

# OAKLAND HELPS ALL

## OVER 75,000 REFUGEES FROM FRISCO RECEIVE SHELTER.

Free Transportation for Those Who Want to Leave—No One Goes Hungry—Destitute Being Cared for—Wedding Occurs; Groom Had \$1.30—Chinese Fared Worst of All.

Oakland is caring for 75,000 people rendered homeless by the disaster, and is prepared to care for twice as many. The height of the influx has been reached and the number of refugees is slightly decreasing. Although they are still coming in large numbers, more are leaving on every train for various points. Requests for free transportation are investigated as closely as possible, and all the deserving are sent away. Women and children are married. Men who wish to join their families in various parts of the state are given the preference. The transportation bureau is on a street corner, where a man stands on a box and calls the names of those who are entitled to passes. No one now goes hungry here and few lack shelter, but cots and bedding are needed. At the First Presbyterian church 1800 were fed Sunday night and 1000 people will sleep there tonight. Pews have been turned into beds. Cots are in the aisles, in the gallery and in the Sunday school room. Every available inch of space is occupied by some substitute for a bed.

### A Rockefeller Camp.

John D. Rockefeller has sent money for the establishment of a new camp, which will bear his name. Los Angeles has provided for a camp to accommodate 1000 people, and has sent 60 physicians and nurses to look after the sick in it. Food is also coming in from that city, and more help is needed from that city.

An important piece of work that is going on at relief headquarters in the chamber of commerce rooms is the registration of refugees. There are 45 clerks engaged in this work alone. All who register are catalogued by cards, which bear their names and old and new addresses. In this manner dozens of families have been reunited and friends have found each other. A line of anxious inquirers extends far out into the street, while others file past to register or leave an inquiry for some one who might seek them. There is an employment bureau, where work is provided whenever possible. Hundreds of letters pour in, and the information is given whenever possible.

### Fraternal Societies Busy.

Independent of the regular relief committee, much work is being done by fraternal societies, the members of which meet all incoming trains and take care of the destitute.

A wedding took place at the relief bureau at midnight last night. Despite the fact that the groom had only \$1.30, the newly married couple looked cheerfully on the prospect that confronted them and departed happy and hopeful.

### Relief for Actors.

A relief bureau especially for theatrical people is situated on Broadway, near Twelfth, and transportation east has been furnished 200 people. One hundred are being taken care of at the Bell theater, and will be given tickets out of town as soon as possible. Stars, as well as music hall singers, are welcomed at the bureau, and many of them looked hungry for a sight of the lights of Broadway.

### Chinese in Sad Plight.

The Chinese fared worst of all of the San Francisco refugees. Some got out with their belongings at the first alarm of fire, but others remained until the afternoon. Then, as the flames came closer, they were driven out by the soldiers without being allowed to get food or clothing. A hasty guard shot one as he was going into his store for goods. Nearly 10,000 of them have arrived here, and the majority have been cared for in the local Chinatown. Nearly all of them are absolutely destitute.

### IN HANDS OF THE U. S. ARMY.

Task of Receiving and Distributing Supplies.

At a conference of Governor Pardee, General Funston and Mayor Schmitz at Fort Mason, it was agreed that all supplies sent to the city from interior points for the relief of the homeless will be placed in the hands of the federal authorities and distributed under the direction of General Funston and under the immediate control of Major Duval. A depot for the receipt of supplies was established at the Oakland mole which will be under the direction of Major Duval of General Funston's staff.

There was perfect harmony at the conference and an earnest desire on the part of everyone to cooperate to the fullest extent in order that the relief work might be carried out without friction or confusion. This conference has served to clear the atmosphere.

### Appeal to Sons of Veterans.

Cincinnati.—Commander in Chief H. V. Speeman has issued an appeal to the order of Sons of Veterans for help for the victims of the San Francisco earthquake. Contributions should be sent to Division Commander George W. Conart, Bullard building, Los Angeles, Cal.

An electric light is inferior to gas for the purposes of courting.

## NOTES OF FRISCO FIRE

### Thousands of Dollars and Train Loads of Supplies Rushed There.

R. W. Brown of Louisville, Ky., grand exalted ruler of the order of Elks, after a conversation at Cincinnati with Grand Officers John Gilvin and Eugene Lewis, wired San Francisco \$20,000 for the relief of sufferers.

A carload of provisions valued at \$2000 has been sent by Mayor Gillette on behalf of citizens of Nelson, B. C. to the destitute citizens of San Francisco.

The St. Louis relief fund for San Francisco sufferers Sunday reached the \$100,000 mark. The work of raising funds has scarcely started.

Nearly \$50,000 in cash was collected in one night at Baltimore at a meeting in behalf of the San Francisco fund.

The Canadian government has voted \$100,000 for the earthquake sufferers in San Francisco.

Old Chinatown is gone and hundreds of the yellow slaves are said to have perished in holes.

Eleven postal clerks were taken from the debris of the postoffice. All were thought to be dead, but it was found that, although they were buried in the stone, every one was alive. They had been for three days without food or water. All the mail was saved.

San Quentin prison is intact. The walls were cracked and a few chimneys were upset, but no further damage was done. During the first shock the convicts set up walls that could be heard for a mile. They acted like wild animals and tore at their trembling bars like maniacs. Warden Edgar called out all the guards, lined the walls and released the prisoners into the big yard.

An urgent appeal has been sent out for a supply of chloride of lime. It is absolutely necessary to insure sanitary conditions. It is wanted immediately and in large quantities. Other drugs badly needed are sulphur, carbolic acid, bichloride of mercury, vaccine points, general antiseptics, formaldehyde and cathartics of any kind, castor oil, opium in pills, morphine in tablets and quinine. It is almost as urgent that the people outside the city furnish these drugs as it is that they send food.

The Oakland offices of the Western Union and Postal Telegraph companies are literally swamped with messages filed by people from San Francisco anxious to assure their friends of their safety. There are more on hand than could be sent in a week. To relieve the strain as much as possible, packages of messages are being mailed to nearby offices to be sent by wire to their destinations.

It is stated that a number of firms of San Francisco in structural and architectural work are making preparations to open up their iron plants as soon as possible and that many of them will establish temporary plants in Oakland.

The town of Tomales is a pile of ruins. All of the large stores are flat. Dissatisfaction is being expressed at the conduct of some of the soldiers. Many of those doing guard and patrol duty are little more than mere boys, who are wrought up to a high state of excitement by their position and have been shooting at pedestrians in circumstances where milder measures would have answered. Chief Dinan has asked the military authorities to withdraw many of these men from the city.

Mission Dolores church the oldest building in the city, erected 130 years ago by Spanish missionaries, survived the earthquake shocks and was saved from the fire. It is constructed of adobe blocks. The newer church, built of brick alongside of the old building, suffered from the shock.

Assistant Treasurer Jacobs, at San Francisco, for whose safety fears were entertained, is safe.

President Roosevelt has sent to congress a message, accompanying documents and papers from the war department, recommending the appropriation immediately of an additional \$1,500,000 for the relief of the sufferers by the calamity at San Francisco.

Every person left in San Francisco breakfasted Saturday morning on food cooked in the open streets, no fires being allowed in the houses. A few bricks or stones gathered in a semblance of a furnace, with a few dry sticks beneath cans or kettles, was the improvised kitchen in which the food of the millionaire, as well as the humblest workman was prepared.

The Stanford university is closed and there will be no more school this year.

### Theatrical Notes.

Richard Mansfield, who is in Columbus, Ohio, purposes to give a great benefit at the Metropolitan opera house, New York, to rebuild and re-establish the Bohemian club of San Francisco, at which all the literary men and artists of the world have been guests. Mr. Mansfield will ask the cooperation of all newspapers and all artists and writers of the United States.

Margaret Anglin may appear in Sardou's latest play.

The present tour of E. H. Sothern and Julia Marlow and their engagement as Frohman stars ends at Des Moines late in June.

Annie Stringer, the wardrobe mistress of the big "The Pearl and the Pumpkin" production, was a trained nurse before she went into theatricals.

H. B. Irving will begin an engagement of 20 weeks in this country early in October in New York. He will appear in "Hamlet," "The Lyons Mail," "Louis XI." and "Marcette."

## NEWS OF NORTHWEST

### WASHINGTON, IDAHO, MONTANA AND OREGON NEWS ITEMS.

#### A Few Interesting Items Gathered From Our Exchanges of the Surrounding Country—Numerous Accidents and Personal Events Take Place—Fall Trade Is Good.

### IDAHO NEWS.

The war department has ordered two troops of cavalry, now stationed at Walla Walla, to make a practice march to Boise.

The Hecla Mining company of Wallace has distributed its April dividend of \$20,000 or 2 cents a share. This is the mine's thirty-fourth dividend. Last month it paid a quarterly dividend of \$70,000. As the mine is incorporated for 1,000,000 shares, the April dividend amounts to 2 cents a share. It brings the total amount paid in dividends by the mine since its first, August 25, 1900, to \$660,000.

Three men, Harry Williams, charged with passing a forged check at Mineral last fall, William Burgess and John McHargue, both under sentence for gambling, escaped recently from the county jail at Weiser.

Governor Gooding has asked all the citizens to help suffering Californians.

Isaac Gregory of Stites lost his right hand recently while working in Landon's sawmill. The man was engaged in taking lumber from the saw.

The auditor's annual report, filed with the county commissioners, for 1905 shows the assessed valuation of property in Kootenai county to be \$6,684,966, which, under a levy of 32 mills for state and county purposes produces a revenue of \$213,919. Of this there remains uncollected \$27,419. In addition the revenue from the sale of liquor and other licenses amounted to \$52,096 and cash on hand at the beginning of the year to \$8217.

Officers of the Panhandle Smelting company announce that the plant at Boundary will blow in May 15.

Dan Hunt, a brickmaker of Boise, lost his life recently as a result of a peculiar accident. W. A. Davenport and a man named Evans had a runaway, smashing the buggy. They were taking the team to the barn, driving them with the neck-yoke fastened to the breast straps, and the driver walking behind. Hunt was on a load of brick going in the same direction. As the runaway team approached the brick wagon they started to run, dashing right at the wagon.

One horse went on each side, the neck-yoke being flipped up over the wagon and sweeping Hunt off. It is thought one wheel passed over the man's shoulder. He died half an hour later. Deceased was 50 years old and unmarried.

Blue Bell temple, No. 18, Rathbone Sisters, has recently been organized at Wallace with 38 charter members.

Because of exceedingly warm weather throughout the Coeur d'Alenes during the last week, considerable apprehension is being felt by residents over the swollen condition of the south fork of the Coeur d'Alene river.

G. W. Williams, proprietor of the Nez Perce-Kamiah stage line, is arranging to put on a stage line from Kamiah to Cottonwood via Nez Perce after May 1, when the summer schedule takes effect.

The Fort Lemhi Indian agent has telegraphed the Indian office at Washington, D. C. that the newspaper reports to the effect that the Lemhi Indians of Idaho are starving, are erroneous, and that it is possible to handle the situation for a month with embarrassment. He also wired Commissioner Leupp that credit is being withheld from the Indians on account of their proposed removal.

### OREGON ITEMS.

Multnomah Typographical union, the Portland body of printers, at a special meeting, appropriated more than \$2000 for the relief of destitute printers at San Francisco.

Henry L. Pittock, publisher of the Oregonian of Portland, was a guest at the Occidental hotel, San Francisco, when the crash came. Mr. Pittock was not injured by the falling walls but his suitcase, lying open beside his bed, was flattened like a pancake. He was forced to walk the streets during Wednesday and that night, but found quarters on Thursday night.

Sanford Stone, keeper of the large stallion, Star of Kansas, owned by A. B. McEwen of Athens, was seriously injured by the horse Thursday.

The horse was being led to a cart, when Stone was suddenly and fiercely attacked. The horse seized him by the right arm near the elbow, dragged him from the cart and chewed his arm almost into a pulp up to the shoulder.

A shock of earthquake sufficiently heavy to get citizens out of bed was felt at Grants Pass at 1:10 o'clock Monday morning. Not much damage was done.

James Withycombe has been nominated for governor, having a lead of over 700 over T. T. Geer.

Hawley and Ellis have received the nominations for congress by substantial pluralities.

United States senator—Coke, 11,265; Burne, 10,131; Lowell, 6047; Smith, 5254; Watson, 3316.

Governor—Withycombe, 12,122; Geer, 11,343.

Secretary of state—Benson, 13,973; Catch, 13,966.

State treasurer—Steele, 8053; Hoyt, 7934.

Ackerman for school superintendent, Eakin for supreme judge and Hoff for labor commissioner had no opposition.

### MONTANA SQUIBBS.

The new dam constructed across the Missouri river 18 miles northeast of Helena, is rapidly nearing completion, there remaining a gap of only 18 or 20 feet in the concrete base. It is expected that this will be filled within a few days. This does not mean, however, that the development of electrical power will begin within that time as there still remains a vast amount of other work before the final end is reached.

Governor Toole has issued a proclamation calling upon the people of the state to aid the sufferers at San Francisco.

George Erickson, organizer of the Scandinavian Brotherhood of America, is in Helena for the purpose of organizing a lodge of the order.

It is reported that Claude Ralls, formerly a teamster in the employ of the Big Blackfoot Milling company, in Missoula, had been robbed of a roll of bills amounting to \$400 in a gambling house at Wallace, Idaho.

One of the briefest annual meetings of the Northern Montana Round-Up association that has ever been held took place in Helena Saturday afternoon.

Aside from the election of officers for the ensuing year, the only other business transacted was the adoption of a manifesto, which arraigns the plutocrats and some of the senators in congress.

Lu Sing was hanged in the county jail yard at Bozeman last Friday for the killing of Tom Sing.

The Deer Lodge County Good Roads association has been organized by citizens of Anaconda, who are interested in improving the highways.

The city council, by a tie vote, settled by Mayor Story, raised the saloon license in Bozeman from \$100 to \$500.

Officers have captured Ping Gee, who has told all he knew concerning the murder of Robert Shadwell at Butte on the morning of January 7. Ping Gee implicates Tom Fong and Chung Gow, and says they killed Shadwell with a clawhammer while the latter was sleeping in a room at 108 China alley.

### WASHINGTON NOTES.

Charles Rossi died at Spokane as a result of the injuries inflicted on him by Mazzareno Cixerchia at Trinidad, Douglas county. The latter is now in jail at Waterville awaiting trial on the charge of murder in the first degree.

The entire plant of the Emerson Lumber company at Port Moody was burned to the ground recently.

The plant of the Harrington Milling company is now being run day and night on large orders for flour for the Orient.

Spokane within the next few days will ship nearly 600,000 pounds of inland Empire flour to San Francisco to relieve suffering humanity in that section.

William J. Akers, financial secretary of the Seattle Labor council, committed suicide in the bathroom of his home by inhaling gas through a tube. He was temporarily insane brought on by overwork.

From \$5000 to \$10000 will be raised by the Odd Fellows of Washington for the relief of their brethren of San Francisco.

It is reported there are over 100 cases of acute dysentery in Walla Walla.

Tacoma shipped \$25,000 worth of supplies Saturday to San Francisco on order of the governor of Massachusetts and mayor of Boston. Seventy thousand pounds of fresh beef also left in refrigerator cars for San Francisco attached to express trains.

The national aerie of the Eagles has assessed every member of the order 25 cents for the benefit of the sufferers from the San Francisco fire. Lieutenant Governor Coon, state deputy for the order in Washington, has been authorized to receive the funds, which will aggregate, it is believed, \$65,000.

Ephrata, is all a buzz with the excitement of the coming roundup of horses to be held this week.

An effort is to be made to get a bill through the next legislature increasing the salaries of at least some of the state officers.

According to the financial report for March to the board of control, the cost per capita to feed, cloth, lodge and guard convicts at the state penitentiary, including light and heat for the buildings and salaries of employes, as well as medical attendance and burial of the dead, was \$102.40 a month during the fiscal year ended March 31. The average daily number of convicts was 758 and the cost for clothing was \$4 a year.

Krupp is a town of about 100 inhabitants, located on the main line of the Great Northern, 92 miles west of Spokane.

The beautiful home of H. H. Morgan of Albion was destroyed by fire recently. The fire started in the smokehouse where Mr. Morgan was smoking meat.

The stock shipments from Garfield for the past 12 months will aggregate \$125,000.

Within 10 days the 82 inmates and attendants from the feeble minded institution at Vancouver will be transferred by special train to the new building recently erected for the state at Medical Lake.

Governor Mead has telegraphed to Governor Pardee of California placing the entire militia organization of the state of Washington at the disposal of the California executive.

State Treasurer Mills reports that the state has to its credit in cash at the close of business Saturday the sum of \$2,042,710.44 of which the sum of \$1,018,129.24 was received as March collections.

## COAL MINE HORROR

### TWENTY-TWO KILLED BY DUST EXPLOSION IN COLORADO.

#### Forty Miles West of Trinidad—Seventeen Miners, Who Were Working 3700 Feet From Entrance Escaped—Most of the Dead Are Italians and Japanese.

As the result of a dust explosion in a mine of the Colorado Fuel & Iron company, 40 miles west of Trinidad, Colo., shortly before noon Sunday, 22 miners are known to be dead and one other is missing, with little hope of being found alive.

There were 40 men in the mine at the time of the explosion. Seventeen miners, who were working 3700 feet from the entrance, escaped unhurt through another opening.

The explosion occurred in rooms 3 and 4 near the main entrance, and was the result of a windy shot, which ignited the dust.

An order for 22 coffins has been received by a local undertaker here, that many bodies having been taken out today. The mine was not badly damaged, and work can be resumed in a couple of days. The mine employed 180 men.

Miners from adjacent camps are assisting in the rescue. Superintendent Robert O'Neil left here on a special train at noon, and is personally directing the rescue work.

Among the dead is James Reed, fire boss. Most of the others are Italians and Japanese.

### QUOTATIONS FROM SPOKANE.

#### Wholesale Produce Prices.

Vegetables—Potatoes, 75c cwt; beets, \$1.10@1.25 cwt; turnips, 1-1-4c lb; rutabagas, \$1 cwt; sweet potatoes, \$3 to \$3.25 cwt; cabbage, \$2.25@2.75 cwt; carrots, \$1 cwt; lettuce, 25c lb; rhubarb, 5c lb; cauliflower, \$1.50 doz; onions, 25c doz; spinach, 85c crate; parsnips, 1-1-4c.

Apples—Spitzenburg, \$2.75@3 box; Winesaps, \$2.75@3; Rome Beauties, \$1.75@2.25; Yellow Newtowns, \$2.50; Baldwins, \$1.75@2; Black Twigs, \$2@2.25; cooking apples, 5 tier, 75c@1.25; cooking apples, 4 tier, \$1.25@1.50; Ben Davis, \$1.50@2; Walbridge, \$1@1.50.

Oranges—\$3.75@4 box; lemons, fancy, \$4 to \$4.50 case; dried figs, 75@80c 10 lb box; figs in bulk, 6c lb; black figs, 10 lb pkg, 80c; Fard dates, 8@9c lb; golden dates, 7@8c lb; cranberries, \$15 bbl, \$5 crate; bananas, \$2.75 @3.50 bunch.

Flour—Local, \$4@4.25 bbl; Minnesota, \$5.75@6 bbl.

Butter and Eggs—Standard eastern eggs, \$4@5 case; extra select eastern eggs, \$5@6 case; best ranch, \$6 case; best creamery butter, 30c lb; cheese, twins, 15c lb.

Celery—65@80c doz; honey, \$3.25@3.50; strained honey, 8c lb.

Sugar—Granulated cane sugar, \$6.20 per 100 lbs; beet sugar, \$6 per 100 lbs.

#### Wholesale Feed Prices.

Bran, \$16 ton; bran and shorts, \$17 ton; white shorts, \$19 ton; corn, \$1.35 cwt; cracked corn, \$1.55 cwt; timothy hay, \$16 ton; alfalfa, \$12@13 ton; rolled barley, \$1.30 cwt; whole oats, \$1.45 cwt; choppe oats, \$1.50 cwt; wheat, \$1.15 cwt.

#### Wholesale Meat Prices.

Beef—Steers, dressed, 6 1-2@7c lb; cows, dressed, 4 1-2@5 1-2c lb; mutton, dressed, 12 1-2@13c lb; pork, 9@9 1-2c lb; hams, 12c lb; bacon, 14c lb; lard, 9@10c lb; dry salt extras, 9 1-2c lb; dry salt backs, 10c lb; veal, fancy, small, 8@9c; veal, fancy, large, 5c; pork, 8 1-2@9c.

#### Prices Paid to Producers.

Live Stock—Steers, \$2.75@3 cwt; cows, \$2.50@3 cwt; sheep, \$5 cwt; hogs, \$5.25@5.50 cwt.

Hides—Green steers, 8c lb; cows, 7c lb; salted, 1-2c higher; dry hides, 15c lb; calf skins, green, 10c lb; kip, 8c lb; sheep skins, \$1@1.25.

Poultry and Eggs—Live hens, 13 1-2c lb; live spring chickens, 13 1-2c; live roosters, 9c; live ducks, 12c; live geese, 12c, live turkeys, 16c; dressed hens, 13 1-2c; dressed ducks, 14c; dressed geese, 14c; dressed turkeys, 18c; fresh ranch eggs, \$5.

Creamery products, f. o. b. Spokane—First grade creamery butter fat, 28 1-2c lb.

Feed—Timothy hay, \$13@14 ton; alfalfa hay, \$10.50 ton; oats, \$1.35 cwt.

Vegetables—Potatoes, 50@55c cwt; turnips, 65c cwt; beets, 75c; onions, \$1 cwt; cabbage, \$1.25@1.50 cwt; apples, \$1@2 box; carrots, 60c cwt.

#### Northwestern Wheat.

Portland—Wheat—Club, 69@70c; bluestem, 70@71c; red, 67@68c; valley, 68@69c.

Tacoma, Wash.—Unchanged. Export: Bluestem, 70c; club, 69c; red, 67c.

### THE CITY WILL BUILD AGAIN.

#### San Francisco Has a Great Future Before It.

Homer S. King, president of the San Francisco clearing house says: "San Francisco has a future, and will rebuild. This is beyond doubt. This is not even a panic, and I have seen more than one panic. It is only a setback, from which the city is strong and vigorous enough to recover."

Miss Caroline Marcial of Seville, Spain, who is one of the best known women in that country, is in America in the interest of the International Institute league.

## ON CUBAN BATTLEFIELDS.

### Monuments to American Soldiers on the Soil They Freed.

The return of the United States army transport Sumner from Cuba the other day, with the Santiago Battlefield Commission and a large party of army and navy officers, who had participated in the dedication of battle monuments on the fields of eastern Cuba, marks a unique feature in the military history of the country.

It is the first time a government expedition has sailed to a foreign shore, formed a gay military pageant and marched through the streets of the second city of that foreign land to erect monuments to its victories on fields over which its flag no longer flies. That this was possible in Cuba is due to the peculiar situation that resulted when the United States kept the sacred promises made when war was declared. Spain, the vanquished, was driven out, and the fairest land in the West Indies turned over to a native republic.

The chief ceremony which the expedition conducted was the dedication of a simple, dignified, substantial battle monument on the ruins of Fort el Viso, near the little town of El Caney, five miles back in the green-clad Cuban hills from Santiago. The official party from the Sumner included four generals, two admirals, four colonels, four lieutenant colonels, seven majors and five captains. From the United States cruiser Yankee came three companies of marines and a battalion of sailors. The Cuban republic was represented by Gen. Andrade, secretary of the Interior, escorted by three companies of Cuban coast artillery and a company of infantry. It was an impressive service



MONUMENT IN FORT EL VISO.

and enthusiastically appreciated by the 10,000 Cubans who gathered at the old fort on the occasion.

The expedition also unveiled monuments at Guantanamo, where one of the first actions of the war occurred, and at Daiquiri, where the Fifth Army Corps first landed in Cuba. A site was selected for a monument at Siboney, where a number of regiments were landed from transports. Arrangements were also made to place roster and honor tablets in a new blockhouse which the Cuban government proposes to erect on the site of old Fort San Juan, which was literally carried away by relic hunters, and to mark the positions held by the various regiments, brigades and divisions in the short but exciting siege at Santiago.



Women who are addicted to nervousness should avoid peppers, spices, eggs, too much meat, and highly seasoned sauces and dressings. Their diet should consist of fish, soup, celery and lettuce. Both celery and lettuce form an excellent food and tonic for the nerves.

One of the best ways to keep your stomach clean, strong and healthy, is by drinking a glass of cold water every morning immediately after rising, and just before retiring at night. This simple health rule will enable you to laugh at the ailments which owe their origin to a disordered stomach and liver, or to the chronic constipation from which so many persons suffer.

"Fruit is a great beautifier, if women would only believe it," said an old physician to a young woman who had consulted him in a state of great anxiety over her complexion. Fruit, especially fruit like oranges, grape fruit, grapes and apples, goes far toward clearing the skin and preserving that indescribable look of youth which, on analysis, is found to consist in bright eyes, living hair and a fresh, vital complexion.

It is a mistaken idea that no fruit should be eaten at breakfast; indeed, it would be far better if people would eat less bacon at breakfast and more fruit. The apple is one of the best fruits. Baked or stewed apples will generally agree with the most delicate digestion, and are an excellent medicine in many cases of indigestion. Green or half-ripe apples stewed and sweetened are pleasant to the taste, cooling and nourishing. Raw apples are better than liver pills. Oranges are very acceptable to most people, but the orange juice alone should be taken, and the pulp be rejected.

A little taffy is apt to make silly people appear stuck up.