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**TROUT ON A SPREE**

John Pronkin, a saloonkeeper at Oyster Bay, New York, has a big tank cooled by water from a well 165 feet deep. In it he keeps his beer in kegs and also a colony of twenty-seven big brook trout that used to swim in Mill Neck creek before they were brought to the saloon.

Recently the bartender at Pronkin's saloon dumped four new quarter kegs into the pool. That was at 7 o'clock. An hour later, just as Pronkin started to work the beer pump, something slapped up against the inside of the door leading into the room containing the tank. It slapped again harder than before, and then there were more slaps. John Pronkin stopped pumping and opened the door. As he did so the biggest trout in the tank turned a handspring on its fins and went flopping toward the bar, three others followed, and several more were tumbling around on the floor beside the tank. Some of those in the pool were jumping clear over the beer kegs. Some were landing on top of them and sliding down the sides, and all were beating the water, splashing, and rolling over, and chasing each other like mad.

Two males were fighting. They had their jaws locked together and the water was streaked with blood. One had its back fin partly torn off, and some were swimming on their backs, some were going tail foremost, and some kept their heads out of the tank for a long time, while they wiggled their fins and "treaded" water. All bumped into the beer kegs, and appeared to be confused generally whenever they started to go anywhere.

Now, John Pronkin knows these trout well, and they had never done such stunts before, so, when a fine two-pounder rolled over and slapped its tail hard against the side of one of the kegs, John Pronkin discovered something. He discovered that one of the "quarters" which had been put into the water full of beer at 7 o'clock didn't contain beer at 8. A hoop was broken and the bung was out.

The next day John Pronkin's trout lay under the spout with the cold spring water and air bubbles trickling soothingly down their backs. Their food for the day lay untouched at the bottom of the tank. One only is dead. It was found under a keg.

**WHAT THE EYES DISCLOSE**

The color of eyes has hitherto chiefly concerned the novelist and the poet and lately, says the London Express, the cold-blooded statistician has been looking into them.

It is announced that, taking the average of Europe and America, 44.6 per cent of men have light eyes, including blue and gray. The proportion of women having blue or gray eyes is 32.2 per cent. In other words, blue eyes are decidedly rarer among women than among men.

Men have light eyes oftener than women, but in the intermediate shades between light and dark the percentage of the two sexes is very nearly the same. In this intermediate category are brown and hazel eyes. The percentage of these among men is 43.1 and among women 45.1.

Blue eyes are considered to possess great attractions. This was the case among the Greeks and Romans of classic times. Upon the goddess Minerva was bestowed a surname to

signify the blueness of her eyes.

Gray eyes have ever been the ideal of all great novelists. Among the number Charlotte Bronte, George Eliot, Kilkie Collins and Charles Reade. Most of the heroine in up-to-date fiction are gray-eyed maidens.

Of the living great, as well as the famous dead, most have eyes of gray or blue. Shakespeare had eyes of gray; so had nearly all the English poets. Coleridge's eyes were large, light gray, prominent and of liquid brilliancy. Byron's eyes were gray, fringed with long black lashes.

Charles Lamb's glittering eyes were strangely dissimilar in color, one being hazel, the other having specks of gray in the iris. Chatterton's brilliant gray eyes were his most remarkable feature. Under strong excitement one appeared brighter and larger than the other.

As to green eyes, they are for glory. The Empress Catharine of Russia had eyes of this hue.

**THE BENEFIT OF FASTING**

The fast cure is one of the new ideas from which great benefits may be derived by suffering humanity if they will but observe its simple rules. It is already believed in by many who have adopted its ways with good results, but more should follow. It is an undisputed fact among men of science that a great many of the ailments that humanity suffers from proceed directly from the stomach, while as many more proceed indirectly therefrom. Apoplexy, heart failure and in many cases sudden deaths, can be traced directly to the stomach, overtaxed and weak, yet pushed on to the task for which it is unequal. The result is inevitable.

A restricted diet is always an aid toward recovery. Fasting in connection with cups of hot water drunk during the day is a tonic, will produce remarkably quick cures in some stomach troubles. Doctors prescribe milk diets and other diets not so much for the virtue of the diet itself

as to avoid the harmful effects of the foods it excludes. To keep a person on a milk diet for a week or two means that the stomach gets a complete rest.

Dyspepsia especially yields to fasting and light meals rather than dieting. Indigestion is only a symptom of something awry with the internal machinery, and one of the most common-sense cures is to give the machinery a rest and let the body right itself; but dyspeptics are continually dosing themselves with drugs or trying to find something they can eat with safety. Everything disagrees with the overburdened digestion, but they never stop to give the wheels a rest. Like the foolish muleteer who put the load all on one side and then tried to make things balance by putting a heavy stone on the other, they overload their weakened stomach with food and then attempt to counterbalance by lading in a lot of powerful drugs.

**GOOD IN OLD-AGE PENSIONS**

Simply speaking, the payment of an old-age pension, say of \$100 each to every citizen, male or female, who has passed the age of 70, does not involve a heavy burden to the state.

Let us now consider for a moment the advantages which the state, as an organization, would receive from such a system. As matters stand, the managers of asylums, whether for the poor, or perhaps for the blind, or the insane, or other invalids, are always at their wits' ends to know what they shall do with the aged people who are crowded upon them. The almshouses of towns and counties are filled in the same way.

Now, all these old people are better cared for in the homes of old neighbors, or old friends, very possibly of

sons, or of daughters, who would receive them and take charge of them humanely if they could receive a little ready money for the extra expense. As society organizes itself, a very little money goes a long way in the average household of an American. The moment it appears that a grandfather or a grandmother has \$100 a year to his good, that moment we shall find that the burden thrown upon the state and town in their asylums is reduced by a larger proportion than by the charge made by the pensions upon the treasury. Thus the pension system has the great advantage that it maintains life in homes, and that it abates the necessity for great institutions or asylums. —Edward Everett Hale in June Cosmopolitan.

**FOOLED BY SLICK TRAMP**

Harry Sanderson, manager for Tony Pastor, who resides at Cranford, N. J., not feeling particularly well, took a day off recently and remained at home. From the window of his library he observed a tramp entering his gate and he walked down to the rear door to meet him. It was the old story—a request for a meal. Having a load of unsawed wood in the shed he told the fellow that if he got to work and performed on the sawbuck for a brief period he would have something prepared for him.

The tramp went to the shed and immediately the sound of vigorous sawing was heard, stick after stick packing under his energetic efforts. Call-

ing the tramp into the kitchen, Sanderson complimented him upon his energy, and the tramp replied, with a modest air, that whenever he had anything to do he generally paid attention to it. The meal was eaten and the tramp expressed his thanks and departed.

Shortly after Sanderson went out to the shed and was surprised to find every stick of wood intact. Upon inquiry in the village he ascertained that he had been entertaining a stranded ventriloquist, who was working his way back to New York from Easton, Penn. The mean chap had simply gone into the shed and given his imitation of sawing wood. —New York Times.



**Health of Women**

Health and beauty are the glories of perfect womanhood. Women who suffer constantly with weakness peculiar to their sex cannot retain their beauty. Preservation of pretty features and rounded form is a duty women owe to themselves.

When women are troubled with irregular, suppressed or painful menstruation, weakness, leucorrhoea, displacement or ulceration of the womb, that bearing down feeling, inflammation of the ovaries, back-ache, bloating (or flatulence), general debility, indigestion, and nervous prostration, or are beset with such symptoms as dizziness, faintness, lassitude, excitability, irritability, nervousness, sleeplessness, melancholy, "all gone" and "want-to-be-left-alone" feelings, blues, and hopelessness, they should remember there is one tried and true remedy, Lydia E. Pinkham's Vegetable Compound removes such troubles.

**Case of this Prominent Chicago Woman Should Give Everyone Confidence in Lydia E. Pinkham's Vegetable Compound.**

"DEAR MRS. PINKHAM:—It affords me great pleasure, indeed, to add my testimonial to the great number who are today praising Lydia E. Pinkham's Vegetable Compound. Three years ago I broke down from excessive physical and mental strain. I was unable to secure proper rest, also lost my appetite, and I became so nervous and irritable too that my friends trembled, and I was unable to attend to my work. Our physician prescribed for me, but as I did not seem to improve, I was advised to go away. I could neither spare the time nor money, and was very much worried when, fortunately, one of my club friends called. She told me how she had been cured of ovarian troubles, and how like my symptoms were to hers, seven bottles of your medicine cured her, and she insisted that I take some."

"I did so, and am glad that I followed her advice. Within six weeks I was a different woman, strong and robust in health, and have been so ever since."

"A number of my friends who have been troubled with ailments peculiar to our sex have taken your compound, and have also been greatly benefited." —MISS ELIZABETH DALEY, 270 Loomis St., Chicago, Ill. President of the St. Ruth's Court, Order of Foresters, Catholic.



What is left for the women of America, after reading such letters as we publish, but to believe. Don't some of you who are sick and miserable feel how wicked you are to remain so, making life a burden for yourself and your friends, when a cure is easily and inexpensively obtained? Don't you think it would pay to drop some of your old prejudices and "try Lydia E. Pinkham's Vegetable Compound, which is better than all the doctors for cures?" Surely the experience of hundreds of thousands of women, whom the Compound has cured, should convince all women.

Follow the record of this medicine, and remember that these cures of thousands of women whose letters are constantly printed in this paper were not brought about by "something else," but by Lydia E. Pinkham's Vegetable Compound, the great Woman's Remedy for Women's ills.

Those women who refuse to accept anything else are rewarded a hundred thousand times, for they get what they want—a cure. Moral—stick to the medicine that you know is the Best. Write to Mrs. Pinkham for advice.

**\$5000 FORFEIT** if we cannot forthwith produce the original letter and signature of above testimonial, which will prove its absolute genuineness. Lydia E. Pinkham Medicine Co., Lynn, Mass.

**August St. Nicholas.** Among the prize offers in the August St. Nicholas departments are two especially intended to train young readers' powers of observation and discrimination. The editor of Nature and Science asks the girls and boys to send him letters and photographs or drawings of what they find on the beach in August. The Books and Reading Department invites brief articles from its readers on "Some Recent Books for Young People." The object of this contest, aside from the training of the contestants, is to learn what books published in the last two or three years have been enjoyed by young readers. The girls and boys are requested not to name books that every one knows, but those that should be better known.

Some folks are so trifling that when they put on a garment wrong side outward they leave it that way and try to strike a bargain with Fortune.

**Stops the Cough and Works Off the Cold** Laxative Broncho Quinine Tablets. Price 25c.

The eye of the master will do more work than both of his hands.—Franklin.

**A Plea for Good Manners.** In delivering the Founders' day address at the commencement exercises in a school at Lawrenceville, N. J., Bishop Potter of New York had this to say among other things: "We are getting to be in such a hurry in America that the ordinary civilities are disappearing out of our education and our life. When you have dismissed good manners out of society you have dismissed that beneficent and kindly instinct toward your fellow man of which good manners ought always to be the expression."

There are two things that modest men should never undertake—to borrow money or study law.

Mrs. Winslow's Soothing Syrup. For children teething, softens the gums, reduces inflammation, allays pain, cures wind colic. 25c a bottle.

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Defiance Starch is put up 16 ounces in a package, 10 cents. One-third more starch for the same money.

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