

Poetry.

HE HATH PREPARED FOR THEM A CITY.

Brief life, here our portion;
Brief sorrow, short-lived care;
The life that knows no ending,
The fearless life is there,
O happy retribution!
Short toil, eternal rest;
For mortals and for sinners
A mansion with the blest!
And now we fight the battle,
But then shall wear the crown
Of full and everlasting
And passionless renown:
And now we watch the struggle,
And now we live in hope,
And Zion in her anguish,
With Babylon must cope;
But here now we must trust;
Shall then be seen and known,
And that shall know and see him,
Shall have him for their own.
Yes! God, my King and Portion,
In fullness of his grace,
We thus shall see forever,
And worship face to face.

The Fireside.

THE HEAVY BURDEN.

"Rather a heavy burden, isn't it my boy?"
Clarence Spencer, to whom the words had been addressed, turned from the ledger, and looked towards the speaker. Clarence was a young man—not more than five and twenty—and he was book-keeper to Mr. Solomon Wardle. It was Solomon Wardle, a pleasant-faced, keen-eyed man of fifty, who had spoken.

"A heavy burden, isn't it, Clarence?" the merchant repeated.
And still the young man was silent. His looks indicated that he did not comprehend. He had been for some time bending over the ledger with his thoughts far away; and that his thoughts were not pleasant ones, was evident enough from the gloom on his handsome face.

"My dear boy, the burden is not only heavy now, but it will grow heavier and heavier the longer you carry it."

"Ah, Clarence?"

"I certainly do not."

"Didn't I call for your house for this morning?"

Clarence nodded assent.

"And didn't I see and hear enough to reveal to me the burden that you took with you when you left?"

"You find your burden heavy, and I have no doubt that Sarah's heart is as heavy laden as your own."

And then Clarence Spencer understood, and the morning's scene was present with him, as it had been present with him since leaving home. On that morning he had had a dispute with his wife. It had occurred at the breakfast table. There is no need of reproducing the scene. Suffice it to say that it had come of a mere nothing, and had grown to a cause of anger. The first had been a look and a tone, then a flash of impatience, then a rising of the voice; then another look; the voice grew higher; reason was unheeded; passion gained away; and the twin lost sight of the warm, enduring love that lay smitten and aching deep in their hearts, and felt for the time only the passing storm. And Clarence remembered that Mr. Wardle had entered the house and caught a glimpse of the storm.

And Clarence Spencer thought of one thing more: he thought how miserably unhappy he had been all the morning; and he knew not how long his burden of unhappiness was to be borne.

"Honestly, Clarence, isn't it a heavy and thankless burden?"

The book-keeper knew that his employer was his friend, and that he was a true-hearted Christian man; and after a brief pause he said: "Yes, Mr. Wardle, it is a heavy burden."

"My boy, I am going to venture upon a bit of fatherly counsel. I hope I shall not offend."

"Not at all," said Clarence. He winced a little as though the probing gave him new pain.

"In the first place," pursued the old man, with a quiver of emotion in his voice, "you love your wife?"

"Love her? Yes, passionately."

"And do you think she loves you in return?"

"I don't think anything about it—I know!"

"You know she loves you?"

"Yes."

"Then you must admit that the trouble of this morning came from no ill-feeling at heart?"

"Of course not."

"It was a surface squall, for which you, at least, are very sorry?"

"A moment's hesitation, and then—Yes, yes; I am heartily sorry."

"Now, mark me, Clarence, and answer honestly: Don't you think your wife is as sorry as you are?"

"I cannot doubt it."

"And don't you think she is suffering all this time?"

"Yes."

"Very well. Let that pass. You know she is bearing her part of the burden?"

"Yes—I know that."

"And now, my boy, do you comprehend where the heaviest part of this burden is lodged?"

Clarence looked upon his interlocutor wondering.

"If the storm had all blown, and you knew that the sun would shine when you next entered your home, you would not feel so unhappy?"

Clarence assented.

"But," continued Mr. Wardle, "you fear that there will be gloom in your home when you return?"

The young man bowed his head as he murmured an affirmative.

"Because the merchant added, with a touch of paternal sternness in his tone, 'you are resolved to carry it there?'"

"I—I carry it!"

"Aye—you have the burden in your heart, and you mean to carry it home. Remember, my boy, I have been very foolish in my lifetime, and I have suffered. I suffered until I discovered my folly, and then I resolved that I would suffer no more. Upon looking the matter squarely and honestly in the face, I found that the burden which had so galled me had been self-imposed. Of course such burdens can be thrown off. Now you have resolved that you will go home to your dinner with a heavy heart and a dark face. You have no hope that your wife will meet you with a smile. And why? Because you know that she has no particular cause for smiling. You know that her heart is burdened with the affliction which gives you so much unrest. And you are fully assured that you are and find your home shrouded in gloom. And, furthermore, you don't know when that gloom will burst in again, and why don't you know? Because it is not now in your heart to sweep the cloud away. You say to yourself, 'I can bear it as long as she can.' Am I not right?"

Clarence did not answer in words.

"Very likely," pursued the merchant, and very likely your wife is saying to herself the same thing. So your hope of sunshine does not rest upon the willingness to forgive, but upon the inability to bear the burden. By-and-by it will happen, as it has happened before, that one of the twin will surrender from exhaustion, and it will be likely to be the weaker party. Then there will be a collapse

and a reconciliation. Generally, the wife falls first beneath the galling burden, because her love is keener and most sensitive. The husband, in such a case, acts the part of a tower. When he might, with a breath, blow the cloud away, he cringes and cowers, until his wife is forced to let the sunlight in through her breaking heart."

Clarence listened and was troubled. He saw the truth, and felt its weight. He was not a fool, nor was he a liar. During the silence that followed he reflected upon the past, and he called to his mind scenes just such as Mr. Wardle had depicted. And this brought him to the remembrance of how he had seen his wife weep when she had failed and sunk beneath the heavy burden, and how often she had sobbed upon his bosom in grief for the error. The merchant told the young man's thoughts; and after a time he rose and touched him upon the arm.

"Clarence, suppose you were to put on your hat and go home now. Suppose you should think, on your way, of the love and blessing that might be: and with this thought, you should enter your abode with a smile upon your face, and you should put your arms round your wife's neck, and kiss her, and softly say to her, 'My darling, I have come home to throw down the burden I took away with me this morning. It is greater than I can bear.' Suppose you were to do this, would your wife repulse you?"

"Repulse me?"

"Ah, my boy, you echo my words with an amazement which shows that you understand me. Now, I have you the courage to try the experiment? I dare you to be so much of a man. Or, do you fear to let your dear wife know how much you love her? Do you fear she would reject and esteem you less for the deed? Tell me—do you think the cloud of unhappiness might thus be banished? Oh, Clarence, if you would but try it!"

Sarah Spencer had finished her work in the kitchen and in the bed-chamber, and had sat down with her work in her lap. But she could not ply her needle. Her heart was heavy and sad, and tears were in her eyes.

Presently she heard the front door open, and a step in the passage. Certainly she knew that step! Yes, her husband entered. And a smile upon his face. She saw it through her gathering tears, and her heavy heart leaped up. He came and put his arms around her neck and kissed her; and he said to her in broken accents, "Darling, I have come home with me this morning. It is greater than I can bear."

And she, trying to speak, panted her head upon his bosom, and sobbed and wept like a child. Oh, could he forgive her! His coming with the blessed offering had thrown the burden of reproach back upon herself. She saw him noble and generous, and she worshipped him.

But Clarence would not allow her to take all the blame. He must share that.

"We will share it so evenly," said he, "that his weight shall be felt no more. And now, my darling, we will be happy."

"Always!"

Mr. Wardle had no need, when Clarence returned to the counting-house, to ask the result. He could read it in the young man's brimming eyes, and in his joy inspired face.

It was a year after this—and Clarence Spencer had become a partner in the house—that Mr. Wardle, by accident, referred to the events of that gloomy morning.

"Ah, said Clarence, with a swelling bosom, 'that was the most blessed lesson I ever received. My wife knows how I gave it to me.'"

"And it serves you well, my boy?"

"Aye; and it will serve us well while we live. We have none of those old burdens of anger to bear now. They cannot find lodgment with me. The flash and ray may come, as in olden days—for we are human, you know—but the heart, which has firmly resolved not to give an adding-place to the ill feeling, will not be called upon to entertain it. Sometimes we are foolish; but we laugh at our folly when we see it, and throw it off—we do not nurse it till it becomes a burden."

"DON'T GIVE UP, BUT TRY."

A gentleman travelling in the northern part of Ireland heard the voices of children and stopped to listen.

Finding the sound came from a small building used as a schoolhouse, he drew near; as the door was open, he went in and listened to the words the boys were spelling.

One little fellow stood apart, looking very sad.

"Why does that boy stand there?" asked the gentleman.

"Oh, he is good for nothing!" replied the teacher.

"There's nothing in him. I can make nothing of him. He is the most stupid boy in school."

The gentleman was surprised at this answer. He saw the teacher was so stern and rough that the younger and more timid were nearly crushed. After a few words to them, placing his hand on the noble brow of the little fellow who stood apart he said:

"One of these days you may be a fine scholar; don't give up; but try, my boy, try."

The boy's soul was roused. His sleeping mind awoke. A new purpose was formed. From that hour he became a fine scholar, and the author of a well-known commentary on the Bible; a great and good man, beloved and honored. It was Dr. Adam Clarke.

The secret of his success is worth knowing; "Don't give up; but try, my boy, try."

MISCHIEF-MAKERS.

O, could there in the world be found
Some little spot of happy ground
Where the village turrets tower,
How doubly blest that spot would be—
Where all might dwell in liberty,
Free from the bitter misery
Of gossip's endless prattling.

If such a spot were really found,
Dame Peace might call it all her own,
And in it she might fix her throne
Forever and forever.

There's a queen might reign and live,
While every one would soon forgive
The little slights they might receive,
And be offended never.

"This mischief-maker that remove
Far from our hearts that warmth of love
And lead us to disapprove
What gives another pleasure,
They seem to take one's heart—but when
They've heard our cries, unkindly then
They soon recall them out again,
Mix'd with some poisonous measures.

Of then they've such a cunning way
Of telling ill-meant tales; they say,
"Don't mention it, I pray;
I would not tell another."

Straight to your neighbors then they go,
Narrating every thing they know,
And break the peace of high and low,
Wife, husband, friend, and brother.

O, that the mischief-making crew
Were all reduced to one or two,
And they were painted red or blue,
That every one might know them!

Then would our villagers forget
To rage and quarrel, fume and fret,
And fall into an angry pet,
With things so much below them.

For 'tis a sad, degrading part
To make another's bosom smart,
And plant a dagger in his heart.
We ought to love and cherish.

In quietness with all around,
While friends bring joy, and peace abound,
And angry feelings perish.

EATING WHEN EXHAUSTED.—When the strength or nerve power is already worn out, or used up, the digestion of food only makes a fresh demand upon it, and he is unable to meet the demand. The food is only a burden upon it, producing mischief. Our bodies have been compared to steam engines, the food being the fuel, and the steam produced the nerve power. The analogy holds good to a certain extent. If when the steam is low, because the fire is low, you pile on fast a quantity of coal, you put out your fire, and if you have depended upon steam power to fan your fire, that is also extinguished.

Beyond this the comparison fails. You may clean out your furnaces and begin again, but in the body the consequences of this overloading are dangerous and sometimes fatal. No cause of cholera is more common than eating freely when exhausted.

The rule should be to rest for a time, and take some simple refreshment, a cup of or part of a cup of tea, a little broth, or even a piece of bread, anything simple and in small quantity, just to stimulate the stomach slightly, and begin to restore its power. After rest, a moderate quantity will be refreshing.

Never eat a full meal when you are exhausted. Take first a small quantity of anything simple which may be handy and rest. Then after a time proper food will be a blessing, not a burden. The rest will burn, the steam will be up, and you can go on your way safely.

It is not amiss in this connection to say, that children would avoid many a feverish night, and many an attack of disease, if mothers would adopt this rule.—*Observer.*

Eggs or Meat.—Would it not be wise to substitute more eggs for meat in our daily diet? About one-third of the weight of an egg is solid nutriment. This is more than can be said of meat. There are no bones and tough pieces that have to be laid aside. A good egg is made up of ten parts shell, six parts white, and thirty parts yolk. The white of an egg contains eighty per cent. The average weight of an egg is about two ounces. Practically an egg is animal food, and yet there is no disagreeable taste, and no indigestion necessary to obtain it. The vegetarians of England use eggs freely, and many of these men are eighty and ninety years old, and have been remarkably free from illness. A good egg is alive. The shell is porous, and the oxygen of air goes through the shell and keeps up a kind of respiration. An egg soon becomes stale in bad air, or in dry air charged with carbonic acid. Eggs may be dried and made to retain their goodness for a long time, or the shell may be varnished, which excludes the air, when, if kept in moderate temperature, they may be kept for months. The French people produce more eggs than any other, and ship millions of them to England annually. Fresh eggs are more transparent at the centre, old ones on the top. Very old ones are not transparent in either place. In water in which one-tenth of salt has been dissolved, good eggs sink and indifferent ones swim. Bad eggs float in pure water. The best eggs are laid by young, healthy hens. If they are properly fed, the eggs are better than if they are allowed to starve. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest. An egg if cooked very hard is difficult of digestion, except by those with stout stomachs; such eggs should be eaten with bread and masticated very finely. An excellent sandwich can be made with eggs and brown bread. An egg spread on toast is fit for a king, if kings deserve any better food than anybody else. Eggs are best when cooked four minutes. This takes away the animal taste that is offensive to some, but does not so harden the white or yolk to make them hard to digest