



Learn to make the most of life. Lose no happy day. Time will never bring this back. Chances swept away.

SALAD SUGGESTIONS.

The summer time is the season for a variety of salads, yet any season and time and any occasion to any class or condition of men, a salad is an appropriate dish.

Olive Salad.—Line a salad bowl with a crisp head of lettuce, cut one boiled beet and one boiled potato into dice, chop one small cucumber and two hard-boiled eggs very fine; stone and chop 24 green olives.

Cauliflower Salad.—Soak in cold salt water a firm head of cauliflower for a half hour, to remove any insects; put to boil whole and when tender set aside to cool.

Combination Salad.—Make a French dressing and serve with a cupful each of celery, cucumber, tomato, apple and a few spoonfuls each of green peppers, radish and young onion, all sliced thin.

Tomato Salad.—Scald, peel and chill six firm, ripe tomatoes, cut in halves. To one cupful of whipped cream add two tablespoonfuls each of lemon juice and prepared horseradish, also seasoning of salt, paprika and mustard.

Nellie Maxwell



The secret of thrift is knowledge. Knowledge of domestic economy saves income. Knowledge of sanitary laws saves health and life.

CORNEAL DISHES.

The cornmeal made by the old mill process, in which the germ was left in, will not keep as well as the fine cornmeal. The home grinding of cornmeal saves the germ and other nutrients that are destroyed or lost by the new process.

For cornmeal mush, take one cupful of cornmeal, a teaspoonful of salt and add three and a half to five cupfuls of boiling water or scalded milk. Mix the meal with enough cold water to pour, then add to the boiling, salted water, stir constantly until smooth.

Cornmeal and Oat Cookies.—Take one cupful each of cornmeal, rolled oats, molasses, buckwheat flour, a teaspoonful of salt, a cupful of sour milk, a half-cupful of fat, a half-teaspoonful of soda, a half-teaspoonful of nutmeg and one-quarter-teaspoonful of ginger.

Indian Pudding.—Heat two and one-half cupfuls of milk, add six tablespoonfuls of cornmeal, mixed with one cupful of cold water or milk. Add a half-cupful of molasses, a half-teaspoonful each of salt, ginger and cinnamon. Stir in a half-cupful of chopped suet, which has been lightly sifted with corn flour, a half-cupful of raisins and bake, stirring often for the first half-hour. Serve hot with hard sauce.

Nellie Maxwell

POINTS OUT WRONG NOTIONS

Harvard Professor Corrects Impressions of the Peoples of Historic Lands of the East.

"To speak of the pure old Egyptian type is as incorrect as to assert that the old type of the Pharaohs is extinct today," said Prof. W. Mat Muller of Harvard in an address on "The Origin of the Ancient Egyptians" in the University of Pennsylvania Archaeological museum.

The speaker corrected many popular misconceptions about the historic lands. "You apply the term Hamitic to all blacks," he continued. "Sons of Ham" to the discriminating scholar of African conditions means white people, not black. African residents do not begin to call a man black until he is chocolate or copper colored.

"The degrees range all the way down to dull coal black. All shades lighter than copper, such as the tan of the American mulatto, are called white. The yellow girl is the complimentary way to address or to paint a lady over on the Nile.

"The handsomest people in the world are the Abyssinians, slender, alghrowned, copper-hued—these people who have reduced strolling to a science and begging to a fine art. The color of the healthy man is a black and greenish bronze-hue of a shade often seen in statues, but generally believed not to be found in real life.

MOVE FAMOUS CHESS GAME Club Where Leading French Players Have Gathered Since 1681 Is Now in New Quarters.

The Cafe de la Regence no longer shelters the chess players whose temple it has been since 1854. The players now make their headquarters at the Cafe de l'Univers, facing the Theatre Francaise, says New York Herald.

Charm of Old San Antonio. The charm of an old city lies chiefly around the historic spots and buildings in which the romance of its early history is centered.

Vast Sum Eluded Morgan. In the mountains behind a Cuban city, we are told, is still buried a great amount of treasure, hidden there 350 years ago, when news came of an impending attack by Sir Henry Morgan the pirate honored by an English king for his onslaughts upon the Spaniards.

Source of Loyalty. There is a loyalty which springs from affection that we bear to our native soil. This we have as strong as any people.

It is its freedom, equality, justice, greatness and glory. Who among us is so low as to be insensible of an interest in them? Four hundred thousand natives of other lands every year voluntarily renounce their own sovereignties and swear fealty to our own.

CHARITY WELL WORTH WHILE

How Tennessee Community Built House and Presented it to Poor but Deserving Widow.

You are all familiar with the story of "the house that Jack built." But I wish to tell you of a house that neighbors built in a small town in the South, says a writer in Christian Herald.

Two kind, practical men took the matter up and evolved a plan whereby such a home could be made by small contributions, no burden being placed on any one. Personal calls were begun, and help solicited, consisting of money, material or labor.

Osteopathy. The word "osteopathy" is of recent origin, compounded of the Greek "ostion," a bone, and "pathos," suffering, and means literally bone suffering. It is, however, used to designate a system of healing in the sense of bone cure, of treating disease without drugs.

First American Multimillionaire. The first American multimillionaire to attain international fame on account of his vast wealth was Stephen Girard. Of the financial dynasties of today only the Astors and Vanderbilts were represented in Girard's time, and the fortune of the distinguished Philadelphia banker exceeded that of Commodore Jacob Astor.

Suez Canal Facts. The Suez canal, planned and constructed by a French engineer and French capital, is owned and operated by a French company in which the British government holds a controlling interest, obtained in 1875 by buying the large block of stock previously owned by Egypt, for \$20,000,000.

Be Above Gossip. Gossiping is about the most useless kind of work one could possibly engage in. How much better and more profitable it is to turn a deaf ear to such truths, to honorably keep silent about what we have heard, and at the same time give the unfortunate person in the case the benefit of our doubt.

Almost Forgotten Boy Prodigy. William Henry West Betty, perhaps the greatest of all boy actors, made his first appearance on the London stage at the Drury Lane theater, December 1, 1804. Betty, who was universally known as "the Young Roscius," was then thirteen years old.

His Duty Done. The family is rather demonstrative when the various members of the household come and go. The grandchildren are expected to embrace every one at the beginning and at the end of a visit.

Praying and Doing. Lord Palmerston—"Pam" as he was affectionately termed by his friends—was one of the shrewdest statesmen that ever lived.

RAISING FOXES IN ALASKA

Animals Are Bred There for Their Fur, and the Industry Is a Remunerative One.

There are ten or twelve fox farms in Alaska. One of them, situated in the Tannana valley, a mile and a half from Fairbanks, consists of ten acres of cleared land, the greater part of which is covered with pens in which the animals live.

Female Micawbers. "I was standing on my doorstep," This is the stock observation of nearly all ladies who bring their little differences into the Cardiff police court. It was repeated by more than one lady in the stately magistrade's court and it would seem that there are many ladies-in-Modern-Athena who are perpetually upon the front doorstep waiting, like Micawber, for something to turn up.

Her Classification. A trained nurse was taking care of Jack's grandfather. After having been in the family for some time it became necessary for her to leave and a new nurse was employed. She was a practical nurse and Jack had heard his family discuss the difference between the two nurses.

Glanders in the Cat Family. Glanders is an ailment usually associated with horses, but an outbreak of this disease among the lions and tigers of the Home Zoological garden, is reported in the Animal d'Hygiene. The disease is known to have been transmitted from horses to lions, tigers and leopards, and the domestic cat was shown susceptible by laboratory inoculation.

How Chinese Preserve Eggs. The Chinese have a method of preserving eggs in somewhat the same manner as milk is preserved in cheese. "Cheesified" eggs are called pidan, which is made by placing duck's eggs in a solution of black tea, salt, lime and wood ashes for nearly six months. The eggs are then drained, coated with rice hulls and placed upon the market.

Famous Family of English Origin. The Lee family, of which Gen. Robert E. Lee, commander of the Confederate army during the Civil war, was a member, was of English origin. One of his ancestors emigrated to Virginia in the reign of Charles I and the family was prominent then, during and after the Revolutionary war.

Cure for Hiccoughs. Small pieces of ice applied suddenly, so as to surprise the patient, will stop persistent hiccoughing. Also hot drinks of weak coffee and milk taken frequently has the desired effect. A lump of sugar saturated with vinegar will often relieve hiccoughs.

Strength in Cheerfulness. Wondrous is the strength of cheerfulness; altogether past calculation its power of endurance. Efforts to be permanently useful must be uniformly joyous—a spirit all sunshine—graceful from very gladness, beautiful because bright.—Carlyle.

Rank Discrimination. Under a New York ordinance a scissors-grinder is not allowed to blow his horn. If he wishes to blow his horn he must abandon his calling and go upon the stage or into politics or society.—Louisville Courier-Journal.

SPRAYING LOGS

As a safety measure, logs at a Northwestern mill are given a vigorous spraying under several jets of water before going to the saw.

Saving Expensive Ink. An economy in expensive drawing ink, ordinarily used with a ruling pen, is effected by substituting common writing ink for the drawing ink on many kinds of work in which permanence is not a special factor.

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Manliness and Art. Art is a manly business, if ever any human occupation could be called manly, for the utmost efforts of the strongest men are needed for success in it.—F. G. Hamerton.

A LITTLE BEDTIME STORY.

When Johnny Chuck ended his winter's hibernation and appeared in the doorway of his house, he found Peter Rabbit waiting for him, a quiver with curiosity.

"So you are awake at last, Johnny," exclaimed Peter. "I was in your house several weeks ago, and there you lay with your eyes closed and your hands embracing your stomach, sound asleep—than I ever saw anybody before."



THE PREACHER.—An honest man is the noblest work of God. THE POLITICIAN.—Well, he's scarce enough to be.

SHE WANTS YARN.—"Many had a little lamb, but didn't give a darn; instead of fleece as white as snow, she wanted khaki yarn."

A SERPENT.—"In some respects I find it an advantage to have a stupid servant in the house," remarked Mr. Duvalva. "Why do you say that?"

A MODEST SUSPICION.—"The audience cheered constantly when you made your speech." "Yes," replied Senator Sorghum. "They cheered every prominent name I mentioned. I began to suspect that they'd rather hear themselves than listen to me talk."

THE REAL REASON.—She—How does it happen that you never married, when you've been engaged so many times? He—I can give the best references from all the girls who broke the engagements. They all say I'm too good for them.

WHAT HAPPENED TO HIM.—"Dinks had an athletic stroke yesterday." "Athletic stroke? You mean a paralytic stroke, don't you?" "No; I mean just what I said. He got mixed up with a professional boxer."

HARD TO PLEASE.—"What is your dog's name?" "I don't know yet," replied the patient man. "I am still experimenting; I have tried nearly all the dog names I can think of and he doesn't answer to any of them."

HARMONIZING COLORS.



FATHER.—What! You want to become engaged to that measly little Bink! Why, he isn't a bit of use. DAUGHTER.—Why, papa, he is perfectly lovely. His hair and complexion match my new suit exactly, so there!

AS TO WOMEN.—"Uncertain, coy and hard to please?" Conviction will not carry. We can't expect this ancient wheeze. Observing what they marry.

FOREIGN SCENERY.—Artist—I painted this wonderful cloud effect and sky coloring abroad. Friend.—That accounts for it. I never saw such a bunch of clouds here in my life.

A FOSILIST.—Mrs. Hickson.—In the old days love letters were written with goose quills. Mr. Hickson.—Yes; they were written by many a goose, too.