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Banana Bread.

Bread made from banana flour is common enough in Europe and England. One pound is said to contain more nourishment and energy-producing material than one pound of the finest beefsteak, is much more digestible and less than one-sixth the price. Sir Henry Stanley was a firm believer in the banana. He went so far as to advise that its consumption would cure rheumatism, gout and all liver affections. When lying at the point of death from gastritis a light gruel of banana flour mixed with milk was the only food he could retain and digest. The secret of the banana as a health and strength producing food lies in its high percentage of proteids and the great number of its calories, respectively 20 and 391.71. It is a perfectly balanced ration if sliced for breakfast and served with milk and sugar.—New York Press.

Keep Your Blood Pure.

No one can be happy, light-hearted and healthy with a body full of blood that cannot do its duty to every part because of its impurity; therefore, the first and most important work in hand is to purify the blood so that every organ will get the full benefit of a healthy circulation. There is no remedy we know of so good as that old family remedy, Brandreth's Pills. Each pill contains one grain of the solid extract of sarsaparilla blended with two grains of a combination of pure and mild vegetable products, making it a blood purifier unequalled in character. One or two taken every night for awhile will produce surprising results. Brandreth's Pills have been in use for over a century and are sold in every drug and medicine store, either plain or sugar-coated.

Consider the Bald Head.

When it is considered that scientists who study the hair have discovered five or six causes for its falling out, with subsequent baldness, it doesn't seem worth while trying to keep it on the skull. Any one of these "six causes" is quite sufficient to reduce an affluent topknot to a billiard ball surface; therefore a real benefaction for mankind would be the enforcement of a mighty fashion rendering its loss the most admirable thing in life. No genius has ever thought of this alternative and it is suspected our ultra-civilized nations would revolt at first, but by degrees the world would adopt the idea and finally end by cultivating it con amore.—Boston Herald.

A Narrow Escape.

The company had assembled in the church, but the bridegroom was nowhere to be found. Finally a messenger announced that the young man had been run over and killed while on his way to the church. "And just think," she said a month afterward to a friend, "what a narrow escape I had from becoming a widow!"

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The End of Books.

What brings about the end of books? Is it fire, water, worms? As every ship launched is bound to be wrecked, every theater to be burned, the fates of the book is its reduction to ashes. What became of the Alexandrian library? Did the Saracens burn it in 640? There is this question asked: Was there any library at Alexandria containing 700,000 books? Gibbon inclines to the opinion that there was no such library. Canon Taylor insists that if there had been a library it was burned in the time of Julius Caesar. Tradition seems to indicate, however, that there was a library in the serapeum, by no means a large collection, but whether destroyed by Theophilus or Theodosius is not known. It looks as if the charge brought against the Arabs rested on no foundation. Explorations of Alexandria in 1895-96 show no traces of the serapeum. The seaport of Egypt was built on a damp foundation, and granting that there was a library, if not destroyed by fire, then the papyrus might have suffered from decay due to water. Books of to-day taken to India, to the Southern States and to the West Indies perish through mildew.

TEXANS TUSSELE WITH BEAR.

Shut Off Animal's Wind with Lariat, Then Cut Its Throat.

Jim Gordon, a range rider for W. W. Wilkins, whose big ranch is over near Howard Wells, in Western Texas, was much surprised the other morning to see a large black bear lumbering along ahead of him. It was in a rough locality and the bear was evidently out to get its morning meal of sotol roots. Gordon stuck his rails into his horse and took after the bear. The chase did not last long. Gordon unloosed his rope, which was coiled over the pommel of his saddle, and when he got within throwing distance of the fleeing bear he deftly circled the noose over the animal's head. The cow pony sat back upon its haunches and drew the rope taut. The bear got one of its paws underneath the noose and prevented the rope from choking it. Then began a struggle that lasted for more than an hour.

Ordinarily a horse is desperately afraid of a bear, but the cow pony which Gordon was riding stood the ordeal fearlessly. It maintained its position while Gordon dismounted with a view of attacking the bear at close quarters with his knife. He had no other weapon. The bear put up a hard fight the moment it saw Gordon on the ground. It rushed at him and struck him a terrific blow on the shoulder which sent him sprawling several feet away, and out of reach of the maddened animal, which was confined to a prescribed circle by the rope.

Strange to say, the bear made no attack upon the horse. It seemed to consider Gordon responsible for the whole trouble. Gordon determined to kill the animal before he left the spot. He made several ineffectual efforts to dash in on the bear and give it a blow with his knife, but each time he was struck by the animal's paw. Finally he got hold of the rope and by a sudden pull managed to tighten the noose so that the bear's wind was temporarily shut off.

Taking advantage of the moment Gordon rushed in and cut the jugular vein of the animal with his knife. He loaded the bear upon his horse and brought it to the ranchhouse.—Kansas City Star.

WHAT'S IN A NAME?

Many Names Preserved to Posterity by Trivial Circumstances.

Many names, illustrious and otherwise, have been rescued from oblivion by comparatively trivial circumstances.

The story goes that Brougham, on being rallied by the Iron Duke as a man whose name would go down to posterity as a great lawyer, statesman, etc., but who would nevertheless be best known by the name of the carriage that had been christened after him, retorted that the duke's name would no doubt be handed down to posterity as that of a great general and the hero of a hundred battles, but that he would be best remembered by a particular kind of boot named after him.

The cobbler who, after the Wellington boot appeared, seized upon the idea of placing a Blucher boot upon the market, made a large fortune therefrom.

Sailors will never let die Admiral Vernon's nickname of "Old Grog" (so called by reason of the breeches he wore, made of grogham, a mixture of silk and mohair), the name given by them to the rum that he ordered to be diluted with water. The name of another drink—negus—has survived from the time of Queen Anne, when it was the favorite of one Col. Negus. More common than either, however, is the name "sandwich," in memory of Lord Sandwich, who invented it as a means of taking a hasty lunch while engaged in his duties at the admiralty office.

Certain towns and districts, too, such as Xeres, Oporto, Champagne and Burgundy, are probably best known through the productions named after them; in fact, the two latter provinces ceased to exist after the substitutions of departments for the old provinces before the days of the French revolution. Cayenne is undoubtedly known better outside France for the pepper it produces than for being a locality to which French convicts are transported; while the town of Cognac, in France, owes its celebrity solely to the brandy distilled from its grapes.

Love of Animals.

Mark Twain was talking of war and of the hardships and privations of sieges.

"A Frenchman," he said, "called one day on a woman who had two dogs. They were ugly little brutes, and when they came near him, the man pushed them out of the way with his foot.

"I perceive, sir, you are not very fond of dogs."

"The man started in surprise. "I'm not fond of dogs!" he exclaimed. "Why, madame, I ate more than twenty of them during the siege of Paris!"—Harper's Weekly.

Look on the bright side: If a woman is a poor cook, they are not bothered much at her house with people who come to stay to meals.

Shows Value of Heredity.

A parliamentary candidate was being heckled. One of the questions had reference to the religious denomination to which he belonged.

"Well," he said, "you asked me an honest question and you shall have a straightforward answer. My grandmother was a Scotch woman—a rigid Presbyterian."

Obvious disappointment was shown in the faces of the audience, so the candidate proceeded:

"My grandfather was English and therefore a member of the Church of England."

Still no enthusiasm, but rather the reverse.

"My father, on the other hand, was a good Baptist," went on the desperate candidate, who was still unrewarded by applause. He grew anxious, so hurriedly added: "But my dear old mother, long since dead, was a Methodist."

Instantly all faces were radiant, so he concluded:

"And, gentlemen, I follow the precepts of my dear old mother. I'm a Methodist and I don't care who knows it!"—London Mail.

Presents in Safe Place.

A young millhand having lost his sweetheart through his own hot-headed folly first threatened to commit suicide and then became vulgarly insistent in his demands for the return of the presents he had given her.

"What good will they be to you if you're goin' to drown yourself in t' mill pond?" she scoffed.

"Never you mind; I want them back," he replied evasively.

"Well, I'll see that you have them," the girl reluctantly agreed.

But five days passed and the young man still bemoaned the loss of the forfeited trinkets. Once more he requested their return.

"Oh, lad, I wish you'd stop worryin' me," sighed the girl, anxious by now for a reconciliation. "I've given t' presents up long since. They're waitin' for you at t' bottom o' t' mill pond, tied up in a red handkerchief; you can't help but see 'em when you jump in."

Then the humble young man apologized and the quarrel was patched up, in the old sweet way.—London Tit-Bits.

Caution.

"Why do you avoid making speeches yourself?" asked the friend.

"It's better to have some one else attend to the oratory," answered Senator Sorghum. "In that way you can ascertain which of your opinions are unpopular and repudiate them."—Cleveland Plain Dealer.

Scrofula

Few are entirely free from it. It may develop so slowly as to cause little if any disturbance during the whole period of childhood.

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