The Century Magazine.

WITH the November, 1887, issue THE CEN TURY commences its thirty-fifth volume with a regular circulation of almost 250,with a regular circulation of almost 250,000: The War Papers and the Life of Lincoln
finereased its monthly edition by 100,000. The
latter history having recounted the events of
Lincoln's early years, and given the necessary
survey of the political condition of the country,
reaches a new period with which his secretaries
were most intimately acquainted. Under the

Lincoln in the War, the writers now enter on the more important part of their narrative. viz: the early years of the War and President Lincoln's part therein.

Supplementary War Papers, following the "battle series" by distinguished generals, will describe interesting f atures of semerals, will describe interesting f atures of semy life, tunneling rom Libby Prison, narrat-tives of personal adventure, etc. General Shor-man will write on "The Grand Strategy of the War."

Kennan on Siberia.

Except the Life of Lincoln and the War Articles ,no more important series has ever been undertaken by THE CENTURY than this of Mr. Kennan's With the previous preparation of four years' travel and study in Russia and Siberia, the author undertook a journey of 15,000 miles for the special investigation here required. An introduction from the Russian Minister of the Interior admitted him to the principal mines and prisons, where he became acquainted with some three hundred State exiles,—Liberals, Nihilists, and others.—und the series will be a startling as well as accurate revelation of the ex-He system The many illustrations by the artis and photographer, Mr. George V. Frost, who accompanied the author, will add greatly to the value of the articles.

A Novel by Eggleston with illustrations will rnn through the year. shorter fictions will appear every month.

Miscellaneous Features. will comprise several illustrated articles on Ireland, by Charles De Kay; papers touching the field of the Sunday School Lessons, illustrated by E. L. Wilson; wild Western life, by Theodore Roosevelt; the English Cathedrals, by M. s. van Rensselaer, with illustrations by Pennell; Dr. Buckley's valuable papers on Drdams, Spiriualism, and Clairvoyance; essays in criticism, art, Grayel, and biography: poems; cartoons, etc. Trevel, and biography; poems; cartoons, etc.

By a special offer the numbers for the past year
(containing the Lincoln history) may be secured with the year's subscription from November, 1857 twenty-tour issues in all, for \$6 00 or, with the last year's numbers handsomely bound, \$7.50.

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ICHOLAS ST

For Young Folks. SINCE its first i sue, in 1873, this magazine has maintained, with undisputed recognition, the position it took at the beginning,— that of being the most excellent juvenile periodical ever printed The best known names in literature were on its list of contributors from the Sar: Bryant, Long leitow, Thomas Hughes, George MacDonald, Bret Harte Bayard Taylor, Frances Hodgson Burnett, Jame T. Fields, John G. Whittier; indeed the list is so long that it would be easier to tell the few authors of note who have not contributed to "the world's child

The Editor, Mary Mapes Dodge, anthor of "Hans Brinker; or, The Silver Skates," and other popular books for young folks,—and for grown-up folks.—too has a remarkable fa-culty for knowing and entertaining children. Under her skillful leadership, ST. Nicholas brings to thousands of homes on both sides of the water knowledge and delight.

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The Coming Year of St. Nicholas. The fifteenth year begins with the number for November, 1887, and the publishers can announce: Serial and Short Stories by Mrs. France Hodgson Burnett, Frank R. Stockton, H. H. Boyeson, Joel Chandler Harris, J.T.Trowbridge, Col. Richard M Johnston, Louisa M. Alcott, Professor Alfred Church, Wm. H. Rideing, Washington Gladden, Harriet Prescott Spofford, Amelia E. Barr, Frances Courtenay Baylor, Har riet Upton, and many others. Edmund Alton will write a series of papers on the "Routine of the Republie."—how the President works at the White House, and how the affairs of the Treasbry, the State and War Departments, etc., are conducted; Joseph O'Brien, a well known Australian journalist, will describe 'The Great Island Continent'; Elizabeth Robins Pennell will tell of "London Christmas Pantomimes" (Alice in Wonderland, etc.): John Burroughs will write "Meadow and Woodla d Talks with Young Folk," etc. etc. Mrs. Burnett's short serial will be, the editor says, a worthy successor to her famous "Little Lord Fauntleroy," which appeared in St. Nicholas. why not try St. Nicholas this year for the young geople in the house? Begin with the November number. Send us \$3.00, or subscribe through booksellers and newsdealers. The Century Co., 33 East 17th

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Having determined to remove from the city, I will close out my entire stock of store the day's waste he has to take food, three-fourths of which must be clothing at cost or below cost price for the next 20 days. Gallearly. Those who giving, flesh-forming and mineral matter there is in each food, and he will come first will secure the best bargains.

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How a Healthy Person Can Live and Grow Fat on a Dime a Day.

At the gathering of scientists in Columbia College a learned professor fascinated his superintellectual hearers by telling them that a laboring man "needs daily one-fourth pound of proteine, one-fourth pound fat, and a pound of carbo-hydrates" to keep him well and strong. If the knowledge-seeking laborer goes to the store for his four ounces of proteine his experiment will scarcely increase his faith in the marketing knowledge of scientists. What the laborer and what most of us need more than technical essays on the "Physiological and Fecundary Economy of Food" is a plain talk about sensible feeding and economical marketing.

"How to live and thrive on a dime per day" may stand as the text for this talk. It certainly can be done, and, though the experiment may be uninviting, it is certain that good health is nearer akin to the simplest diet than to the costliest.

Now as to the laboring man and his proteine. Tell him that three-fourths of his weight is water, and that to restore the day's waste he has to take water, and the remainder fl sh-forming, heat-giving and bone-making substances, he will understand the case better. Give him a table of foods, analyzed to show just how much heatsoon take as deep an interest in what he eats because of its worth to him as because of its taste. When he finds out-as he can in half an hour-that only twenty-four parts in every hundred of butcher's meat count as fleshformers, the rest being water, but that from seventy-five to ninety parts out of every hundred in dried peas, beans, oat and wheat meals and cheese are nutritious, and only ten to twenty-five WATERTOWN, parts waste water, he from that moment begins to use his common sense in feeding as he does in earning his living. The popular rule is: Never pay any heed to the feeding value of our diet; let us cultivate a glorious ignorance of the purpose of foods and go in might and main for palate-ticklers and dyspepsia. Just a fact or two as appetizers.

The great Peninsular and Oriental (P. House and American House and Q.) Steamship Company employ East Indian coolies to do the hardest work on their steamers because they are stronger, healthier and stand the climate better than Englishmen, and because not being meat eaters—their diet costs only six cents per day. There are miners in the English coalpits, the hardest workers in the land, who have not eaten any kind of meat and their savory odors cast a spell mented for one whole year without tasting flesh or gravy in any form, and all the time my health was perfect and 8w5 my weight increased. The dock porters of Constantinople carry heavier burdens-two hundred and fifty pounds and upward-more easily than the laborers of England and America, yet their main diet is bread and figs, and they are teetotal and vegetarian. The laborers in Spain live chiefly on bread and onions, and are marvelously strong.

Display that the forencom, the following matters will be heard and considered:

The application of M. L. Piper, for the appointment of an administrator of the estate of Asa R. Piper, late of the town of Fasmington, in said County, deceased.

Dated this 22d day of November, A. P. 1887.

The flesh-and-blood superstition is baseless. A horse is almost as strong. swift, healthy and handsome as a twolegged man, and they both have the same internal machinery; the one eats beef and enjoys dyspepsia. the other avoids it and flourishes. Ten cents' worth or meat, oatmeal, rice, fruits, but ermilk, bread, cheese, onions or portions of several of these, will enable a man to do his ordinary day's work at least as well as any assortment of goods he can buy for a dollar.

What would be a good diet for those who do not need to study their purses, yet who would like a simple, healthy and enjoyable dietary? To such I would say drop the heavy meat breakfast right away. Not that meat is bad, but it is not the best to start the day on. Bread (not the spoiled white stuff, but the natural dark-colored wheat, as ground), tea or cocoa, eggs and the hundred and one non-flesh dishes, with a little fish, and as much fruit as you like. That's a model meal, as experience will prove.

Talking of fish, the more the better. flesh, though it doesn't seem to fill us town of Ixonia, in said county, deceased, intestate, and for the examination and allowance above that of meats. When I have extra hard brain work to do, say an average of twelve or fourteen hours for two or three weeks at a stretch, I knock off meats entirely and eat all the fish I can. Result, perfect health and strength and no headaches.

For dinner, fish, soups (I am not excluding meat, though soups can be made without it that taste just the same and are quite as good every way), puddings. desserts.

I knew an eminent lady who for forty years had never tasted meat. She was a marvel of mental and physical strength. Another author friend kept his health and his average weight of one hundred and sixty pounds on a diet that never included meat, the average cost of his food being only six cents per day. Anothor a wellknown literary man, who looked as beefy as a butcher, was, when I last met him, in his eighth year of strict

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If your Liver is out of order, then your whole system is deranged. The blood is impure, the breath offensive; you have headache, feel languid, dispirited and nervous. To prevent a more serious condition, take at once Simmons

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If you are a miserable sufferer with Constipation, Dyspepsia and Biliousness, seek relief at once in Simmons Liver Regulator. It does not require continual dosing, and costs but a trifle. It will cure you.

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Legal Advertisements.

S TATE OF WISCONSIN-County Court for Jefferson County.—In Probate. Notice is hereby given that at a regular term of the County Court, to be held in and for said County, at the Court House in the City of Jefferson, in said County, on the first Tuesday of January, being the 3rd day fof January. A. D 1888, at 11 o'clock in the forenoon, the following matters will be heard and considered: The petition and application of Daniel Hall to have admitted to probate the last will and testa-ment of Edmund Sweeney, late of the city of Watertown, in said county, and that he, the said Daniel Hall be appointed the executor

Dated this 22nd day of November, A. D. 1887. By order of the Court: HENRY COLONIUS,

S TATE OF WISCONSIN-COUNTY COURT FOR JEFPERSON COUNTY.-In Probate. Notice is hereby given that at a special term of the Courty Court, to be held in and for said County, at the Court House, in the City of Jefferson, in said County, on the third Tuesday of December, being the 20th day of December, A. D. 1887, at 11 o'cleck in the forenoon, the follow-

By order of the Court: HENRY COLONIUS, FRANK B. TUTTLE.

TATE OF WISCONSIN—County Court for Jefferson County.—In Probate. Notice is hereby given that at a special term

of the County Court, to be held in and for said County, at the Court House in the City of Jefferson, in said Cou.ty, on the third Tuesday of December being the 20th day of December. A. D. 1887, at 11 o'clock in the forenoon the following matters will be heard and considered:

The application of Mary A. Wright, sole surviving executrix of the last will and testament of Jacob B. Van Alstine, deceased, late of the city of Watertown, in said county, for the adjustment and allowance of her final account, and the assignment of the residue of the estate of said deceased according to law and the will

of the said deceased.

And, also the application of James Hall, as the administrator of the estate of Mary Van Alstine, deceased, late of the city of Watertown, in said county, for the adjustment and allowance of his final account and the assignment of the residue of said estate to the lawful heirs. the residue of said estate to the lawful heirs.

Dated this 15th day of November, A. D. 1887.

By order of the Court: HENRY COLONIUS,

S TATE OF WISCONSIN—County Court for Jefferson County.—In Probate.

Notice is hereby given that at a special term of the County Court, to be held in and for said County, at the Court House in the City of Jefferson, in said County, on the third Tuesday of December, being the 20th day of December. A. D., 1887, at 11 o'clock in the forenocn, the following matters will be heard and considered: Pound for pound it is as nutritious as tor of the estate of Richard Morris, late of the so fully, and its chemical value is far his final account of his administration of said estate; and for the assignment of the residue of characters when I have said estate to the persons entitled thereto by

Dated this 14th day of November, A. D. 1837.

By order of the Court

HENRY COLONIUS,

County Clerk.

STATE OF WISCONSIN—County Court for Jefferson County.—In Probate.

Notice is hereby given that at a special term of the County Court, to be held in and for said County, at the Court House in the City of Jefferson, in said County, on the third Tuesday of December, being the 20th day of December, A. D. 1887, at 11 o'clock in the terenoon, the following matters will be heard and considered:

The application of Charles Hahn, as the executor of the last will and testament of the estate of Hannah Wilhelmine Hafemeister, late of the city of Watertewn in said Jefferson County decity of Watertown in said Jefferson County, deceased, for the examination and allowance of his final account of his administration of said estate, and for the assignment of the residue of estate, and for the assignment of the residue of said estate to the persons entitled thereto under the last will and testament of said deceased.

Dated this 8th day of November, A. D. 1887.

By order of the Court:

HENRY COLONIUS.

6w5

County Judge.

Rewarded are those who read this and then act; they will find honorable employment that will not take them from their homes and families. met him, in his eighth year of strict abstinence from flesh. Another friend, a hard literary worker, has been practically a life-long vegetarian, but he looks too shriveled up to be a champion specimen. —Richmond (Va.)

Dispatch.

them from their homes and families, the profits are large and sure for every industrious person, many have made and are now making several hundred dollars a month. It is easy for any one to make \$5 and upwards per day, who is willing to work. Eithersex, young or old; capital not needed; we start you. Everything capital not needed; we start you. Everything capital not needed; we start you. Everything the work of the profits are large and sure for every industrious person, many have made and are now making several hundred dollars a month. It is easy for any one to make \$5 and upwards per day, who is willing to work. Eithersex, young or old; capital not needed; we start you. Everything capital not needed; we start you. Everything the profits are large and sure for every industrious person, many have made and are now making several hundred dollars a month. It is easy for any one to make \$5 and upwards per day, who is willing to work. Eithersex, young or old; capital not needed; we start you. Everything capital not needed; we start you. Everything the profits are large and sure for every industrious person, many have made and are now making several hundred dollars a month. It is easy for any one to make \$5 and upwards per day.



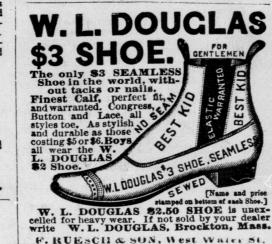
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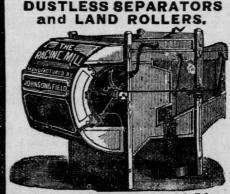
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