Fundamental Principles of Health

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THE THYROID GLAND.

Before the appearance of any central nervous system in the lowest organisms it is by chemical means, by so called automatic excitation through the action of products of decomposition by the organs in different parts of the body, that any co-ordination of function is determined, either among the different organs of a colony or among the various cells making up a multicellular organism such as a sponge.

The mechanism which determines the movement of phagocytic cells—a phagocyte is any cell possessing the property of absorbing and digesting—the chase of food, the escape from noxious environment or the approach of sexual cells, has been given the name of chemotaxis. The name signifies the attraction or repulsion exhibited by certain chemicals to living cells. Since the application of these chemical stimuli depends on their diffusion through the medium bathing the cells, the process very obviously must necessarily be both slow and lasting.

The most important and definite knowledge concerning the actions of these internal chemical secretions has perhaps resulted from work done on the thyroid glands, those shieldlike vesicular bodies filled with colloid material located on the sides of the trachea (windpipe) just below our "Adam's apple" (the thyroid cartilage). Carried by the blood to all parts of the body, the metabolic products of the thyroid gland affect every other gland and tissue and may act either to heighten or to reduce the activity of other organs, according to their specific function.

In 1856 Schiff showed that removal of the thyroid in dogs is followed usually by the death of the animals in one to four weeks.

The disturbances appearing after removal of the thyroid affect the most widely different organic systems of the body. The skin, especially that of the head and face, becomes greatly swollen because of an accumulation of mucin in the subcutaneous connective tissue. Subsequently the skin becomes hard, rough and dry; its secretion ceases; the hairs change and fall out; the visible mucous membranes become swollen and the voice becomes harsh and monotonous. The internal organs exhibit marked pathological changes; the kidneys and the liver undergo fatty and colloid degeneration and the arterial walls take on a hyaline (crystalline) degeneration. Metabolism is abnormally low; that is to say, not only is the appetite poor, but the ability to convert the food taken into the body, to break down and release the energy therein contained, is decreased.

Disturbances of the nervous and muscular system following removal of the thyroid are profound; not infrequently functional disturbances such as epilepsy ensue. All those parts of the brain which are active in the physical functions become functionally much reduced, and in myxedematous cases we meet with weak memory, extreme irritability, stupidity and the like; all of which in turn find expression in a marked decline of muscular tone and in vigor of the body movements generally.

In man any material disturbance in the function of the thyroid produces derangement in the temperature and heat regulating ability of the body; the subnormal temperature is one of the most constant symptoms and the patient feels cold constantly.

In the growing organism after suppression of the thyroid the bones fall considerably behind in their development and the ossification of the cartilages connecting bone processes is materially delayed. The physical disturbances in the young are generally more pronounced than in grown persons.

Schiff and many others have found that all these evil results of the complete or partial destruction of the thyroid in dogs might be obviated by grafting pieces of the thyroid into the body, and this knowledge was quickly applied with astonishing results to human beings in cases of myxedema and cretinism. Then, instead of grafting thyroid tissues, it was found that injection of extracts under the skin, or, better still, the simple feeding of thyroid material, gave similarly favorable results—the individuals recovered their normal appearance and mental powers.

But prevention is always better than cure and we are slowly coming to understand that anything that will cause a depletion of the thyroid gland will cause thyroid troubles and their train of ills. The chief factor in prevention is simply sane living. The depleting factors are overeating of improper food, the excessive use of spices, alcoholic drinks, tobacco or drugs; sexual excesses, too frequent pregnancies, worry, anxiety or excitement. Normal functioning of the thyroid gland is maintained by a natural diet containing what Funk has designated the vitamines, the mother substance from which the gland colloids are prepared, and by equanimity.

WONDERS OF DUCTLESS GLANDS.

It is well known that very often a medicine or other remedy, of itself absolutely without effect, produces a very marked improvement or perhaps even totally corrects all sorts of nervous and functional disorders of the human body, if only the patient is convinced beforehand that the remedy will be effective and that he will be "cured" thereby.

History, both ancient and modern, running even down to this present day, bears witness to many hundreds of authentic instances of such cases, and also it records wave after wave of belief in miracle working remedies and practices that have from time to time swept through the habitable globe "curing" the multitudes of their ills.

The uncultured mind has no conception of the quantitative relations of cause and effect, but the disciplined mind knows that there must be an adequate cause behind every phenomenon and it is ever striving for a comprehensive grasp on laws and principles; and civilization consists of the cumulative light of such knowledge.

It is quite generally known that a motion of the hand, or a glance of the eye, will throw a certain type of weak and credulous patient into a fit; and a pill made of bread, if taken with sufficient faith, will operate a cure as well, or even better, than all the drugs in the pharmacopeia. Such cases are generally assumed to be "hysterics." But we are beginning to understand that there must be always an adequate cause behind such manifestations; it cannot be the result of imaginations; it cannot be the result of the "super"-natural, and modern physiologists and psychologists step by step are unraveling the tangled lines and solving the puzzles. They are proving these happenings to be neither freaks of the imagination nor the work of either benign or malignant "supernatural" powers, but rather due to an interaction, the perfectly natural results of adequate stimuli normally active within every human body, and amenable to personal development, and to individual control, proving thereby that in a very large measure every man makes his own disease.

In Van der Mye's account of the siege of Breda, in 1625, it is stated that the prince of Orange cured all his soldiers who were dying of the scurvy by a philanthropic piece of quackery which he played upon them with the knowledge of the physicians, when all other means had failed: "The garrison being afflicted with the scurvy, the prince of Orange sent the physicians two or three small vials containing a decoction of chamomile, wormwood and camphor, telling them to pretend that it was a medicine of the greatest value and extremest rarity, which had been procured with very much danger and difficulty from the East, and so strong, that two or three drops would impart a healing virtue to a gallon of water. The soldiers had faith in their commander; they took the medicine with cheerful faces and grew well rapidly."

Obviously these sturdy Netherlander campaigners of that day, possessed of the stamina necessary to enable them to defy and withstand the attacks of the most powerful and brutal of monarchs, could not justly be classed as weaklings, neurasthenics or hysterics.

Few minds possess talent for abstract thinking, but such ability is not necessary because all minds are capable of acquiring knowledge if only they remain open and are willing to be shown. Everybody can see an object when it is placed before him and all can observe objects in relation—if they will—and our scientists are slowly and systematically working out and placing before us the solution to our troubles for all such as have the wisdom to accept and profit thereby.

Fundamentally these ills of ours are proving to be functional, not organic, in origin, and they are very largely due to bad habits of mind, as careful investigation and thought will clearly show. They rest in the relationship between the primitive co-ordinating plan and power of our bodies as now manifested through the action of our ductless glands and that of our later acquired brain power which we have not yet learned to use only because we are not properly trained how to use it.

SUGAR'S GREAT FOOD VALUE

Constitutes One-Half the Nourishment That Man Needs, and Has Many Other Virtues.

Sugar and sugar-forming foods constitute more than one-half of the nourishment needed by a healthy person. As a food it possesses well-known properties, being a nutrient to adipose tissue and a respiratory fuel, and it is decidedly diuretic in its action upon healthy kidneys. If sugar is withheld, as in diabetes, a person actually starves and undergoes progressive and rapid emaciation. The excessive use of sugar or sweets in the dietary is never advisable, but a judicious mixture of sugar with the general diet is necessary to maintain health. Anyone who omits sugar from his diet will lose in weight, become thin and have no muscular strength. Sugar gives one muscular strength. Eating candy is an agreeable form of sugar. It should not be eaten at all times; if taken between meals it is apt to cause indigestion. It is always best to eat candy after meals, with dessert. Growing children need sweet foods and candy to help build up their muscular strength. The child's longing for cake and candy is in reality a systematic demand for food to give it strength. Let the children have candy at meals, never between meals. Eating too much of the sweet things, particularly between meals, causes fermentation in the digestive tract, and sometimes a serious illness may result. Sugar is an antiseptic. Burning sugar on a shovel will destroy unpleasant odors. For hoarseness and weak voice there is nothing more comforting than something sweet slowly dissolved in the mouth.

Habits of the Crocodile.

Although the crocodile does not possess lungs of extraordinary size, it can remain beneath water for any length of time. It has the power of hibernating as well. In many parts of India these creatures are buried, during the hot season, beneath the dried-up mud at the bottom of the lakes. The mud hardens above them and they stay thus buried in a torpid state for long periods.

Laura Jean Libbey's Talks on Heart Topics

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DO BRIDESMAIDS WED SOON?

Oh, had I but loved such an angel as you!
Oh, had but my swain been a quarter as true!
To miss such perfection, how blinded was I!
Sure now they were excellent company!

Where is the girl who is not anxious to be bridesmaid when she hears a girl friend is soon to wed? Passing up the aisle to the strains of the wedding march, knowing that she in turn gets her full measure of admiration from hundreds of eager eyes, is almost as delightful as being the bride.

And, then, it is known to be lucky to take part in such a ceremony. Nine times out of ten the entire group of bridesmaids have married within the twelvemonth. Especially is this said to be true if the bridesmaid tucks a four-leaf clover in her bodice unknown to anyone, as she sets forth for the altar. In the dancing and feasting that follow, though there be hundreds of pretty girls as guests, all the eligible young men are eager to dance with the pretty bridesmaids, just for luck, as they will tell you. Some young man, who has never thought of her seriously before, will suddenly become conscious of her attractions, and think how pretty she would look in bridal array, wishing he might be fortunate enough to win her.

Thus the romance begins. It is a question of wonderment among the girls as to which shall be the next bride. It is a moment of delightful expectancy when they all band together to watch the departure of the bride, each eager to catch the bouquet which she throws among them. For this determines the maiden who will be the next one led to the altar by a happy groom.

Of course only one girl gets the bouquet. But that doesn't hinder the rest from having high matrimonial hopes. Last, but by no means least, there's a piece of wedding cake for her to slip under her pillow and dream over, secretly hoping that she will see in her vision one of the ushers who seemed to be particularly attracted toward her. He had asked permission to call upon her.

But girls should not seek to be bridesmaids too often. There is a superstition connected with it, which is not pleasant to learn of, yet one might as well know about it. Sh—! Let me whisper it in your ear, girls. The wiseacres who pretend to know all about it say: "If you are three times a bridesmaid you will never be a bride." So accept with joy the first invitation you receive to accompany your dearest girl friend to the altar. Be just as glad to act in that capacity a second time; but fight shy of the third time to perform the same duty—you know why?

Now, that the wedding season is in full swing, every girl will want her prettiest friends for bridesmaids. If you have a rosy cheek and a dimpled chin you may be eagerly sought for. Tradition also hath it: "If you can make your own bridesmaid's gown, every stitch of it with your own deft fingers, you will sew a young man's heart with the tucks and dainty rosettes." My! what "sewing bees" will start up. Every girl will want to know how to make a bridesmaid's gown. She who is popular with her girl friends may need it sooner than she expects.

HOW MUCH IS A WIFE WORTH?

He said when first he saw me
Life seemed at once divine;
Each night he dreamed of angels
And every face was mine;
Sometimes a voice in sleeping
Would all his hopes forbid;
And then he'd waken, weeping—
Do you really think he did?

When a man falls in love with a girl sufficiently to wed her, the thought of money does not enter into his consideration. After marriage he loves her more devotedly than before. If children bless the union, he is indeed a happy man. If offspring is denied, a wise man looks at it philosophically.

Life flows contentedly onward with the pair. A man may be a very good husband and yet forget the first duty he owes to the woman who has chosen him from all others is to make good his vow at the altar—namely, to endow her with an equal half of his worldly goods. He has promised to give her all. The average wife is not so covetous as to take over his business and attempt to run it. She is usually willing to accept the amount he doles out to her for household expenses, etc.

What wife would think of asking a statement of her husband in regard to his business at the end of each year? If the marriage bark glides smoothly, all is well. She has nothing to fear. But if there's trouble in the matrimonial camp, and the husband becomes parsimonious toward his better half, she has every reason to fear.

Many a man's fortune is based on the prudence of a saving wife. She may have eked along on a sum which barely enabled her to keep body and soul together that her spouse might have the more money to put into his business. She may have added her own little mite, which she had earned by sewing during those years of struggle, to swell his profits.

Should serious disagreements arise between husband and wife, which would cause the parting of their ways, the question of how much is a wife worth, no matter how rich her husband may be, will cause many a wife a perturbed heart when she hears what the law has to say about it. A learned judge has decided that the wife cannot, by law, gain from her husband any part of his fortune, even though the half of it should rightfully belong to her. If the man whom she married wishes to be mean with her, he can see her face the world, broken in spirit, penniless. After this, who can blame parents for having a satisfactory understanding with a rich suitor who comes a-wooing their daughter? A father who is looking after his child's fortune should not be called mercenary, if he insists that the husband should give the wife a certain amount each year, if they are prosperous, which may be absolutely hers. She would never press the claim if he had business reverses. Love should cause husbands to provide for their wives. The faith of a true wife is the most valuable of a husband's possessions.

SHOULD GIRLS KNOW HOW TO WORK?

Love, exacting nothing back,
Never knoweth any lack;
Love, compelling love to pay,
Sees him bankrupt every day.

No matter how poor a woman is or how hard she has to work in her struggle to keep the wolf from the door, if she has a daughter she will work her fingers to the bone rather than to permit the girl to seek other than genteel employment. If the mother had her way about it, the girl would do fancy things, painting, embroider sofa pillows, or teach music lessons. She has denied herself even the necessities of life to send the daughter to school. Her dreams of what she would become have been the brightest she had ever known.

She determines that the girl shall be a lady at any cost. She would as soon think of flying as permitting the girl to get up first on a cold winter morning and make a fire, getting the breakfast for the family.

Let her do a washing or an ironing? "Never, while I'm able to do it," the mother declares to the neighbors when they suggest the girl should help her a bit. Her daughter is not initiated into the art of baking, housekeeping or sewing. Her dresses are made by a seamstress who is tasty, but works cheap.

If misfortune overtakes the struggling family—if they lose the father or the mother falls ill—the girl is hopelessly at her wits' end to know what to do to earn the money for the rent and the upkeep of her little brothers.

In that moment, the sick mother's eyes are open. She realizes that she made the mistake of her life in not teaching the girl that she could learn to do all the housework of every description and yet be a lady. Perhaps it may be the girl's own fault that she does not know how to cook a meal that could be eaten and keep the home and the children clean, keep the little boys' clothes neatly mended. She is politely laughed at when she answers an advertisement to teach music to children after a moment's exhibition of her skill at the piano. She learns, too, with dismay, that she couldn't earn enough to keep body and soul together embroidering sofa pillows because her work is so plain.

It's the same with china painting. She's lucky if she secures a position behind a counter in a store. If a young man forms her acquaintance, she would lose him if she invited him to her untidy home. If he puts the question bluntly to her, as to whether or not she could cook a meal, she would have to acknowledge she couldn't.

She isn't a helpmate for a poor man. It is more likely than not that she would never come in contact with a rich man, who would want her for his wife. The girl who does not know how to do anything well is mercilessly elbowed to one side by girls who have been taught by their mothers many useful things from which they could gain a livelihood, if need be. Knowing how to work never spoils any girl.

About the Crocodile.

There is no escape from the jaws of a crocodile when they have once closed upon the victim. The 68 teeth, long and sharp-pointed, fit exactly into the interstices between them, making a most effective trap.

In shooting these reptiles a very accurate rifle is necessary, as there are only two points that are immediately fatal—just behind the eye and exactly through the center of the shoulder. The latter shot will break both joints of the fore legs and pass directly through the lungs. The hard scales of crocodiles are said to be proof against a rifle bullet. This may have been so years ago when rifles were loaded with only one dram of powder. But a hardened, solid bullet, propelled by six drams of powder, will drive through a crocodile as through a sheet of paper.

Work.

Man must work. That is as certain as the sun. But he may work grudgingly, or he may work gratefully; he may work as a man, or he may work as a machine. He cannot always choose his work, but he can do it in a generous temper and with an uplooking heart. There is no work so rude that he may not exalt it; there is no work so impassive that he may not breathe a soul into it; there is no work so dull that he may not enliven it.—Henry Giles.

First Bank Notes.

The Chinese were the first people to issue bank notes. They started in this business 27 centuries before the birth of Christ. One of these bank notes may still be seen in the Asiatic museum, Petrograd. It is printed in blue, on white paper made from mulberry tree fiber. Round the margin is a motto which rather indicates that the first Chinese banker was of Scotch origin. It reads: "However much you may possess, strive to be thrifty."

As a Usual Thing.

When a man wears a flowing necktie and calls himself "a dreamer" you can spot him as a member of the anti-work club.

ICED COFFEE OR CHOCOLATE

Ideal Beverages to Be Served at Card Party or Other Informal Entertainment.

To serve between games at a card party, try iced coffee or chocolate. For the coffee, make enough of what is known as clear black after-dinner coffee to fill at least two wine or sherbet glasses for each guest. Sweeten this while it is hot and set aside to cool. Then pour it into a large bottle or pitcher and set in a pail or deep kettle, packing ice around it. When ready to serve pour into glasses three-quarters full and heap on top either sweetened and whipped cream, or a tablespoonful of ice cream.

Iced Chocolate.—Melt two squares of chocolate in a double boiler and add a cupful of granulated sugar and a cupful of water. Let this mixture cook from the fire, add a teaspoonful of vanilla and set away to chill in a pitcher. When ready to serve half fill a large mixing glass with chopped ice, add two tablespoonfuls of the chocolate sirup, fill up the glass with good sweet milk, cover with a shaker and shake thoroughly, strain into glasses and put whipped cream on top of each. Do not mix more than a large glass of this at a time. It will make three small glasses. This method is much better than boiling the chocolate and milk and then chilling, which usually forms a sediment.

WOVEN TABLE MATS POPULAR

For Use Under Hot Dishes Nothing More Satisfactory Has Ever Been Put on Market.

Nothing has ever been found more satisfactory to put under hot dishes than the old-fashioned woven table mats, and of late there has been quite a revival in their favor, especially as it does not require any great amount of ingenuity to learn how to manipulate the frames upon which they are woven.

These frames come in a box containing several sizes, so that a set for meat dishes and several sizes in vegetable dishes may be made.

After being woven on the frame crosswise, the points where the crossed threads pass each other are caught and knotted with either white or light-colored twist. In cutting the finished mat off from the frame, a fringed edge is formed and the mat not only launders well, but literally lasts forever. The writer has a set of these mats made quite ten years ago by a deft old lady. These have been in constant use, some of them washed each week and they have scarcely yet begun to show signs of wear.—Exchange.

Creamed Apple Tart.

Line a small, deep pudding dish with a rich pastry, peel and slice in carefully one and one-half pints of tart apple, with just a dust of nutmeg, three-fourths cupful brown sugar and grated rind and juice of one-half lemon. Cover with crust and bake until done. Lift the crust and pour in pint of rich boiled custard. Replace crust and serve cold. This is a very old-fashioned Dutch dish and is delicious. Whipped cream is very nice in place of the custard, but if cream is used heap it up high and do not replace the upper crust.

Celery Fritters.

Beat one egg until very light; add one-half cupful of sweet milk, two teaspoonfuls of butter, one saltspoonful of salt and enough flour to make almost a drop batter. Beat it thoroughly and let it stand an hour or more to swell the flour. Beat again before using. Cut the celery into inch pieces and cook in boiling wated (salted) until tender. Drain and stir it into a fritter batter. Drop by spoonfuls into deep fat.

Beefsteak Pie (English).

Cut two pounds of round steak into strips, roll in flour and arrange in a deep dish with three lamb's kidneys, which have been cut up and parboiled, one dozen oysters, one onion minced fine, parsley, dried thyme. Dot generously with bits of butter, and add two cupfuls hot water. Cover with a biscuit crust arranged in strips. Brush with yolk of egg and bake two hours in a moderate oven.

Soup Meat, Horseradish Sauce.

Boil a piece of tender beef. The sauce: Melt some butter in a saucepan, stir in some flour and add some of the broth you boiled the meat in. Then add about one cupful of grated horseradish root, season with salt and sugar and at last a little milk. Have the sauce quite thick. Boiled potatoes and string beans are very nice with it.

Grape Juice Whip.

Whip the whites of eggs, one for each person, stiff, and add half a tablespoonful of sugar and two teaspoonfuls of grape juice to each white. Beat all until stiff. Into each sherbet glass put two or three tablespoonfuls of grape juice, and on this pile the egg white. Top each glass with a teaspoonful of whipped cream.

Coffee Mold.

Scald one pint of milk, dissolve two heaping tablespoonfuls cornstarch (I prefer flour) in a little cold milk or water, add two tablespoonfuls sugar, pinch of salt, one-half cupful strong fresh coffee. Stir this into the scalded milk and cook until it thickens. Turn into a mold and set it aside to cool. Serve with cream and sugar.

Yum Yum Pudding.

One cupful of cooked cereal, one-half cupful of molasses, one-half cupful of milk, one-half cupful of seeded raisins, two well-beaten eggs, one-half teaspoonful of powdered cinnamon. Mix all the ingredients together in a basin until perfectly smooth. Pour into a buttered pudding dish and bake for 40 minutes.

Boiling an Egg Soft.

Put a fresh egg in a teacup, pour boiling water over it, cover with a sauce and let stand five minutes. This plan prevents the coagulation of the white and is very delicate.

The KITCHEN CABINET

Stolen sweets are always sweeter
Stolen kisses much completer,
Stolen looks are nice in chapels
Stolen, stolen be your apples.
—Thomas Randolph.

VALUE OF WATER AND FRUIT JUICES.

Water is not a food, but a carrier of food to all parts, and waste from all parts of the body, we are taught. Too little drinking of fresh, pure water is the cause of much physical disturbance. Overeating and little drinking of water is said to be our greatest American failing in dietetics.

Water should not be iced, but cool enough to be palatable, either summer or winter, and the amount each individual should take depends largely on the food eaten. If one eats largely of fruit, less water is needed, and if one drinks much milk, less is required, but even the very young baby should be given frequent drinks of cold water.

As children must suffer with their teeth, when the little gums are inflamed and swollen, a drink of cool water will give much relief.

The acids in fruits play an important office in destroying those germs which create gases and cause autointoxication. Fruit juices act on the kidneys and quench thirst. At the same time they are a natural laxative.

A juicy, good flavored apple is better than medicine, and should be eaten many times a day. Scraped apple may be given to young children.

The reason that fruit is best eaten either early or late in the day is that the stomach is empty and thus the digestive juices have free access to the fruit juices, stimulating them to action.

To keep in good condition, drink freely of water before retiring, as this flushes the system. The first thing in the morning rinse the stomach with a good tonic of cold fresh water a half hour at least before eating.

Though fruit contains little nutrition, it has a large amount of cellulose which adds bulk to the food and stimulates the activity of the juices on the digestive tract, thus aiding digestion.

APPLE, THE QUEEN OF FRUITS.

Eaten from the hand unpeeled the apple is indeed the queen of fruits, and those who indulge often in the wholesome fruit find it as good as a tonic.

Apple Cream Pudding.—Slice a dish for baking full of apples and pour over it the following batter: Take a pint of sour cream, add a teaspoonful of soda, and when it is dissolved beat in one or two cups of flour, enough to make a thin batter, add salt and pour over the apples. Bake until brown. If the apples are not tart enough add a squeeze of lemon juice and serve with sugar and cream or with a hard sauce.

Apple and Almonds.—Core then pare nice, well-flavored apples, which will cook well without losing their shape. Cook in a thin sirup until nearly tender and fill with almonds which have been blanched and cut in quarters. Put the almonds sharp end first into the apples until they look like little porcupines. Dust with powdered sugar and place them in the sirup in a baking pan in the oven to brown. When the almonds are brown and the apples well cooked remove, cool and serve with whipped cream and sugar. The attractiveness of this method must be tried to be appreciated.

Apple Gelatin.—Pare, core and quarter six tart apples, add the yellow rind of half a lemon, cover with a pint of cider, boil and press through a sieve. Cover a half-box of gelatin with half a cupful of cold water and when softened add the juice of one lemon and mix all together. When molded serve with cider sauce or cream and sugar. Grape juice may be used in place of cider when it is not obtainable or any canned fruit juice may be used.

Apple Filling for Cake.—Grate one or two good, juicy, well-flavored apples, add a cupful of sugar and the whites of one or two eggs, depending upon the amount of apple pulp. Beat until light and firm, then put between layers of cake and on top. This filling may be flavored with a drop of almond and two or three of lemon extract. Cake filled with this mixture keeps moist for days and is good to the last piece.

Here's the Worst Speller.

One of the dealers in honey at the Portland (Ore.) public market is entitled to the championship booby prize of the world in spelling. Here are reproductions of placards which the merchant has tacked up before his products:

"The Bees sukk thiss off hunny with thair bills rite outt off swete cloovr blossumms inn Eastern Orgon."

"Puure Hunny. Stikk a teeth pikk rite inn an hilp yureself, kno exxtra charges if yue bie a jarr."

Blind People in Orient.

British India, says a writer in the Outlook for the Blind, leads all eastern countries in the number of its blind people, containing about 600,000. In China there are, it is estimated, 500,000; in Japan, 100,000, and in Egypt, 150,000 of these unfortunates.

History of Linen Manufacture.

The Scots in Ulster first established linen manufacture during the reign of James the First, and from this beginning has the business of the present day developed.

Light household duties, ever more inwrought
With placid fancies of one trusting heart
That lives but in her smile, and turns
From life's cold seeming and the busy mart
With tenderness, that heavenward ever yearns
To be refreshed where one pure altar burns.
Shut out from hence the mockery of life;
Thus liveth she content, the meek, the fond trusting wife.
—Elizabeth O. Smith.

SEASONABLE DISHES.

Oysters are rather an expensive food, but they add variety to the diet and an occasional use of them may be made most profitable.

Creamed Oysters.—Carefully handle each oyster to remove all shells, put in a colander and rinse in cold water, drain the liquid from the oysters and strain it, adding it to the oysters. Make a rich white sauce of three tablespoonfuls each of flour and butter, cooked together when the butter is bubbling hot, then add one and a half cupfuls of rich milk, a half teaspoonful of salt and a few dashes of celery salt and red pepper. Cook a pint of oysters in boiling water and the liquor until plump and the edges curl, pour into the white sauce and serve hot with buttered toast.

Fish Hash.—Take equal parts of cold flaked fish and cold boiled potatoes, chopped fine. Season with salt and pepper. Put butter in a saucepan, and when melted add the fish and potatoes, stir until well warmed, then let brown underneath. Turn as an omelet.

Apple and Banana Salad.—Scoop out two apple balls from peeled apples, using a French vegetable cutter, and prepare banana balls in the same way, cover both with a generous sprinkling of lemon juice to keep them from discoloring, and serve on lettuce leaves with French dressing.

Asparagus Salad.—Place a cupful of canned asparagus tips on lettuce leaves. Cover with thin slices of red and green peppers and serve with well chilled French dressing.

Macaroons.—Beat the whites of four eggs until stiff, add a cupful of sugar, one cupful of cocoanut and one of nutmeats, then three cupfuls of corn flakes, stir until well mixed and drop by spoonfuls on a buttered sheet. Bake in a moderate oven.

Know the true value of time; snatch, seize, and enjoy every moment of it. No idleness, no procrastination; never put off till tomorrow what you can do today.—Earl of Chesterfield.

DAINTY DISHES.

When serving cheese or cottage cheese mold it into small balls, then with a wooden skewer dip each in grated cheese and lightly coat each ball. If the cheese is quite moist in the balls the mixture will stick and make a most attractive dish.

Cream of Beets.—To a quart of milk add one onion, a sprig of celery (both cut up), and heat, strain over two tablespoonfuls each of flour and butter which has been cooked together. Cook until smooth. Beat until thick and add one cupful of cooked beets cut in small cubes.

Celery mixed with potato when creaming potato adds to the dish. Both should be cooked until tender.

Chocolate Nut Cake.—Soften a half-cupful of butter, add two cupfuls of sugar, yolks of four eggs, one cupful of milk alternately with 2 1-3 cupfuls of flour that has been sifted with four teaspoonfuls of baking powder. Fold in the whites of the eggs and add two squares of melted chocolate and a half-teaspoonful of vanilla.

Frosting.—Take two cupfuls of sugar, one-half cupful of water, cook until it threads, pour over beaten whites of two eggs, add a fourth of a teaspoonful of cream of tartar and nine marshmallows.

Rhubarb Shortcake.—Chop fine one cupful of mixed dates and raisins. Add to two cupfuls of rich, thick stewed rhubarb, cook five minutes. Split a shortcake and spread generously with butter, then cover with the rhubarb mixture. Cover with whipped cream.

Lettuce, Pepper and Egg Salad.—Wash the tender leaves of lettuce and arrange on a flat dish; chop fine two green peppers and sprinkle over this, then add two hard cooked eggs, also chopped, cover with French dressing and serve well chilled.

Nellie Maxwell.

Diminutives.

The man who is "below five feet in height" may well be reckoned as being among the "diminutives." The average height is around five feet six inches. A man is "tall" when he is six feet or over. Under five feet five he is "short."

English Life Guards.

England's famous Life Guards were organized just after the Restoration. They were recruited from the old cavaliers who fought for Prince Charles Stuart, and in 1661 they were formed into three troops.

Many Juvenile Readers.

More than seven and a half million books are lent by London public libraries in a year, the juvenile readers taking considerably over a million.

Life and Work.

I must do my own work and live my own life in my own way, because I'm responsible for both.—Kipling.

Happiness Ever by You.

Only learn to catch happiness, for happiness is ever by you.—Goethe.