

SUGAR A NEED OF THE BODY

Requisite Food for Both Children and Adults, According to Eminent Authority.

"Give children plenty of pure sugar, fatty and butter, and they'll have little need of cod liver oil," says Dr. Woods Hutchinson. "In short, sugar is, after meat, bread and butter, the most essential and necessary food. You can put this matter to a test very easily. Just leave of the pie, pudding and other desserts at your lunch or midday dinner. You'll be astonished to find out how quickly you'll feel 'empty' again, and how 'unfinished' the meal will seem. You can't get any workman to accept a dinner pail without pie in it. And he's absolutely right. The only thing that can take the place of sugar is beer or wine. It is a significant fact that the free lunch counters run in connection with bars furnish every imaginable thing except sweets. Even the restaurants and the lunch grills attached to saloons or bars often refuse to serve desserts of any sort. They know their business. The more sugar and sweets a man takes at a meal, the less alcohol he wants. Conversely, nearly every drinking man will tell you he has lost his taste for sweets. The more candy a nation consumes, the less alcohol."

CHARACTER IN FINGER NAILS

Information That Will Be Taken by the Wise for Just What It is Worth.

It is said there is as much character to be observed from a person's finger nails as from the owner's face. The following indications are stated to be fairly correct.

Those possessing long nails are good natured and self-confident, but placing very little confidence in others. Broad nails are supposed to belong to those of a gentle and bashful disposition. Little round nails are the sign of a person who is seldom pleased, readily inclined to anger, spiteful and revengeful. Anyone with fleshy nails is said to be calm and ease-loving, fond of eating and sleeping, and who would prefer a small income without industry to much wealth to be acquired by activity and diligence. Pale or lead-colored nails belong to the melancholy person, but who would do well in all branches of science or philosophy. The long, well-shaped fibert nail indicates a refined and artistic nature, fondness of society, and a great love of the beautiful.

Disposition of the Confeetti.

High and low he searched for the bag of confeetti he had brought home on the previous evening for his son and heir, but his efforts were not rewarded with success. Where on earth had he put it? What had become of it? With every minute he became more irate, till finally he rang for Bridget. "Bridget," he exclaimed testily, "did you see that bag of confeetti I brought home last night for Freddie?" "Sure, an' O' did, sorr!" brogued out Bridget. "But O' didn't know it was only for Mhaster Fred. There's but half av it left now." "Only half of it left?" he cried. "What on earth have you done with the rest?" "Cooked it, av course," retorted Bridget; "an' it's yer own breakfast, with cream, ye had it this mornin'!"

Sleep and the Brain.

When the brain is at work marshaling ideas, producing mental pictures, and calling into action stored-up memories and impressions, the cells of its mysteriously potent gray matter undergo a change of form. Cavities are formed in them, which, as the brain becomes wearied by long-continued action, fill with a watery fluid. Part of the substance of the cells appears to have been consumed in the process of thinking, but in the hours of sleep the exhausted cells regain their original form, the supply of recuperative material coming from the blood and on awakening, the mind finds its instrument restored and prepared again for action.

Not All Rot.

"One thing I learned from art, anybody," said the painter who had gone into the dry goods business. "One thing I learned, and at many a dinner party it has stood me in good stead. 'I'm absent-minded, you know, and at dinner parties I find, as like as not, when I take up oyster fork or spoon, that my hands are dirty—I'd forgot to wash 'em!'

"But I get out of this difficulty easily. I rub my lunch hooks clean and white with bread crumbs under the table. Oh, it ain't all rot, art."

One of His Worts.

A receptacle containing a dark red beverage—it may have been merely tea—was brought on the table.

"It's my hostess," said the professor's granddaughter, "and as I am a society lady, it is my duty to pour."

"Yes, let her do it," said the professor. "She's not only a society lady but she's a society queen—and she never reigns but she pours."

Otherwise the function was a great success.

Quieting Him.

Haleseller (wildly)—"What! Do you mean to tell me, woman, that it cost \$50 to get that hat trimmed? Jumping Jupiter! But that milliner's game is the limit."

Mrs. Haleseller (sweetly)—"Really? Why, I understood it costs some more than that to get trimmed in a poker game."

J. J. HILL SEES RECORD CROP

Says Conditions in His Section of Country Indicate \$9,000,000,000 Year—Talks of Rates.

Chicago.—James J. Hill passed through Chicago, returning to St. Paul after a trip to New York. Mr. Hill has an optimistic view of general business conditions, declaring that the crops should exceed those of last year, but was inclined to take a gloomy outlook of the future prospects of the railroads unless they are allowed to advance freight rates to be able to make needed improvements.

"Business conditions are favorable," he said. "Railroad traffic is good. The crops in my section of the country and those in which I am especially interested appear to be three weeks ahead of last year."

"The last government report, as I recall it, showed a total value of farm products, grain, cattle, hogs, etc., of something like \$8,400,000,000. If that is correct, this year ought to show close to nine billions."

Mr. Hill was asked whether the railroads were going to advance freight rates.

"The demand for railroad transportation is continually increasing and the railroads must increase their facilities and equipment for handling such an immense traffic," he replied. "You notice how it was around Chicago this winter, when traffic was congested for weeks on account of lack of facilities to cope with a severe winter."

"The same thing will happen again even without a bad winter, if the railroads can't get the money for improvements and extensions and how are they going to raise it, if its investment doesn't show a profit comparable with other business? People with capital want to invest it where it will produce a favorable return. If the roads can't raise money under the present rates, and if they are going to increase their capacity as required, an increase in rates is imperative."

CANINE IN WELL MANY DAYS

Valuable Fox Hound Was Imprisoned for More Than Month Without Nourishment or Water.

Westminster, Md.—Michael Hassett of Manchester district has a hound named Music which has had a fast of 87 days and is still alive and recuperating. About six weeks ago Mr. Hassett and some friends were having a fox hunt at night. Music and the other dogs of Mr. Hassett's pack were in full cry. The chase was along the north side of Dug Hill, and the baying of the hounds was a delight to the hunters. Music is the pick of the pack, and her tones were easily discernible. Suddenly they ceased altogether, and when the horn recalled the dogs she was missing.

Inertia of the Nerves.

The researches and experiments of a French scientist have led him to the conclusion that the cerebral nervous system is incapable of perceiving more than an average of ten separate impressions per second. After each excitation of the nerves a period of inertia follows, lasting about one-tenth of a second, and during this period a new impression cannot be made. According to the investigations of this scientist a person cannot make more than ten, or at the most a dozen, separate voluntary movements of any kind in a second, although the muscles, independently of the will, are capable of making as many as 30 or 40.

Of No Use.

"When I was your age," said the man to his little son, "I was the best behaved boy in town. My parents would not allow me to play in the street; they made me keep my face washed and my hair brushed; they compelled me to be well mannered at all times, and I was sent to bed early every night and awakened early in the morning. My parents trained me to be a model, obedient, polite boy. Why can't you be like I was at your age?"

"But, papa," answered the lad, "what would be the use? It doesn't seem to have done any good in your case."

At the Reception.

"I understand, Miss Araminta," said the professor, "that you are inclined toward literature."

"Yes," said the blushing spinster.

"I wrote for the Bugle Magazine last month."

"Indeed! May I ask what?" asked the professor.

"I addressed all the envelopes for the rejected manuscripts," said Araminta, proudly.—Harper's Weekly.

The Boss of the Place.

"Yes," said the determined man, "when that waiter resented the smallness of my tip I took the case to the proprietor of the restaurant."

"And what did the proprietor do?"

"He gave the waiter some money out of his own pocket and apologized to him for having such a customer."

Sound Sleep; Heart Free.

Chicago.—"Insomnia is caused by love."

So said Prof. J. M. Crowe, of the school of education, in an address delivered at the University of Chicago, and so said Shakespeare before him. Or, if the Bard of Avon did not say so in so many words, he at least made the fact plain in his dreams. All of which was pointed out by Prof. Crowe.

So, if you are troubled with insomnia you are in love, and there's no getting away from it. By the same token, if you are in love you are troubled with insomnia.

CLOTHES HORSE FOR WEALTHY

Prof. Davenport of University of Missouri Says Modern Fashion Creates Immodesties.

Columbia, Mo.—The fashionable woman was characterized as simply a "clothes horse for some rich man to show off his wealth," by Dr. H. J. Davenport, professor of economics, in a lecture before the Home Economics clubs of the University of Missouri the other night.

"Fashion fixes incipient wings on women's shoulders, humps on their hips and balloons about her feet. It creates artificial and unnecessary immodesties. It presides over the color of our baby blankets; it noses up around through life," he said. "Our pocket books are emptied by fashion in order that our wardrobes may be filled with exhibition garments. It makes half our garments unwearable when not yet outworn. It pursues us to the grave. If there is anything more vulgar than the wedding it is the funeral."

Ever Have Library Fright?

Awful Feeling That Sometimes Attacks People Asking for Books in a Strange Place.

"Library fright is an awful feeling," said the librarian. "It attacks people who go into a strange library to look around or rest for a few minutes and are told that in order to enjoy the hospitality of the reading room they will have to ask for a book and make at least a pretense of reading."

"I have had library fright twice myself. My first attack was in the Congressional library in Washington. I wanted to read there for a few minutes, just to be able to say afterward that I had read there. Used as I was to handling books, I couldn't think of even the dictionary when it came to making a choice. After a few minutes of hopeless floundering 'Taine's History of English Literature' came into my mind. I had no desire on earth to look at Taine's English literature then or at any other time, but I give you my word I couldn't think of any other book to save my life."

Flower Carpets in Spain

Religious Festival That Calls Forth Most Remarkable Floral Displays.

Once a year rich Spaniards have a real "flower-strewn way" prepared for them. That is when the Corpus Christi festival is held and beautiful flower carpets are laid in the streets of Villa Orland, Tenerife.

All the richest produce of the fertile gardens of the island is brought into use in weaving the most wonderful floor coverings in the world.

Often the patterns are elaborate, especially those designed for old Spanish families, who place them in the street before their houses, and thus gain local estimation according to the value of their floral display.

Not only are the ordinary blooms known to gardeners used to make the design of carpets, but also some rare flowers and grasses growing only in the Canary Islands. The slopes of the peak of Tenerife, bearing layers of lava from the now dormant volcano, are rich in these unusual forms of floral beauty.

There is an African insect, the larvae of which prey upon ants. The larvae puts its head into a small hole in the ground and quivers its tail quickly. The ants come near to examine the novel object, and, goaded by curiosity, go too closely, when suddenly they are seized by the forceps or graspers with which the tail is furnished, and thus are killed. Not only do insects and the lower animals understand that the curiosity of their victims may be employed as a snare for them, but human being understand and act upon the same principle. Many young men and young women have been ruined by adopting the apparently harmless course of "going to see what it was like."

Triumph of Human Brain

Showman's Taming of Savage Lion Remarkable for the Ingenuity Displayed.

As evidencing the ingenuity exercised by animal trainers and attendants in subduing intractable beasts, there may be cited the method employed in a western zoo by a man who was formerly a showman.

The zoological institution had purchased a magnificent lion named Leander. He was obtained at a low price from a circus because of his vicious disposition, he having a record of two men killed while with a circus.

At first the ex-showman would put his foot on his hands into Leander's cage, but from the way the lion would leap at him he knew that to put himself entirely in its power would be suicide. Nothing he could do to establish a friendly relationship between himself and the lion had any favorable result.

Some originality, therefore, being called for, the attendant exercised his inventive genius by taking some old clothes, stuffing them with rags and throwing them into the cage. The lion in a jiffy tore the old clothes to pieces, thinking that the dummy was a human being.

Next day and the next day and the next the ex-showman continued to throw into the lion's cage stuffed figures and the lion continued to destroy them. But the time came when the animal ceased to put any "heart" into his work and in the end it gave up altogether these attacks upon the dummies; it would simply play with them, or else ignore them entirely.

Now was the ex-showman's time. He opened the cage one morning, walked in boldly and slapped the lion familiarly on the back. It gave him a friendly glance and purred, taking him for another dummy not worth bothering about. Thus Leander lived seven years with the ex-showman and became as gentle as a kitten.

Human Lives Thrown Away

Herein is Stern Indictment of Conditions Which Are Not Creditable to the Nation.

Defective sanitation, impure food, formaldehyde milk, typhoid water, sweat-shops, due to unrestricted commercial ambition, give us an average death rate of over 16 to the thousand, and in certain industrial centers 23 to the thousand, while in the Australian states, where the heedlessness of commercialism is restrained and the public health preserved, the average death rate is 10 to the thousand, and in New Zealand nine and a fraction to the thousand. If a department of public health could reduce our mortality one to the thousand it would mean a saving of about 90,000 human beings per annum, worth, approximately, four hundred millions. If we shall value human life by a commercial standard, and if we should develop a patriotic intelligence equal to that of New Zealand we would save over 500,000 human beings annually, worth, on a commercial basis, twenty-five hundred millions per annum to the values of the American Republic, estimating Americans as worth \$5,000 apiece.

Monkey Committed Suicide

After Hyena Dog Dies of Distemper He Climbs to Top of Cage and Dives to Floor.

New York.—There was a chain of tragedies in animal circles in the Bronx zoo, and, according to Dr. W. Reed Blair, one death was due to deliberate suicide, though no official verdict has been entered as yet. The trouble began when one of the two hyena dogs, recently imported from Africa, died of distemper in the animal quarantine.

After observing the death of its neighbor, one of the monkeys in an adjoining cage leaped to the top of that compartment and then plunged to the bottom with such force as to cause injuries from which the animal died soon afterward. The mate of this monkey was added to the death list a few hours later.

Stumps of Greater Value

Device Patented for Making Turpentine and Fine Writing Paper From Same Source.

Pottstown, Pa.—B. Frank Saylor of Rome, Ga., who is visiting his brother, William H. Saylor of this place, has just had granted to him a patent for a discovery by which turpentine and paper can be manufactured from the same yellow pine stump. He has 5,000 acres in Georgia, well wooded with yellow pine, and until he made his recent discovery the stumps were used to make turpentine and pulp; but never before were the two products procured from the same stump.

After the turpentine is removed the wood is boiled into a pulp and writing paper of the finest kind manufactured.

Manufacturers of turpentine in Canada have shipped several car loads of their pine to the Saylor farm to learn whether the same results could be obtained as from the southern product, and if the test be satisfactory it is probable that they will place machinery on their farms and introduce the process patented by Mr. Saylor.

Like Her "Jack Pots."

Washington.—The oldest poker player, probably in the world, is Mrs. Josephine Dennis of 1007 B street, N. W., who was arrested here by precinct detectives for playing poker and running a "game" in her residence. She is seven-seven years old. It is said that Mrs. Dennis confesses an overwhelming interest in the great game, and claims to have played it for 45 years.

See Banner Hop Year.

Santa Rosa, Cal.—Hop growers are hard at work in their yards at the present time. Setting out of new yards, pruning and other forms of culture are in progress, and the growers hope that this will be a record year both as regards prices and yields.

Truly Wonderful.

"Science is a wonderful thing." "Indeed it is! Prof. Buggs tells me that 50,000,000 germs can do a barn dance in a space no larger than a postage stamp."—Birmingham Age-Herald.

IS "VISITING COOK"

Willing Woman Instructs Mothers in Preparation of Food.

Philanthropist Teaches Housewives How to Buy Most Nourishing Foods, How to Cook and Serve Them—What to Avoid.

New York.—To the end that school children should not be sent off in the morning with a breakfast of green peppers and coffee, and go home in the middle of the day to feast on crackers and boiled tea, Miss Winifred Gibbs originated the "visiting cook" philanthropy.

She goes into the tenement houses and teaches the homemakers, whether they be the mothers or little mothers of 12 or 13 years, how to buy the most nourishing foods, how to cook and serve them, what to eat and what to avoid.

"I have been at the work these years now," she told a representative of the Evening Telegram, "and in all that time I have been repulsed in only one home. I consider that a remarkable record."

It is no wonder that Miss Gibbs is welcomed on every side. She is as cheery as can be, and has a warm personal feeling for the people for whom she is working. She has scores of friends in the sections where she has held classes, among mothers who have learned to feed their small babies after they have stopped nursing them and brides whom she has taught to make attractive homes.

"Before this movement was started," she explained, "charity breakfasts in the schools were tried and several other methods of getting proper food to school children. None of them, however, tended toward the final betterment of conditions. We decided that the best thing to do would be to teach the people in their own houses what should be done.

"I never teach anything that cannot be done when I am not there with the housewife, only practicable things that will always be useful to know and follow out. I always take the family income as my working basis and work out a dietary that can be followed with ease. I teach the homemakers how to buy what I have suggested and how to cook it."

"The average midday meal for school children in tenement districts all over the city," Miss Gibbs continued, "is bread and boiled tea. I asked a little Italian child the other day what he had had for breakfast. 'Oh, we had peppers and coffee,' he returned, 'and papa had peppers and beer.'"

"I frequently, where it is possible, give lessons to groups of several women of a tenement in the kitchen of one of them. When I do this, the children are likely to be playing on the floor nearby. One day recently I was going through the hall of a tenement after a lesson, when I ran into a number of little girls playing with their dolls. The doll children were seated at a table and one of the little mothers was laying down the law to the rest in a shrill voice, telling them what was good for the dolls to eat with a manner as nearly like mine as she could make it. So, you see, my work is absorbed in some degree even by the youngest children."

"People of the lowest class will not understand that it is better to buy two eggs for ten cents than a lot of cheap stuff. They can't comprehend why quantities of coffee and boiled tea are ruinous to their stomachs."

Miss Gibbs believes that the reason she is so welcome in the tenement homes is that she and the poor mothers have so much in common as she presents life to them. "They like me to talk it for granted," she sagely commented, "that they are interested in the topics of the day. Not sociology or comets or anything so deep as that, but for instance, this boycotting of meat all over the country. I get as much from them as they do from me. For we are all a part of the same problem and working for the same end—the betterment of the human race."

"Some day I hope the city will be divided into many sections, each under a capable teacher, so that there will be no homes where the regular dinner, prepared by a twelve-year-old girl, is pancakes and tea, as I found conditions in a home recently. Interest in this visiting cook philanthropy is widespread. A similar movement is being started now in Providence and when I was in Baltimore a few days ago I found that the people with charitable inclinations there were planning work along the same lines as mine."

Famous Astor Camp to Go.

San Antonio, Tex.—According to G. S. Leaverton of Austin the famous Astor camp at Mammoth, Ariz., is being demolished in order to make room for a mine. It was at this camp that the Aztecs are said to have reared several years before entering Mexico, where they conquered the Anahuacs and Toltecs, who were then the masters of the country. Although the city they built was destined to be only temporary, its remains are still in a good state of preservation.

Call to Play Causes Death.

Wilkesbarre, Pa.—His youngest child calling from an upstairs room for him to "Come up and play," Michael Garahan of Dorranceton, near here, ran up the stairs to comply, when he tripped and fell backward. When picked up at the bottom of the stairs it was found his skull was fractured. He died a short time after.