WOES OF A STRANDED GIRL. She Hax a Hard Trme worre th
$\left\lvert\, \begin{aligned} & \text { where his nephew met hitm. The two } \\ & \text { will finth the journey together. } \\ & \text { Mr. WNinwrghit }\end{aligned}\right.$

EDITORIALS
OPINIONS OF GREAT PAPERS ON IMPORTANT SUBJECTS

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 Hiv houkewife who wishes to change the dietary of her household should go about it atp the modern Egyptians. Even the promised han of health and success cannot keep them he fine art of finesse. vegetable purees and soups. To cook vegeta bles so they will appeal to palate and eye requires no mea water-soaked vegetables. Begin by substituting a well made puree for the meat dish at the supper or luncheon table. Try eggs instead of meat for breakfnst. Reduc eggs or fibh or westables as the princtpal dlath at linne It is a great mistake to cram any new theory down you family's throatGive it to them a taste at a time, and they'll grow enthustastic. Change all at once and you'll arouse oppos tion which will make change impossible.

Most people eat aitogether too much meat. This induces hankering sociogical phenomena ventures the opinion that the th
creased use of vegetables and fruits will do more to pro mote temperance than all the arguments of the Prohlbition ists.-Hari

NEIGHBORS SHOULD CALL.
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|  <br> When Mrs. Hiram Porter had a slgn painted which bore the words, "Cotter Brook Farm," and advertised in throe Boston papers for boarders, she knew most of the trials which were likely to beset her path, for before ber marriage she had kept summer boarders in another town. <br> "Do you have the same folks year after year?" asked one of her former neighbors when Cotter Brook Farm had been in operation for flve years, "or do they change so you keep having new lots?" <br> It depends on what folks want," sald Mrs. Porter, decldedly. "If they are satisfled with a good, plain table, comfortable beds, all outdoors and a mother's care, they keep right on comlag; if they aren't, they don't." <br> "What do you mean by 'a mother's care?'" asked the old neighbor, doubtfully. <br> "I mean Just that," sald Mrs. Porter, firmly. "They've all been younger folks than 1, or if they're older they're kind of chlldish in thelr judgment, of course. If one of my boarders gets a coll, I put him or her straight to bed with pepper tea inside of 'em and a hot flat outside. <br> "If they don't like the treatment, I put it to 'em that I'm not going to have Cotter Brook Farm get the name of belng unhealthy. Most generally they laugh and give in; if they don't, it's their last season. <br> "So with other things. Wet feet I look out for, and getting overhet on the tennis or croquet grounds. And sltting over the stove in a shut-up room I don't hold to for more than about so long. And when I see the young folks all b sat out, I send 'em to bed early. <br> "There's another thing. When the nlght mall comes, sometimes there'll be a telegram or two with it. Well, I never give those out t Ill the next morning. I should If 'twas earlier in the till after nine o'clock. I tigure it out | that if the news is good It'll be all the better in the morning, and if It's bad they'll have their night's rest, anyway. 1 always send telegrams up with the hot water pitchers in the morning at seven o'clock. The first tratn doesn't go till nine, so that's time enough in any case. <br> "There's been one or two that have acted provoked about that, but I've dealt with them promptly, and that's been the end of it. I've never had any trouble with reasonable folks, not a mite."-Youth's Companion. <br> POLYGAMY AS IT IS. <br> Mormonism Finds Protection In Fret <br> Whole 'rinth Cannot He Told. <br> The following incident is actually a fact, though on the surface it appears almost unbellevable, says Marian Bon- sall in the Housekeeper. A certain unmarried woman was III and was thought to be about to die. Her frlends, fearing for the fate of an unmarried woman in the hereafter, went burriedly to a man of thelr acqualntance, a bachelor, requesting him to be sealed to her immediately. He consented, belng willing to have her for hls wife In the life to come. But the unexpected lappened, and the young woman was restored to health. The man to whom she had been sealed continued to live ns he had done, and she lived at her home as a single woman. Some time after, the young woman married a man of her faith. to-day. In the meantime the man died to whom she had been sealed for eternity but not for time. He was a man of considerable wealth, and on the strength of the sealing, the woman, strength of the sealing, the woman, sued for the former's property in the Utah courts-and got it. <br> It is Impossible to grasp the full import of the whole Mormon situation. Its unwholesomeness, its repulsiveness and its general degradation are its not be told and insinuation seems vulgar. Aud what makes the situation so Intricate, so almost hopeless, is that Individually the mass of the Mormon people are so admirable, so sincere and people are so admirable, so sincere and | so earnest. Mormon women are as womanly and as lovable as other women. They look the same, act the same and feel the same as other women. And yet the women, who constitute the only spirituality to be found in all Mormonism, have not been taken Into consideration in thelr rellgion, except as they can assist in building up the glory of thelr husbands. <br> Oar Greatent Arnemal. <br> During the Civil War Rock Island was called into unexpected service. At the very outbreak of hostilities the island suggested itself as a suitable place to care for the prisoners of war. and extenslve barracks were constructed, with a hospital, offlcers' quarters and other necessary bulldings. Over 20,000 confederate prisoners were confined there. <br> Horace was indeed wise when he counseled to prepare for war in times of peace, but that advice was disregarded, and when, in 1898, war was prepared, but the Rock Island Arsenal promptly responded to the call. The 500 to nearly 3,000 , and the necessary artleles were poured out in like pro- portion. Even then it was 114 days before the soldiers could be made ready for action. <br> Had Spain been in a posittion to take advantage of the delay, our vletory might have been less decisive. <br> It is not the object of the arsenal to encourage war, but to prepare for It when it becomes inevitable; in the words of Washington: "To be prepared for war is the most effectual means of preserving peace."-FourTrack News. <br> Manter Made Auntie Talkative. an essete girl belng required to write wrote the following: "My auntle has a blcycle. One day she went out for a ride. When she got about a mile from home her dress caught in the chain and threw her off and broke the wheel. I guess thils is about fifty words and my auntle used the other 200 words whlla she was carrying her blcycle home." Kansas City Jouraal. |
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