

Bread and Butter.
There is no place in which bread and butter can be so beneficial or as in the nursery. The most nutritious thing you can give a young child under a year old, is bread, says a writer. But later on bread becomes useful. It should never be given new to a child at any age, but stale bread or toast, or bread baked crisp in the oven, is excellent for children. They really want more food nowadays, and if this fact were taken to heart the next generation would suffer less from decayed teeth and weak digestion.

Pleasant News for Author.
A local author went to the library to get a copy of his own latest book. He had a friend with him. "Is 'Tale and Fiasco' in?" he inquired. "You mean 'Fiasco'?" answered the librarian, promptly. "But how do you know without looking?" "It's never been out yet!"—Cleveland Leader.

Dry Cleaned Them.
"Why is your grandpa's face bandaged?" asks the lady next door. "He was sleeping in his big chair," explains the little girl, "and Willie cleaned the nozzle of the vacuum cleaner against his whiskers."—Life.

Years of Suffering
Catarh and Blood Disease—Doctors Failed to Cure.
Miss Mabel F. Hawkins, 1214 Lafayette St., Fort Wayne, Ind., writes: "For three years I was troubled with catarh and blood disease. I tried several doctors and a dozen different remedies, but none of them did me any good. A friend told me of Hood's Sarsaparilla. I took two bottles of this medicine and was as well and strong as ever. I feel like a different person now. I recommend Hood's to any one suffering from catarh."
Get it today in usual liquid form or chocolate tablets called Sarsaparilla.

Cradles Outfashionable.
Cradles are going out; children are not wearing them any more. People all up that rocking is unhygienic; babies, according to modern ideas, should sleep naturally in a stationary arm-proof bed, with antiseptic pillows and sanitized rattle. Sentiment may save the cradle for a little while, but sooner or later it will go to the junk pile along with the hair-cloth sofa. Maybe the infant of to-morrow will bear up somehow under these accumulated misfortunes, will struggle along somehow to maturity, but what about the artists, the poets, the song writers? What a world of sentiment and melody has been woven around the theme of the mother and the gently rocking cradle! What kind of song will the poor poet of the future be able to make about an enamored iron crib with brass trimmings! Success Magazine.

No Protection for Seagulls.
Seagulls have increased in numbers enormously in Devonshire, and have caused so much damage to fish, that the Devon Sea Fisheries Committee has passed a resolution in favor of the removal of protection from the birds and their eggs. It was estimated that one gull ate ten fish in twenty-four hours.—Pall Mall Gazette.

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In Gracious June.
June is God's arms to the poor. He feeds them with the sweet air, he clothes their naked bodies with the warmth of the sunshine. I never feel inclined to be charitable in June. It seems to me that heaven has taken my hands, and I am sorry for no one.—From "Gathered Leaves" of W. B. Coleridge.

Diso's
is the name to remember when you need a remedy for COUGHS and COLDS

CAP and BELLS



SEASONABLE TITLE IN SOUTH

Southern Gentleman Dubbed "General Humidity" Because of His Extreme Unpleasantness.
On the wide veranda of an old southern hotel sat the titled gentleman with their weekly papers and cooling mint juleps.
"Jeff," whispered the Chicago man who had just arrived, "can you tell me the different titles of those gentlemen?"
The old colored hostler grinned. "Yess, boss. Ah kin tell po' ebb, one ob dem. Dat big stout gen'man wid de empty julep glass am General Tom, sah. De uddeh gen'man wid de broad grin am General Chostoh, sah. De lean gen'man dat am talkin' about de wah am General Clay, sah."
The Chicago man was interested. "Ah, indeed! And who is that crabbed-looking individual sitting in the corner?"
"Him? Lands, boss, he am so disagreeable en so unpleasant en he make yo' so wahm we does call him General Humidity."

A Book Lover.
The old parson was endeavoring to do a little missionary work behind the big stone walls.
"What brought you here, my son?" he queried of an inmate.
"I am here, sir, because of my fondness for books," answered No. 2323.
"Indeed!" exclaimed the good man in surprise. "What kind of books, may I ask?"
"Pocketbooks," briefly answered the other.

Sameness of Opinion.
"I suppose," said the young man with the soiled collar and baggy trousers, as he sat down beside a stranger on one of the park benches, "you wouldn't take me for a member of a millionaire's family, would you?"
"No," answered the stranger, after sizing him up, "frankly speaking, I wouldn't."
"Neither would the millionaire," rejoined the young man, sadly, "I asked him last night."

Tough Look.
"I suppose," said the kind lady, as she handed the husky hobo a generous wedge of apple pie, "that your lot is full of hardships?"
"Dat's de proper word fer it, ma'am," replied the h. h. "In de winter w'en de farmers ain't doin' nothin' but eatin' apples an' drinkin' hard cider it's too cold fer me t' be trampin' around; an' in de summer peopler' all lars offerin' me work."

IT NEEDS EXERCISE.



Mr. Billyune—My automobile looks like it had been subjected to mighty bad treatment. Did you have it out while I was away?
His Chauffeur—Yis, sor. I—er—er—exercised it a little, sor, ivry day, sor.

A Difficult Position.
"What shall I say if they ask me to sing?" asked the young man who was going visiting.
"It makes no difference what you say when people urge you to sing," replied his candid friend. "If you refuse they'll say you are inconsistent, and if you sing they'll say the same thing."

The Latest Word.
First Fisherman—I always use live bait. Why is it that you affect those patent things?
Second Fisherman—You are behind the times. I have here a combination spoon-hook and corkscrew.

A Terrible Threat.
Immature Conductor (to clarinet player)—See here, Herr Schlag, why don't you follow my beat?
Veteran Clarinet (solemnly)—If you don't look owd, I villi—Puck.

TWO KINDS OF FROSTING

Boiled Icing, Cup of Sugar, Half Cup of Water or Lemon Juice.

One cup sugar, one-half cup water, whites two eggs, one teaspoon vanilla or one tablespoon lemon juice. Put sugar and water in sauce pan, and stir to prevent sugar from adhering to sauce pan, bring gradually to boiling point, and boil without stirring until sirup will thread when dropped from tip of tines of silver fork. Pour sirup gradually on beaten whites of eggs, beating mixture constantly, and continue beating until of right consistency to spread, then add flavoring and pour over cake, spreading evenly with back of spoon. Crease as soon as firm. If not beaten long enough frosting will run—if beaten too long it will not be smooth. Frosting beaten too long may be improved by adding a few drops of lemon juice or boiling water. This frosting is soft inside and has a glossy surface. I use a deep plate and silver fork to beat egg whites and sirup. If you wish boiled chocolate frosting add one and one-half squares melted chocolate as soon as sirup is added to white of eggs. The sugar used is granulated.
One teaspoon butter, 5 teaspoons hot water, teaspoon vanilla and enough confectioners' sugar to spread. The butter takes off that sugary taste.

FISH TOAST FOR BREAKFAST

Delicious Dish Can Be Prepared in Fifteen Minutes for the Early Morning Meal.

Half a pound of cold cooked fish, one tablespoonful of butter, one tablespoonful of flour, one gill of milk, half a teaspoonful of anchovy paste, half a teaspoonful of pepper, quarter teaspoonful of salt, a little paprika, and one hard boiled egg. Remove all skin and bone from the first and place it on a plate. Add the salt, pepper and paprika and mix all well together. Place the butter in a saucepan, allow it to melt, add the flour, mix well together until smooth, add the milk and stir the mixture till it boils. Take the saucepan from the fire, add the anchovy paste and again stir well, add the fish and place the mixture on a plate. In the morning, fifteen minutes before breakfast, toast a slice of bread, spread on it the mixture, chop the white of the hard boiled egg, sprinkle it over and place the toast on a plate in the oven for ten minutes. Serve nice and hot.

Parmesan Cheese and Sea Kale.

One pound of sea kale, two ounces of grated Parmesan cheese, half a small cucumber, one-half pint of milk, the juice of half a lemon, pepper and salt. Wash and dress the sea kale and cut it up into even lengths and tie in bundles. Place in sufficient boiling milk to cover it; cut up the cucumber and boil it in a little of the milk until tender. When both are done take out the sea kale and lay it flat in a fireproof dish. Lay the cucumber on the top and add the milk, pepper, and salt as required and the lemon juice a few drops at a time. Cover the top with the grated Parmesan cheese and bake in the oven until golden brown.

Dill Pickles.

Str into cold water salt until the brine will float an egg on the surface. Measure the liquid and add to it half as much clear water as you have brine. Lay small cucumbers in cold water for an hour, then put in a stone crock in layers, covering each layer with one of grape leaves and one of dill. When the jar is full pour in the brine mixture and cover with a piece of muslin, and on this lay a weighted cloth. Leave for several months. Every fortnight remove the cloth, wash well, and replace it.

Magic Sponge Cake.

Put in your flour sifter one cup unsifted flour, one cup sugar, two round-teaspoons baking powder (or two teaspoons cream tartar and one teaspoon soda), one-half teaspoon salt, and sift all into mixing dish.
Break two large (or three small) eggs into a cup, beat with an egg beater until foamy, then fill cup with cold water until the egg rises above the top. Mix with the other ingredients. Flavor. Bake until it leaves the sides of the tin.

Boiled Apple Pudding.

Pare five apples, core them and chop rather finely. Add two cupfuls of breadcrumbs, a cupful of sugar, three ounces of currants, a saltspoonful of salt, the grated rind of half a lemon and half a nutmeg grated. Beat three eggs, yolks and whites separately, stir together and beat into the apples. Mix thoroughly, add a wineglass of sherry. Pour into a mold and boil for an hour and a half. Serve hot with hard sauce.

Old Virginia Waffles.

Mix one quart of milk with three-quarters cupful of flour and one-quarter cupful of corn meal. Add one teaspoonful of salt, one tablespoonful of melted butter and three eggs, beaten until very light. Bake immediately in well-greased waffle irons.

Gingerbread Without Eggs.

Two cupfuls of molasses; one cupful of sour cream, two teaspoonfuls each of soda and ginger; four and one-half cupfuls of flour; bake slowly. It may fall slightly, but will still be light, and we like it better than to add flour enough to make it dry.

The Heavy Heart.

Great calamities do not embitter existence. It is the petty vexations, the small jealousies, the little disappointments, that make the heart heavy and the temper sour. Don't let them. Anger is pure waste of vitality. It helps nobody and hinders everybody. No woman does her best except when she is cheerful. A light heart makes busy hands and keeps the mind free and alert. No misfortune is so great as one that sours the temper.

Mothers will find Mrs. Winslow's Soothing Syrup the best remedy to use for their children during the teething period.

The Real Thing.
Fred, aged three, had been a naughty boy, and his mother had punished him. He felt very much hurt and complained to his auntie about his mamma's spanking him. Auntie said: "It is not you that mamma spans, but a little devil inside of you who makes you do naughty things." After sitting very still for five minutes he said: "It beats all how it hurts me when that devil gets spanked."—The Delineator.

Physician's First Thought.
A physician was driving along the street when his horse took fright and ran away. He was thrown violently to the sidewalk, and knocked senseless. Presently he recovered a little from his unconsciousness, and, noticing the crowd which had gathered about him, remarked: "What's the matter, gen'tleman? Anybody hurt? I'm Doctor B—. Can I be of any service?"

One Thing That Will Live Forever,
PETTIT'S EYE SALVE, first sold in 1807, over 100 years ago, sales increase yearly. All druggists or Howard Bros., Buffalo, N. Y.

Embarrassing Habit.

Fliccoughs are distinctly mortifying to the victim. As they are signs of poor digestion and may mean bad stomach trouble, if of frequent occurrence, they should be treated medicinally. For temporary cures try gradually dissolving a small lump of sugar on the tongue. Slow sipping of hot water is also good, or gargling the throat with ice water.

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Possibly Greatest of All Tasks.

Louisa M. Alcott once wrote: "To rear ten virtuous children, put ten useful men and women into the world and give them health and courage to work out their own salvation is a better job done for the Lord than winning a battle or ruling a state."

Getting Back at the Prof.
Prof.—Is a watermelon a vegetable or a fruit?
Stude—I don't know. But please tell me whether clam digging is fishing or agriculture.

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