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Interesting and Desirable.



ADMIRAL W. T. SAMPSON.

Castilian Cuisine.

Oil and pepper are the two things that especially characterize the Castilian cuisine. One of the favorite dishes in Cuba is "tasa," which is simply dried meat, cooked with tomatoes, red peppers and onions. "Tripa a la Andaluza" is another preparation frequently seen. As the name indicates, the basis is boiled tripe, which is cooked with beans and potatoes, and always served with the small red Spanish sausage known as "Butafarra Catalina." A similar sausage, only black, is known as "Butafarra Astoriana."

"Chile con carne," which everybody eats, is nothing more than a thick stew of beef (carne) and beans seasoned with chiles. Spanish "tortillas" are corn cakes flavored with red peppers, and differ from the Mexican tortilla in that the latter, when properly made, are rolled in chopped vegetables. A salad a la Espanola is prepared of lettuce and celery, with a few sliced tomatoes and peppers. Served with French dressing it is very good.

The Spanish soups are as a rule a little too heavy for the American taste, which runs more toward the consommé. They are thick decoctions, full of vegetables, and look frightfully greasy. Soup, however, does not have the important role among the Spaniards that it plays in French domestic economy, and is an article of secondary importance. The dishes named are pretty apt to appear ere long on home menus, and it is interesting to know in advance what they are composed of.—New Orleans Times-Democrat.

Books Rather Than Food.

Success gives an interesting anecdote told by Agassiz of his visit when a young man to the great German naturalist, Professor Lorenz Oken.

The professor received his guest with warm enthusiasm, but apparent embarrassment. He showed his visitor the laboratory and the students at work, also his cabinet, and lastly his splendid library of books pertaining to zoological science, a collection worth some \$7,000, and well deserving the glow of pride which the owner manifested as he expatiated on its excellence. The dinner hour came, and then the embarrassment of the great German reached its maximum point. "M. Agassiz," he said, with perturbation, "to gather and keep up this library exacts the utmost husbandry of my pecuniary means. To accomplish this I allow myself no luxury whatever. Hence my table is restricted to the plainest fare. Thrice a week our table boasts of meat, the other days we have only potatoes and salt. I very much regret that your visit has occurred upon a potato day." And so the splendid Switzer and the great German, with his students, dined together on potatoes and salt. And what must those students have enjoyed in the conversation of those remarkable men!

Telling Him the Truth.

"I think Willie is learning to smoke," said his mother. "I wish you to speak to him about it."

"What shall I say to him?" asked his father.

"Why, tell him the truth, of course." And so Willie was duly called up, and his father put on a severe look and said:

"Willie, I understand you are learning to smoke. Now, before it goes any further, I want to tell you what the result may be. You may die in a year, and then again you may live to be 100 years old."

"Why, John," expostulated the boy's mother.

"You told me to tell him the truth," returned the father, "and there's hardly a week goes by that I don't hear of some one close to the century mark who has smoked ever since he was 14 years old, while people who never smoked at all die in infancy with great frequency."

It is sometimes difficult to get a man who smokes to look at the subject from the right point of view.—Chicago Post.

Going Without Sleep.

It is an interesting question to studious people how long a man can go without sleep. A physician asserts that no healthy man can overwork because eventually nature will compel him to fall asleep at his task. A journalist recently claimed to have worked 72 hours without sleeping. Humboldt said that when a young man he required only two hours sleep each night, but that in his old age he found he really needed as many as three or four. Victims subjected to the Chinese torture of being kept continually awake die on or before the fifth day. By far the most inspiring example, however, is that of one of the saints, who is related to have lived 19 years without sleep and to have remained standing a large portion of that time.—San Francisco Argonaut.

Inscrutable Carlyle.

A lady who lived near Thomas Carlyle kept Cochon China fowls, and their crowing was such a nuisance that the philosopher sent a complaint to her. The owner was indignant upon hearing the appeal.

"Why," said she, "they crow only four times a day, and how can Mr. Carlyle be seriously annoyed at that?" Upon hearing of her attitude upon the subject, Carlyle replied, "The lady forgets the pain I suffer in waiting for those four crows."

Rather Mean.

"Did the old skinflint give you a reward for returning his pocketbook?" asked the policeman of the little newsboy who helps support his mother.

"Naw, he tried ter make me pay fur de advertisin' 'cause I didn' return de stuff 'fore I knowed who it belonged ter."—Detroit Free Press.

Encouragement.

Francis—Harry says he just wants to fall down and worship me all the time. Her Mamma—Oh, well, don't mind that, dear. After you're married he won't let it interfere with his business.—Chicago News.

Physical Endurance.

It should be impressed upon all young persons that during life each member of the body, in the very act of living, produces poison to itself, notes a writer in Popular Science Monthly. When this poison accumulates faster than it can be eliminated, which always occurs unless the muscle has an interval of rest, then will come fatigue, which is only another expression for toxic infection. If the muscle is given an interval of rest, so that the cell can give off its waste product to keep pace with the new productions, the muscle will then liberate energy for a long time. This latter condition is what we call endurance.

The power and endurance of the human machine is limited according to our understanding of the above facts, and also our recognition of its slowness in getting started. Like any other ponderous and intricate machine, the body requires time to get in harmonious working order. The brain, nerves, heart and skeletal muscles must be given some warning of the work they are expected collectively to perform. Ignorance of this fact has broken down many a young man who aspired to honors on the cinder path.

The necessity of getting all the parts of the body slowly in working order is well understood by trainers and jockeys on the race track, as is evidenced by the preliminary "warming up" they give their horses, although it is doubtful if the trainers could give any physiologic reason for this custom.

His Wonderful Curios.

The author of "Idyls of Spain" speaks of a notary whom he met, whose naive simplicity surely could not be exceeded. "He asked for our autographs, and I inquired whether he was a collector of such trifles."

"Yes, sir," he replied, "I am, and among others I have a most precious collection of anonymous ones."

"Beaming with delight, he produced a rare manuscript of the time of Ferdinand and Isabella, exquisitely written, and with the initial letters beautifully painted."

"Senores," he cried with enthusiasm, "look at this. Isn't it a beauty? I'm always collecting such things. Then I have just purchased by letter the manuscript of the 'Iliad,' written by Homer himself, his own handwriting. The pity of it is that the work is not written in Greek."

"At this Miguel came to the rescue, for Luis and I were almost hysterical with amusement."

"I say," inquired Miguel, "what document would your worship like most to have in your possession?"

"Why," answered the notary, "the telegram from Christopher Columbus announcing the discovery of the new world."—

Bananas in Typhoid Fever.

After a long experience with typhoid patients, Dr. Ussery of St. Louis maintains that the best food for them is the banana. He explains by stating that in this disease the lining membrane of the small intestines becomes intensely inflamed and engorged, eventually beginning to slough away in spots, leaving well defined ulcers, at which places the intestinal walls become dangerously thin.

Now, a solid food, if taken into the stomach, is likely to produce perforation of the intestines, dire results naturally following, and, this being the case, solid foods or those containing a large amount of innutritious substances are to be avoided as dangerous.

But the banana, though it may be classed as a solid food, containing as it does some 95 per cent nutrition, does not possess sufficient waste to irritate the sore spots. Nearly the whole amount taken into the stomach is absorbed, giving the patient more strength than can be obtained from other food.—American Druggist.

A Mountain of Sulphur.

The "Soufriere," or sulphurous mountain, is considered to be the greatest natural curiosity of St. Lucia, and, in fact, of the West Indies. It is situated about half an hour's ride from the town of Soufriere, to which it has given its name, and nearly two miles to the east of the Pitons, and is at the foot of two small hills, both of which are quite bare of vegetation on the sides facing the crater.

It covers a space of about three acres and is crusted over with sulphur and alum. There are several caldrons in a perpetual state of ebullition. The water is quite black in the larger ones and boils up to the height of two or three feet, but in the smaller ones it is quite clear.

Visitors never fail to boil some eggs in one of the smaller caldrons, obtaining them from one of the creole guides, who keep a supply on hand on purpose.

Personal Reflection.

"Are you a resident of this ward?" asked the challenger.

"I reckon I am, sir," replied Tuffold Knutt.

"Where do you have your washing done?" pursued the challenger, still unconvinced.

"Sir," rejoined Tuffold Knutt witheringly, "I've been votin' off an on for 29 year, an nobody ever axed me that question before."—Chicago Tribune.

Not Very Amiable.

"Excuse me!" exclaimed the timorous man, "but may I disturb you for a few minutes on a matter of considerable importance to myself and possibly of some concern to you?"

"No, sir!" replied the disagreeable citizen. "Not unless you promise not to waste as much time talking business as you do apologizing."—Washington Star.

Had Lived a Slow Life.

A negro called at a residence in Beverly, Mass., and asked for assistance and food, and told the lady who assisted him the remarkable fact that he was 75 years of age and was born 80 years ago in Boston.—Exchange.

A Pleasant Letter.

It takes a clever man to find a good word to say on every occasion. It is said of Thomas Bailey Aldrich that he once received a letter from his friend, Professor Edward S. Morse, and found the handwriting wholly illegible. Mr. Aldrich was not at a loss for an answer. In due time there came to Mr. Morse the following reply:

My dear Morse, it was very pleasant to receive a letter from you the other day. Perhaps I should have found it pleasanter if I had been able to decipher it. I don't think I mastered anything beyond the date, which I knew, and the signature, at which I guessed.

There is a singular and perpetual charm in a letter of yours—it never grows old, and it never loses its novelty. One can say every morning as one looks at it: "Here's a letter of Morse's I haven't read yet. I think I shall take another shy at it today, and maybe I shall be able in the course of a few years to make out what he means by those t's that look like w's and those i's that haven't any eyebrows."

Other letters are read and thrown away and forgotten, but yours are kept forever—unread. One of them will last a reasonable man a lifetime.—Youth's Companion.

A Very Prudent Young Man.

Of William and John Scott, afterward Lord Stowell and Lord Elton, Lord John Russell used to tell this story: When they were young men at the bar, having had a stroke of professional luck, they determined to celebrate the occasion by having a dinner at the tavern and going to the play. When it was time to call for the reckoning William Scott dropped a guinea. He and his brother searched for it in vain and came to the conclusion that it had fallen between the boards of the uncarpeted floor.

"This is a bad job," said William, "we must give up the play."

"Stop a bit," said John. "I know a trick worth two of that," and he called a waitress.

"Betty," said he, "we've dropped 2 guineas. See if you can find them." Betty went down on her hands and knees and found the guinea, which had rolled under the fender.

"That's a very good girl, Betty," said John Scott, pocketing the coin, "and when you find the other you can keep it for your trouble." And the prudent brothers went with light hearts to the play and so eventually to the bench and the woolsack.

Fish in Icebound Waters.

Fish do not breathe air, but the life supporting constituent of air—oxygen gas—which is soluble in water to the extent of three volumes in 100 at ordinary temperatures and four in 100 at freezing point.

The water containing the dissolved oxygen is made to pass over the gills, where it is separated from the blood only by a very thin membrane, through which the fish is able to pass.

Fish in icebound rivers have to depend entirely upon this store of oxygen for their respiration, and if it becomes exhausted they are suffocated, just as we should be if deprived of oxygen.

It rarely happens, however, that any considerable area of water is entirely covered with ice, especially in the case of rivers. Holes and cracks are almost sure to occur here and there, by which the oxygen of the air can reach the water and become dissolved in it. During a long frost fish may always be found congregated beneath air holes in large numbers. They are there to breathe.—Exchange.

Early Use of Tobacco.

I have heard my grandfather say that one pipe was handed from man to man round about the table. They had first silver pipes; the ordinary sort made use of a walnut shell and a straw. Tobacco was sold then for its weight in silver. I have heard some of our old yemen neighbors say that when they went to Malmesbury or Chippenham market they culled out their biggest shillings to lay in the scales against the tobacco. Sir W. R., standing in a stand at Sir Robert Poyntz's park at Acton, took a pipe of tobacco, which made the ladies quit it until he had done.—Brief Lines Set Down by John Aubrey, 1669-96.

The Philosophical Tailor.

How often have I taken away a garment for a fault which did not exist and which I of course never intended to rectify. How often have I taken back the same garment without it ever having been unfolded and been commended for the alteration which had not been made, and then been reprehended for not having done what was right at first. A man to be a good tailor should be either a philosopher or a mean, cringing slave, whose feelings had never been excited to the pitch of manhood.—"Life of Francis Place."

Literary Pursuit.

Fynshly—What is Wally doing now?

Harrison—Well, when I last saw him he was engaged in a literary pursuit.

Fynshly—Indeed! I didn't think he had enough brain to write.

Harrison—He wasn't writing. He was chasing a newspaper that the wind had blown away.—London Fun.

Prayer From a Grateful Heart.

Prayer as the expression of a sincere and grateful heart may have its uses, and doubtless has. But in the mouth of a man who loans money at 200 per cent interest on chattel mortgage it may as well be omitted.—Columbus Press-Post.

"There is an old woman," says a London paper, "who has a milk stand in St. James park, who has stood at it for 63 years. Her mother kept it before her and her grandmother before that, the latter having been in possession for 72 years."

The officers of a leading London hospital believe that the general increase of cancer is due to excess in meat eating.

The Round Robin.

The "round robin" had its origin several centuries ago in France.

It was used there by officers of the army as a method of expressing their dissatisfaction with the course of the king or his ministers. By signing in a circular form the leaders of the movement could not be ascertained and singled out for punishment.

The first instance on record of the use of this form of protest in the navy occurred in 1625. At the instigation of the Duke of Buckingham, the king's favorite, an English fleet, under Admiral Bennington, was dispatched to Rochelle to assist in the coercion of the Protestant subjects of Louis XIII of France. But the English tars, in common with their fellow countrymen, looked with favor upon the resistance of their coreligionists against the proselyting zeal of the French king, and they signed a "round robin," expressing their determination not to fire a shot against them, and without waiting for a reply they weighed anchor and brought their ships back to England. The admiral, however, received a peremptory order to return to Dieppe, whereupon the whole of the crews quit the ships without further parley.—Providence Journal.

A Disappearing Bullseye.

The Chinese peasant wears a turban, loose coat and short and very baggy trousers, all of blue. The Chinese soldier wears the same, with an overall sleeveless smock, or long waistcoat buttoning on the right shoulder, edged round the neck, arms and skirt and down the front with broad "facings." The breast and back are decorated with a one foot bullseye with characters on it. This is all the character the Chinese soldier possesses.

The bullseye would be a very convenient mark for an enemy if the Chinese soldier would give the latter a chance of shooting him, but the bullseye is only worn to raise false hopes, for no sooner does he arrive dangerously near the enemy than he doffs the garb of war to appear as an innocent civilian. He is usually armed with a muzzle loader or standard, both equally harmless weapons.

In the case of General Liu's escort the uniform smocks had evidently not been used as nightshirts for more than a few weeks, the men were armed with Winchester and a few Martins, rusty, dirty and out of order, and wore about their middles a belt of some 60 rounds of solid drawn brass cartridges.—London News.

The Atmospheric Clock.

The atmospheric clock—a sort of device that goes of itself—is not inaptly termed a perpetual hourglass. In appearance it is like a long thermometer with the bulb of mercury at the bottom. The glass tube is about three-eighths of an inch in diameter and secured to the frame by two bands through which it passes easily. The divisions of time are marked on each side of the tube. Inside the glass tube is a smaller tube shaped very much as an hourglass. Some mercury and a scrap of blotting paper for the purpose of taking up any moisture that might gather in the tube are placed at each end.

The mercury in the top end of the tube is placed opposite the mark of the proper time and falls to the bottom of the tube exactly as the time passes. When it has run out from the top, the frame can be turned and the mercury set to time on the other side. Thus it registers the seconds and hours quite as accurately as any other timepiece—the drawback to such an arrangement being, of course, the turning of the frame, a task as irksome as that of winding a clock.—Exchange.

Siamese Superstitions.

The first thing an orthodox Siamese does in the morning is to scare away the family ghosts who may have gathered about the old place in the night. Letting off crackers is an effectual means. At the new year all the ghosts come trooping to their former dwellings. For three days they have their fun. At the end of the time the priests and their flocks fire guns and use other devices for getting rid of them. A Siamese is confined face downward, so that the ghost may not sneak back through the dead man's mouth. The coffin is taken out through a hole in the wall and carried several times round the house in order that the ghost may be put off the scent and not return to vex his family.—Exchange.

Horse Racing and Socialism.

In the Militar Wochenblatt, a leading German military organ, Herr Von Ploetz recommends horse racing as a panacea for socialism. He says that the reason why there is no socialism in England is that they encourage horse racing there and that "the love of the sport is the connecting link between all classes of men, enabling the poor to comprehend the necessity for a difference of fortune."

Following out Herr Ploetz's idea, it is said that gambling on horse racing is increasing in Germany at a tremendous rate, though so far no diminution of socialism has been noticed.

Just the Other Way.

"I am delighted," said the old friend who had called, "to find that you agree with your husband in everything, Mrs. Henpeck."

"Indeed!" answered that estimable lady. "If you will take the pains to investigate our domestic relations, sir, you will find that it is Mr. Henpeck who agrees with me in everything."—London Fun.

The Frigate Bird.

Many sailors believe that the frigate bird can start at daybreak with the trade winds from the coast of Africa and roost the same night upon the American shore. Whether this is a fact or not has yet to be determined, but it is certain that the bird is the swiftest of winged creatures and is able to fly, under favorable conditions, 200 miles an hour.