

The Norfolk Weekly News-Journal

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The "port" of New York has a total water front on rivers, bay, sound and ocean of 444 1/2 miles, and all of it is busy.

The Chicago board of trade has promised to cut out all cornering of food products. No more Patten deals in the windy city.

Newfoundland offers land free for a home to anyone who will come there to live. The climate is against getting many responses on their liberal invitation.

It has been found that the prevalence of typhoid fever in India varies regularly with the abundance of flies. Let every family fight them persistently this season.

"White Slaver" Levenson of New York pleads guilty, but lots of men will not like this clean-up of vice that will tend to increase their cost of living.

Socialist Milwaukee is to have a municipal ice plant with ice at cost. Good idea, if the long haired aldermen don't add a big deficit for operating it to taxes.

Mr. Taft's railroad bill would cover up a lot of the holes the railroads have made in the Interstate commerce law, and it's up to the republicans to put her through.

Kaiser William is against beer, although the feeling against the water wagon among some of his subjects is much like that of Uncle Reuben's against the automobile.

The colonel comes home June 18, the anniversary of Waterloo, but the American people will never place their greatest motion picture show on so remote a suburb as St. Helena.

Higher railroad fares will keep some of us hard worked people at home this summer, but Dusty Rhodes and other gentlemen of the leisure class continue to get free transportation.

Thirty-two Carnegie hero medals awarded May 4, and with the swimming season soon on, the small boys will see that there shall be plenty of opportunity for candidates for this list.

Montclair, N. J., children vote for a quiet Fourth. These are days not so much of plutocracy as of kidoocracy so that Montclair has hit on the only way of getting rid of dangerous explosives.

The country has suffered enough from trusts without putting trust in the democratic party to run the country again. That would be the shakiest trust of all.

Some thousands of Americans remove every year to the western Canada region, but the number is not as great as that of Canadians seeking permanent residence in the United States.

Walker Weston finds a square meal at a New York hotel worth tramping across the country for, and yet some of the commuters kick if they have to stand up on a fifteen minutes' ride into the city.

Some say Colonel Roosevelt will now be more anxious to succeed in literature than politics. We will be glad to examine any manuscript he may submit, except on the subject of "Rhinosceroses I have met."

Dr. Mary Walker's recent prominence in the suffrage discussion recalls a clever remark of Bill Nye's. He described Dr. Mary, after she had adopted male attire as "the only self made man in America."

Uncle Sam's coast artillery managed to hit a target four miles distant once in four times. Those Dreadnaughts stand one chance in five of getting hit if they come prowling around Uncle Sam's domain.

A full third of the economic labor of the German empire is performed by women. During the past twelve years the employment of men in Germany has decreased 20 percent, while the number of women has increased 57 percent.

The Wright brothers have established a national institute of flying near Montgomery, Ala., in which they have thirty pupils. It is no longer up-to-date to teach the young idea how to shoot, they must be taught how to fly.

In James G. Blaine's "Twenty Years in Congress," he makes the prediction that the time would come when the west would turn to free trade and the south having "become a manufac-

turing center" would be for protection.

The public does not want to give up competition between railroads. Competition made the human race out of monkeys. It still prevails in retail business, farming, and many other lines, and its work in the world is not over.

Admiral Dewey believes in a good, strong, efficient navy, but he does not believe there will be a war and urges the need of a merchant marine, carrying the American flag to the ports of the world as the most pressing need of the nation.

Burma raises the best rice in the world and under British management is increasing the annual output. This is another industry that ought to flourish in the Philippines if Uncle Sam could learn from the British the successful methods of handling it.

The greatest question pressing the people of the empire state for solution is, who is to be Governor Hughes' successor? President Sherman of Cornell university and David Jayne Hill, ambassador to Germany, have both received honorable mention as well as Loeb.

The declining birth rate and constantly increasing infantile death rate in our great cities is one of the most alarming problems our nation has to face. Saving the babies and women is not only humanitarian, but is a national service and a patriotic duty of the highest order.

It seems a very wicked thing to squander money when one thinks of the good which might be accomplished with it, but what about the wicked waste of ability, the throwing away of 50, 75, perhaps 90 percent of one's possibilities for success because he never trained himself to use it?

Congress has appropriated \$500,000 to raise the wreck of the Maine from Havana harbor. A few years ago a man offered to raise the battleship for what he could get out of the wreck, but as long as congress is on the job the proposals to save half a million for the government will be promptly spurned.

Without doubt Sir Richard Cartwright of Canada is right in asserting that an alliance between the United States and the British empire could compel world peace. But at the present time such an alliance is not feasible. At some future time it may be not only practicable but imperative to preserve world peace.

The latest fad in the line of cures for sick folks is a sanatorium where the afflicted persons are given new names upon entering the institution, upon the theory that this will disconnect them with all their worries and anxieties and work a cure for all ills. If it will do it, there is more in a name than most people believe.

In taking up the mission of dispensing philanthropy in an efficient, economical and practical way, John D. Rockefeller, jr., has before him a task as stupendous as that of his father in accumulating his vast fortune and in creating the greatest industrial corporation in the world. The application of sound business principles to the disbursement of benevolent funds will in itself be a great contribution to benevolence.

The larger number of emigrants who leave northern Italy annually go to the Argentine Republic, while the United States receives the larger number from southern Italy. It is generally accepted that the Italians from the north are a better class mentally, morally and physically than those from southern Italy. It seems a pity the northern Italians couldn't have been headed this way.

An interesting controversy is going on over a statement made in the London Times that despite the beautiful things said by poets of the country and the delights of rural life, most of them preferred to live in the cities. However it was with English poets, our own Longfellow, Lowell, Emerson, Holmes and Whittier, wherever they lived, kept in very close touch with fields, woods and flowers.

It has been discovered that cocaine in large quantities is being sold to children in Philadelphia and that hundreds of them have been debauched through its agencies. This is surely a deplorable state of affairs to exist in a civilized country and it is high time to put a stop to it. Mercenary scoundrels who supply children with cocaine or any other drug are unfit to be at large on the face of the earth.

In North Dakota several months ago spelling contests were inaugurated and prizes offered. The aim was to create an interest in spelling and there has been no disappointment in the results. The children throughout the state have been applying themselves assiduously to their work and already show marked improvement. In many states a similar contest is greatly needed. As a branch of study spelling has been deplorably neglected.

When the pros and cons of our na-

tional home life are summed up, it is not the very wealthy who can really get the most and best enjoyment out of life. Never in the world's history did any people enjoy more comfort and have more pleasures, or have a higher order of civilization than the middle class of well-to-do Americans all over the land at the present time. They have luxuries and conveniences that the kings and queens of a century ago knew nothing of.

Mothers' day will be observed this year on Sunday, May 8. It is another indication of the kindlier and nobler impulses that are stirring the lives of men in this age that a day is set apart to pay tribute to the love and respect for mother. Never can men pay too much devotion to the life or memory of the one above all others most devoted to them. A nation that inspires its boys and girls to give honor and love to their mothers is doing much to perpetuate its noblest self.

Melville E. Stone has recently toured the orient in the interest of American commerce and brings back the report that the opportunity for selling American goods in the far east is not so large as has been supposed. Much of the coarser cotton goods used by them is now manufactured in India, while millions of dollars are now invested in flour mills on the Yangtze river making it impossible for the American mills to compete with the flour ground at home. However, there are many millions to be fed and it does not seem likely that they will be able to supply all their needs immediately with home productions.

Chicago is having a long and persistent fight with the smoke nuisance—a fight that has already extended over many years. The thing which makes it so hard to suppress is that the worst smoke offenders were "the interests" and "industries" which could not be safely touched. One after another they have abandoned their soft coal until the smoke nuisance seems in a fair way to be done away within the city proper, but the tug boats still continue to belch forth clouds of black, sooty smoke. The tug boat is a condition, not a theory, but the time is near at hand when the condition will be met.

An exciting time was experienced by the inhabitants of the Scilly isles, which lie southwest of England, recently when the Minnehaha of the Atlantic Transport line went ashore. The passengers were all taken safely ashore, and then in order to save the ship, 17,000 tons of valuable cargo was ordered thrown overboard and in a short time the water was covered with floating merchandise of American manufactures. Automobiles, pianolas, sewing machines and furniture floated side by side with bales of cigarettes and cheap novels. The whole population of the islands turned out to save the property and no doubt for years to come those fishermen will have some remarkable possessions.

An experiment is being tried in London in providing model houses for the working men at small expense at a suburb known as Hampstead gardens. They are built of cement and provided with open plumbing and all modern conveniences common to American flats. They are light, clean, sunny and easily reached for a low rate of fare. The rent is from \$10 to \$12 a month. Such cottages would be a great boon to American workmen in all our great cities. Here is a work for some wealthy American philanthropist in every large city, or small one for that matter in the country. It need not be a work of charity as a small profit may be realized even when the cottages are rented at the low figures mentioned.

KING EDWARD'S DEATH.
The whole political situation in Great Britain has been revolutionized in a day by the sudden taking off of King Edward. He was regarded by England as a great king, and the balance of the world held him in equally high regard. The death seems particularly unfortunate because England is approaching a political crisis, and indeed this very crisis is said to have hastened the late king's demise. There is public confidence in the new king, George V., and his ability to take up the reins of government where his father left off.

GREAT PROSPECTS FOR NORFOLK.
With an interurban railroad out of Norfolk to Newmarket, with a projected Harriman railroad from Winthrop to the gulf, by way of the Norfolk-Yankton route, with Norfolk's territory in South Dakota expanding with the Dallas-Carter extension, with a new Union Pacific depot in sight, with a Y. M. C. A. building to go up, with a Carnegie library nearly finished and with paving about to begin, as well as unusual activity in a building way, Norfolk faces the coming summer with a smile which, instead of coming off, shows signs of growing bigger as the days roll by. This is going to be a great year for Norfolk.

LET NORFOLK HUMPH ITSELF.
The remaining few days of this week are days when Norfolk should hump itself. Every person in the

town who is interested in the city's welfare, or in the city's property values, should become a self-appointed census enumerator and help to see to it that Norfolk gets properly counted.

This is the first chance Norfolk has had in ten years, to take a federal census. It's the last chance we'll have for another ten years. And there is not a business house in town, not a dollar's worth of property in the city, that will not be affected by the result of this count.

Norfolk needs credit for every inhabitant within its limits. And if there is a living soul in town—white or black, old or young—who hasn't been counted yet, you'll confer a favor upon the community at large and yourself along with the rest, if you'll call the attention of the fact to the census enumerators or to The News.

The federal census figures are used all over this nation as a means of judging communities, and upon the figures a very great deal therefore depends. In seeking locations, the very first thing done is to consult the census figures. In investing money, the investor invariably consults the census figures as a gauge.

Norfolk hasn't as many people as a good many other towns of really less importance in Nebraska. This is true by reason of the fact that Norfolk's location makes it a commercial center of a far-reaching territory and the people who are here are meeting the demands of that territory. But the outside, far-away world has no way of judging Norfolk's importance save from the census figures, and for this reason it is of very vital importance that Norfolk business men take off their coats and take a personal interest in seeing that the city gets all that's coming to it in the count.

The census of 1900 gave Norfolk 3,883 people. The present census ought to give us nearly 6,000, but this mark never will be reached unless every breathing soul, counting those but a day old, is included in the enumeration.

Once the census is closed, it can't be changed for ten years. This is the time to count and count hard.

It is really a more important event than has generally been credited to the census thus far in Norfolk.

AROUND TOWN.

Boost.

And don't fail to be counted.

Anybody want a street sprinkler?

The census is a matter of dollars and cents.

Norfolk is going to keep on keeping on.

It's a dry story that comes from Hoskins.

Now aren't you sorry you sold that Rosebud land?

"If women shamed, I'd be a barber," a Norfolk man said.

No, of course, that street doesn't need paving. Just take a look at it.

The Hyde trial has reached the stage of medical expert contradictions.

You don't count unless the census man gets your name. And it's the last chance.

This is the day the Norfolk-Newman Grove interurban begins to look like the genuine.

Norfolk will feel everlastingly grateful to any babies that are born this week. We need 'em for the census count.

The saloon question in Norfolk has been settled for another year and the city council is advertising a water wagon for sale.

They may bar The News correspondent from the Neligh murder trial, pending his testimony but The News will keep right on printing the news.

"I don't know why it is," says a Norfolk man, "but I sure do like to play golf and work up an appetite, though I am usually too tired to dig a garden."

No matter how late you stay up Saturday nights, in order to take advantage of Sunday morning's possibilities for sleep, you're bound to wake up earlier on Sunday than any other day in the week.

A little son of Dr. G. A. Young, formerly of Norfolk, was greatly impressed with the late King Edward last year when he saw his majesty in England. Returning home on the ship he met an American boy who didn't know about kings. The young lad went to his mother and said: "Mother, that little boy doesn't know about the king. In his country they don't have kings—they just have tafts."

Did any one say we did not need paving? Look at Norfolk avenue today and the question will soon be answered. The mud all over the city is a foot deep and it is impossible for the workmen to keep the crossings clean. Women's clothes are mud bespattered when they reach home from a day's shopping and large blotches of mud are even seen on new hats worn by business men who attempted to cross the muddy street while teams are passing. When voting for the bonds for the intersections, think of how the street looks today and vote

"yes."

ATCHISON GLOBE SIGHTS.

Are you an authority on anything?

If it isn't dangerous a boy won't attempt it.

Some people can not bear to be left alone; they can not enjoy their own company. How do you feel about it?

Men who want to argue the tariff with us on the street must carry chairs; we are tired of arguing standing.

It is a mighty rich girl who can resist the temptation to reply to an advertisement of lady cashier wanted at \$3 a week.

It is generally said of an Atchison woman: "She accepts things so graciously." But no one can recall that she ever did anything for others.

If a woman refuses to lend a man all her money, it is perhaps because he never looked at her sympathetically, and said: "You poor little girl."

Ralph Fisher, the Globe's "boy" in the composing room for three years is now working at Klostermeyer Bros. He wants to learn the plumbing trade.

Although the average layman is willing that the preacher should take a vacation, it is never because he thinks the strain of overwork demands it.

They tell of an Atchison woman who puts seventeen things in her simplest salad and she once had the great compliment paid her of a guest eating so much he died the next day.

An optimist is one who can think of what fuzzy things peaches are, anyway, when the frost nips the buds, and of the trouble in canning them, and how the seeds scratch his throat.

When a young man calls on a girl three or four times, her friends always begin to whisper that he is keeping other young men away, as if there were a troop of eligible suitors hanging outside ready to break in.

Why stand on the streets and argue? You must realize that you invent facts, knowing that the other fellow does not know enough to controvert them. The other fellow plays the same game as you; he knows you are ignorant, and takes advantage of the fact. It is a waste of time to argue.

A bookmark is something a woman keeps between the pages of Uplift literature on the parlor table. She never uses it in the trashy literature, oh no! for the reason that, after she begins on trashy literature she doesn't stop till she gets through.

The girl who picks out the style of automobile she wants, and makes out a long list of other good things, does not succeed in landing a husband as well as the style of girl who talks of love in a cottage, and says she will do her own washing at first.

Note: It is proper for a guest at a party to get the cherry left in his glass of punch, no matter what conditions are necessary so long as he doesn't spill the punch on the carpet. He may be compelled to give himself a shower bath to get the cherry, but that is also permissible.

When a woman rides down to a dry goods store she ties the horse and goes in. Why? Because no woman on earth will trust to a clerk's judgment to select her calico and thread. But when the same woman rides to a grocery store a clerk has to step out to her buggy and tell her what he advise. She takes his word for the condition of what she buys, and lets him make the selection.

A man was nailing up a box. A neighbor saw him, and went over to make suggestions. The neighbor stood looking, cocking his head first on one side and then on the other, like a bird dog looking at a tumble bug or a toad in the grass. The man knew the neighbor wanted to make a suggestion, so he found a twenty-penny nail, and began using it on the small box. "Great goodness, man," said the neighbor, "you shouldn't use a nail of that size." "I know it," the man replied, "but you seemed so anxious to make a suggestion that I thought I'd give you a chance."

A woman who has been married seven years recently cleaned out a writing desk drawer that belonged to her father whose death occurred a few months ago, and came across a bundle of receipts as big as a man's arm, tied with red tape, and marked on the outside, "For Mary." She opened them, and saw that they were receipts for her trousseau bills. The woman's best dress now is a 50-cent wool, made by herself, and she has worn it two years. When she read in the receipts of lace she had put on a corset cover that cost \$1 a yard, she grabbed for a fan, but had a fit before she reached it. She revived somewhat, but again scattered rugs over the floor when she read that her wedding gloves cost her father \$35, and her hose cost him \$47. She wears 15-cent hose now and fairly foamed at the mouth when she realized that some of her wedding hose cost \$3 a pair. And when she came across a receipt of \$17 for embroidering a sifeet, she tore out all the hair she had pinned on her head, and was beginning on that which grew there when a merciful unconsciousness overtook her. Her last thought was of the sum total of the trousseaus, and those figures swimming before her eyes, and her husband's voice grumbling in the next room because the monthly gas bill was thirty cents more than a month ago, proved too much! She was nineteen hours coming to.

Home Course In Domestic Science

V.—Some Breakfast Suggestions.

By EDITH G. CHARLTON,
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WHEN one has acquired some knowledge of food materials and what their function is in the body the question that naturally arises is what foods should be combined in order to have a well balanced meal. Without doubt every kind of food has some value in the diet and for some people is a good food. The question is who may eat it, how much should be eaten and when. Personal peculiarities must be taken into consideration in the discussion of food and food values. A safe rule for any person to follow is to avoid any food which disagrees with him. There is always something else that will furnish an equal amount of nourishment and fill all the requirements of food. If cabbage and radishes make you uncomfortable each time you partake of



A DAINTY BREAKFAST.

them, why eat them at all? They are largely water, woody fiber, with some mineral matter and flavoring extracts, and any of these ingredients can be obtained from any other vegetable or fruit and possibly at less cost to the digestive organs.

Then, too, the matter of nourishment and cost should always be considered when planning the meals for a day. When cucumbers, which are more than 90 per cent water, are selling for 25 cents a piece the housekeeper is hardly excusable if she provides them for her family at the expense of eggs, milk, bread or some other food from which nourishment is derived. Eggs contain about 14 per cent tissue building material. Dried beans have about 20 per cent of the same constituent.

When the former are selling for 40 cents a dozen and the latter for 5 cents a quart it is the part of wisdom and thrift to have baked beans on the table more frequently than omelets or souffles.

The best all round dinner will include a clear soup to stimulate the digestive juices, a properly cooked meat dish, a vegetable or two—one fresh if possible—bread and butter, to which a simple dessert, preferably fresh fruit, is added. Tea and coffee are not necessary for nourishment or for aids to digestion. In fact, it is better to omit them altogether. Once a day is often enough to serve meat to any family. Even the farmer who is engaged in active outdoor work will be just as well fed and better nourished if he eats flesh food only once a day and gets his tissue building material from eggs, beans, macaroni and cheese or some other of the proteid foods. Sensible people are learning, even if slowly, that a large amount of meat is not necessary in the diet of even hard-working people.

What Is For Breakfast?

Many housekeepers consider the bugaboo of their daily work is arranging the menus for the ever recurring breakfast, dinner and supper. They hail with delight any suggestions for new dishes that will furnish variety in any bill of fare. Breakfast is generally a light meal in most homes, but its simple menu should present some variety, and every dish included in it should be prepared with special care. In my opinion, meat dishes should appear but seldom on the breakfast table, a little thinly sliced bacon or a piece of delicately browned fish being the exception. There is generally quite enough starch, too, in the breakfast menu without serving potatoes. For your consideration let me suggest one or two breakfast menus that will be not only appetizing, but furnish the required amount of nutrient as well.

- Baked Apples.
- Cereal With Cream and Sugar.
- Bacon and Poached Eggs.
- Hot Muffins, Jam, Coffee.
- Sliced Oranges.
- Cereal With Cream and Sugar.
- Codfish Balls.
- Griddlecakes With Sirup.
- Toast and Cocoa.
- Fruit of Any Kind.
- Bacon and Griddlecakes.
- Toast, Coffee.

Any one of these menus affords enough variety to satisfy the most exacting appetite and can be served in quantity sufficient to appease any hunger. The majority of people will not care for the entire bill of fare which, however, is varied enough to please any taste.

Fruit should always form a part of every breakfast. Nothing else can

take its place in spite of the waitress at a certain hotel insisting when I asked for fruit, "We haven't any fruit, but we have several kinds of breakfast flax foods." Uncooked fruit is better for breakfast than preserves, though much less of the first is seen on the table in country homes. A little jam or marmalade or a fruit butter is a delicious relish with the toast or hot bread at the end of the meal.

A dainty breakfast dish which I have enjoyed at homes where meat never appeared was designated by the simple name fruit toast. To make it toast slices of bread carefully and keep hot in the warming oven. To one cupful of strawberry or raspberry juice heated to a boiling point add one-half tablespoonful of cornstarch diluted with a little cold water. Cook until boiling, stirring constantly until thickened. Pour this over the slices of toast and serve hot, with cream if desired. A cupful of the fruit sauce will be required for each three slices of bread.

Bacon as It Should Be.
Bacon for breakfast is appetizing and if properly cooked is a dish so easy of digestion that it may be eaten by invalids, and young children may be given bacon gravy. But, like many of our standard foods, it is so simple that its preparation is often neglected and it comes to the table greasy and unappetizing.

In order to slice bacon properly it must be cold and firm. Cut off the rind and tough lower skin, then slice very thin. Heat a frying pan until it is very hot, place the bacon in it and turn constantly until it is crisp. Do not serve bacon that looks greasy and fat. It must be dry, and each slice as it is fried should be drained on brown paper before going to the table.

After frying three or four slices or as many as can be done at one time in the skillet pour out all the fat and reheat the pan again.

Precautions.
Bacon, being nearly all fat, is more digestible than pork, which is part lean and part fat, and therefore is better for persons of weak digestion. Beef and all dark meats are more stimulating than white meats and should be avoided by persons having a tendency to rheumatism.

A Cup of Good Coffee.

Though I have said that coffee itself is not nourishing, that it would better be avoided by persons of nervous temperament or by those whose digestion is easily deranged, there are a sufficient number of persons to whom the cup of breakfast coffee is almost a necessity to make it important that coffee should be properly made. There are physiological objections to even the perfectly made article, but these can be greatly increased if the beverage is not prepared carefully. Occasionally it is difficult to procure cream for the morning cup of coffee, and when cold milk is used the concoction is most unpalatable. The French and German cooks have a method by which they substitute hot milk for cream, giving most satisfactory results. Cafe au lait, as the beverage is called, is made after the following recipe:

One cup of ground coffee, one egg, one cupful of cold water, five cupfuls of boiling water and one and one-half cupfuls of scalded milk. Wash the egg, break and beat. Add crushed shell and the cold water. Mix with the water and let stand about ten minutes. Add the boiling water and stir thoroughly. Place on the front of the range and bring slowly to the boiling point and boil three minutes, no longer. Add about one-half cupful of cold water after removing from the fire and do not allow the coffee to boil again. Strain into another coffeepot or pitcher containing the scalded milk. When serving add sugar and a little cream if necessary. When cream is scarce this is a most satisfactory method of making coffee.

Cooked cereal or one of the numerous prepared breakfast foods usually has a place on most breakfast menus. If properly and sufficiently cooked nothing can surpass in public favor and in nutriment the time honored dish of oatmeal and cream. But unless it has been cooked a sufficient length of time to insure the thorough cooking of the starch the prepared breakfast foods are preferable.

Cereals should be thoroughly cooked because—

First.—Starch is thus made more accessible to digestive fluids when granules are broken open by heat.

Second.—Heat softens woody fiber (cellulose).

Third.—Cooking improves the flavor of cereals.

Until the fireless cooker came into general use it was sometimes a difficult and expensive test to cook the cereal as long as required without keeping a fire in the kitchen range all night or rising at an unreasonably early hour to start the breakfast. But these convenient little devices have very greatly reduced the time and cost of preparing foods which require long, slow cooking. A description and explanation of their use will be given in a subsequent article.

It has become the fashion in certain quarters to underestimate the food values of most of the cereal preparations now on the market. It has been asserted recently by a very high dietetic authority that ordinary white flour bread furnishes four times the nourishment contained in an equal weight of cereal. The fact remains that these preparations have served and are still serving an admirable purpose in making popular the use of a very necessary form of food.

Friendly Advice.

Mrs. Jawback—The doctor says I must sleep with my mouth shut. How can I get into the habit? Mr. Jawback—Try practicing it when you are awake.—Cleveland Leader.

The Difference.

She—When a man starts to talk he never stops to think. He—And when a woman starts she never thinks to stop.