

operation when practised by even the smallest atoms of animated creation. Such mighty oulders are these little coral polyps that all the works of man are small compared with theirs. One single reef, for instance, stretches along the north-east coast of Australia for nearly a thousand miles. Every island througho ut a great part of the Pacific is fringed round with its coral reef, and there are hundreds of islands of strange shapes which are composed entirely of coral. Now, they tell us that the limestone which is burnt to make lime is nothing but very ancient coral reefs, for the coral polyp's building material is the chalk and lime that the ocean holds in solution, and this is one of the proofs of the rising and sinking of the earth's surface. In the fields around Guelph you may pick up pieces of ancient coral still retaining their original form, and bearing witness to the fact that that part of Ontario had once been covered by a body of warm salt water, for the nearest living relatives of these fossil corals are to be found only in tropical seas.

(To be continued.)

"Old Age Cure" Again.

The Chicago *Tribune* of recent date contains the report of an alleged cure for old age which two men in the Chicago Clinical School have brought forth, Prof. Joseph R. Hawley and Alex. C. Weiner. The return of youth, it is asserted, is produced by hypodermic injections of the lymphatic fluid of animals, particularly young goats. The discovery was made a year ago, and subsequently secret demonstrations of its efficacy are proved.

The general theory of the discovery is that if the mineral deposits which accumulate in the bones in the process of life can be replaced with the life cells contained in the lymphatic glands of goats, deterioration of the bones will be prevented, and elasticity and youth will be retained in the system much longer.

In one of his experiments at the Clinical School, Dr. Hawley administered hypodermic injections of the fluid from the lymphatic glands of a goat to a dog known to be fourteen years old. A diagnosis of a portion of the femur before the injection showed the bone contained large deposits of phosphate, carbonate and soda. The dog was watched carefully for two months, during which frequent injections of the lymph compound were made. At the end of that time another diagnosis showed the larger part of the mineral deposits had been removed, and the animal was as lively as a puppy.

A number of human beings, it is said, have been experimented on in Chicago in the same way and with the same results. The apostles of the discovery do not claim that a man or woman thus charged with goat's "life cells" will live forever, but they say life will be prolonged, perhaps doubled. —*Pathfinder*.

Cooking Cabbage.

Cut the cabbage in quarters, remove the wilted leaves and the core. Have over the fire a large kettle of rapidly boiling salted water, drop in the cabbage, one piece at a time, that the boiling may not be checked, add a saltspoon of soda, and stir well, then cook the cabbage uncovered about half an hour. There will be no perceptible odor after the first few moments, and the cabbage will cook tender more quickly than when covered. Many people prefer to separate each leaf from the head and cook the leaves as they would greens. When the cabbage is tender, drain it well, using some pressure, for it is quite watery. Season with butter, salt and pepper, or with Sauce Hollandaise. Or you may chop it fine, put it in a baking dish, sprinkling each layer with grated cheese, and cover with a white sauce and buttered cracker crumbs. Bake it until the crumbs are brown.—*American Kitchen Magazine*.

Numerous complaints have come before a certain public official in regard to the quality of food served to the inmates of one of the public institutions, and he determined to investigate. Making his way to the building just about dinner time, he encountered two men carrying a huge steaming boiler.

"Put that kettle down," he ordered, brusquely, and the men at once obeyed. "Get me a spoon," he next demanded. The man that brought the spoon was about to say something but was ordered to keep silent. "Take off the lid," was the next command; "I'm going to taste it." The two men, cowed by the official's brusqueness, watched him gulp down a good mouthful.

"Do you mean to say that you call this soup?" the official demanded. "Why, it tastes to me more like dirty water."

"So it is, sir," replied one of the men, respectfully. "We were just scrubbing the floors."—*Exchange*.

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THE NEXT ANNUAL MEETING will be held in the Parlors of "The Tecumseh" Hotel, London, Ont., on **Tuesday, Dec. 12th, 1899, at 2 o'clock, p.m.**

(The Secretary's headquarters will be at The Tecumseh during the Fat Stock Show).

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