## * This and That *

## NICELY CAUGHT

A prominent Scottish M. P. when adressing a large audience recently, touched on the subject of labor, and advocated that a more kindly bond of feeling should exist between employer and employee. Just then a mana political opponent, to all appearance-rose up in the midतle of the hall, and in a loud scoffing voice cried
How do you treat your own workmen? long hours and short pay. I should know for I was one of them.

For a moment the M P., was nonplused by the suddenness of his charge, while the audience eagerly awaited developments. Then looking hard at his interrupter, he inquired, amid a breathless silence
Were you employed in my Glasgow works ?
es, I was, retorted the other, defiantly. Then allow me to inform you and the andience: came the quiet reply, that I had never had workseither in or within fifty railes of Glasgow.
The cheers which greeted this explanation showed that the M. P. had scored in no un certain fashion.

## IN GOOD OULD IRISH

At a concert held at a certain town a soldier of the Black Water occupied a seat in front of a private of an irish regiment, and his sweetheart. The latter was very mueh inter ested in the Highlander's uniform, and scanns ed the regimental hedge on his cap and collar particularly. This badge is the figure and cror of $S t$. Andrew, with the motto. Nemo m imipine lacessit. (No one annoys me
'Phwat does that writin' mane, Patsy asked the girl.
forgotten the English 'it's Latin, but I've ould Oirish it manes, "Thread on the tail av me coat if ye dare

## ALOON FIENDS:

And now it is discovered that drunkenness is reponsible for most of the erimes of lynching. Whiskey fir:s ignite the fires at the stake Leslie's Weekl! express'd the belief that "inestigation would establish the fact that no lynching affair was ever led by sober men, o ed to exist." In every case where the lynching has occurred, the authonitics have at once found it necessary' to order the saivous closed

## ABOUT FEAR.

* Napoleon said that the best fed soldiers were his best soldiers, for fear and nervousness come quickly when the stomach is not nourished. Nervous fear is a sure sign that the body is not supplied-with the right food. ed lady says: ears inad been a sufterer from indigestion and heart trouble and in almost ennstan fear of sudden death, the most acute suffering possible. Dieting brought on weakness, emaciation and nervous exhaustion and was a complete wreck physically and almos a wreck mentally

I tried many foods but could not avoid the terrible nausea followed by vomiting that came after eating until. I tried GrapeNuts. This food agreed with my palate and stomach from the start. This was about a year ago. Steadily and surely a change from sickness to health came until now have no symptoms of dyspepsia and can walk to miles a day wittout being greatly fatigued. I have not taken a drop of mediine since I began the use of Grape-Nuts and people say 1 look many years younger than I really am

My poor old sick body lias been made over and I feel as though my head has been too. Life is worth living now and I expect to enjoy it for many years to come if 1 can keep away from bad foods and have GrapeNuts." Name given by Postum Co., Battle Creek, Mich.
There's a reason.
Look in each packake for a copy of the famaus little book, "The Road to Wellville.
until peace and order wers restored. Where saloons abound there can be no permanent peace and order, and when men of evil pas sions are full of whiskey they are ready for any offence against order. No doubt most o the Southern negroes who commit heinous cimes are drunken negroes, just'as the white men of the North who commil such crimes brutes and fiends out of bad-tempered mes to matter what their color. Keep whiske out of bad men, and you will keep most bad men out of hideous crimes. Sober men in ust and greed and frenzy may sometime wreak the laws, shed blood and do nameles down that as a rule the colored fiend is drunkard, and the fiends that lynch the fiend are drunkards also.-Michigan Christian Ad vocate.

## MAKING SUNSHINE.

When you rise in the morning, form a resolution to make the day a happy one to fellow creature. It is easily done, a left off garment to the woman who needs it, a kind word to the sorrowful, an encouraging expression to the striving, trifles in themselves light as air, will do it, at least for twenty four hours; and if you are young, depend upon it, it will tell when you are old; and it you are old, it will send you gently and happily down the stream of human time to etemity. By the most simple arithmetical
sum, look at the result. sum, look at the result: You send one person, only one, happily through the day ing the course of the year: and suppose yo ing the course of the year; and suppose you
live only for forty years after you commence that kind of medicine, you have made fourteen thousand six hundred human beings happy, at all events for a time. Now is not this simple? It is too short for a sermon, too homely for ethics, too easily accomplished for you to say: "I would if I could."-Sydney Smith.

SILENCE REIGNED
They had been talking as they walked. She had remarked parenthetically: "Oh, it must be terrible to a man to be rejected by a woman.'
'Indeed, it must,' was the response.
Then, after a while, with sympathetic disingenuousness, she exclaimed: I don't think that I could ever have the heart to And there came a silence between them as he thought it over

A farmer seeing an artist painting fields, asked him what he would charge to paint his farm with himself standing at the door. "Five guineas," said the artist. "Done!" said the farmer. "Come to morrow. In due course the painting was finished. But, alas, the careless artist had forgotten to paint in the worthy farmer ! "Yes, 1 like it, said the farmer, but where's me?"
The error he had made flashed across the artist, but he tried to pass it off with a joke. my five guineas!" "Oh, have 1?" said the old chap nettled. "P'raps I'll be coming meantime we'll hang it up and wait i.. -

The children were playing funcral, and four-year-old Johnnie was chosen as the one to be buried. He was placed in a hammock $\%$ nd taken to the supposed grave on the cnildren's shoulders (irouped about the spot, thes children began to sing. Jolmny joired
'Stop!' said Mary ; 'you must not sing You are dead.
'Oh not' was Johnnie's answer, 'Im an angel up in heaven. - - Tippincott's. Magazine.

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