

practically abandoned

tions

(Mr. Wragg invites contributions of any new ideas that readers of this de-partment may wish to present, and would be pleased to answer correspond-ents destring information on subjects discussed Address M. J. Wragg, 300 Good Block, Des Moines, Iowa 1

## IMPROVING THE FARM.

Every thoughtful farmer wishes to improve his farm, just as the business that it shall become more valuable each year.

Some farmers seek to increase the value of their farms by adding acres, others by building new barns or new fences.

There are farmers who become pooror with every quarter section they add to their farm. They have more acres, but the original homestead is more indifferently cultivated, and the little details in keeping things up are neglected. The children and wife, as well as the farmer, are enslaved to pay for the last quarter section bought, and the home farm is not worth as much as an investment as it was before being mortgaged to secure the payment on the latter purchase.

New barns and new fences are not the only things that improve farms. Sometimes their addition to a farm makes the lack of other improvements more apparent. Again, not every farmer is able to build a new barn when he thinks he needs it, but this should not prevent him from making improvements each year-should not prevent him from keeping up the im provements, so that each year his fatm would sell better than the year before should be wish to dispose of it. Many dollars could be added to the selitng value of the majority of farms by a single day's work with man and team. On many farms this addition to the setting value could be made for several days in succession in the same way-simply cleaning up an outhouse and barn, making firewood and scrap iron of all wornout wagons and implements and all other trash that can be used that way. All other rubbish that cannot be burned should be carted into some draw or water course on the farm, where it will make a dam and save tons of valuable soil. If the farmpleter let hun take a plow and surapor and make a trench deep enough to bury the trash below the reach of the plew when plowing the field dump the unsightly things. many the soil back and let them rest. So much done, the improvement of the farm will be so great that more will be nut to follow. A few trees it too much to suggest that a coat or two of paint would add five times the And if money value doubled, how much which are measured by the sense of pleasure and of pride in the home, the esthetic enjoyment and moral uplift and all the other comforts and joys which troop with beauty and a cultivated taste? Then the front feace taken down-let the improvements ence begin and keep going on and it will not be long before old passers-by will have to look the second time to locate themselves, and newcomers will it could be bought?" The farmer cannot be too well inthem.

er is so fortunate as not to have such States contribus will be planted or the old sucs trimmed, perhaps steps made so the front door may be entered-and is ment to the selling value of the house? greater will be increased those values formed relative to the advanced theowhat count. Keep in touch with the

CUR NATIVE APPLE.

Almost every section of the United It seems remarkable that a forage States has some peculiar flowering plant that has been cultivated since the first twilight of civilization should tree or shrub that is its especial pride be so little known in the South. It and glory. Throughout the upper Miswas a familiar plant to the Egyptians. sissippi valley there is nothing that Medes, Assyrians, Persians, Greeks can compare in exquisite beauty and and Romans and no doubt grew on fragrance with our common wild crab. the plains of Mesopotamia and sup- This tree, botanically known as Pyrus man wishes to improve his business so plied herbage to the flocks of Nebu- coronaria, has its eastern limits on the

chadnezzar. It has been long known | western boundary of New York, but in France and Italy under the name of grows in greatest numbers and reaches lucerne. The Moors introduced it into greatest perfection in the states along Spain in the eighth century, and called the Father of Waters, from Minnesota it by its Arabian name, alfalfa (best to Arkansas, kind of fodder). The Spaniards took

Naturally it is of spreading habit, it to South America: from Chile it was and when growing in the open seldom carried to California in 1853, and from attains a height of more than twentythence eastward to the Mississippi five feet, but, surrounded by other forriver and to the regions beyond. It est growth, often towers up for more was brought from Europe to New York light, to a height of thirty or forty as early as 1825, but it did not give feet. The foliage, serrated on the marsatisfaction, and its cultivation was gins, is of a dark, glossy green on the upper surface and in spring when the Alfalfa is a leguminous plant akin. tree is covered with its loose corymas botanically, to clover and cowpeas, and of large. rose-colored blossoms, from it has the power of assimilating niwhich the most enticing but delicate trogen from the atmosphere throgh perfume is wafted, it is impossible to tubercles on its roots, and so improves imagine anything more perfectly lovethe soil upon which it grows. Unlike

clover and cowpeas, it is a perennial As an ornament for the lawn or plant, and will grow for many years shrubbery the crab apple has not been upon the same land without resceding. fully appreciated, and as the country Clover is a biennial, and must be rebecoming more closely settled and sowa after two crops have been prowood lots cleared for cultivation and cuced. The cowpea is an annual. The the mowing and cutting of the roadgreat advantages which alfalfa possides committed to ignorant men, who sesses over any other forage plant is do not make any distinction between the number of cuttings that it will valuable and pernicious growths, there bear every year and also its permamuch danger that this beautiful aborigine may be utterly exterminated. Generally the most desirable situa-It is easily transplanted and will grow tion for the growing of alfalfa is a on hill or in dale, singly or in groups, well-drained river or creek bottom, and some varieties do not send up high enough to escape overflows. troublesome suckers at all.

Stancing water is fatal to the alfalfa Landscape gardeners and florists, as plant, and it will prove fatal if the well as others who are interested in water table under the plant rises to the preservation of our native flora. within a few inches of the surface. should give this matter consideration Any soil that will produce a good crop and do their part toward preserving corn will grow alfalfa, provided aland multiplying this tree for the beneways that it is not subject to inundafit of future cenerations.

After all if it can be shown that the A colt which persists in carrying its thinner soils of the south may be head to one side while being broken made to grow successfully this valumust be put into the bit-rig and alable plant, it will be a gain worth lowed to wander from one to three millions of dollars to our Southern hours in the yard, and if necessary be

## FAMOVS MASSACRES OF HISTORY

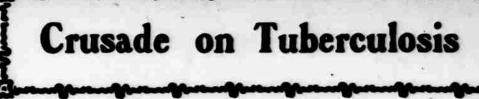
Fearful Tragedies Blot the Records of Many Nations-Notable Slaughter of Unarmed and Peaceful Citizens of Paris by Troops Under the Command of La Fayette.

work on behalf of persons suffering Massacres of defenseless people are, dren among the slain, to whom it had | "The prisons are now empty." Marat from pulmonary tuberculosis or conrecorded in the history of many na- been a Sabbath outing. The petition and Billaud issued, in the name of the sumption. The physicians employed tions, but there are only few such oc- was scattered, but its leaves were municipality of Paris, a circular letter currences affording anything like a gathered up, and they are now to be to other municipal bodies urging them by this institution have compiled some won victories which have astonished real parallel to the slaughter of Rus- seen among the archives of France." to imitate what had been done in sian workingmen by the troops of the In the reign of terror following this Paris. In some cities the advice was great revolution in France occurred acted upon the prisoners murdered." careful following of which will pre- the effects of wounds, keener witted, czar at St. Petersburg, Jan. 22. In August, 1793, the commune of vent the extension of the disease to sharper in tactics, and quicker in exethe so-called "September massacres." In the French revolution of 1848-

the first great uprising of wage-earnthe victims being 3,000 prisoners con-Paris sent an army of 60,000 men against rebellious Lyons. The city, ers and hence described in history fined in the dungeons of Paris by the as the "first revolution brought about revolutionists. They comprised noafter a prolonged siege and the enby economics"-a large crowd of bles, priests, anti-revolutionists and durance of innumerable woes, was workingmen were fired upon in mid- victims of private malice. The comsummer in the streets of Paris by nune reported that the Prussians troops under the command of Gen. were marching on Paris, were at the



SLAUGHTER OF JEWS IN ENGLAND



others, and will greatly aid the suf-

Don't spit on the sidewalk, on the

street, nor into any place where you

cannot destroy the germs which you

ferers to recover.

The Henry Phipps Institute of Phila- | tal depravity which we often hear delphia, which has been established talked about, is, half the time, nothby the generous gift of a wealthy resiing more nor less than total indigesdent of that city, is doing a great tion.

A Convincing Test.

In the Far East the Japanese have excellent rules to be observed by per- the world. They show themselves to sons suffering from this disease, the be more enduring, more resistant to cution than their Russian antagonists. The Jap is content with a simple diet of rice, peas, or beans, which is quickly digested and converted into brawn and brains, while the Russian must have his meat and his vodka.

The same dietary, the same simplicity and naturalness in habits of life. which give toughness of fiber and endurance and immunity against infection, afford equal advantages in fighting the battle of life in any direction. The brain worker who wants to keep his mental vision clear and desires power to pursue his subject with unceasing energy, must keep his blood clean by a pure, simple, natural diet. ware spit cup always keep lye and The lawyer, the clergyman, the busiwater in it and scald out the spit cup ness man, the teacher, the investigator, the inventor, will find the same advantages in living in harmony with natural principles as does the plucky Japanese soldier, who is, for the first time, testing his metal by a great contest with an army of civilized men.

Alcohol vs. Long Life.

It is very easy to prove that the influence of alcohol, as of every other poison, is to shorten life. Dr. Willard Parker of New York, shows from statistics that for every ten temperate persons who die between the ages of twenty-one and thirty, fifty-one intemperate persons die. Thus it appears that the mortality of liquor users is five hundred per cent greater than that of temperate persons. These fig-ures are based on the tables used

by life insurance companies. Notwithstanding the constant protest of both moderate and immoderate drinkers, that alcohol does not harm them, that it is a necessary stimulus, a preventive of fevers, colds, consumption, etc., and the assertion of certain chemists that it is a conservative agent, preventing waste, and so prolonging life, the distinguished English actuary, Mr. Nelson, has shown from statistical data which cannot be gainsaid, that while the temperate man

absorbent cotton and burn it. Avoid handshaking and kissing. has at twenty years of age an average chance of living forty-four and These customs are dangerous to you as well as to others. They may give one-fifth years, the drinking man has others consumption; they may bring a prospect of only fifteen and one-half ant"? It is long and abject. "Your you colds and influenzas which will years of life. At thirty years of age greatly aggravate your disease and the temperate man may expect thirtydevoted" is considered more dign six and one-half years more of life, may prevent your recovery. while the dram-drinker will be pretty Do not cough if you can help it. You can control your cough to a great excertain to die in less than fourteen writing to a woman he may be flowtent by will power. When you cough ery still. There is a story of Victor vears On the other hand, the Rechabite severely hold a paper napkin to your Hugo, who was listening to a speech mouth so as not to throw out spit societies in Ergland show statistics from an old republican colleague. The clearly indicating that total abstinence while coughing. orator addressed his audience con-Sit out of doors all ; ou can. If you is in the highest degree conducive to stantiv as "Citoyens, citioyens." At have no other place to sit than the longevity. last Hugo broke in. "I am a pretty pavement sit on the pavement in front

If you have a running sore take up

the matter which is given off with

of your house.

any kind.

captured. The convention decreed

tion. "Lyons made war upon liberty. and, behold! Lyons is no more!" Six thousand of the citizens of Lyons perished in the massacre following the capture of the city.

PEN PICTURE OF GEN. GRANT.

In Col. Clark Carr's "The Illini, the author tells how Gen. U. S. Grant looked in the early days of the war: "While thus waiting I noticed a gentleman come down the gang plank and approach us, seemingly for the purpose of speaking to us. He was of medium height, had broad and rather rounded shoulders, auburn hair, sandy whiskers, clear blue eyes, a very quiet, modest expression and appeared to be perhaps a little more than 30 years of age. He wore a blue sack coat and blue trousers, somewhat 'worn, but well brushed and cared for, which I afterward learned was the fatigue uniform of the United States army. He was smoking a cigar, which he removed as he came near us and raised his hat, but gave as no other greeting. We soon saw that instead of being interested in us he was interested in Rose's Kentucky mare. He looked the mare over with great interest for a considerable time, puffing away at his cigar, but without speaking. Then, again removing his cigar and raising his hat, he returned on board the boat." before eating or drinking, and rinse out your mouth.

## French Politeness.

There is an agitation in Franc gainst the flowery politeness which winds up a letter. Frenchmen are asking why they should write: "Accept the assurance of my most distinguished sentiments and believe me

Age and Diplomacy.

While corporations are refusing to

that it should be utterly destroyed. spit up. and that over its ruins should be Do not swallow any spit which reared a monument with the inscripcomes up from your lungs or which comes out of the back part of your throat. Spit into a spit cup when it is possible to do so. Always use a spit cup with a han-

le to it so that you can hold it close o your mouth. When you use a china or earthen-

How Famous Soldier Looked in Early Days of the War.

once or twice a day with boiling water. When you use a tin spit cup with a aper spit cup inside burn the paper cup at least once a day and scald the in cup with boiling water. Never use a handkerchief or a rag or any material other than paper to spit in or to wipe your mouth with. When you cannot spit into a spit cup, spit into a paper napkin. Always use a paper napkin to wipe our mouth with, after spitting, and be careful not to soil your hands. Always carry a cheap paper bag in your pocket or caba to put paper napkins in which you have used. When you have used a paper napkin, either to spit in or to wipe your mouth with, fold it up carefully and put it away in the paper bag. Every evening, before going to bed, burn your paper bag together with the napkins which you have deposited in it. If you have a mustache or beard shave it off or crop it close. Always wash your lips and hands

ALL ROUND BUTTERMAKERS.

If a butter maker is to accomplish the greatest good for his creamery and win an enviable reputation among his beets or turnips or any kind of green shine and its sense .- Mary B. Harper, patrons, he cannot be altogether a food to keep them busy. Feed them specialist. He cannot devote all his their grain (wheat or oats) toward milk. He must be an expert in run- hens to scratch over.

ning the separators, for one point lost in skimping anounts to more than one point lost on score. He must be a able nurseryman. Then, if the variecareful fireman and a careful machin- ties do not prove true to name, or if ist, for waste in fuel and extras are the trees are not what they were rep-

generation of ammonia.

short time

WARM WATER FOR COWS.

heavy stalks. To avoid this, have a force him to carry his head straight troops, "Cavaignae the bloody," was long frame built for your wagon, with forward. a solid more. Then put the front wheels on front axles. This will cause the rear end of the frame to reach pearly to the ground, and the loaders i can step on it and walk forward with must believe in it, and a farm is no and load backward.

In planning the winter campaign good and its natural barriers against with the hens, the first consideration | evil, is the poultry house. Examine it carewould have to be straightened up or building with earth for a height of two on a farm. or three feet.

say, "What a pretty place; wonder if and to furnish exercise by making the club and society; the children be- and wounding. them scratch for their grain, which long to the neighborhood.

should be scattered in the straw. For the morning feed give the hens from within when separate from the a mash made of a mixture of bran, atmosphere of others. It is the true ries in modern agriculture, but it is shorts and corn meal, chopped clover poetry of life when we feel ourselves equally important that those which hay and a little condition powder in growing soul-strong by listening to prove to be unprofitable can be the form of red pepper. This should the myriad voices around us. promptly discarded. Keep informed all be stirred up with enough hot The seclusion afforded by rural

and make no mistakes. Results are water to make a thick, crumbly mass. places is so well adapted to this soul It is a good plan to put in a handful culture, we have it chronicled that state experiment stations, especially in of broken plaster for every ten hens. a single solitary stroll has been the the matter of procuring pure seed from If you have no broken plaster make occasion of a deathless poem. mortar the same as for mason work | Knowing this, wait for no one to and let it harden, then break it up, point to concrete illustrations of these

Give the hens only as much of this truths, for their name is legion. mash as they will eat up clean in a Appreciate the farm while you are there, and when you leave it, if you At noon give them some cabbage, will or must, take with you its sun-

With the illustrious men who have energy to an effort to get his butter evening and let them scratch in the been agriculturists in mind, the farmto score one point higher, but must straw for it. Vary their feed once in er's occupation needs no excuse or use some of his energy in furnishing a while by cleaning out the horses' apology. Washington's greatest dehis patrons first-class pasteurized skim manger and giving the chaff to the light was in agricultural pursuits; Jefferson wished to be known as a

> farmer: Webster took such interest in Buy your trees of the nearest reli- the business that he invented a plow.

> > HOME DAIRY

an absolute loss, while it is lamentable | resented to be, you can take him to | If you are going to treat the butterbut true that, under present condi- task and he will do the best he can to maker as well as you would like him tions, butter that scores 96 brings but | make it right. I have known men to to treat you and your fellow-creamery little if any more than butter that buy, through an agent, trees from a patrons in a manner becoming to partscores 94. He must be a good-natured nursery several hundred miles away, ners engaged in the same business critic, but not a crank, who can re- when they could go into a nursery and having common interests, don't fuse unwholesome milk without giv- within a few miles and pick out trees begin keeping your milk in the barn ing offense. Deliver us from the one- of the varieties they wanted. Of as cold weather comes. Don't keep it

stded fault-finder and chronic grumbler | course their high expectations were | in the cellar nor in the kitchen, but and give us the broad-gauged all- not realized, and nurserymen, the in- keep it in water. You may think it round, general purpose buttermaker. nocent as well as the guilty, are given difficult to keep it from freezing, and

all the blame. Mistakes will happen place the milk tank inside a tight box, plank and timbers for stable floors. nursery business, just as there are in face of the milk. Make a good honest and far more durable and economical all others, and by exercising a little effort for one whole winter to keep cleanliness and leaves no place for and you are pretty sure to get what experience that satisfied feeling that who had no weapons whatever on in Paris and Tallien had made his the Republic in Rome. He is 46. John you order. comes from doing a thing right

THE HORSE.

Now that the season of more leisure

driven in such a rig until broken of Cavaignac. It was a fearful slaughter (city's gates, and Danton secured the There would no doubt be much more the habit of carrying to one side. This and the strikers and their sympathiz- passage of an order for the hoisting fied, as well as concise, if the person corn iedder saved were it not for the rig consists of lines from the bit to ers were terrorized and for the time of the "black flag of death" upon the addressed be a man. But if one is trouble in loading and unloading the rings at turnets and stirrups, which subdued. The commander of the towers of the city hall,

"Even as the voice of Danton had named for president of the republic, echoed and re-echoed through the but was overwhelmingly defeated by great hall of the assembly," says His-

ADVANTAGES OF FARM LIFE. Louis Napoleon, the mon whom a torian Watson, "the shrick of doomed coup d'etat afterward made the em- prisoners rang wildly through the

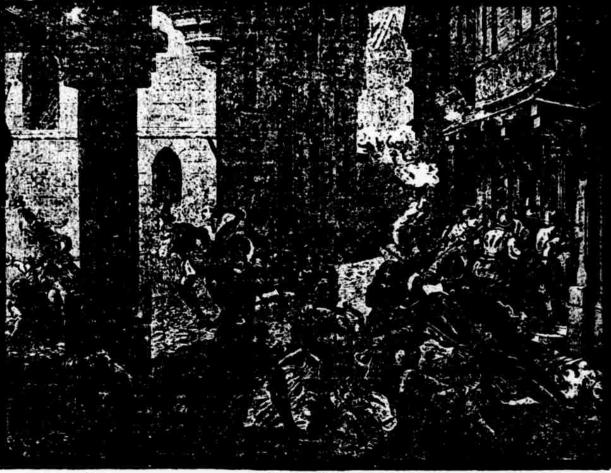
To make a success of anything you peror of France. streets. The September massacres good republican," he said, "but when Among the bloody deeds perpetrat- had begun. Some 200 butchers were their arms full. Begin loading in front exception. After carefully consider- ed in France in the days of the com- let loose upon the helpless men and I address a woman i call her my soving the advantages and disadvantages mune following the great revolution of women huddled in the prisons and ereign, my queen!" The company of the different professions, one turns 1789 a foremost place in history is told to wreak vengeance upon them. seems to have taken this protest with TO MAKE HENS LAY IN WINTER. with enthusiasm toward the farm, given to the "massacre in the fields Commissions signed by municipal offiperfect gravity. with its boundless opportunities for of Mars," Sunday, July 17, 1791. cers authorized suitable agents to hold

That day a petition was to be signed courts in the prisons, to deliver inasking the national convention to ar- stant judgment and to have imme-

The beauty of life is the least mo- raign for trial the craven king, Louis diate execution done. The prisoners employ men older than 35 years, Jofully give it a thorough cleaning and lested, the lessons of life are most XVL, who had fled in terror from are dragged from their cells, are haltseph H. Choate, at the age of 73, is whitewashing and carefully batten all soundly taught, surrounded by the si- Paris. Rumors of riot and carnage at ed for a moment before this sham to return to the active practice of cracks to keep out the cold. In some lent, yet eloquent, manifestations of the place where the petition was be- tribunal, are examined with brevity the law in New York city, says the New York World. There are undoubtcases it is a good plan to bank up the God and nature, such as you will find ing signed, the Field of Mars, reached and are delivered over to the murder-

edly many corporations, as well as Danton, Marat, Robespierre and the ers, who stand ready at the door. In town the individual life is con- other revolutionary leaders, and La Death before the dishonor of swearindividuals, who will be glad to avail Cover the floor with straw or chaff stantly surrounded by a swarm of Fayette was sent with troops to quell ing allegiance to the terrorists was themselves of Mr. Choate's services, which should be renewed at least once trifling personal affairs, which added the disturbance. Stones and mud were the answer of ail heroic souls. 'Concespite the fact that he is more than twice as old as the age limit which good. a week. This covering is for two pur- up, give a minus quantity for a grand thrown at the soldiers and they fired duct madam out,' says the judge, and poses-to keep the hens' feet warm total; the home life is merged into into the dense unarmed mass, killing madam is led to the door, is struck, has been arbitrarily set by so many is stabbed, is brutally beaten, till life employers.

Mr. Choate's successor, Whitelaw "The slaughter was great, the panic is gone; is hewn asunder, her head The inspirations of life come to us complete," says Thomas E. Watson in fixed on a pike, her dripping heart Reid, is 67. So is Gen, Horace Por-



## THE MASSACRE OF ST BARTHOLOMEN

his fascinating work, "The Story of | held up to the hooting mob. and the | ter, ambassador to France. Powell Clayton, ambassador to Mexico, is were killed. Not a soldier was hurt. "For three days this massacre went 71. Charlemagne Tower, ambassador The crowd had no arms; it certainly on. A mere handful of wretches did to Germany, is 57, the age of Bellamy if Portland cement can be bought in the nursery business, as in all oth- and so arrange the outlet as to have was not expecting a fight. There may the work, tolerated by the silence of Storer, ambassador to Austria-Hunat \$3 per barrel it is as cheap as ers, but there are honest men in the the water stand a triffe above the sur- have been guilty men on the scene, the people, encouraged by the com- gary. R S. McCormick, ambassador but most of the victims were surely nune and not checked by the govern- to Russia, is 55. The only American innocent . There were men and wom- nent of the terrorists. ambassador who is not yet 50 is of manure. Besides it permits greater | care and caution you may find them. your milk in the only proper place and en. dressed in their Sunday clothes. "After the bloody work was ended George Von L. Meyer, who represents

their persons. And there were chil- announcement to the assembly that Hay, the secretary of state, is 66. \_\_\_\_\_

Sheriff Believes in Publicity.

Effects of Alcohol Upon Digestion.

Prof. Kochlakoff of St. Petersburg, Don't take any exercise when you has experimented upon five healthy nave a high fever. Always sleep with your windows persons, aged from twenty-one to twenopen, no difference what the weather ty-four years, with reference to the

effects of alcohol upon digestion. Ten may be. Avoid fatigue. One single exhaust minutes before each meal, each person ion may change the course of your was given about three ounces of alcodisease from a favorable one to an unholic liquor, containing from five to fifty per cent of alcohol, which is favorable one.

Go to bed early. If you are workabout the proportion found in ordinary ing, lie down when you have a few liquors. The following results were moments to spare. obtained:

Don't take any medicine unless it "Under the influence of alcohol the has been prescribed by your physician. quantity of hydrochloric acid, as well Medicine may do you harm as well as as the digestive power of the gastric juice, is diminished. This enfechling Don't use alcoholic stimulants of of the digestion is especially marked in persons unaccustomed to the use of Don't eat pastry or dainties. They alcohol."

do not nourish you and they may up-Dr. Figg of Edinburgh made the folset your stomach.

lowing experiments to test the influ-Take your milk and raw eggs ence of alcohol upon digestion: He whether you feel like it or not. fed two dogs equal quantities of roast Keep up your courage. Make a mutton. He then administered to one brave fight for your life. Do what you dog, by passing a tube into the stomdepended upon the carrying out of ach, one and one-fourth ounces of are told to do as though your recovery every little detail. Always keep in mind that consumption can be cured in many cases and which had taken no alcohol was found to have digested the meat entirely. that it can be prevented in all cases. whereas digestion had scarcely begun If your own disease is too far advanced for you to recover, console in the animal to which alcohol had been administered. yourself with the idea that you can

keep those who are near and dear to you from getting it.

Savory Soup-Cook half a pint of Nerve Poisoning Through Indigestion. small navy or soup beans in three Prof. Bouchard, the eminent French pints of water for two hours, adding scientist, has shown that the decompoboiling water as needed. In a sepasition of food which often takes place rate kettle place two small parsnips. in the stomach and intestines in inscraped and sliced, one good sized digestion gives rise to powerful poionion cut fine, two stalks of celery sons. When absorbed into the body, and half a can of tomatoes. Cover these produce effects entirely similar well with boiling water and cook alcohol, and other poisonous drugs. If until the vegetables are very tender: to those produced by strychnia, opium, then add the beans and press all food is retained in the stomach bethrough a fine colunder or soup-strainyend the normal time, either because er. Return to the stove, simmer a of its indigestibility, the taking of too moment, and just before serving, stir large a quantity of it, or a crippled in slowly a cupful of hot cream or state of the stomach, these changes rich milk. A can of sweet corn may are certain to take place. be substituted for the beans. As it This fact explains a very large takes less time, and may be put in share of the distressing symptoms with the other vegetables, it is somewhich afflict the chronic dyspeptic. times preferred by the housewife who The giddiness, the tingling sensations, is her own cook. the confusion of thought, and even

Nut Cheese.-Take one cup of raw partial insensibility, which are not infrequently observed a few hours after peanut butter, one-half cup of cornmeals in chronic dyspeptics, are due starch, one cup of tomato juice, and to this cause. Here is the explanation one teaspoonful of salt. Dissolve the of the irascibility, the despondency, nut butter and cornstarch in the tothe pessimism, the indecision, and mato juice; add salt, and beat for various other forms of mental perver- five minutes. Pour into a granite sity and even moral depravity, which bowl and cover and steam for four or are not infrequently associated with five hours. Dry off in the oven, and certain forms of indigestion. The to- when cool, slip from the howl.

Cardinal Gibbons a Pedestrian. Bright Library Attendant. A man went into the general read Condinal Gibbons is a fervent ad-

France." Men, women and children | rest is too sickening to be told.

Took Stock Too Late.

came the true wife, she required of

alcohol. After five hours both dogs were killed and examined. The one

RECIPES.