

FOOD IN FRUIT SKINS.

Nutritive Qualities in Them Believed to Be a Brain Food.

There are more nutritive qualities hidden in the skins of fruits, cereals and vegetables than the average person is aware of.

If, as Savarin says, "the destiny of nations depends on their food," then the destiny, whether a healthy long life or insanity or suicide of every unit of the United States depends on how he or she is fed.

If the bread so much depends upon food, why should not every person capable of normal thought seek to procure such food as best sustains his or her normality?

It has been proved by chemical analysis and demonstrated by microscopic experiments that the most valuable brain sustaining properties are resident in all skins of cereals, fruits and vegetables, and as an instance of the great difference to the health resultant from partaking or rejecting the skins here is an incident that occurred in India, as told by an Indian officer.

A regiment was stationed in a part of the country where grapes were the chief article of food. The officers, one after another, became so sick as to be invalided as unfit for service, but it being considered remarkable that the troops were all well a commission of inquiry was instituted, when it was found that while every trooper in eating grapes swallowed the skins the officers followed the fashionable habit of rejecting them.

A Tough Negro.

Stories of brute toughness and heroic endurance are tenderly preserved in the folklore of the water front—how, for instance, Scipio Flamagan, "the biggest nigger in the business," supported the entire weight of an immense packing case, weighing upward of 1,800, on his prostrate body.

Old Delusions.

It is inexplicable how the old delusion that a man cannot eat one quail a day for thirty days holds its own. Any man can eat one quail a day for thirty days. At Lawrence some years ago Will Upton ate two quails a day for more than thirty days.

Another old fraud on the public is the belief that a horse cannot pull a sack of sand at the end of a two hundred foot rope.

The "Big Dipper."

In astronomy the "Big Dipper," so called, is in the constellation of Ursa Major, or the Great Bear. The stars forming the tail of the bear also form the handle of the dipper.

A Bad Lot.

Nowitt—Yes, old Goodman's three boys are a bad lot. Two of them at least ought to be in jail.

Roosting Comfortably.

"It wasn't warm, but it was peaceful," says the man who lived in the chicken barn, because his wife's relatives lived in the house.

He Wasn't Disturbed.

Canvasser—Don't let me disturb you, sir. Busy Merchant—I won't, William, show the gentleman out.—Chicago Tribune.

Steel Skyscrapers.

An architect of New York says that with the modern steel frame a building can be carried to a height equal to seven and one-half times the diameter of the base.

POLLY LARKIN.

How few children are taught the art of saving. Every penny, nickel and dime goes for confectionery—the cheapest kind of cakes and candies, and worthless toys.

"But where, Polly, would you get the California youth to live thus frugally? I admit that they are few and far between, still I have known, personally, several boys who were very economical, denied themselves many enjoyments that their companions indulged in and refrained from all luxuries for the sake of an education.

BRIEF REVIEW

Electricity and Sleep.

A communication lately made in the French Academy of Sciences by M. Leduc regarding the use of electricity in inducing anaesthesia, or loss of consciousness, is likely to interest those who are specially concerned with the production of that state, says the London Chronicle.

Origin of "Hobson's Choice."

Mr. Harper tells us all there is to be told about Thomas Hobson, the famous cartier between London and Cambridge who died in 1633. It was from him that the proverb of "Hobson's choice" arose, meaning, of course, a choice which is no choice.

Salt for Sheep.

Experiments in the value of salt in the food of sheep have been recently made in France. Of three lots of sheep, one had no salt, a second had half an ounce daily, and the third had three-fourths of an ounce.

To Preserve Salad Dressing.

To prevent the curdling of boiled salad dressing mix a teaspoonful of flour with the sugar and mustard while all these are dry. Then proceed with the rule as usual. This will prevent the dressing from curdling.

Bread-Pudding.

Soak a pint of stale bread in a quart of cold milk for two hours. At the end of that time mash the bread fine. Beat together three tablespoonfuls of sugar, a teaspoonful of salt and two eggs. Stir this into the bread and milk.

Language.

"It's wonderful," said the meditative man, "how one small word, insignificant in itself, may induce an endless train of thought, speaking volumes, in fact."

Hearing, as a rule, is more acute with the right than with the left ear.

Polo is probably the oldest of athletic sports.

It has been traced to 600 B. C.

Connecticut has seven ex-governors living.

Massachusetts has but three.

FOR THE HOUSEWIFE

Umbrella Mending.

When tiny wee spots come to light in a favorite black or dark colored silk umbrella, they can be mended neatly by covering the place with black silk court-plaster.

A still better way to mend these worn places, if one cares to take the extra trouble, is to darken with black ink a glue which you know will defy moisture.

To protect damp clothes from possible stains from a clothesbasket that has been many years' usage I make a loose removable lining, says a correspondent of American Agriculturist.

A Handy Little Box.

A long chocolate box makes a good foundation for this pretty pin box. Cover and line with silk, fixing it either with vegetable glue or acetone.

THE PIN BOX.

The lid is a straight piece of card, a trifle smaller than the box, as it sinks inside the box and rests on the partitions.

Case For Patterns.

A pattern case is a very useful accessory for the home seamstress. We all know the inconvenience of an overflowing box, with the needed pattern invariably at the very bottom.

How to Drink Water.

A beginning of kidney trouble lies in the fact that people, especially women, do not drink enough water. A tumbler of water sipped in the morning immediately on rising, another at night are recommended by physicians.

Dancing With the Bride.

The festivities attending the wedding of Miss Josephine Maleger and Frank Kubes, which took place the other morning at the Polish monastery in Green Bay, Wis., were concluded the next morning at 1 o'clock.

Fish and Figures.

Every year the United States fish commissioner distributes the enormous number of 1,500,000,000 young fish, or about twenty for every man, woman and child in the country.

Not Acquainted With the Family.

"Who were the Goths?" the teacher asked. "I don't think I ever knowed any of 'em, ma'am," answered the frightened little boy.

A Bright Student.

Among the reminiscences of the class of '02 at Yale is the story of a stout and healthy looking member who was told by his tutor that "he was better fed than taught."

His Regrets.

Judge—Your innocence is proved. You are acquitted.

Prisoner (to the jury)—Very sorry, indeed, gentlemen, to have given you all this trouble for nothing.

CHOICE MISCELLANY

Roman Student's Franks.

They still tell the story at Villa Medici, Rome, of a "nouveau" student who presented to M. Schuetz himself a bundle of franks on the chest and, to the joy of the "ancien" students, exclaimed: "I know that joke, old chap. No use trying it on me!"

The joke is the richer since it marks the passing of one of the best jokes in this famous institution. For years it had been the custom for the older students to have one of their number in a dress coat presented with all due solemnity to the new students.

Still another joke is for the older students to capture a couple of newcomers and after conducting them to their rooms thrust them in and lock the door, leaving them face to face with a donkey tied between the beds.

The fine arts are each distinctly associated with one of the senses. Without sight there would be no enjoyment of painting, sculpture or architecture for us.

There are, therefore, two senses left that have at present no artistic representatives—those of smell and of touch.

Literary fashions are almost as changeable as fashions in dress, and Wilkie Collins is today out of fashion. True, many of his novels have acquired the fame of the sixteenth edition. But his is not a name to conjure with, and if reference is ever made to him it is as the producer of sensational novels of a type which long ago lost its freshness.

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Indian Servant Girls.

A new solution of the servant girl problem is being discussed in the large cities of the west. Indian girls from special training schools are being employed as servant girls. It is said that the Indian girls who have been properly trained are found to be perfect embodiments of satisfactory domestic service.

Daughter of the Railway.

A Russian railroad has adopted a little girl. The engineer of a fast express saw something on the tracks as the train was nearing St. Petersburg. He stopped his engine, and the fireman found that it was a basket, in which was a girl baby.

Distinctions With Differences.

In making the announcements to his congregation recently an Episcopal minister whose parish is not more than a thousand miles from San Francisco said: "Remember our communion service next Sunday. The Lord is with us in the forenoon and the bishop in the evening."

Here is another lapsus lingue which had its origin in a Sunday school out in the missions.

"And now, O Lord, bless the lambs of the fold and make them meet for the kingdom of heaven. Amen!"—San Francisco Wave.

A Promising Youth.

Dr. John Lovejoy Elliot, director of the Hudson guild, was instructing a class of boys from the "Double Fifth Avenue" district.

Why He Moved His Barn.

We came across the historic man the other day who had actually moved his barn to get rid of the piles of manure. His crops were poor enough and needed all the fertilizer he could get, but he had to put in so much time saving the country, raising to town and hauling that he had to move his barn to get rid of the manure.—Farmers' Guide.

When a Horse Gorges Himself.

If a horse breaks into the crib or bin and gorges himself on grain, give him a good dose of oil. Castor oil, sweet oil, cottonseed oil and linned oil are all good. To give him water on a grain gorged stomach will insure an aggravated case of founder.

No Smoking.

There is one country in the world where it is considered a crime to smoke—Abyssinia. The law forbidding tobacco dates from the year 1642. It was at first merely intended to prevent priests from smoking in the churches, but it was taken too literally, and nowadays even foreigners have to be careful not to be seen smoking.

When you get tired of work, you will realize that you have reached the time of life when you have no place to play.—Athenian Globe.

NEW SHORT STORIES

A Promenade With a Tiger.

Among those remembered by the king in his distribution of coronation honors was Sir Edward Bradford, chief commissioner of police for the city of London, who was made a baronet. Sir Edward has held his present post for ten years and has at all times displayed an unflinching and a broad capacity for dealing with the complicated situations which are so frequently presented for his consideration.

The chief commissioner has but one arm. He lost the other in a hunting accident when he was a good deal younger than he is now. He was shooting in India and came to these quarters with a tiger. He fired at the animal, but the bullet only inflicted a slight wound. The tiger sprang upon him and fastened its teeth in his left arm just above the elbow.

He was fortunately prevented from continuing this most unusual promenade by a companion, who shot the tiger, but the bitten arm was so badly mangled that it had to be amputated at the shoulder. One of the notable sights at the diamond jubilee of the late Queen Victoria was Sir Edward's management of his huge black horse in front of St. Paul's at the conclusion of the special service.

The Price of Breeders.

Some people who would like to invest in improved live stock have been scared a little by the high prices paid for fancy individuals. They seem to think that there is no use in trying to get improved stock at reasonable figures.

Protect Your Friends.

If we would stay the ravages of insects, we must employ nature's greatest insecticides—birds. To do this will require not only stringent laws, but a public opinion that will compel their enforcement.

Crash! Went the Dinner.

Dash! went the table. Crash! went the dinner. And the emperor, springing up, paced the room with rapid strides. Dunaud, his attendant, looking on, and quick as thought the wreck was cleared away, an exact duplicate of the dinner appeared as if by magic, and its presence was quickly announced by the customary "His majesty is served."

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Here is another lapsus lingue which had its origin in a Sunday school out in the missions. The superintendent was making a fervid prayer a few Sundays ago and asked divine blessing upon each and every enterprise in which the school was interested.

He closed his petition to the throne of grace in the following words: "And now, O Lord, bless the lambs of the fold and make them meet for the kingdom of heaven. Amen!"—San Francisco Wave.

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HINTS FOR FARMERS

A New Idea For Potato Growers.

One of the enterprising farmers in Kennebec county, Me., is George C. Jacobs, and among his specialties in the agricultural line is raising potatoes. He has been very successful in producing the earliest to be found in the market. The past season he succeeded in raising two good crops on the same piece of ground.

The potatoes for seed were brought up from the cellar the last of February or first of March and placed in a light cool room, so that when they were planted they had large green sprouts and well developed leaves. As soon as the soil was warm enough these were placed in the ground. His care did not diminish any now that the potatoes were planted, and very soon the leaves began to push up toward the light and air.

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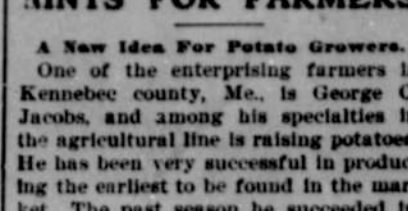
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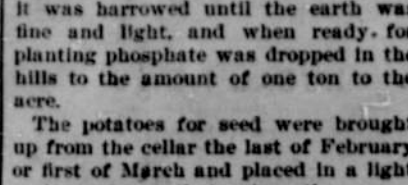
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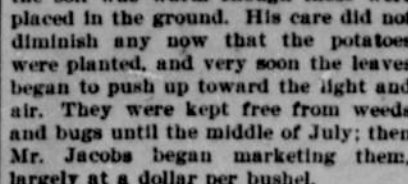
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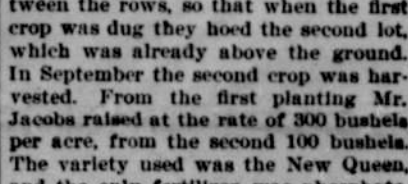
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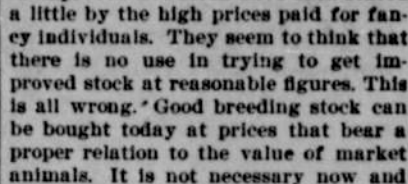
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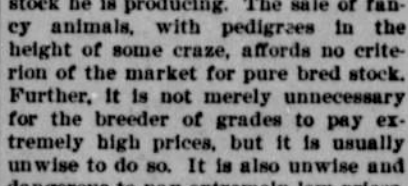
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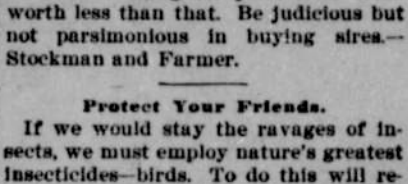
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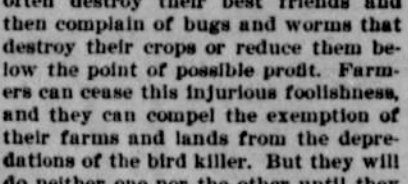
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