Of Interest to Brain Workers. A medical man who gave evidence In a London chancery division case testified as to the connection between brain work and longevity in a way that charmed the lawyers and will charm other brain workers. One-third of the laborers in rural districts, he is reported as saying, die of brain soften ing, and the average vegetative rural laborer much earlier than the hard thinking lawyer, simply because his brain rusts from lack of exercise.

#### Self-reliance.

There is a time in every man's education when he arrives at the con viction that envy is ignorance; that imitation is suicide; that he must take himself for better, for worse as his portion; that though the wide universe is full of good, no kerne! of nourishing corn can come to him but through his toll bestowed on that plot of ground which is given to him to till.-Ralph Waldo Emerson.

#### Indian Matrimonial "Ad."

Babu matrimonial advertisement: "Wanted-A match for an independent, beautiful young widower of 36 years, of respectable and very rich family. Possesses handsome amount of thousands and numerous golden ornaments of his previous wife."-Lahore Tribune.

What Everybody Says. Jamboree, Ky., April 3rd.-(Special.)-"I suffered for years with my back," says Mr. J. M. Coleman, a well known resident of this place. "Then I used Dodd's Kidney Pills and I have not felt a pain since. My little girl complained of her back. She used about one-half box of Dodd's Kidney Pills and she is sound and well."

It is thousands of statements like the above that show Dodd's Kidney Pills to be the one cure for Backache or any other symptom of deranged kidneys. For Backache is simply a sign that the Kidneys need help.

Dodd's Kidney Pills always cure Backache. They also always cure Bright's Disease, Diabetes, Dropsy, Rheumatism, Bladder and Urinary Troubles and Heart Disease. These are more advanced stages of kidney disease. Cure your Backache with Dodd's Kidney Pills and you need aever fear them.

#### New Use for Whisky.

A butler, newly engaged, requested his master to allow him some whisky. "There's nothing like it to clean the windows," said he. However, a few minutes later his master chanced to pass through the room, and to his surprise found the glass empty. "Why, James," he asked, "where's the whisky?" "Well, you see, sir." said James, "it's this way: I drank the whisky and then I breathe on the glass."

#### To Keep Weight Down.

If you wish to keep your weight down, don't drink water at meals. Take tea and coffee. Rise early, walk at least five miles every day, and don't take a nap after exercising. Sleep eight hours only, and on a moderately hard bed. Shun fresh or hot bread Flee from potatoes, peas, macaroni olive oil, cream, alcoholic drinks sweets and pastry.

Seek Bones of Primitive Man. Paleontologists are hoping to find any day the bones of primitive man in some part of the West, where the deeply eroded canyons have revealed so many wonders of the animal world in the shape of ancestors of the horse and the dinosaur.

## Pays Dearly for Stamp.

For using on envelopes two stamps which had already been through the post, an Irish schoolmaster has just been fined £100. Some of women's little daily economics often prove in the end expensive.-London Globe.

## CHILDREN AFFECTED.

## By Mother's Food and Drink.

Many babies have been launched into life with constitutions weakened by disease taken in with their mother's milk. Mothers cannot be too careful as to the food they use while nursing their babes. The experience of s Kansas City mother is a case in

"I was a great coffee drinker from a child, and thought I could not eat a meal without it. But I found at last it was doing me harm. For years I had been troubled with dizziness, spots before my eyes and pain in my heart, to which was added two years ago, a chronic sour stomach. The baby was born 7 months ago, and almost from the beginning, it, too, suffered from sour stomach. She was taking it

from me! "In my distress I consulted a friend of more experience than mine, and she told me to quit coffee, that coffee did not make good milk, I have since ascertained that it really dries up the

"So, I quit coffee, and tried tea and at last cocoa. But they did not agree with me. Then I turned to Postum Coffee with the happiest results. It proved to be the very thing I needed It not only agreed perfectly with baby and myself, but it increased the flow of my milk. My husband then quit coffee and used Postum, quickly got well of the dyspepsia with which he had been troubled. I no longer suffer from the dizziness, blind spells, pain in my heart or sour stomach. Postum has cured them.

"Now we all drink Postum from my husband to my seven months' old baby. It has proved to be the best hot drink we have ever used. We would not give up Postum for the best coffee we ever drank. Name given by Postum Co., Battle Creek, Mich.

There's a reason. Get the little book "The Road to Wellville" in each pkg.



CHAPTER XXVI-Continued.

ous of safely delivering the missive before the consul is wholly hedged in by the crowd that usually surrounds

Whatever Jack has written appears to deeply impress the quiet gentleman who for years has represented the United States in Cuba. He reads it through, and placing it in his pocket, says to Smithers:

"Tell Mr. Travers I will be on my guard, and ready to respond to his message at any time of the day or

When Jack hears this he feels considerably relieved. With the power of the United States government behind thus indefinitely. him he cannot see much to fear in the situation.

While Smithers was absent on his mission, Jack has by rare good luck discovered the party for whom he has ben searching.

Senor Robado is looking quite his best, and his distinguished appearance arouses considerable curiosity, though the glances leveled at him are quickly transferred to the wondrous fair face at his elbow. Among the sable-haired senoritas of Spain or Cuba one so purely a blonde as Jessie Cameron must always attract an unusual share of notice.

Jack literally feasts his eyes upon

He wonders when this miserable farce will have been played to its limit-when he may dare claim this dear one for his own. The game is galling him and he frets under it. Have patience, Senor Jack; that jade Fortune intends to give her wheel a merry whirl on this night of the Captain General's reception, and if you remain on the qui vive, it is possible the profit may fall to your share. Eternal vigilance is the price of success in love as well as in war.

Smithers now leaves his patron for a time. He has a game of his own to look after. Since Gomez has determined to visit the grand reception, and see his enemy face to face, those who are concerned for the safety of the great insurgent leader have plenty

to worry them. Perhaps the keen wit of the detective has been levied upon to produce additional features that will ensure the safety of the man upon whom the Cubans in rebellion rely more than any other for leadership. The pas-

sage of events will prove this. Ever and anon Jack casts his eyes after the little party. The crush becomes great, and many seek the ring in order to secure relief. Fearful lest he may lose sight of her in the great crowd, Jack pushes after, and as luck will have it, discovers the object of his search with a look of distress upor her face, the pressure of the surging populace having separated her from the others.

And Jack, stilling the mad throbbing of his heart, pushes close to where she stands, sheltered by a pillar.

## CHAPTER XXVII.

Jack Cuts the Gordian Knot.

And yet she has not seen him, although he is so near he might put out his hand and touch her rounded arm. Ah! As her anxious gaze wanders this way and that, her eyes rest upon his face. Jack no longer endeavors to disguise himself, since his enemies know of his presence, and he might get into trouble with the authorities while salling around under a name and conditions that do not agree with his passport.

She starts plainly-the blood rushes, surges to her face, bathing cheeks and



Jack literally feasts his eyes upon her. brow and neck with its rosy hue. Ye gods, how beautiful she looks while thus bathed in blushes! Poor Jack is unable to drag his eyes away, even though he risk his queen's displeasure by continuing to stare so boldly. Hard lines, indeed, when a poor fellow takes desperate chances in simply looking at his own wife.

Does she frown? Will my lady turn her head haughtly aside and ignore him, overcome by recollections of the past?

Perhaps-who can say?-she has not forgotten the black-eyed beauty on the milk white horse whose life Jack saved on that terrible night of the who would have personated me in battle, and whom he had called "Lola | Edinburgh "

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Montez"-a thousand chances to one Smithers has already gone, desir- the name has burned in her mind ever since that night of adventure.

Last of all, he belongs to her-at least, by Scottish law; and if the secret of a heart ever shone in mortal eyes, Jack reveals his passion at that moment.

So, instead of the cold treatment he expects and fears, the young squire is amazed and delighted beyond measure when she reaches out a hand and catches hold of his sleeve. Well, he makes no effort to break away, but meekly submits to his fate-indeed. nothing would suit him better and cure the aching vold in his heart sooner than that she continue to hold him

"I am pleased to see you, Squire John. You find me a distressed female -separated from the rest of my party. I must appeal to you to stand by me until I can rejoin them; and I had intended when next we met to ask your pardon for my rudeness on the occasion of our singular introduction.

forbade you to ever address me. was not myself. You can imagine the conditions of my mind. You have nobly kept your word, and yet what do I not owe to your bravery? want you to say you can pardon my treatment of you, and promise to be

one of my friends." She says this hurriedly, as though not quite sure that she may get through without being overcome by confusion.

Jack hears and exults. His hour of triumph is at hand. She no longer blds him keep his distance and freezes him with haughty looks. Instead, she opens the way to her friendship-perhaps more.

His first impulse is to eagerly seize upon the golden opportunity.

Then, upon second thought he hesitates. Perhaps she is grateful because of his risking a life in her behalf. Bah! Gratitude is far from what he seeks-it is the affection shown by the dog as it licks a master's hand. He wants not that from her.

"That were a position I should be proud to occupy, but I am afraid it is too late," he says, slowly,

"Too late! I-really, I am not quite sure I understand your meaning;" and she gives him a startled, perplexed

Many people are around them. though the pillar prevents a crush, and yet there is sometimes a more marked sense of isolation in a crowd than upon a lonely road. Besides, these people speak Spanish, and are interested in other things than the two who stand there close together.

Jack has seen this at a glance, and has determined that the die shall be cast then and there.

He will never be satisfied until he has let her know the true state of his mind. She may scorn him. Well and good, the world is wide, and he can go far away; but at least Jack has never yet in all his life allowed a game to go against him by default. That is not the nature of his Anglo-Saxon blood.

"Forgive me if I am brutally frank. I may never have another chance to speak to you. You asked that we may be friends, and I have said it could not be. Let me explain in my clumsy way what I mean. You remember, our lives were drawn together in a very singular manner. You forbade me to approach you after that strange ceremony-to even address you unless I had permission. Please do not interrupt me now. I believe I kept my pledge to the letter. You will give me that credit."

"Yes-yes. Oh, I was not responsible for my rude actions, believe me.

"Although you bound me to a promise not to come to you without an in vitation, there was one thing you did not demand-one thing I could not have promised had you asked it, because it was not in my power to grant -you did not forbid me to love the girl whom a kind Fate had brought across my path. There, I have said it. Now go with me what you will, and he endeavors to nerve himself to hear his fate.

And Jessie-was ever a girl placed in a more remarkable position? No wonder she lets her eyes drop,

and toys desperately with her fan. "You-love-me?" she almost whispers; but whose hearing is so keen as that of a lover?

"I do-I swear it! I love you with every atom of my being. If I could win a response from your heart ! should be the happlest man on earth. Have I made you angry in telling you this?"

"N-no," she replies, still looking

"You do not dislike me?" "Certainly not"-promptly, for the way in which he carried himself in those trying scenes has made him a hero in her eyes.

"Tell me," he asks, suddenly-eagerly-"would you give me a blessed hope-

"No, no, I did not say that, You have taken me by surprise; this place is so public. Do have pity on me, Senor Jack, and another time, under more appropriate conditions, perhaps we may come to an understanding."

"Another time may never come to me. You are surrounded by danger. They even plot to put me out of the way so there may be no legal obstacle to your becoming the wife of the man

"You mean Mr. Spencer. F abhor

him. "I am delighted to hear it, but all the same your guardian hopes to manage things that way. One word from you to me at any time will end your persecution, end their plotting."

"A single word?" "Yes. It is 'come.' I shall understand what it means. But I beg of you do not let gratitude have any influence with you. I demand a return of what give-the deep and lasting affection of the heart. With me it must be all or none. But I see the senor making these ideas could be carried out, the experience. his way toward us. Forgive me if I have been bold. I could not help it. Perhaps it would be better if I should not be seen by your guardian. I will pass on, but remain close by, Goodbye."

He squeezes her hand in his hearty way, so full of warmth. She cannot but contrast it with the cold manner in which Spencer does the same thing, his hand is clammy and apparently as bloodless as a snake.

Jack has made amazing progressfar better than his wildest hopes. If this were the sum total of his



"I am pleased to see you, Squire John."

gains he would feel repaid a thousandfold for coming to the great reception. She does not dislike him; he has even a fair reason to believe she may be learning to love him. What rapture in the thought! How he figuratively hugs himself as he contemplates a possible happy day when he may receive from her the "open sesame" to her heart in the simple word "come"! Heaven speed the hour, for he has grave fears lest these unscrupulous plotters may overwhelm him. Once she came to him as his own wife the whole fabric of their machinations must fall in ruins. That is why he mentally prays the happy day may not be fare distant.

He watches from a little distance. and sees the others join Jessie. It is hard for Jack to take his eyes from her, but the coming of Smithers tells him other events of an exciting order are about to transpire.

"Come, Senor Jack; make your way with me to the barrier. From point we have an uninterrupted view of the amphitheater. You see, the den of the bull is on our left, and should he take a sudden notion to issue forth in order to pay his respects to the Captain-General, we will be in line to see him tumble those brave musicians head over heels, and watch the fight of the innocents who so proudly strut about the arena now."

"Don't mention it, I beg," says Jack, with a shiver; for he notices that many of those who promenade are

ladies. "Well, look across. You see we are just about on a level with the Captain-General's box, where he sits in all his pomp and panoply receiving citizens and soldiers"-lowering his voice to a whisper-"little dreaming that within ten feet of him stands the noble hero who is the head and front of this up heaval in the once ever-faithful isle-General Gomez."

(To be continued.)

## PEACOCKS FOR THE TABLE.

Much Esteemed in Olden Times as an Edible. Peacocks are said to have been

among the treasures of the East sent to King Solomon. The Romans esteemed them very highly for the table, and in England young pea fowls are cought a great luxury.

In the old days of chivalry the dish was called "the food of lovers and the meat of lords." The peacock was served upon a golden dish and carried to table by a lady of rank, attended by a train of highborn dames and damsels, accompanied by music. On the occasion of a tournament the successful knight was appointed to carve it. He was obliged to regulate his portions so that each individual, be the company ever so numerous, might taste, and if he had any vow to make, rising from his seat and extending his hands, he exclaimed, "I vow to God, to the blessed Virgin, and to the pea-

cock." In Shakespeare's time the bird was served up in a pie, the head, richly gilt, being placed at one end of the dish, and the tail spread out in its full circumference at the other.

By the Chinese, it may be added, the feathers are much valued for decorat ing the caps of the mandarins, three feathers marking the highest honor to which a mandarin can aspire.

Mrs. Carnegie.

Mrs. Carnegie, wife of the millionaire, though the daughter of an old New England family, is as devoted to Scotland as her husband. She takes great interest in his philanthropic enterprises and does a lot of good to the poor in her own unostentatious

# Barrano Marine M FRESH AIR FOR CONSUMPTIVES

Most Effective Weapon Available for Conflict With Dreaded "White Plague"

"white plague" would be robbed of much of its terror:

In ancient times it was highly improper to expose a tuberculous patient, especially one beyond the first stage, to a breath of fresh air except on the mildest days in summer, while the night air was dreaded and avoided as the plague. Then the more observant and thoughtful men noticed that those who lived more in the open air did not die as quickly as the hot-house patients, and they began to urge an outdoor life and moderate exercise as a prophylactic as well as a cure for those in the early stages of consumption. Those in the more advanced stages were allowed fresh air only when it was at summer temperature, but even this was better than being kept indoors in warm, ill-ventilated rooms the whole year.

There are several plans by which the victim of tuberculosis may continuously breathe pure, fresh air by night as well as by day. Sleeping out in the open air is not harmful to a large majority of tuberculous people.

Millet, of Brockton, Mass., reports the cases of five patients whom he recommended to sleep out of doors at night. They were allowed no roof over their heads except in rainy weather. They wore soft felt hats and cotton nightshirts, sleeping under ordinary bedclothes in beds arranged on the roofs of their houses. Improvement was noted in two weeks. Coughs disappeared, temperatures became normal, respirations were easier and weight increased rapidly. No attention was paid to dampness and drafts, and heavy dews were regarded as inconvenient simply because of the necessity of drying the bedclothes.

Sleeping in a small room with an open window does not appear to be nearly so beneficial to the patient as when the nights are passed on a veranda or in a tent where there is a free circulation of air on all sides. If a patient were fortunate enough to have a large room with a southern exposure and containing one or two open fireplaces, in addition to large windows on three sides, which might be opened at night, he might derive approximately the benefit incident to tent life.

McGraham, of South Carolina, prefers the circular to the army tent, and thinks it better to place it on a platform two feet from the ground, and to do without carpets and draperles. Draperies are not necessary, but rugs add greatly to the comfort and convenience of those in ill health, and their use can be made perfectly safe by exposing them to the sunlight for a few hours daily.

Special Hospitals for Consumptives. A hundred years ago the city of Naples, Italy, erected a large hospital for consumptives, and required the isolation of all persons suffering from this disease. It is only recently, however, that the authorities of modern cities have become awakened to the importance of this sanitary measure. Recently a number of cities have taken steps for the establishment of hospitals especially for the treatment of cases of consumption by the socalled "open-air method." Excellent results are reported from this method

of treatment. The German government has a large central committee numbering more than thirteen hundred persons, organized for the purpose of erecting hospitals for the treatment of tuberculosis. This committee has under its supervision seventy-four such hospitals, and last year treated over thirty thousand patients, of whom eighty per cent were returned to their homes practically cured after remaining in the hospitals on an average of a little less than three months.

An Extra Good Appetite.

A good appetite is a symptom of good health. An extra good appetite is sometimes a symptom of constitutional disturbance somewhere. A sample letter sent to the "Questions and Answers" column of a prominent health journal was something like

this: "I am troubled with pimples, not to a great extent, but still very annoying. They appear principally on the forehead, but occasionally on other places. I often feel languid, and tire easily, and cannot gain flesh, although I have an extra good appetite. Still I am not sick, and have not been in bed for a day in my life. Age, nineteen years. Will you kindly advise me what you think would remove these pimples?"

There is little doubt but that the 'extra good appetite" alluded to affords the key to the situation. The digestive organs have more than they can take care of, and consequently do not properly take care of anything furnished. There will be frequent headaches, skin disorders and alternate constipation and diarrhea with such persons. Pimples are a natural result of such depraved blood conditions.

With many people the habit of hearty eating is continued when the warm spring days come. Food which was apprepriate when the thermometer was at zero is continued in the same quality and quantity when the thermometer rises to ninety degrees the water. Add enough cream to in the sun, and averages above sixt; all day and night. The person who till tender (don't boil). Take en loses his appetite under such a condi- slightly. Serve

Brandham Many Many Many Many Many The following abstracts from an ar- | tion is on safe ground. The person ticle by J. E. Stubbert, M. D., in the with an extra good appetite will have Medical Record, should receive wide to exercise self-control or be placed and careful attention. No doubt if on the retired list to learn wisdom by.

Cigarettes.

Tobacco injures men and kills children. The Chicago school board has been having a medical examination of certain pupils before allowing them to take part in certain athletic sports. Boys and girls were subjected to the same examination. Not one girl was found unable to pass, while a large number of the boys, in almost every case smokers, were found to be in a physical condition which made violent exercise of any kind very dangerous. Twenty-one out of a hundred were found unfit, and all but three suffered from some form of heart trouble. Aimost without exception the unfit one; were cigarette smokers.

How to Earn Sound Sleep. All doctors are not so careful of the welfare of their patients as they might be. Here is a story of one who went to the limit. He is the proprietor of a famous health resort not far -. When he receives a pafrom tient for treatment he says:

"Now, I want it understood that unless you do exactly as I say, there is

no use of your staying." This rule sometimes requires him to be very harsh, but he never healtates. He acts on the theory that he can better afford to offend a single patient and lose him that to have that patient go back home and tell his friends. Dr. So-and-So had done him no good, relates the Washington Star.

Not long ago a well-known clergyman went to this resort for treatment. The doctor looked him over upon his arrival and said:

"While you are here you must take long walks every day." "But I can't take walks," replied the parson. "I haven't done any walking for years. My heart won't stand

They argued the question quite warmly. As the clergyman and doctor were good friends, the latter was more-lenient than usual. However, he bided his time. The next afternoon the physician said to the clergy-

man: "It's a nice day. I would like you

to go horseback riding with me." Riding they went. When they were about eight miles from the sanitarium the physician said: "Oh, doctor, won't you get me that flower by the roadside? I don't like to leave this herse."

As soon as the clergyman was on the ground the doctor galloped off with both horses, and the clergyman was compelled to walk back to the sanitarium. Upon his arrivel he was very angry, and was for packing up and leaving at once. There was no train that night, so he was forced to stay a few hours longer. The next morning he came down radiant and

good natured. "Doctor," said he, "I was pretty sore at you last night, but I lorgive everything. I have had the first good sleep I have enjoyed in months. Hereafter I'll obey your order implicitly."

TIMELY VEGETARIAN RECIPES.

Cream of Celery Soup-ingredients: Celery tops, I quart cream or rich

Method-Put tops in saucepan, cover with water, simmer one hour. Drain, return water to pan, add milk tand stalks, simmer one-half hour longer, season to taste, remove celery, thicken to consistency of cream. Serve

hot. Chili Sauce-Ingredients: One quart strained tomato, 4 tablespoonfuls minced celery, 3 tablespoonfu.s minced onion, sugar.

Method-Put all together in saucepan, let come to boil, set on back of range and simmer two hours. A small piece of lemon peel and a cup of chopped tart apples will greatly improve the flavor. Cook till apples are done, remove lemon peel, cool, serve.

Candied Sweet Potatoes-Boll potatoes till tender, remove jackets, arrange in oiled baking pan, sprinkle with powdered sugar, brown in slow oven.

Sweet Potato Cutlets-Pare potatoes, cover with boiling water, beil twenty minutes, drain off half the water, and cook tfil soft. They should be almost dry when done. Mash or put through ricer. Form in shape of chops, sprinkle with powdered sugar, and brown in medium oven. Serve with sugar peas.

Porkless Baked Beans-Wash beans, place in heavy pot and boil five minutes. Salt to taste. Bake twentyfour hours in slow oven, keeping harly covered with water. When done, the beans should be of a unifor ; dark brown. Longer cooking will in-

Potatoes Lyunnalre-Chop cold bolled or baked potatoes. Season with salt while chopping. Stir in onlors and parsley minced. If too stiff, the with nut cream to consistency desired. Turn into offed baking part, smooth, brush with cream, brown, Serve in squares.

Turnips Stewed in Cream-Para young turnips, cut in dice. Simmer till nearly done. Drain off nearly all barely cover. Salt to taste. Slawer