

SHANGHAIED.

By P. Y. Black. "Say," said Rod Noble, "look at that! It's the boy's 'un—Heckles!"

Commodore." He insisted upon the lads having a little bite to eat and drink before going to bed, and when they had done that, they went to sleep on their feet going upstairs, so tired were they.

trousers, and were barefooted. Now they did not remember changing their clothes. They were quite unable to do aught but stare at each other. The voice came again: "Tumble up. No shirkers allowed aboard the jolly 'Mariner.' Step lively or my boots 'll quicken you."

TABLE AND KITCHEN.

- Practical Suggestions About Food and the Preparation of It. DAILY MENUS. THURSDAY. BREAKFAST. Cream. French Fried Potatoes. Corn Muffins. Coffee.

The starches are not equal to administering to the function of tissue building and repair as are the fats. That vegetable and not animal fats are necessary to the physical well being is conclusive to all who study foods as the exigency of the subject demands.

nut fats do not readily become rancid, as presented in their natural form in nut foods, properly prepared, or in the fats when all such substances as gum, fiber and like elements are eliminated by a careful refining process.

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"Please, sir," said he, "can you tell us where they engage sailors?" "Ho? Want to go to sea? Now, that's my style. It's the finest life for a boy with ambition and some get-up to him.

"The faces of the two boys brightened. They had, in fact, become greatly bewildered and confused in the tortuous lanes of the seaport and were really thankful to find a friend and guide. In a moment, however, Frank's face clouded.

"I wish," he whispered to his cousin, as they followed their friend obediently, "I wish we could have put off going away until after tomorrow, though. Say, Rod, Aunt Mary will be mighty busy with the turkeys and things."

From whatever source the individual derives a sufficient amount of protein food, whether furnished by meat, milk, eggs or cereals, there is still a deficiency that must be supplied by fats, sugars and starch.

These are included in the list of fats from vegetable sources. They have but very recently gained any considerable recognition, which is strange, considering the importance of nuts as oleaginous food.

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reeling out most terrifying curses and his big, bony face was hammering hard at the face of a most dilapidated stranger. "You winkle me! Robbair! Fie! Crimp! You've taken my money! Give me my money. Ah, tr-r-r-ah!"

A mate rushed at him with a club, thinking Pete had been disarmed, as victims such as he usually are. They had over-looked the long knife stuck down the Frenchman's back in Cuban fashion.

Vegetable Fats in Nutrition. From whatever source the individual derives a sufficient amount of protein food, whether furnished by meat, milk, eggs or cereals, there is still a deficiency that must be supplied by fats, sugars and starch.

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THE STANDARD DICTIONARY has a great many attractive features. It is not feasible to enumerate all at this time. For instance, so many words are in constant dispute. Such words have been referred to 50 leading philologists and their opinions taken as final.

"The buggy drove up and Farmer Noble came into the kitchen, puffing and beating his hands together. "Mother, he cried, 'what train did you tell the boys to come on from the city? 'Cause they ain't come."

"I can't help it," she sobbed. "They were never from home so long before. Something must have happened to them. I've no heart to go on fixing things. What use is there in chattering dinner be without the boys to eat it?"

They got home. A passing tug picked them up, when they were nearly exhausted after a long swim. Put ashore, the police heard their story, and the vessel coming in again with captain and mate dead aboard it, and Pete at the bottom of the sea, to which he had leaped after the boys, the lads were sent home. There they arrived miserable and repentant, just in time for Thanksgiving dinner.

GEN. MILES writes a thoughtful Letter about Pure Food! Headquarters of the Army, Washington, D. C. Gentlemen: I have examined your health food, and to some extent have tested and used it, and as far as I am able to judge, it is a very excellent and healthful food. It is a very good preparation of this food you seem to have removed the objectionable elements, in a way that makes the food very desirable and valuable. Your great work of charity is also most commendable. Very sincerely yours, NELSON A. MILES, Major General, U. S. A. BATTLE CREEK SANITARIUM FOODS are 95 to 98 per cent "nutrition." Ask your grocer for them. They build up food, bone and muscle for weak people and support the sick. Sample for 5 cents. BATTLE CREEK SANITARIUM FOOD CO., Battle Creek, Mich.

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"I'm afraid—I'm afraid. They've never been away before, and—and I loved them so. Oh! Do you think they can have it, and go away to sea? They were always talking of the sea. "Hope not—hope not," said the farmer. "If they have they'll mighty soon wish themselves back. Listen. No. I thought 'twas steps in the lane."

"Ver? I tell you ver? You is kidnapped, hey? Shangaied? Same like me. Me also. I am Shangaied. Zey dare shangaial! Marcellies Pete! You will see! Ver are you? I tell you. I ratonize zee dirty belle. I tell you. I see zee 'Mariner,' Captain Welsenberg, and eet exs Leuffer, and he is the datvel. Eef you go ashore alive after a voyage viz him—you airz valry lucky! Me—I keel him first or he keel me!" "Below, there! Are you dead us come to life again?" The boys sat still, sick and gapping and too palsied with amazement to move. They noted, however, with a stupid nightmarish glance at each other, that they were dressed in very shabby, salty jerseys and greasy

THE LEAP FOR FREEDOM. how much more they were loved than they deserved. Just at that moment they were laboriously writing two of those letters which are fated never to be sent. "So we've done it after dew delibera-shun," wrote Rod, painfully, "for we know its our mischun in life to pling the sea and we both are sorry that we could not wait till after Thanksgiving, but it was such a good chance to find a ship when mother sent up to the city, and what's turkeys to freedom? When me and Frank comes back again I need to bring dad a gold watch and you diamond earrings and sis everything she wants if she'll write me to Calcutta, where we're going tomorrow, and a new barn. Please send my dog Rowdy after me. You'll have to express him because dogs can't go by mail. Frank's homestead, but we are absolutely determined to go to sea and we have found a nice man whose like Heckles to get us a ship."

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