

EXPERTS' ADVICE OF EATING.

Author's Tell Us What Foods We 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 a very interesting article on "How We Ought to Eat."

These, he says, are prejudicial to the maintenance of health. When one has an appetite for plain bread, vegetables or meat unmodified by any seasoning then and then only can one be said to be really hungry.

It appears that we lose every day from 85 to 100 grams of albuminoids, corresponding to 420 or 500 grams of muscular flesh or analogous tissue.

As a guide to what we should eat the professor tells us that the best meat is that of animals fattened on pasture land—beef and mutton. Then comes poultry and pork fed on products of a vegetable origin, whether grain or herbaceous.

One should always avoid the flesh of animals fattened to excess on muscular flesh and also, to a certain extent, that of animals which are too young. Veal is not good for either gouty or arthritic people.

Fish, excellent in itself when it is quite fresh, is easy to digest, but it is not suitable to eczematous persons or those who have any other skin disease. Black meats or game excite the kidneys, predispose to gravel, to hepatic congestions and to arterio-sclerosis. One may live absolutely without meat; one can not do without vegetable aliments.

Eat with regularity and in accordance with the demands of hunger such dishes as have always been regarded as innocuous and remember that, as a rule, it is neither meats nor bouillon nor wine nor spices nor coffee which poison us, but their abuse.

THE SCALE TAILED CRAB.

Naturalist Schaeffer Once Counted Them, and Found 1,802,604.

The crab known as the scale-tailed apus was believed to have become extinct in Great Britain fifty years ago, the last recorded specimens being taken in the ponds on Hampstead Heath. But now it has turned up again in some numbers in two ponds on Proston Marsh, near Southwick, in Kirkcubrightshire.

"Never in the Limerick." Jesse 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.

"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.

"Bob" Nearly Perfect. Gilton Borghum, the sculptor, says that Robert Fitzsimmons is one of the best specimens of physical manhood in the world, and by far the most perfect representative of the fighting man that this age has produced.

Silk Industry in Lyons. The ancient city of Lyons, the third city in France with a population of 500,000, vies with Milan in importance in the world's silk industry.

Postcards To Dogs Now. Picture postcards are being sent to pet dogs on the continent. A young woman residing in one of the leading hotels in Ostend introduced the fashion.

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

The finger of scorn may be dependent upon to come to the point.

OUR SLAVIC FELLOW CITIZENS.

Attitude of the Bohemians and Poles in American Politics.

American politics are for the most part quite as much a matter of purely local interest as Polish or Czech politics could possibly be. Since the days of the anti-slavery movement, which enlisted the generous sympathies 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 much, because it is provincial as because he is. Consequently, unless he is made over into a complete American, the foreigner is likely to take part in our politics only as a matter of business, which is to say corruptly.

While the conviction that American politics are corrupt draws in some men it keeps others out. As a Slavist minister said to me: My people are not interested in politics they say "Das ist mehr Geldsache."

As to political affiliations both parties count Slavs as members. In the antebellum days the slavery issue tended to draw Bohemians and Poles both of whom supplied gallant soldiers to the Union, into the Republican ranks.

There is pending in the French Parliament a bill providing for old age pensions to railroad work people. This bill was introduced 10 years ago, and five years ago was submitted to the President of the Senate.

To Improve Japan's Railways. The Japanese Government has decided to carry out, in connection with the nationalized railroads, a thorough improvement on a large scale of all State lines.

Women Sharpshooters. Women who have recently joined the Wandsworth (England) Rifle Club have proved so expert in the use of the rifle that scores of 35 out of a "highest possible" of 40 have frequently been recorded.

Morgan Belongs to 50 Clubs. J. Pierpont Morgan belongs to four times as many clubs as does the King. His Royal Highness is a member of 12 while Mr. Morgan has his name on the lists of at least 50.

Rocks of the Lizard. The dangerous rocks of the Lizard, on the coast of Cornwall, one of the oldest landmarks of the marine world are the scene of many terrible disasters. It was here that the Spanish Armada was wrecked when the Spaniards tried to invade England.

Polyglot Battery Park. Battery Park in New York City is a school of languages. A French visitor in the city who can speak in nine tongues heard every one of them there one day last week.

Boston Leads in Telephones. Boston is the greatest telephone user in the world, according to the annual report of the New England Telephone and Telegraph Company. Every day in New England there is an average of 935,358 telephone conversations. In Boston there is a phone for every 11 persons.

Kin to the Frog. The salamander looks like a lizard, but its character, is that of the frog. The old story that the salamander can endure fire is unfounded.

A teacher showed his small pupils a zebra, saying "Now what is this?" "A horse in a bathing suit," was the prompt reply.—La Caricature.

Mother—Where are those oranges that were on the table? Tommy—With the cookies that were in the cupboard, I suppose.—Harper's Weekly.

The words of the most high are his best works.

The really good man always is let-ter than he knows.

DOLLAR AND THE PESO.

What a Dollar Means in Mexico Has Been Settled.

The question in Mexico of what a "dollar" means has recently been authoritatively settled. The Department of Finance has decided that the word "dollar" shall mean the American gold dollar and that when the Mexican silver dollar is meant the word "peso" shall be employed.

Sometime ago an American resident at Tampico wrote "dollar" on a check, and the Tampico bank cashier to whom the check was presented paid the amount in gold values.

The train on the Trans-Siberian railway are in general comfortable and sufficiently well kept. The food is quite sufficient. The speed is very slow, however, and the stops at stations long and tedious.

The Expectation of Life. Notwithstanding improved medical knowledge and the benefits of modern sanitation, we are dying earlier than our grandparents did. The United States census shows a considerably increased death rate for all ages over sixty years.

Bill Moves Slow. There is pending in the French Parliament a bill providing for old age pensions to railroad work people. This bill was introduced 10 years ago, and five years ago was submitted to the President of the Senate.

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News From Ireland

Continued from page four

Rev. Father Murphy, P. P., Brosna, County Kerry; the Rev. Father Hurley, C. C., and other gentlemen have expressed their conviction of the needs and advantages of a new line of railway extending from Abbeyfeale, via Brosna, to Newmarket, and steps are being taken towards promoting the project.

"Pether the Packer," in opening the Munster Assizes at Cork recently, delivered his usual rigmorale lecture anent cattle driving. Poor "Pether" is but wasting what little breath he has got, and his lectures are little heeded by the determined men who form the rank and file of the U. I. L., and who are fighting the old fight, "Land for the People."

Died, Nov. 29th, at Cork District Hospital, Denis, son of the late Jas. Leahy, school teacher, Rope Walk, and son-in-law of Mr. J. F. Cogan (printer), Grattan Street, aged 32.—Nov. 30th, David Roche, Killonway, Killavullen.—Nov. 30th, at the residence of his father, Jas., eldest son of Julius Wilson, Lower Friar's Walk.

The Limerick No. 1 District Council has agreed to purchase from the Estates Commissioners, for £850, a portion of the Mount Shannon estate, which the Council intends to divide in allotments to laborers.

Died, recently, Maurice Maloney, High Street, Limerick, and a few hours later his father, Patrick Maloney, of Knocka, died in Limerick County Infirmary.—Nov. 30th, Mrs. Kennedy, Billingreena.—Nov. 26th, Robert Moorehead, Osmington Terrace, Thomondgate.

The Earl of Dunraven has purchased a very fine collection of old Irish ornaments and weapons, most of which have been found in County Limerick. The collection includes the Clonmacnoise Brooch, the Kilmallock Brooch, a bronze pot, said to be one of the oldest in Europe; four bronze swords, a rare gold collar, fibula, spiral armlets of gold; also several ancient "celts," spears, daggers, etc.

The Nenagh Urban Council have decided to purchase a fire extinguishing apparatus at a cost of about £200. The tenants on the Carroll estate, numbering 43, have come to an agreement to purchase at a reduction of 6s in the pound (21 1-2 years' purchase). Nearly all the tenants hold on first terms.

Mr. Thomas Ryan, Chairman Thurles Town Council, has tendered his resignation after 25 years' service. The Council have asked Mr. Ryan to reconsider his decision and continue in office until the expiration of the present term.

The Waterford District Council has decided, in response to a letter from the Stonecutters' Union, to use limestone instead of concrete in window sills and doorblocks in connection with the building of the next scheme of laborers' cottages.

Most Rev. Dr. Sheehan, Bishop of Waterford, in reply to a deputation from the National Teachers, has requested them to submit a course for religious instruction, so that his Lordship might see what modifications might be necessary in the course provided which the teachers considered too heavy.

Cremation in the Alps. Cremation makes great headway in the Alps. Geneva takes the lead, both in point of number and equipment, but Zurich, Arreu, Berne and Lausanne are each building a second crematorium. Five other towns are doing likewise.

Defying Superstition. Defying superstition the Herald of Slatington, Pa., began publication as a weekly on Friday, September 13. The first copy was taken from the press at 13 minutes before 6 o'clock, in the presence of 12 witnesses.

It is not generally known that a spoonful of ox-gall in one gallon of water will set the colors of almost any goods which are soaked in it before washing; also, that a teaspoonful of lye in a pail of water will improve the color of any black goods. Vinegar in the rinsing water will brighten pink or green calico, and soda will do the same for purple or blue calico.

Scheme to Irrigate Sahara. Proposed schemes to irrigate the Desert of Sahara are said to be unpracticable because of the great depth of the overlying deposit of sand.

He who is not afraid to die is truly immortal.

Folks are always sure to come up to your expectations.

Barred from the Mails

The December and January issues of The Gospel Worker, published by "Bishop" N. L. A. Eastman, has been held up at the local postoffice by Postmaster Whittlesey and Inspector McQuillan as containing matter which was objectionable. The publication was submitted to Assistant United States Attorney General R. P. Goodwin, who acts for the local postoffice, and he ruled that the postmaster was justified in withholding the paper from the mails.

Cook Opera House. "The Futurity Winner" is the star attraction in next week's bill of vaudeville at the Cook Opera House. This is a racing drama in two scenes by Edmund Day. The action takes place in the jockey's quarters of a rich young woman and showing a race track with two thoroughbred race horses contending.

Salerno, called the most famous juggler that Europe ever produced, will show his marvelous tricks. Katherine Hayes and Spool Johnson will have their musical and humorous oddity, "A Dream of Baby Days." The Exposition Post will present an act of vocal and instrumental music.

One of the most notable attractions in the show will be Lola Cotton, a girl only 16 years old who is described as an expert mind reader and telepathist. Howard and Howard will have a comedy act called "The Hebrew Messenger Boy and the Thesplan." Four dainty dancers will show terpsichorean feats. Newhold and Carroll will do stunts on the horizontal bars. The kinetograph will show new pictures.

By special permission of the estate of the late Richard Mansfield, the Mansfield version of Old Heidelberg, will be produced by the Bellows-Spencer Stock Company all during the week of January 13th at the Baker Theater. The play will be staged with all the elaborateness that marked the notable Mansfield production, and handsomely costumed as well. To give it an added realism, there will be a large singing chorus drawn from the Glee Club of the University of Rochester, and in the old beer garden of Uncle Ruder, the big concourse of corps men—the Saxons, Westphalians, Saxo-Borussians, Rhinesians and the Vandallians, will sing their cheer in:

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

The play is in five acts, a charming blend of sentiment and comedy. George Soule Spencer will be seen as Prince Karl Heinrich, with Miss Laura Lang as Kathie, old Ruder's sprightly niece. Matinees on Tuesday, Thursday and Saturday.

National Theater. "Its Never Too Late to Mend," which comes to the National the first half of next week, is a play which runs the entire gamut of human feelings, touching every heart string, yet mingling laughter with tears, with a master hand. The story is said to be strong and coherent, and while there are many sensations, the plot is entirely probable. The production is an elaborate one, there being fourteen separate settings.

"It's Never Too Late to Mend" at the National Theatre. A visit to the National the last half of next week will give one an idea of life on the S. H. and Circle X ranches of Rosebud, Montana. Around cowboys, full blooded Indians, half-breed Indians, Indian maids, sheriffs, cooks, girls, wild steers and broncos, Joseph Byron Totten, the young author, has woven a story of pathos, comedy and sensation that will suit 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 melodramatic stage by the present theater-going public.

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Matinees Daily 10, 20, 25c

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Sensational racing drama

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World's champion juggler

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Bellows-Spencer Stock Company

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"Old Heidelberg" (The Mansfield Version)

With a big cast of principals, a heavy chorus, elaborate stage settings and beautiful costumes. First time in stock of this famous version, which is presented by special permission of the Mansfield estate.

Place your order for seats early. Matinees—Tuesday, Thursday, and Saturday.

PRICES: Matinees, 10c, 20c, 25c

Nights, 15c, 25c, 35c, 50c

Next Play—The Man on the Box

National Theatre

Monday, Tuesday and Wednesday

Matinees Monday and Wednesday

The Modern Melodrama

It's Never Too Late to Mend

or "The Wanderer's Return"

Thursday, Friday, and Saturday

Mat. Thursday and Saturday

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The Cowboy and the Squaw

Prices—Matinee, 15 and 25

Night, 15 to 50c

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