Authorit's Tell Us What Foods We Attitude of the Bohemians and Poles Should Consume and Avoid.

Sicero told us long ago that we should eat to live, not live to eat, and Prof. Gautier, of Paris, amplifies that wise pronouncement in the course of wery interesting article on "How We Count to Eat." The professor is the which enlisted the generous sympa. worn enemy of all culinary artifices object of which is to stimulate tante, excite the appetite and induce a man to eat without hunger and drink without thirst.

These, he says, are prejudicial to the maintenance of health. When one an appetite for plain bread, it is provincial as because he is. Conwagetables or meat unmodified by any sequently, unless he is made over seasoning then and then only can one into a complete American, the forbe said to be really hungry. Another eigner is likely to take part in our paternal recommendation which the politics only as a matter of business, professor makes is the old advice of which is to say corruptly. Among our gradmothers, that we should al- the simple minded yet shrewd fellows ways leave the table with a slight at the bottom this is often quite sensation of hunger not entirely ap- naively and innocently the case. A

of animals fattened to excess on mus- easy for a leader of their own kind cular flesh and also, to a certain ex_ to "vote" them as a unit. If he is bid

case. Black meats or game excite the say 'Das ist mehr Geldsache'" tatic congestions and to arterio_scle_ ties count Slavs as members. In the in medical knowledge. rosis. One may live absolutely with antebellum days the slavery issue

THE SCALE TAILED CRAB.

Them, and Found 1,802,604.

The crab known as the scale_tailed apps was believed to have become exother hand, in Chicago both Bohem with the nationalized railroads, a tinct in Great Britain fifty years ago, ians and Poles are said to be "nor thorough improvement on a large taken in the ponds on Hampstead tion in the case of the Bohemians of which the estimated cost is about ing apparatus at a cost of a bout £200. Heath. But now it has turned up is that Republicanism meant the ad- £1,300,000, is to be completed in five on Preston Merse, near Southwick, in readily led by then past experience exhibition in 1912.—Engineer Kirkeudbrightshire. About two and to join the opposition. How far Slavs a half inches long, the apus bears a in this country are naturalized it is able creature the king crab, and this on the subject being unusable in this the Wandsworth (England) Rifle Club on first terms. tailed apus has few rivals, while in the number of the joints which these there between them no other creature can compare. The naturalist Schaeffor once essayed the task of counting them and made the magnificent total of 1,802,604. Latrefile put down the number at a round 2,000,000.

Never in the Limelight. Jense Grant, the third son of the great general, is a quiet man, who spends most of his time in New York and is never in the limelight. He does not work, and belongs to two or three clubs. He says he is a splenald "loafer," and if he has a good

"Barefoot Brigade."

In Paris a "barefoot brigade" is trying to make converts. Their chief is a painter of talent, who believes that going barefooted is absolutely essential to health. In his studio he wears no foot covering of any kind, and when he is out he wears specially as to allow free access to the air, wat. ing." and snow.

"Bob" Nearly Perfect,

Guton Borghum, the sculptor, says the best spemimens of physical manhood in the world, and by far the most perfect representative of the aghting man that this age has pro-

Silk industry in Lyons, The ancient city of Lyons, the third Mty in France with a population of 500,000, vies with Milan is importance in the world's slik industry. No fewer than 10:000 people-men, women and children are employed in the ractories /

Postcards To Dogs Now. Picture postcards are being sent pet dogs on the continent. A young ian residing in one of the lead. the hotels in Ostend introduced the leaster. The posicards are inspribed with the dog's name, and addressed e of the owner.

OUR SLAVIC FELLOW CITIZENS.

in American Politics.

American politics are for the most part quite as much a matter of purely local interest as Polish or Croulan pontics could possibly ne. Since days of the anti-slavery movement. thies of the old generation, of liberal immigrants, our politics have involved few questions of general interest apart from some of our present social economic issues. The educated European remains on the outside of American life quite as muc.. because

librarian who is a good friend of the It appears that we lose every day various nationalities who work in her from 85 to 100 grams of albuminoids, town asked the Poles who were comcorresponding to 420 or 500 grams of ing in and out of the library on one muscular flesh or analogous tissue. election day what they were voting use to which they want to put it the State railways. One should always avoid the flesh and full of clannish feeling it is very

out meat; one can not do without tended to draw Bohemians and roles Naturalist Schaeffer Once Counted many in Alsace-Lorraine. Another reason for Republicanism has been the simple and intelligible one that the Irish were Democrats. On the cided to carry out, in connection mally Democrats," and the explanascale of all State lines. The work, decided to purchase a fire extinguishsing their cheer in:

> tional societies requires it. In many places their vote is an imed in Chicago as Alderman and as case of most of them he never has scheme of laborers' cottages. City attorney. A number of Poles been inside their doors. Once a have sat in State Legislatures, both member of a club he never resigns. as Representatives, and in one instance at least in the Senate, and a Wisconsin Bohemian's desk in the

zenship, and one at least of the na-

How They Beat the Glover.

The "Drapers' Record" has been putting its finger on a weak spot in is a school of languages. A French feminine nonesty, to which it has giv. visitor in the city who can speak in point of number and equipment,

It appears that a good many ladies will put on a pair of gloves and wear them for a whole evening, by which

from the unfortunate manufacturer. No doubt something of this kind versions. In Boston there is a phone press at 13 minutes before 5 o'clock, not infrequently happens, and no for every 11 persons. doubt, also, the real cause of the trouble often lies, as they suggest in the fact that a lady who owns a six and a quarter hand insists on endeavor but its character, is that of the frog. Water will set the colors of almost

The richest woman in Great Britain is Miss Emily Charlotte Talbot, who owns two magnificent estates which she inherited from her father worth about \$7,000,000. Another rich woman is Miss Alice de Rothschild, who is very charitable and has a great hobby for gardening.

Birds, when perched on trees or Harper's Weekly. bushes, are natural weathercocks, as they invariably turn their heads to the wind.

The finger of scorn may be depende to come to the point.

DOLLAR AND THE PESO.

What a Dollar Means in Mexice Has Been Settled.

The question in Mexico of what a "dollar" means has recently been can gold dollar and that when the Mexican silver dollar is meant the word "peso" shall be employed.

Somem timem ago an American res_ check, and the Tampico bank cashier moting the project. to whom the check was presented paid the amount in gold values. The drawer of the check claimed that it investigation the authorities decided against the drawer of the check. The Mexican ruling applies to all documents, -notes, drafts, &c.

Trains-8iberian Railway. and sufficiently well kept. The food ple." is quite sufficient. The speed is very ucts of a vegetable origin, whether ical share of political power with no trains are much superior to those on Walk.

Fish, excellent in itself when it is can politics are corrupt draws in sixty years. At the same time, it Died, recently, Maurice Maloney, horizontal bars. The kinetograph will Matinees—Tuesday, Thursday, and a few show new pictures. quite fresh, is easy to digest, but it is some men it keeps others out As a still holds good that the average exnot suitable to eczematous persons or Slavic minister said to me: My peopectation of life has been lengthened hours later his father, Patrick Mathose who have any other skin dis- ple are not interested in politics they during the past decades but it is only

Bill Moves Slow.

To Improve Japan's Railways, The Japanese Government has de-

Women Sharpshooters. of the more enlightened Slavic lead- arrange a match between the women present term. ers, on the contrary, is to urge citi- and men.

> Morgan Belongs to 50 Clubs. J. Pierpont Morgan belongs to four

Rocks of the Lizard. brother, who had preceded him in ish Armeda was wrecked when the too heavy. Spaniards tried to invade England.

Polyglot Battery Park. Battery Park in New York City them there one day last week.

Boston Leads in Telephones. Boston is the greatest telephone time the "bloom" has quite been tak user in the world, according to the that Robert Fitzsimmons is one of en off them and then they will dis annual report of the New England cover some defect, on the strength Telephone and Telegraph Company. of which they will demand a new pair Every day in New England there is a weekly on Friday. September 13. an average of 935,858 telephone con- The first copy was taken from the

> Kin to the Frog. can endure fire is unfounded.

Mother - Where are those orange; that were on the table? Tommy- With the cookies that were in the cupboard, I suppose.

The works of the most high are big best words.

The really good man always is Let. ter than he knows.

News From Ireland

Continued from page four

authoritatively settled. The Depart. County Kerry; the Rev. Father Hur-master Whittlesey and Inspector Mcment of Finance has decided that the ley, C. C., and other gentlemen have Quillan as containing matter which expressed their conviction of the was objectionable. The publication needs and advantages of a new line was submitted to Assistant United of railway extending from Abbey-States Attorney General R. P. Goodfeale, via Brosna, to Ne wmarket, and win, who acts for the local postoffice, ident at Tampico wrote "collar" on a steps are being taken towards pro- and he railed that the postmaster was

Cork.

"Pether the Packer," in opening was his intention to have silver paid. the Munster Assizes at Cork recent-Litigation was threatened, but upon ly, delivered his usual rigmarole lecture anent cattle driving. Poor attraction in next week's bill of vau-"Pether" is but wasting what little deville at the Cook Opera House. breath he has got, and his lectures This is a racing drama in two scenes are little heeded by the determined by Edmund Day. The action takes men who form the rank and file of place in the jockey's quarters of a The train on the Trans. Siberian the U. I. L., and who are fighting rich young woman and showing a

An inhabitant of Paris, for instance, for. They replied cheerfully, pleased that she took an interest in their it is better for a foreigner not familiar and son-in-law of Mr. J. F. Cogan and Spoel Johnson will have their affairs and that they had so good a with the Russian language to travel and son-in-law of Mr. J. F. Cogan and Speel Johnson will have their As a guide to what we should eat market to report, "For \$2." The by 'he International trains, because (printer), Grattan Street, aged 32.—musical and humorous oddity, "A the professor tells us that the best whole situation is one which nature the employes thereon in all cases Nov. 30th, David Roche, Kilconway, Dream of Baby Days." The Exposimest is that of animals fattened on ally lends itself to logrolling and speak either French, German or En. Killavullen.—Nov. 30th, at the resistion Four will present an act of vocal pasture land—beef and mutton. Then political trading. When there are glish in addition to Russian and the dence of his father, Jas., eldest son and instrumental music. comes poultry and pork fed on prod-groups of men with their full numer toilet arrangements on International of Julius Wilson, Lower Frier's One of the most notable attractions

As to political affiliations both particular result of the advances County Infirmary.—Nov. 30th, Mrs. the younger individuals who profit by loney, of Knocka, died in Limerick Kennedy, Billinagreena.-Nov. 26th, Robert Moorehead, Osmington Terrace, Thomond gate.

dishes as have always been regarded that the Poles voted for Grant in This bill was introduced 10 years of which have been found in County Baker Theater. The play will be rule, it is neither meats nor bouillon were notably interested, not only be ted to the President of the Senate. Limerick. The collection includes staged with all the elaborateness that nor wine nor spices nor coffee which cause of his war record out because In order to hurry him up a little on the Clonmacnoise Brooch, the Kilmal-marked the notable Mansfield produche recognized the French republic June 8 last 400,000 postcards were ad- lock Brooch, a bronze pot, said to be tion, and handsomely costumed as during the Prussian war, while his dressed to him by as many railroad one of the oldest in Europe; four well. To give it an added realism, Monday, Tuesday and Wednesday during the Prussian war, while his dressed to him by as many ranroad one of the during the Prussian war, while his dressed to him by as many ranroad one of the during the prussian war, while his dressed to him by as many ranroad one of the during the prussian war, while his dressed to him by as many ranroad one of the during the prussian war, while his dressed to him by as many ranroad one of the during the prussian war, while his dressed to him by as many ranroad one of the during the prussian war, while his dressed to him by as many ranroad one of the during the prussian war, while his dressed to him by as many ranroad one of the during the prussian war, while his dressed to him by as many ranroad one of the during the prussian war, while his dressed to him by as many ranroad one of the during the prussian war, while his dressed to him by as many ranroad one of the during the prussian war, while his dressed to him by as many ranroad one of the during t fibula; spiral armlets of gold; also drawn from the Glee Club of the Uniseveral ancient "Celts," spears, dag-

Tipperary.

ministration and that Bohemians were years, in time for the opening of the numbering 43, have come to an agreement to purchase at a reduction of

or carapace, while as in the king more pay a poll tax, only two are "highest possible" of 40 have fre. his resignation after 25 years' service. day, Thursday and Saturday. naturalized, and I judged that the quently been recorded. The club The Council have asked Mr. Ryan to Americans were far from desiring to committee is desirous of securing oth. reconsider his decision and continue have more become voters. The policy er women sharpshooters in order to in office until the expiration of the

Waterford.

portant consideration. In the Illinois times as many clubs as does the King has decided, in response to a letter runs the entire gamut of human feel-State campaign in 1906 both Republi- His Royal Highness is a member of from the Stonecutters' Union, to use ings, touching every heart string, yet cans and Democrats nominated a Pole 12 while Mr. Morgan has his name on limestone instead of concrete in win-mingling laughter with tears, with a for the office of State Treasurer. One the lists of at least 50. Occasionally dow sills and doorblocks in connec-master hand. The story is said to be of these nominees had already serv- he visits some of them, while in the tion with the building of the next strong and coherent, and while there

from the National Teachers, has re-separate settings. House was reserved for him on his on the coast of Cornwall, one of the religious instruction, so that his Lordelection as a sort of family perquis- oldest landmarks of the marine world ship might see what modifications ite, or rather as a courteous recog- are the scene of many terrible dis- might be necessary in the course pronition of the service of his father and asters. It was here that the Span vided which the teachers considered

Cremation in the Alps. Cremation makes great headway in the Alps. Geneva takes the lead, both made shoes which are perforated so en the ingenious name of "glove nail- in nine tengues heard every one of but Zurich. Agreu. Berne and Laus. ains are each building a second crematorium. Five other towns are doing, likewise.

> Defied Superstition. Defying superstition the Heraid of Slatington, Pa., began publication as

in the presence of 1? witnesses.

It is not generally known that a The salamander looks like a lizard, spoonful of ox gall in one gallon of ing to thrust it into a five three quar The old story that the salamander any goods which are soaked in it be-A teacher showed his small pupils the color of any black goods. Vine.

> Scheme to Hirrigate Salzers. of the overlaying deposit of sand.

He who is not afraid to die truly immortal.

to your expectations.

Barred from the Mails

The December and January issues of The Gospel Worker, published by Rev. Father Murphy, P. P., Brosna, held up at the local postoffice by Post-"Bishop" N. L. A. Eastman, has been

justified in withholding the paper from the mails.

railway are in general comfortable the old fight, the "Land for the Peo-race track with two thoroughbred Died, Nov. 29th, at Cork District called the most famous juggler that BAKER THEATRE

in the show will be Lola Cotton, a girl only 16 years old who is de-With a big cast of principals, a The Expectation of Life.

Notwithstanding improved medical No. 1 District Countelepathist. Howard and Howard settings and beautiful costumes. tent, that of animals which are too for by the offer of some petty office knowledge and the benefits of modern cil has agreed to purchase from the will have a comedy act called "The First time in stock of this famous."

Restates Commissioners. For £850, a walker Massanger Roy and the These contents are the famous. States census shows a considerably which the Council intends to divide show terpsichorean feats. Newhold field estate.

Baker Theater.

By special permission of the estate of the late Richard Mansfield. Next Play-The Man on the Box Est with regularity and in accord-diers to the Union, into the Republi-Parliament a bill providing for old-chased a very fine collection of old lows-Spencer Stock Company all dur-National ance with the demands of hunger such can ranks. It is interesting to find age pensions to railroad work people in the demands of hunger such can ranks. It is interesting to find age pensions to railroad work people in the demands of hunger such can ranks. It is interesting to find age pensions to railroad work people in the demands of hunger such can ranks. It is interesting to find age pensions to railroad work people in the demands of hunger such can ranks. It is interesting to find age pensions to railroad work people in the demands of hunger such can ranks. It is interesting to find age pensions to railroad work people in the demands of hunger such can ranks. It is interesting to find age pensions to railroad work people in the demands of hunger such can ranks. It is interesting to find age pensions to railroad work people in the demands of hunger such can ranks. It is interesting to find age pensions to railroad work people in the demands of hunger such can rank age to the demands of hunger suc versity of Rochester, and in the old beer garden of Uncle Ruder, the big concourse of corps men-the Saxon-The Nenagh Urban Council have Rhinesians and the Vandalians, will

"Hoch! Soll sie leben Hoch! Soll sie leben Drel mal Hoch."

5s in the pound (21 1-2 years' pur-blend of sentiment and comedy... The play is in five acts, a charming chase). Nearly all the tenants hold George Soule Spencer will be seen as because the fore part of the body is case. In Hadley, Mass., where forty- have proved so expert in the use of Thurston Towns Ryan, Chairman Laura Lang as Kathie, old Ruder's Prince Karl Heinrich, with Miss The Cowboy and case. In Hadley, Mass., where forty- have proved so expert in the use of Thurles Town Council, has tendered sprightly niece. Matiness on Tues-

National Theater.

"Its Never Too Late to Mend. which comes to the National the first The Waterford District Council half of next week, is a play which are many sensations, the plot is en-Most Rev. Dr. Sheehan, Bishop of tirely probable. The production is an Waterford, in reply to a deputation elaborate one, there being fourteen



'It's Never Too Late to Mend' at the National Theatre.

fore washing; also, that a teacupful of next week will give one an idea of of lye in a pail of water will improve life on the S. H. and Circle X ranches tebra, saying "Now what is this?" gar in the rinsing water will bright of Rosebud, Montana. Around cow-"A horse in a bathing suit," was en pink or green calico, and soda will boys, full blooded Indians, halfthe prompt reply.—La Caricaturista. do the same for purple or blue calico. breed Indians, Indian maids, sheriffs, cooks, girls, wild steers and broncos, Joseph Byron Totten, the young au-Proposed schemes to irrigate the thor, has woven a story of pathos, Desert of Sahara are said to be im-comedy and sensation that will suit practicable because of the great depth the taste of the most fastidious, "The Cowboy and the Squaw" has four acts and nine scenes of rapid action with two tremendous climaxes, neither one of which has ever been seen on the Folks are always sure to come up melodramatic stage by the present theater-going public.

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young. Veal is not good for either it gratifies not only him but his whole group who feel themselves vicariously our grandparents did. The United portion of the Mount Shannon estate, plan." Four dainty dancers will special permission of the Mansand Carroll will do stunts on the Place your order for seats early.

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