

Consolation and Comfort.
Who is it that does not wish to be out in the open air or alive in some field of sport, whether it be with the bat, rod or gun; whether we go coasting over the hills and vales on the wheel or sailing over rough waves or into serene coves, it is all sport, and the springing muscles seem to need it. It is bound to happen that some mishap will occur. Thus it is that we have sprains in abundance. Light sprains, sprains that cripple, sprains that give great pain, sprains that rob us of sleep, but sportsmen of all kinds have come to know that there is nothing better than the old, reliable St. Jacobs Oil. Have it with you for use; you may rely on its cure of the worst sprain and restoration to the comforts of life.

What Was in Him.
"Children," said the teacher, while instructing the class in composition, "you should not attempt any flights of fancy, but simply be yourselves and write what is in you. Do not imitate any other person's writings or draw inspiration from outside sources." As a result of this advice Johnny Wise turned in the following composition: "We should not attempt any flights of fancy, but rite what is in us. In me there is my stomach, lungs, hart, liver, two aples, one piece of pie, one stick lemon candy and my dinner."—Baltimore American.

Piso's Cure for Consumption always gives immediate relief in all throat troubles.—F. B. Bierman, Leipsic, Ohio, Aug. 21, 1901.

The True Source of Woman's Beauty.
A beautiful skin without any blemishes comes directly from good health, and the first step to health and to a beautiful skin is to get and keep the blood pure. The whole blood system is like a gorgeously colored Venice with red waterways, and little boats hurrying to and fro. The latter carrying two kinds of messengers, market boys and scavengers. If these are both trained to accomplish their work every day then health and beauty are assured. If the blood is clear the skin is sure to be clear.—Ladies' Home Journal.

Dyeing is as simple as washing when you use PUTNAM FADELESS DYES.

Maid Marian, the new opera which the Bostonians will sing this winter, is a sequel to Robin Hood. It takes up the story of Robin Hood just where it was broken off in the old libretto. The Bostonians will be here this year.

A London medical journal asserts that much of the headache from which women suffer is due to the heavy hats they wear.

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Composition of the potato: A, fat; B, crude fiber and other carbohydrates, exclusive of starch; C, protein; D, ash.

UNCLE SAM has been peering into the inner life of the humble potato and after a most thorough and rigid investigation declares in the year book of the Department of Agriculture that the potato is a deserving and extremely valuable member of the community.

Scientific investigation has shown that the practice, which has become so general, of serving potatoes with meat and other similar foods which contain liberal amounts of protein is based upon correct principles, one food supplying the deficiencies of the other. Potatoes and other foods containing carbohydrates are sometimes objected to on the ground that they are starchy foods and do not supply much nitrogenous material. It should be remembered, however, that the potato does contain a by no means inconsiderable amount of protein, and further that carbohydrates are an essential part of a well regulated diet. The digestion experiment referred to shows that potatoes properly cooked furnish such material in a digestible form. They have

been a staple article of diet for many years without harmful results and therefore the conclusion that under ordinary circumstances they are other than a useful and wholesome food seems unwarranted.

The potato called in different regions white potato, Irish potato, English potato, or round potato was first introduced into Europe between 1680 and 1685 by the Spaniards, and afterwards by the English about the time of Raleigh's voyages to Virginia. It is commonly believed to be a native of Chile. Wild potato plants closely resembling those cultivated to-day are still found there, though it is a fact worthy of mention that, as the potato has been modified by cultivation, it has largely lost the power of producing seeds, and the cultivated potato differs from the wild in seldom producing seed bearing fruits. When first visited by Europeans the aborigines in Chile and adjacent regions cultivated the potato for its edible tubers and had apparently long done so. It was probably introduced into the United States, especially Virginia and North Carolina, towards the end of the sixteenth century.

The edible portion of the potato is made up of 78.3 per cent water, 2.2 per cent protein (total nitrogenous matter), 0.1 per cent fat, 18.4 per cent carbohydrates (principally starch), and 1 per cent ash or mineral matter. Of the carbohydrates, 0.4 per cent is made up of crude fiber and materials which in some of their modifications constitute the cell walls of plants and give them a rigid structure.

When potatoes are stored they undergo a shrinkage. According to tests made at the Michigan agricultural experiment station, this amounted to 11.5 per cent when they were kept in stor-

age from Sept. 30 to May 1. This shrinkage is probably due to a loss of water by evaporation.

The potato contains some protein, but as the principal ingredient in it is starch, it may be properly classed as carbohydrate food. As in the case with all carbohydrate foods, it is chiefly valuable in the diet to supply the body with energy. The potato has a fuel value of 385 calories to the pound—that is, when burned into the body, as all foods must be to be utilized, it yields energy equal to the amount named.

The principal ways of cooking potatoes are baking, boiling, and frying, or some modification of these processes. To obtain the highest food value, potatoes should not be peeled before cooking. When potatoes are peeled before cooking and placed directly in hot water and boiled rapidly less loss of material is sustained than when they are cooked in water cold at the start. The wholesomeness of potatoes cooked in different ways is largely a matter which each must decide for himself.

Although under ordinary circumstances potatoes are unquestionably a wholesome food for most persons, illness is sometimes caused by eating them. There are undoubtedly some persons in health with whom potatoes do not agree, just as there are those who cannot eat strawberries without distress. This is due to personal idiosyncrasy, and not to the harmful character of the food. Cases of actual poisoning by potatoes, however, are by no means unknown. Potatoes a year old which have lain in a cellar, and shriveled and small potatoes which have sprouted without being planted, are considered especially dangerous, and should not be eaten.



Mrs. Ellen Ripley, Chaplain Ladies Aid, Grand Army of the Republic, No. 7, 222 10th Ave., N. E., Minneapolis, Minn., Strongly Endorses Lydia E. Pinkham's Vegetable Compound.

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GUNNAR WENNERBERG.

Famous Poet, Composer and Statesman of Sweden is Dead.

The celebrated Swedish poet and composer, Gunnar Wennerberg, is dead. He was born Oct. 2, 1817.

Gunnar Wennerberg began his career as a song writer by publishing a collection of student ballads for which he wrote words and music. These ballads have since become popular all over Scandinavia under the name of "Ghinterne." Wennerberg is also the composer of oratorios and national folk songs, among them "Hear Us Svea," the song with which the Swedish students at the Paris exposition of 1878

had in a cupboard seemed to do little good.

"Every little while Bill would sneak away, write something he called funny, send it away, and anxiously wait for the lightning, in the shape of a check, to strike. Now, Frances discouraged all this. She wanted the law or nothing. She felt that once Bill hung out his single all the world would immediately get into trouble and half of it would fall over itself to get into Bill's office.

"Well, one day Bill met me about three miles away from the ranch and said: 'Bill, I want your advice. I've got something in my pocket and on my mind, and I want you to tell me what to do.'

"With that he unbuttoned his coat and pulled out a letter from a Denver newspaper inclosing a check for \$20, showed it to me, and asked, 'Shall I become a funny man or a lawyer?' I looked at Bill, and then at the check, and back at Bill again. That check surprised me even more than it did him. But I was there to give judgment, and had to do it.

"'Bill,' I said, 'if you can find foolish people anywhere in this world who are ready to part with good bank checks for that stuff you grind, you go right to the house, get a big bottle out of your cupboard, put a wet towel about your head and sit down and grind. A man must have brains to be a lawyer.'

"And Bill's wife never spoke to me for three years."

"MELODY."

Singular Antics of a Dog that Enjoyed Music.

It is not generally known that the late Sir Arthur Sullivan was not only passionately fond of dogs, but had made a special study of them. The brilliant composer declared frequently to a writer in 'People' that in the dog are embodied all the necessary conditions for the appreciation of music of every kind, and that the organ of hearing in a dog is of marvelous delicacy. Among other illustrations of this theory which had come directly under his notice he cited the following:

Ten or fifteen years ago, when Sullivan was in the habit of going down very regularly to the theater to conduct rehearsals of his own operas, he was followed every morning by a dog which entered the theater at the same time that he did, placed himself between the legs of the musician and listened eagerly to the music. This went on until the constant appearance of the dog excited the curiosity not only of Sir Arthur, but of all the musicians. They did not know his name, so they gave him that of Melody.

Very soon the dog was petted by all, and each in turn invited him to dinner. "Melody, will you dine with me to-day?" was the form of the invitation, and the words were sufficient. The dog followed his host, ate heartily, and as soon as dinner was over ran off again to the theater, found his way to the orchestra, placed himself in a corner, and never left till the evening performance was finished.

Nothing could be more amusing or more curious than the attitude of Melody during the performance. If a new work was being performed, he found it out before the overture had become far advanced. Then he listened with the greatest attention. If the piece abounded in sweet and original melodies, he testified his pleasure by delighted barks and by scraping his feet rapidly on the ground.

On the other hand, if the piece proved to be only ordinary or insipid, Melody invariably yawned, turned his back upon the orchestra, gazed around the boxes, and at last slunk away in a decidedly bad humor. This expressive pantomime was the most piquant criticism of the new opera.

When the work of some great master was played, Melody always knew the precise moment when an artist was going to sing some striking song or play some special part of the work, and then his movements and gestures were such as almost to plead for silence among the spectators.

"I do not know," said Sir Arthur, not many weeks before his death, "what finally became of the dog, but his name and reputation are still fresh in the memories of several musicians who have seen his singular antics."

SOLUTION OF A MYSTERY.

Alarming Appearance of Words in a Spider Web at Toledo.

Toledo's wonderful spider-web mystery has at last been cleared up. Several days ago thousands of Toledo people flocked to a point on Canton avenue, near the court house, where in plain letters on a spider web appeared the words "My Jim" and "Murder." What made the denizens of that locality shudder every time they looked at it or thought about it was the fact that the web was spun at the corner of a house in which Jim Lee, a colored man, had been murdered a day or two before. The letters were of white, while the web appeared a few shades darker. Yet it was the belief of everybody who saw it that it could not have been the work of human hands.

Names appeared on other spider webs, but the mystery remained unsolved until a Mrs. Leggett, who came here from Detroit, said her husband made the letters. She made the admission to ease the mind of a servant girl who had shown signs of insanity because of the web on the house where

was killed. Mrs. Leggett said her husband makes the letters from fibers he takes from spider webs. Armed with a string of letters, he has but to put them on a web that strikes his fancy. The letters are slightly moistened, and then Leggett, by a gentle breath, blows them upon the web, and they cling there as though placed there by the spider itself. Of course, a stirring breeze soon destroys the letters or blows them together. He does it so deftly that no one, unless cognizant of the method employed, would suspect the deception. He spread the names about to call attention to his invention, exporting to use it for advertising purposes.—Toledo correspondence Cincinnati Enquirer.

Queen Never Discarded Old Clothes.

The sorting and arranging of the personal effects of the late Queen Victoria was a tremendous task, says a London correspondent. One peculiarity of her majesty was never to discard any dress, mantle, hat or bonnet which she had ever worn, and her wardrobe might well have been considered the most complete record of the fashion of the last sixty years in existence. Another fancy of Queen Victoria was to have everything in duplicate; two hats, two cloaks, etc., were always ordered. Her majesty had a wonderful collection of lace, but this is not to be compared with the collection of the Queen Dowager of Italy, said to be the best in the world.

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W. L. Douglas, Brockton, Mass.

Consolation.
"Kicking about your ice bill, eh? Just think of next winter and the bills for coal."
"Well, coal doesn't melt before it has a chance to get into the cellar."—Philadelphia Record.

Two-penny meals, to the number of two millions, are daily supplied to the poor of London by the authorities.

Henry Irving and Ellen Terry began their American tour in New York last Monday night. They are playing King Charles I. in which Irving first won American favor. They will open the Willis Wood theater, now building in Kansas City, early in 1902.

RED CROSS BALL BLUE
Should be in every home. Ask your grocer for it. Large 2-oz. package only 5 cents.

Once, while Daniel Webster was addressing the senate, and while every senator was listening with close attention, the senate clock began to strike, but instead of striking twice at 2 p. m., continued to strike without cessation more than forty times. Mr. Webster remained silent until the clock struck twenty, when he thus appealed to the chair: "Mr. President, the clock is out of order! I have the floor!"

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