

## The Englishman's Rasher.

From the tight little English island, via an editorial in the London "Daily Express," comes dietetic news. It is nothing less than that in the very citadel of Beefeaterdom, in the very vortex whence annually descend innumerable rashers and countless companioning eggs, a doubt has arisen whether "copious breakfasts of fried eggs and broiled bacon" (as Thackeray puts it), followed by two or three solid meat meals every day, is quite the proper thing. Our British friends, it appears, have at last begun to wonder whether emulation of John Ridd, in the matter of morning menu, is conducive to agile minds and a light and springy step. They are actually beginning to fear, 'tis said, that they eat too often, too much, and the wrong thing.

The "Express" finds text for its sober little sermon on over-eating in the report of the United States consul at Liverpool, which states that the English importations of bacon from America annually amount in value to ten millions of pounds sterling; and that most of this pork is absorbed by the British breakfaster. "On the whole," says the "Express," naively, "this is not a fact to be exulted in." It goes even further, and admits that there is a "kernel of truth" in the foreign accusation against Englishmen "of living mainly upon chops and steaks, Brussels sprouts and turnip tops." "The eternal breakfast bacon," the "Express" continues, "is one striking instance of the shocking lack variety in food, which may, with some truth, be alleged against England." This dietetic monotony it attributes, first, to "want of imagination" (to which we unanimously agree), and, second, to "railway rates" (which statement seems obscure).

But however "shocking" may be the lack of variety in food at English tables, still more of a shocker is the redundancy in quantity of meat. Fifty millions of dollars' worth of breakfast bacon!—not to mention eggs, fried or omelette. No wonder the "Express" gravely asks "Do we eat too much meat?" and in conclusion declares for answer that, "it is very doubtful whether the English habit of three meals is a sound one either for health or business." For the English business man, it says, not only partakes copiously of bacon and eggs in the morning, but refuses to forego a substantial allowance of meat for lunch, and tackles a goodly chunk of Old England's roast meat for dinner. We quite agree with the "Express" that he is thereby "handicapped."

Among the carnivorous mammals, the North American certainly ranks low in the list in comparison with his voracious British brother, especially since we, in this country, have been assailed and taken prisoner by the innumerable army of breakfast cereals; while they, in Britain, are but just now fronting the attack.

Apropos of cereal foods, we note that another English paper, the "Daily Mail," speaks of the "many and wonderful" varieties of cereal foods of late introduced by "divers advertisements, somewhat to the bewilderment of the public;" and that it also announces, in an editorial, its plan for a series of practical articles by an "athlete and brainworker" on the "bewildering" new comestibles. "That the public may be guided in its choice by competent authority," says the "Mail" with great solemnity, "Mr. Eustace Miles has undertaken a heroic experiment." "An heroic experiment!" We sincerely trust that Eustace will survive the fourteen "new foods" which he proposes to test, one each day, during a fortnight.

But surely 'tis a long, long step for the British citizen from greasy fried egg and greasier fried pork, to a light cereal breakfast. Perhaps if he gets through this successfully, he and all of us may later learn to listen heedfully to the wise words of the revered Edward Hooker Dewey, M. D., the original No Breakfast Plan man—a person who strenuously contends that only he who omits the morning meal has really mastered "the true science of living." And perhaps he is right.

## OUR OLD FRIENDS

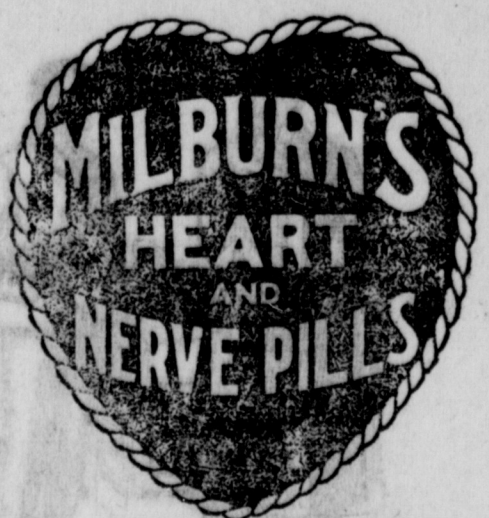
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#### It Makes a Difference.

When Wamsley rose up out of his chair to search for his pipe the other night, he carelessly brought his number ten foot down heavily on his wife's tenderest corn. He made no apology, and Mrs. Wamsley said:—

"Well, Henry Wamsley?"

"Well, what?"

"You haven't anything to say have you?"

"Anything to say about what?"

"About nearly crushing my foot to a jelly?"

"What should I say?"

"I'd ask, if I were you, Henry Wamsley!

What would you have said ten years ago, before we were married, when you were courting me? What would you say today to any woman who did not happen to be so unfortunate as to be your wife? Hey? Why, you'd humble yourself in the dirt apologizing to her! You'd say, 'I beg your pardon!' and 'How awkward I am!' and 'Do excuse me!' Oh, you couldn't be humble and polite enough in your apologies! My, how you would apologize! You'd be apt to write her a note about it! And if it had happened after our engagement you'd have been so tenderly solicitous about my 'poor dear, little foot,' my 'tender little foot,' whose pathway you intended to make smooth all my life! You'd make me actually weary talking about my 'poor little foot.' But now, when you nearly crush every bone in it and make me scream with pain, you never open your mouth to say anything unless it is 'Oh, thunder!' or something like that. And last night when the Morleys were calling here you made us all tired of apologizing to Mrs. Morley because you chanced to spill a little water on her dress, and I thought to myself: 'He wouldn't apologize that way to me if he had accidentally turned a garden hose on me! He'd probably ask me what I was in the way for!' It's a strange thing to me that a married man's manners wane with the honeymoon! I tell you marriage makes an awful difference. Indeed it does!"

"I should say it did," mumbled Wamsley, as he lighted his pipe.

#### To Make Sure.

The owner of a certain small farm in the Midlands is not a bad fellow in his way. Until recently he paid little heed to trespassers, so long, of course, as they refrained from doing wilful damage to his property.

Of late, however, he has been comparing notes with his neighbours, with the result that when, early the other morning, he found a particularly suspicious-looking trespasser on his land he had something to say.

"Wot are ye doin' on my land?" he began.

"I'm a doin' no harm," came the reply.

"I wor only looking if I could find a few nuts!"

"Oh, nuttin' this time, eh?" drily remarked the farmer. "Extending your business, I reckon?"

"I don't know what you means, Mr. —"

"Oh, don't you?" interrupted Farmer Drake.

"Well, I'll just explain matters. When Neighbour Bull caught you on his land you wor mushrooming, an' when he got back to the house 'e missed an owd hen! When Neighbour Hayfield saw you you wor arter brambles, an' you left his farm about the same time as a couple o' ducks! Now I ketches you you're a nuttin', an' you'll just come along o' me while I take stock!"

Farmer Drake missed nothing that morning.

## Men of The Day.

Who is the most prolific and versatile of contemporary authors? asks The London Chronicle, and then proceeds: The Rev. Sabine Baring-Gould, who recently celebrated his sixty-ninth birthday, probably answers that description best. The multiplicity of his books and the wide range of life, study and experience that they embrace must seek far for a parallel. A long succession of novels, lives of the saints, studies in out-of-the-way mediaeval lore, fairy tales, strange survivals, oddities of all ages and places, religious controversies, biographies of military heroes, essays, sermons, lectures, poems—all these are associated with his name through several pages of the catalogue of our national library. Many who have not had time to read his books are familiar with his name as a hymn writer. To him church-goers are indebted for that most popular of professional hymns—"Onward, Christian Soldiers," and also that favorite Easter hymn, "On the Resurrection Morning."

#### Hints for the Laundry.

A practical laundress says that all the towels should be thoroughly dried before they are put in the hamper.

That clothes-pins are made much more durable by boiling for ten minutes before they are used.

That linen may be made beautifully white by the use of a little refined borax in the water instead of using a washing fluid.

That blankets should be washed in moderately warm water, in which a teaspoonful of ammonia has been put to each gallon of water.

That washing fabrics that are inclined to fade should be soaked and rinsed in very salt water, to set the color, before washing in the suds.

That calicoes, ginghams, and chintzes should be ironed on the wrong side.

That a very hot iron should never be used for flannels or woollens.

That napkins should always be folded with the selvedge towards the ironer.

That embroideries should be ironed on a thin, smooth surface over thick flannel and only on the wrong side.

#### Five Ways to Stop a Cold.

First, bathe the feet in hot water and drink a pint of hot lemonade. Then sponge with salt water and remain in a warm room. Second, bathe the face in very hot water every five minutes of the hour. Third, snuff up the nostrils hot salt water every three hours. Fourth, inhale ammonia or menthol. Fifth, take four hours' exercise in the open air. A tea-grain dose of quinine will usually break up a cold in the beginning. Anything that will set the blood actively in circulation will do it. But, better than all, if your cold is inveterate or serious, consult your family doctor, and at once.

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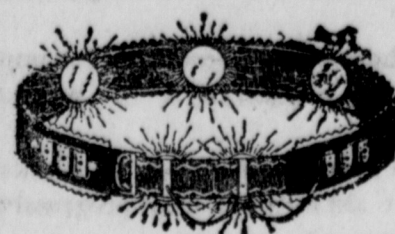
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### WASHING MACHINES.

Time works wondrous changes in all fields—methods that were considered the best a decade ago are obsolete today. Ideas that prevailed a quarter of a century ago are long since exploded. That which appeared impossible of accomplishment in 1898 is rendered easy in 1903. Progress is the watchword all along the line, and he who does not recognize this fact is soon out of the running.

In no department of the home, we feel safe in saying, has there been a greater transformation brought about in recent years by the introduction of up to date appliances than in the case with respect to the day generally termed WASH DAY.

This day of all days in the week is the one hitherto mostly dreaded; but in the home where proper appliances are used it is not less bright and free from onerous routine than any other of the working days.

The fact is, that in the ideal home wash day is not considered at all in the light of a day of exceptionally heavy and unpleasant work, because it is not by any means a day to be abhorred if a really good WASHING MACHINE is brought into requisition.

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