

that cannot be thoroughly masticated.

"Bacon, properly cooked, is a valuable food, as it is a good appetizer and causes both the saliva and the gastric juice to flow, but it should be cooked to a crisp.

"The practically universal consumption of meat by civilized races is of more recent origin than is commonly supposed. Even in Great Britain, the bulwark of beef eating, it is said that the slaughter of bullocks for the supply of public markets was unknown so late as 1763. The last twenty or thirty years have seen a great increase in the consumption of meats, but it is interesting to note that the Englishmen who repelled the Armada and the Americans who met the English at Lexington and Bunker Hill were not enormous consumers of meat."—New York Tribune.

Glories of Womanhood.

A woman's power avails most when it is asserted least. Strenuousness, or perhaps strenuosity—I am not quite sure which is the better form of the insistent noun—is a quality which has long existed in people and things; but the high honor and the important role which are claimed for it today are somewhat recent, and before the claim is granted it would be well for us to have a little clearer idea of what quality means.

Is it simply another name for earnestness, vigor, energy? Surely, then, it is a good thing and much to be desired in boys and girls, in men and women. It is not the highest quality. Thoughtfulness is higher. Sincerity is higher. Charity is the highest of all. But these noble traits are enhanced in value when they are filled with courage and lived out with steady force.

The strenuous life is the life that sounds like a trumpet. It is dominant, assertive, militant. There is a tone of defiance and strife in it. It is next door to a strident life. If this is what it means, it is not a natural nor a desirable life for girls.

I take it for granted that a man and

a woman are of the same worth and not of the same kind. A woman's special and inestimable value in the world lies just in the qualities which make her womanhood. And these are things which strenuosity must disturb, if not destroy.

A serene and gentle dignity, a tranquil wisdom to counsel and restrain; a fine delicacy of feeling, quick to rejoice, tender to suffer, yet patient to endure; a subtle sense of the values of small, unpurchasable things; a power of great confidence and of self-sacrifice almost limitless where love speaks the word and duty shows the task; an instinct of protection and a joyful pride in mothering the weak; a brave loyalty to the rights of the heart against "the freezing reason's colder part;" a noble hunger and thirst for harmony; an impregnable strength of personal reserve; and an exhaustless generosity of personal surrender—these are the native glories of womanhood. These are the things that life, if true and well-ordered, should deepen, unfold, brighten and harmonize in the perfection of a woman's character.—Henry Van Dyke, in Harper's Bazar.

The Vast Importance of Sleep.

Mischievous are those stories told about the ability of great men to do without sleep.

The foolish young man reads that Napoleon slept only three or four hours at night—and he cuts down his hours of sleep. He might better open a vein and lose a quart of blood than lose the sleep which is life itself.

Most of the stories told about great men doing without sleep are mere lies. Some of them are true. For instance, it is undoubtedly true that Napoleon—an inconceivably foolish, reckless man in matters affecting his physical welfare—did deprive himself of sleep in his early years. But he paid for it dearly. In his last battles his power of resistance was so slight that he actually went to sleep during the fighting. Chronic drowsiness weakened his brain, weakened his force of character. The foundation of his final ruin was laid in Russia, when lack of sleep and unwise living generally had taken away his mental elasticity and deprived him of the power to form and carry out resolutions.

It is mainly the young man who needs the lecture on sleep, for the experience of years soon proves to every human being the folly of cheating nature by adding a few hours of drowsy consciousness to the day.

You begin life with a certain amount of vitality, a certain initial vital velocity, which carries you through life and makes possible certain accomplishments. When you deprive yourself of sleep you squander this original capital. Just as surely as the young spendthrift ruins himself financially when he throws away his money, just so surely you bring irreparable loss upon yourself when you go without sleep.

The food which you eat is digested and transformed into new tissue, into blood, nerve, muscles and brain while you are sleeping.

Look at the men who engage in the atrocious six-day walks and bicycle

racers. They eat enormously, absorbing in one day five times as much as the ordinary man can possibly swallow. But the end of their task finds them extremely emaciated. Lack of sleep has made it impossible for them to transform the food into new tissue.

Any man or woman who has suffered from insomnia will confirm this statement, that lack of sleep decreases weight and diminishes vitality more quickly than anything else.

Remember this when you brag foolishly about going without sleep:

A man can go forty days without solid food. He can live seven days, or even longer, without food or water. He cannot live seven days without sleep. The Chinese, ingenious in torments, discovered no worse death than killing their victims by depriving them of sleep.

Of course, every young man can go without sleep for a whole night occasionally and go on with his work. He can do this because, from his father and mother, he has inherited a certain amount of vitality, which, if he knows no better, he can squander stupidly, just as he can squander, if he will, what money is left to him.

But no man can deprive himself of sleep, or sleep irregularly, without suffering permanently, without diminishing his chances of success in the world.

Many a woman among those called "fashionable" looks at the healthy child of a gardener, and wonders that her child is so different.

The reason is simple. The gardener's wife did not cheat her child by giving to balls and late hours the vitality needed by her babies.

The woman who loses sleep will make a failure of her children.

The man who loses sleep will make a failure of his life, or at least diminish greatly his chances of success.

Homely Wrinkles.

Try putting a little salt in the water in which matting is washed.

If the stove is greasy put a little soapsuds in with the blacking.

Remember to wash the hands and clean the finger nails before cooking.

Sweep the screen wire occasionally. The dust and lint which gather on it prevent the free passage of air.

If potatoes are mealy remove them from the kettle when boiled with a long-handled skimmer instead of a fork.

Peas fresh from the garden cook in about half the time they would need if kept a day longer, and are twice as sweet.

Try taking a nap each day, if only for a few minutes. It will make you feel more cheerful, hopeful and capable.

After a dry, dusty spell of weather, how glad the trees must be to stand up to the rain and hold out their leaves to feel it splashing on them.

To keep the cellar cool and dry, close the windows and blinds to exclude the sun and heat. Ventilate only at night and the cooler portions of the day.

The grown-up daughter should not spend all summer at the beach, while

her mother sweaters over the stove at home and has no time for a vacation.

For ants: Soak a sponge in molasses and water; squeeze out; place upon a saucer where ants are troublesome; scald occasionally and sweeten again; that's all, sure.

During the hot, dry weather of summer wet the roots of sweet pea vines liberally, being careful not to wet the vines. If you wish vines to bloom freely do not allow any seed to form.—Farm Journal.

Organ Grinder's Latest Accompanist.

A new development in the organ grinder's art has appeared in London, and only a law prohibiting masquerading in the streets probably protects New York from an invasion of the same enterprise, says the New York Tribune. A boy dressed as a pretty girl, with big poke bonnet and much befeunced skirts, accompanies the street musician and dances to all the new music hall melodies. The performance gives no end of delight to the youngsters and multiplies the pennies that fall into the coffer of the musician.

Motors For Chinese.

A great deal of surprise and no little amusement has been caused among the Hongkong Chinese community by the spectacle of a well dressed Chinaman careering along the Praya on a motor cycle, says the Hongkong Press. The machine had seats for two behind, and these were occupied by two Chinese ladies. The Chinese are not prone to western innovations, yet the use by them of the cycle is increasing in the colony.

WHEN LIFE'S AT STAKE

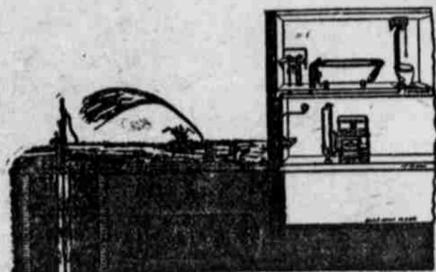
The most timid man will take any chance of escape. The slender rope dropped down the precipice, the slippery log over the abyss, anything that offers a chance of life, is eagerly snatched at. The end the man seeks is safety. He cares nothing for the means to that end.

There are thousands of men and women whose lives are at stake, who are hindered from accepting the one means of safety by foolish prejudice.

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