PLANNING THE MEAL

Balanced Butiens an Important Pa In tioms Econer "Oh, dear! This sternal planning and contriving, from meal to meal, over what to serve next" A common enough exciamation, and ly, and one familiar to the family man, who too often considers wife's work

where there is no law except gun law." "Oh, I won't be troubled." was the "Oh, I won't be troubled." was the "Oh, I won't be troubled." was the "One evening at a theater Lord Blar." One evening at a theater Lord Blar. Is a threater Lord Blar. Is a threater Lord Blar. Is a mane real of the food's effect of the general heatth and efficiency of the general heatth and the access the could heatth and even a dangerous process. Nowadays the thoughtful housewife the field is surely worth an in Eingland who can compare with genus, ast took it from the heaty. Heatthe genus, ast took it from the heat more or less of a sinecure and wonders

The Unarmed

Ranchman

By JOHN TURNLEE

"You'll not be likely to energy and an example in the second state of any one foods the full than any woman in England. The follows won't care to tackle you in a cessive amount of any one foods rich full than any woman in England. The full that any woman in England.

when MacDonnell reached his new in the same rootstum at one man, spread in society the church where home he astonished the inhabitants of For example, macaroni and chesse Mrs. Harkaway worshiped was overthe country by going about without the with meat, rice and potatoes. customary enormous revolver slung to Don't serve the same food in the to see her. his side. He was warned by friends same form twice in the same day er. Of course his torfishin's remark reach

ever there was a question of owner. Paris has had severe experiences in vegetables, in her grandfather's kitch. Fair wanther is indicated by the louid en. But times were changed. Present remaining clear, with the solid parts This encouraged Hawkins to increase armies. On March 81, 1814, the allied day aristocrats had assumed the lead cles settling into a Grm sedin his demands, and it finally became ap- armies that had hemmed in Napoleon ership by virtue of their enormous London Anawers. parent that it Mac did not call a halt entered the French capital and ocall his sheep would in time be trans- cupied it with a force of 230,000 troops. farred to Hawkins' ranch. After Napoleon's escape from Elba and One morning Hawkins rode up to his defeat at Waterioo the armies of MacDonnell's ranch house, called him the allies again entered Paris July 7, out and began to abuse him scurrilous- 1815. Thus the great city had to surly, accusing him of branding one of render to its enemies twice within his (Hawkins') sheep. MacDonnell sixteen months. Fifty-five years later was obliged to stand and take what -Jan. 28, 1871-the city surrendered was said to him, for should he retall- again, this time to the victors in the ate in any way Hawkins was liable to France-German war, after a brisk bomdraw his revolver and shoot him. bardment.

Mac waited till he had finished and Berlin has seen foreign troops enter was about to ride away. Then he said its gates no fewer than three times in co him: the last 200 years. The first time,

"Mr. Hawkins, you have grievously curiously enough, the conquerors were insulted an unarmed man. I am op-Austrian troops under General Hadposed to the use of firearms, but if you dick, who entered Berlin in 1757, when will give me such satisfaction as may Frederick the Great was engaged in be afforded in the ring with fists I shall fighting the French on the Rhine. During their stay the Austrians imposed a be obliged to you.

"That kind o' fightin' may do for a fine of £30,000 on the city, as well as milksop like you, but it isn't the kind commandeering a huge quantity of pro-

cluding one of his herders, witnessed fined £300,000.

the correct of abuse heaped upon him.' The time that will be best remem and it galled him to live under the bered, however, was the entry of Na-however, on which their calculations by his accuser below a balage, who obloguy of having taken it without a poleon into Berlin after the victory of were in error. They thought that Mrs. shall immediately decide whe new that such a Jena. Napoleon inflicted a very heavy Harkaway would

day after the insult the 42 caliber re- imais, and on one occasion he actually

volver of the country appeared at his went so far as to risk his life for a

he did it was up in the mountains' Lord Rosebery asked the captain to

back of the grazing lands. Mac was stop the ship-a request which was re-

leading around an almost perpendicu-lar cliff. Behind him were two of his the captain, "why, then, of course"-

to face and not ten feet apart. Haw this astonishment, he leapt overboard after the dog himself.

man from the man who had left Scot-stopped, a boat was lowered with all

land a year before. He had been speed, and both dog and master were

brooding over the insult he had re-rescued, none the worse for their expe-ceived till he was ready to fight to the

situation Mac had drawn his revolver why severe cold causes death, but a

"Mr Hawkins," he said, "I'll trouble -the accumulation of carbonic acid,

you to ask the man behind you to re- paralysis of the vasomotor centers,



wealth, and it was impossible to dislodge them. Possibly they would take in a woman whom an English peer had pronounced the most beautiful in New York or London.

husband that the wife's chance for no-

beauty, certified to by a British peer. milisop are you, but it isn't me kind commutering a new quetter troops. we're used to in this country. When visions and equipment for their troops. we fight out out the we fight to kill." It was only just over three years With that he role away. MacDonnell'did not take this attack trian troops, then alles of one another, kindly Several of his employees, in entered Berlin. This time the city was

be able to

THE CATEOLIC JOURNAL

be out of your element in a country where there is no law except gun law." "Oh. I won't be troubled." was the imply. "I'll not offend any one, and if the house economics department, Gel Pil try to arrange for a substitute of fats instead of gunz." "You'll not be likely to effect such an arrangement; you're too strong. Those follows won't care to tackle you in a trial of muscle."

Namemads Saremeter. To make a cheap but effective ba rometer take eight grams of polver ined camphor, four grams of pulvar ised parate of potassium, two grams as side. He was warned by friends same form twice in the same day er, that such a course was unaafs. True, cept with such sisples as bread, butter the people of the region were a gener ord, whole sould fot, who respected and milk. Never serve such a combination of domest same mean the people of the region were a gener ord, whole sould fot, who respected and or creamed pees and cream of pees and the same mean.
berg as he did not injure his neighbor. But there were men who had come from the lowest haunts of vice, who different courses of a meal. Seek to have pleasing combinations of favor contrasts between they took a fancy to shoot, even if unament a law of the region and form in each course.
Plan to serve a full or vegetable at an inmail food is safest and best.
The only touble he had was with a slighboring ranchman named Haw-tins, who insisted on claiming Maccome with in the same whet it is to See Foreign domest and unimail food is safest and best.
The only touble he had was with a slighboring ranchman named Haw-tins, who insisted on claiming Maccome with the way of surrenders to the work different course is of a meal. Seek to conserve a fruit or vegetables to the said mean animal food is safest and best.
The only touble he had was with a beak saw with in a wool first and animal food is safest and best.
The only touble he had was with a bay and animal food is safest and best.
The only touble he had was with a bay serve, experiences in the way of surrenders to work and some of them soil the said meat and vegetables to Mar. Harks, the said meat and vegetables in the said meat and vegetables to Mar. Harks, the said meat and vegetables to Mar. Harks, the said meat and vegetables in the said meat and vegetables in the contenes to mark the indicated by the base with a soul

Beavers as Engliseers

In "The Romance of the Beaver" R. Dugmore, the author, falls how b watched a colony of beavers in New After a consultation between Mr. and foundland building a dam across Mrs. Harkaway it was decided by the swift stream about forly fest wide: husband that the wife's chance for so "Before the work was put analytic database clai prominence should be made avail to that the dam had not yet settle able. Certain relatives of Mrs. Hark enough to gain the proper streast able. Certain relatives of Mrs. Hark enough to gain its print which con away who had married into multi millionaire families were found to in linued for several days and fooded be troduce her, and she was launched into country. The beavers, seeing that their society simply on the fact that Lord new dam was threatened with immed society simply on the fact that Lord Blarneyston in order to compliment the city of the man who was dining and wining him had said that she was the most beautiful woman in New York or London. The Harkaways had mingiving about entering the golden circle on a beggarly income of \$10,000. They fig: ured, however, that Mrs. Harkaway's beauty, certified to by a British mees

aire set is to get persons to attend en. This act provides that any man taken



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MACHINAC

ADIRONDACK

and he feared that the community to feed his troops .-- London Tit-Bits. would consider him a coward. Finally

he made up his mind that he must fol-

low the custom of the country, and the

passing over a path about a yard wide, fused.

kins being first of four men.

death the man who had given it. He

was very quick in his movements, and

before Hawkins had quite taken in the

moments, glaring at his antagonist.

"In that case I'll drop your dead body

and the muzzle of his revolver a little

longer, then told the man behind him

to obey the order. His revolver was

"Suppose I decline," he said pres-adelphia Press.

and had the drop on his enemy.

over the cliff

over with a ball in it."

dropped over the cliff.

are welcome to do so."

said Hawkins

and go back.

and both men stood unarmed.

ently

Saved His Dog.

other expenditures.

public insult would be spread abroad, fine on the Germans and forced them herself with costumes out of her hus cused shall have the question of h band's income, leaving enough for their suilt decided by a jury of twelve and not by a government agent; that Possibly had Mrs. Harkaway been no one can be tried twice on the same

Lord Rosebery is a great lover of an- admitted to the golden circle on any charge; that every one may insist on other plea than Lord Blarneyston's ex- being examined within twenty days pressed opinion of her beauty a few of his arrest and tried by Jury the favorite dog. His lordship was on thousands dollars a year for costumes next section; that no defendant may Fortunately he did not happen to board a steamer when suddenly his would have sufficed. But society ex- be sent out of the county for impris-meet Hawkins for some time. When dog fell overboard. Much distressed, pected the most beautiful woman to onment.-New York American

wear the most beautiful costumes. Besides. Mrs. Harkaway received the

Versits and Miles. Many people know that to multiply concentrated gaze of society not because she owned the highest bred dog any number of French kllometers by in the universe, but because of Lord five and divide the product by eight herders. Suddenly turning a bend, "Oh," said Lord Rosebery, "that can Blarneyston's remark. For this ren-Hawkins and MacDonnell met face be easily managed," and, to the cap son her costumes were of supreme dm-instion to the number of miles in the portance. They would attract far more same distance, but it is even easier attention than her beauty. Therefore mentally to convert versus to miles

Mac Donnell was a very different Naturally, the steamer was promptly they must not only be superb, but in as one of the former is equal to 0.633 great variety. Not only did Mrs. Harkaway's ward- thirds.

robes cost a great deal of money, but at least one trip abroad a year was

of the latter, or almost exactly two-

Trees and Chimneys

The existence of tall plants and trees necessary to procure them. Then much more jewelry than she possessed was depends largely on the wind force. A It has never been clearly understood indispensable. Indeed, the Harkaways tree with square trunk and branches had not even prepared for the wife's would offer so much resistance to the entry into society before they saw that wind that it would be continually have vithin a short time that which pro- ing its branches snapped. Engineer duced their income would melt away build tall chimneys and piers for like ice under the rays of the sun, bridges round in preference to any oth-

lieve you of your revolver and drop it loss of heat, accumulation of blood in the heart owing to stagnant circula-Nevertheless the preparations were er form. Hawkins made no reply for a few tion, anemia of the brain and destruc-Bade. tion of the red blood corpuscles .-- Phil-At the first function attended by Mrs. Harkaway she found herself the cynosure of all eyes. "That's the wo-set for yourself when you were young?

Important Detail. man that Lord Blarneyston said was asked the friend of his boyhood. Bacon-I see your brother is in busithe most peautiful in New York or Lon- "No." replied the millionaires" "and Hawkins stood MacDonnell's glance bess again. ion," said everybody to everybody else. I'm glad I didn't. I see now there was She stood in one position while a no money in them."-St. Louis Post Egbert-Yes "Is it a gainful occupation?" throng of persons passed her, ogling Dispatch. her as they would a freak in a dime nuseum.

"I guess so, but it's hard to tell whether he'll gain money or experi-It was followed by Mac's weapon, ence."-Yonkers Statesman.

Death by Freezing.

variety of reasons have been assumed

Would Not Be So Cruel. "I now propose a wrestling match. Alice-Now that you've broken your Mr. Hawkins, right here. If you can throw me over after my revolver you engagement with Jack, you will of course return the diamond ring he gave you? Retty-Certainly not. It "I decline certain death for both." would be a constant reminder of the "Then turn around with your party happiness he had missed. - Boston Transcript. Hawkins made no reply for some

time. It was quite a distance to a One Exception. place where the parties would have "Two negatives are equal to an af-

plenty of foom to pass. Presently he firmative." turned and directed his party to go, "Not if her father says no and the back."

MacDonnell never replaced the re-volver he had thrown over the cliff. The primary vocation of man-and its replacement was never needed. Hife of activity.-Goethe.

Transparent. It happened that Lord Blarneyston The Toucher-I'm going by work next was still in New York and was at this week, but I'll need a few collars to live

assembly. A lady to whom he was on fill pay day. Can you see me talking called his attention to Mrs. through? The Wise Guy-No, but I can Harkaway, remarking that she had see through you .- New York Globe, been told she was the most beautiful

woman in New York or London. "I cawn't agree with that," said his lordship. "I think Mrs. Monkerench collected." ar more beautiful." was dropped from society, fortunately n time to save her husband's fortune

he same contentment.

he resumed her normal position, but somehow the spell of happiness that pervaded the Harkaway family was

1 Subconscious Gerebration. "The bridegroom appeared cool and

Not Practica

"Did you attain the high ideals you

"Yes, be didn't seem to realize that

Vary Poor Taste

"I hate, that gives," "Yet you lend and your clothes." "Tes, and she has the bad taste roken. There has never since been look better in them than I do. -Kan and Oily Journal

OF LOOD IS LAND TAKE along your tennis racket, golf a clubs, fishing tackle and some old clothes for roughing it on your out-

of-door vacation,

You will also enjoy the evenings dancing or telling stories around the log fire. The nights are cool, you will sleep.2

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