejoined bis

companion. "I presume the engineer had it by the thruttle."-Smart Set.

> A Mean Retort. "There goes a man 1 could have mer-

Gloomy and Peculiar. ried," she said softiy. "What is the baby crying for, my "Yes," he chuckled, "and i notice that he keeps on going as though be "I duane; 'e's alw'ys crying. I never

Way It Goes. "Could you give a starving woman Still a Baby. "The last time 1 saw him was thirty work ?" "Yes; I need a girl to scrub." years ago, when he was a baby." "Too bad; this girl's a pariot maid." "Well, I saw him yesterday, and be -Washington Herald.

hasn't changed a bit."-St. Louis Star. The small courtesies a withthe ares The covetons man loses what be SAM MEATER

his papers with him the policeman may then and there impose a fine of from 1 to 5 marks. If then he admits that he is in the wrong and pays the ine the incident is closed. If, however, he wishes to appeal from the policeman's decision he may do so. Even in that case he is not arrested, but a day or two later he is notified to appear in court and answer to the charge against him. But then if he is found sullty the lowest ane that can be imposed is 3 marks. That this custom of ermitting the policeman personally to upose small fines is little understood foreigners is shown by a remark made by a gentleman who had lived in Germany the greater part of his tife and in Dresden for a number of years. In reply to any inquiry as to whether there was ever any question of corruption in the police department he re-"No; none whatever as far as the higher officers are concerned. The in-

dividual men, however, may be bribed . occasionally. For instance, if I were to walk on the grass in the Grossergarten aud a policeman caught me at it 1 would give him a mark or two,

Crushed.

The late Sir Charles Hammond was addressing a meeting during a general election, at which he won a seat in Newcastle, when a man interrupted bim. "Get yer 'air cut, Charlie!" ha

shouted. Sir Charles, who was a magistrate, calmiy adjusted his glasses and silenced the interrupter by saying, "My friend, if] am not mistaken, I have been the means of having your bals cut before today."-London Tatler.

Chastened.

A Wall street broker, turning the cornet of Broad street, saw a friend coming down the steps which lead out of the office of a well known financier. engine gave as it flew by ?" asked the This departing caller had a chastened and bored expression on his handsome face, and the Wall street broker inquired the cause. With thoughtful deliberation his triend replied:

"I just have been experiencing the unconscious insolence of conscious wealth."-New York Press.

Essiar.

"Better take a hardwood table ma'am. It is the fashionable thing," the dealer sold.

"No," said the young woman; "baby will soon be old enough to hummer, and he never could drive a nall inta. hard wood. I'll take a plain pine table."-New York Journal.

Housekeeper's Resson. "What is your chief objection to moving pictures?" "The dust that has arcumplated be hind them."-Birmingham Age lieraid Tuesday to attend the Grand Lodge I. O.O.F.

Armond, N. B.

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