## What Shall we Eat?

The Canadian Baker and Confectioner, condensing a phamphlet issued under the auspices of the United States Department of Agriculture, prepared by W. O. Atwater, Ph. D., professor of chemistry in Wesleyan University, on the native value of food products, says:

"A quart of milk, three-quarters of a pound of moderately fat beef—sirloin for instance—and five ounces of wheat flour all contain about the same amount of nutritive material; but we pay different prices for them, and they have different values for nutriment. The milk comes nearest to being a perfect food. It contains all the differen kinds of nutritive materials that the body needs. Bread made from the wheat flour will support life. It contains all the necessary ingredients for nourishment, but not in the proportions best adapted for ordinary use. A man might live on beef alone, but it would be a very one-sided and imperfect diet. But meat and bread together make the essentials of a healthful diet. Such are the facts of experience. The advancing science of later years explains them. This explanation takes into account, not simple quantities of meat and bread and milk and other materials which we eat, but also the nutritive ingredients or 'nutrients' which they contain."

The chief uses of food are two: To form the material of the body and repair its wastes; to yield heat to keep the body warm and to provide muscular and other power for the work it has to do. Dr. Atwater has prepared two tables showing, first, the composition of food materials the most important of which are the nutritive ingredients and their fuel value; second, the pecuniary economy of food, in which the amount of nutrients is stated in pounds. In the first table we find that butter has the greatest fuel value, fat pork coming second, and the balance of the foods mentioned being valuefi as fuel in the following order: Cheese, oatmeal, sugar, rice, beans, cornmeal, wheat flour, wheat bread, leg of mutton and beef sirloin, round of beef, mackerel, salmon. Codfish, oysters, cow's milk, and potatoes stand very low as fuel foods.

From the second table we learn that the greatest nutritive value in any kind of food of a specified value (Dr. Atwater takes 25 cents worth of every kind of food considered) is found in cornmeal. In 10 pounds of cornmeal there are a trifle more than 8 pounds of actual nutriment. In 8½ pounds of wheat flour there are over 6¾ pounds of nutriment; in 5 pounds of white sugar there are 4½ pounds of nutriment; in 5 pounds of beans there are 4 pounds of nutriment; in 20 pounds of potatoes there are 3¾ pounds of nutriment; in 25 cents' worth of fat salt pork there are 3½ pounds of nutriment; in the same value of wheat bread there are 2½ pounds; in the neck of beef, 1¾ pounds; in skim milk cheese, a trifle more than 1½ pounds; in butter 1½ pounds; and in smoked ham and leg of mutton about the same; in milk a trifle over 1 pound; in mackerel, about 1 pound; in round of beef, ¾ of a pound, in salt codfish and beef sirloin, about ½ a pound; in eggs at 25 cents a dozen, about 7 ounces; in fresh codfish, about 6 ounces, and in oysters at 35 cents a quart about 3 ounces.

### Why we Like Dogs.

And why do people keep such lots of dogs themselves and go in such numbers to see other people's dogs? queries Popular Science News, and then proceeds to answer. Because the dog is at once the sincerest flatterer and the most successful cheerer that the human race ever had. A good dog always gives us the feeling that we men and women are a sort of gods. No other animal does anything of the kind. The cat treats us as an inferior, and the horse will treat us as a dear friend, not a divinity. The dog, moreover, imparts something of his peculiar gayety to us in a way that is irresistible. He mingles his suggestion of gayety with his flattery; for he not only leaves his dinner untasted to walk with us but the mere fact that we are apparently giving ourselves the pleasure of a walk raises him into such a delirium of delight that the sight of it puts all our dumps and blues to such reproach that we shake them off in very shame. And when we don't walk, but sit moodily at home, the dog curls up lovingly at our feet, and looks up now and then into our eyes, and "glides into our darker musings with a mild and healing sympathy." Yes; there is solid reason for the fondness of men for dogs, and it will never come to an end until either men or dogs become very different beings from what they are now.

Broiler-raising will pay if it is made an adjunct of egg-production. It might also do by itself if conducted by one having experience, but it is a good business for the amateur to keep out of or to attempt only on a very limited scale. Eternal vigilance is the price of success, and sometimes the payment is made in vain.

## Halted by a Mountain Lion.

From the New York Sun.

We were driving from Oakland over the ridge that divides Alameda and Centra Costa counties, three girls bound for a country dance at Moraga valley, a little settlement on the Centra Costa side. It was late in January, and the night was pitch dark, but as the young rancher who drove knew every inch of the way we were not afraid.

We had made the ascent of the mountain and were driving down at a good pace when suddenly the horse stopped, reared and then swerved to one side, overturning the rockaway and landing us all in the mud on the side of the road. No one was hurt, and as we picked ourselves up, wondering in a dazed way what the trouble was about, somesthing leaped out of the bushes, over the backs of the prostrate horses and lit in the bush on the lower side of the road. There was a fearful roar, and then we saw two great, green eyes glaring out of the darkness.

The driver had succeeded in pulling the frightened horses to their feet and righting the wagon. He ordered us to get into the seats, and handing the lines to the girl on the front seat he told her to hang on for dear life.

"It is a lion, and he'll jump in another minute," said the man.

Then, as we sat speechless from fright, the rancher drew his revolver. There wasa scream unlike and more dreadful than anything I had ever heard. Then the great beast rolled a few feet in the brush and was still.

After the horses were quieted and we had regained our composure sufficiently we jumped out of the rockaway, and with the aid of matches, examined our game. It was a splendid young California mountain lion, measuring about four feet in length. We three girls were all very brave when we found the beast was really dead, so we helped the driver to lift the carcass into the back of the wagon and then continued our trip, creating a great sensation among the young rustics at the dance when we told of our adventure. To be sure, we gave the driver credit for the actual killing, but weren't we there when it happened, and didn't we keep quiet, instead of screaming as lots of girls would have done?

### Whittier and the Ox.

When Whittier was a child his father had a pair of oxen named "Buck" and "Old Butler." They were treated almost as family pets, and as they lay on the hillside, chewing their cuds, the two boys, Greenleaf and Matthew, used them as armchairs, sitting upon their foreheads and leaning against their horns.

Old Butler once saved the future poet's life in a way that entitles him to everlasting remembrance. The story is told in Mr. Pickard's biography. The boy went to the pasture with a bag of salt for the cattle. Old Butler, from the hilltop, saw him coming and scurried down to meet him. It happened that the slope was pretty steep, and the heavy ox acquired such momentum that he found himself unable to stop.

A moment more and the boy would have been crushed. But the ox pulled himself together, leaped straight in the air, cleared the boy's head, and came to the ground far below with tremendous force, but happily without harm.

In after life Whittier told another story of Old Butler. Quaker meetings were sometimes held in the large Whittier kitchen. On one such occasion, in summer, Old Butler put his head in at the open window, as if curious to see what could be going on. A sweet-voiced woman happened to be speaking, and the ox to all aprearance paid strict attention. At all events he stood motionless and silent till she sat down.

Then one of the brethren arose. His loud voice had hardly begun to be heard, however, before the ox withrew his head, lifted his tail in the air, and went off bellowing. The children, and perhaps some of the grown people, were greatly amused by this bit of bovine criticism.

The younger a pig the less meal it will take to put on a pound of pork. It is well to supplement the pasture with an abundant ration of chopped grain, that they may be kept growing as fast as possible. All grain fed them should be chopped or ground. If possible, in the pasture give them shade and running water.

In the early fall is the best time to apply manure to fruit trees, that it may get the benefit of the fall rains, which wash its soluble parts into the soil. This starts an early growth in the spring. It is not best that the most luxuriant growth be made while the fruit is maturing.

The proper season for turkey is the late fall and winter. In spring and summer the meat is no longer juicy nor of good flavor; though sometimes served at that time, they are much inferior to the winter bird for a roast. Have your's fattened at the right time.

## Looking for Trouble.

It is only necessary to become deeply interested in coincidences to discover them on all sides; resolve to record all that come to hand, and they seem to multiply until you can regard yourself as providentially favored in this direction. If your calling develops a taste for matters of this kind; for example, if you are a writer, with a keen sense for the literary possibiliiies and dramatic effects of such coincidences is it strange that you should meet with more of them than your prosaic neighbor, to whom they would be trivail and dull? If you cultivate the habit of having presentiments, and of regarding them as insignificant, it is strange that they should become more and more frequent, and that among the many some should be vaguely suggestive, or even directly corroborative, of actual occurrences? I know of persons who detected the gradual growth of such habits in themselves, and wisely decided to check the tendency before it became pernicious; they began to neglect them or act in the teeth of them, and I am unable to discover that they have fared any worse than those who religiously honor and obey these promonitions.

### A New Jersey Pheasantry.

Just about thirty miles from New York, near the station of Rahway, N. J., is a pheasantry. There are a few small pheasant dealers in the United States, who supply birds and eggs for hatching in limited quantities, but there is nothing on so complete a scale outside of England or France as this pheasant-breeding establishment.

It occupies about fifty acres of the pleasantly undulating country of the model farm of Theodore A. Havemyer. The breeding of pheasants in America is not an evidence of Anglomania. The naturally abundant game supply is gradually decreasing, owing to improved shotguns and the additional number of shooters; consequently means must be devised for keeping up the opportunities for sport. The pheasant is the king of birds for this purpose, as American game birds under present conditions promise, like other indigenous creatures, notably the buffalo, soon to be extinct.

### The Story Told of Mannis Heatherton.

New Orleans Picayune.

Mannis Heatherton, a 90 year old citizen of Greenup, Ky., was once carried off by a panther and was little the worse for it. His father lived on Grassy creek 86 years ago. One evening, while he was absent on a hunt, a huge panther bounded into the yard, and, catching Mannis, then 4 years old, in its teeth, disappeared in the forest. Mr. Heatherton came home an hour later, his wife, who had just recovered from the faint into which she had fallen when the beast seized her child, told him what had happened, and, following the brute, he found it lying asleep on a sunny hillside with the babe under its paw and shot it dead, rescuing his son' who was but slightly injured.

### The Depth of the Sea.

Small boys often ask their parents, "How deep is the sea?" The answer depends entirely upon the sea. The following table, compiled by one who has investigated, may help one to the solution of one of the small boy's problems; Average depth in yards—Pacific, 4,252; Atlantic, 4,026; Indian, 3,658; Antarctic, 3,000; Arctic, 1,690; Mediterranean, 1,476; Irish, 240; English Channel 110; Adriatic, 45, and Baltic, 43.

Give the poultry house an application of hot whitewash before the winter sets in, so as to finish any vermin that may remain and also to make the interior of the house light. The whitewash on the walls and that which may be spilled on the floor will serve to purify the premises and keep disease away. It would not be out of place to apply whitewash as often as once a month, and also to scatter air-slacked lime freely, for if this is done roup may be prevented better than by any other method that can be used.

Do not feed your hens too much, if they are confined without exercise, if you do not want them to get broody. Even the non-sitting breeds will become broody if overfed and under-exercised.


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| LEAVE | 1. A.M. * | 11. A.M. † | 15. A.M. † | 23. P.M. † | 29. P.M. † | 53. A.M. ‡ | 55 P.M. ‡ |
|---|---|---|---|---|---|---|---|
| New York | | | | | | | |
| Philadelphia | | | | | | | |
| Washington | | | | | | | |
| Baltimore | 4.20 | 8.1. | 10.17 | 4.08 | 6.05 | 9.3. | 2.35 |
| Arlington | | 8.5. | 10.29 | 4.31 | 6.35 | 9.0. | 2.9 |
| Mt. Hope | | 8.29 | 10.46 | 4.34 | 6.38 | 9.5. | 3.03 |
| Pikesville | | 8.46 | 10.49 | 4.44 | 6.46 | 10.05 | 3.16 |
| Owings Mills | | 8.57 | 11.02 | 4.54 | 7.00 | 10.18 | 3.21 |
| Glyndon | 5.11 | 9.10 | 11.14 | 5.07 | 7.14 | 10.30 | 3.34 |
| Emory Grove | | 9.11 | 11.17 | | 7.15 | 10.39 | 3.38 |
| Finksburg | | 9.20 | 11.26 | 5.16 | 7.25 | 10.43 | 3.47 |
| Carrollton | | 9.27 | 11.38 | 5.28 | 7.39 | 10.58 | 4.00 |
| Westminster | 5.40 | 9.52 | 11.53 | 5.42 | 7.58 | 11.19 | 4.16 |
| Avondale | | 9.59 | 12.00 | 5.48 | 8.06 | 11.26 | 4.26 |
| New Windsor | 5.53 | 10.10 | 12.11 | 6.00 | 8.18 | 11.38 | 4.38 |
| Linwood | | 10.15 | 12.16 | 6.05 | 8.25 | 11.46 | 4.46 |
| Union Bridge | 6.00 | 10.30 | 12.21 | 6.11 | 8.30 | 11.45 | 4.50 |
| Middleburg | | 10.27 | P.M. | 6.18 | P.M. | A.M. | P.M. |
| Bruceville | 6.07 | 10.39 | | 6.32 | | | |
| D. P. Creek | | 10.33 | | 6.26 | | | |
| Rocky Ridge | | 10.40 | | 6.34 | | | |
| Thurmont | 6.25 | 10.53 | | 6.46 | | | |
| Edgemont | 7.04 | 11.45 | | 7.34 | | | |
| Waynesboro | †7.57 | 12.02 | | 7.51 | | | |
| Chambersb'g | †8.08 | 12.29 | | 8.30 | | | |
| Shippensburg | 18.35 | 1.06 | | 8.58 | | | |
| Hagerstown | 7.30 | 12.15 | | 8.00 | | | |
| Williamsport | | A.M. | P.M. | | P.M. | | |

TRAINS EAST.

| LEAVE | 22. P.M. * | 4. A.M. † | 8. A.M. † | 12. P.M. † | 18. P.M. † | 52. A.M. ‡ | 54. P.M. ‡ |
|---|---|---|---|---|---|---|---|
| Williamsport | | | | | | | |
| Hagerstown | 4.2? | | 7.02 | | 2.00 | | |
| Shippensburg | | | 6.00 | | 1.09 | | |
| Chamb'rsburg | | | 6.31 | | 1.19 | | |
| Waynesboro | | | 7.00 | | 2.13 | | |
| Edgemont | 4.41 | | 7.56 | | 2.55 | | |
| Thurmont | 5.16 | | 8.18 | | 3.20 | | |
| Rocky Ridge | | | 8.30 | | 3.31 | | |
| D. P. Creek | | | 8.32 | | 3.35 | | |
| Bruceville | 5.38 | | 8.37 | | 3.44 | 6.37 | |
| Middleburg | | | 8.39 | | 3.46 | 6.37 | |
| Union Bridge | 5.47 | 6.05 | 8.48 | 12.47 | 3.55 | 6.46 | 4.05 |
| Linwood | | 6.11 | 8.49 | 12.51 | 3.59 | 6.52 | 4.09 |
| New Windsor | 5.51 | 6.20 | 8.54 | 12.57 | 4.05 | 6.59 | 4.15 |
| Avondale | | 6.25 | | 1.07 | 4.16 | 7.13 | 4.16 |
| Westminster | 6.04 | 6.47 | 9.11 | 1.14 | 4.23 | 7.27 | 4.33 |
| Carrollton | | 7.05 | 9.32 | 1.29 | 4.39 | 7.46 | 4.49 |
| Finksburg | | 7.0 | 9.35 | 1.40 | 4.51 | 7.55 | 5.13 |
| Emory Grove | | 7.39 | | 1.49 | 5.00 | 8.05 | 5.15 |
| Glyndon | 6.25 | 7.46 | 9.43 | 1.59 | 5.01 | 8.10 | 5.16 |
| Owings Mills | 6.41 | 7.59 | 9.59 | 2.03 | 5.13 | 8.27 | 5.29 |
| Pikesville | 6.47 | 8.0 | 10.0 | 2.11 | 5.23 | 8.35 | 5.40 |
| M't Hope | | 8.16 | 10.05 | 2.18 | 5.25 | 8.41 | 5.38 |
| Arlington | | 8.14 | 10.08 | 2.21 | 5.33 | 8.45 | 5.51 |
| Baltimore | 7.17 | 8.0 | 10.37 | 2.42 | 5 54 | 9.10 | 6.?5 |
| Washington | | | | | | | |
| Philadelphia | | | | | | | |
| New York | | P.M. | A.M. | A.M. | P.M. | P.M | A.M |

*Daily. †Daily, except Sunday. ‡Sunday.

EMMITSBURG R. R. (Daily except Sunday.)—Trains for Emmitsburg at 7.50 and 10.50 A. M. and 3.55 and 4.50 P. M., arriving at Rocky Ridge, 8.20, and 10.30, A. M. and 3.25 and 5.21 P. M. Trains west will leave Rocky Ridge at 8.26, and 10.40 A. M. and 3.31 and 6.34 P. M., arriving Emmitsburg 8.56 and 11.10 A. M. and 4.01 and 7.04 P. M.

FREDERICK DIVISION PENNSYLVANIA R. R. (Daily except Sunday.)—Trains for Frederick leave Brucevilie at 9.40 A. M. and 6.00 P. M. Trains for Taneytown, Littlestown and York leave Bruceville 7.44 A. M., and 3.45 P. M.

Through trains for Hanover and Gettysburg at points on Baltimore and Harrisburg Division leave Baltimore, daily, except Sunday, at 7.22 A. M. and 3.32 P. M. Through cars for Gettysburg and intermediate points leave Baltimore also daily except Sunday at 10.17 A. M.

J. M. HOOD, General Manager
B. H. GRISWOLD Gen'l Passenger Agt.

# SOMETHING NEW.

THE BURROWS & JAMISON

**Circulating Coffee and Tea Pot,**

patented May 14th, 1895. Fine Coffee and Tea produced from its use, free from grounds and sediments, retaining all the aroma, and saves coffee.

H. B. GRAMMER, having purchased the exclusive right for the sale and manufacture of the said Coffee and Tea Pot, in Carroll county, respectfully announces to his friends and the public, that he is now prepared to take orders for the same at his store,

No. 145 E. MAIN ST., WESTMINSTER, MD.

The pot must be seen and tried to be fully appreciated. Agents wanted to canvass. County districts for sale.

TESTIMONIALS.

Office of Sharrer Bros., Clothiers and Merchant Tailors, Westminster, Md., Aug. 8th, 1895.

H. B. Grammer, Esq.—Dear Sir:—I am very much pleased with the Coffee Pot I purchased of you. You can make much better Coffee and much quicker than by the old method. Would advise any one who is fond of good Coffee to purchase one. Yours,
J. C. SHARRER.

Lutheran Parsonage, Westminster, Md. Aug. 6th, 1895.—H. B. Grammer.—Dear Sir:—We have purchased and have in use one of your patent Coffee and Tea Pots, and are delighted with it. With it Coffee or Tea can be quickly made, free from all sediment, and all the aroma is retained. It is worth many times the price. Very truly yours,
P. H. MILLER.

## Look to Your Interest, People.

**Big Slaughter in Wall Paper.**

MY PRICES RANGE FROM 12c. TO 30c. PUT ON WALL. GILT 20c. TO 25c. ALL PAPER 8 YARDS LONG

These are not living prices. You may say how do I live. I have no rent to run a store and fuel, &c., and do all of my own work. I don't pay any hands one year to do three months' work in season. This is a chance to get papering done cheap. Take advantage while you have a chance. I will do as before.

**Guarantee All Work**

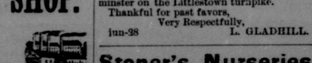
done by me. I can give the best references in the county.

There has been a great deal said about me being a scab workman, but it was only said by those who can't compete with me in price and workmanship and who are afraid of me—never by a party that I did work for. Write for sample and price, or I will come to see you in person and tell you what your job will cost. I can be found 300 yards from the limit of Westminster on the Littlestown turnpike.

Thankful for past favors,
Very Respectfully,
jun-28 L. GLADHILL.

## Stoner's Nurseries,

WESTMINSTER, MD.



ATTENTION FARMERS AND FRUIT GROWERS.

I have a fine assortment of Apple, Peach, Plum, Apricot, Pear and Cherry Trees, Blackberries, Raspberries, Japan Wineberries, Lucretia Dewberries, Juneberries, Asparagus, Currants, Gooseberries, H. P. Roses and Climbing Roses, and all kinds of Ornamental Trees, all in thrifty condition.

You can save a large per cent. by buying Home Grown Stock, getting it Healthier and Cheaper than by buying stock raised and sold by foreign agents.

My trees will be ready for delivery October 20, 1895.

Thanking my customers for their past patronage and hoping to have their future trade.
I am, Respectfully,
E. STONER.
Office 168 West Main street,
se-15-1y. Westminster, Md.

## Reifsnider & Reifsnider,

Attorneys-at-Law,

and Solicitors in Chancery,

232 East Main St., Westminster Md.

We have this day formed a co-partnership for the practice of Law, under the firm name of Reifsnider & Reifsnider. All legal business will receive prompt attention.

CHAS. T. REIFSNIDER,
CHAS. T. REIFSNIDER, Jr.
June 21, 1894.

HORSE BILLS. We have a number of Fine Horse Cuts and print bills cheap



## Harper's Magazine IN 1896.

BRISEIS, a new novel by William Black, written with all the author's well known charm of manner, will begin in the December Number, 1895, and continue until May. A new novel by George du Maurier, entitled The Martian, will also begin during the year. It is not too much to say that no novel has ever been awaited with such great expectation as the successor of Trilby. The Personal Recollections of Joan of Arc will continue and will relate the story of the failure and martyrdom of the Maid of Orleans. Other important fiction of the year will be a novelette by Mark Twain, under the title, Tom Sawyer, Detective; a humorous three-part tale called Two Mormons from Muddicty, by Langdon Elwyn Mitchell; and short stories by Octave Thanet, Richard Harding Davis, Mary E. Wilkins, Julian Ralph, Brander Matthews, Owen Wister, and other well-known writers.

Prof. Woodrow Wilson will contribute six papers on George Washington and his times, with illustrations by Howard Pyle. Poultney Bigelow's history of The German Struggle for Liberty, illustrated by R. Caton Woodville, will be continued through the winter. Two papers on St. Clair's defeat and Mad Anthony Wayne's victory, by Theodore Roosevelt, with graphic illustrations will be printed during the year.

A noteworthy feature of the Magazine during 1896 will be a series of articles by Caspar W. Whitney, describing his trip of 2000 miles on snow-shoes and with dog-sledge trains into the unexplored Barren Grounds of British North America in pursuit of wood-bison and musk-oxen. Mr. Whitney's notes will have the added interest of being illustrated from photographs taken by himself.

The Volumes of the Magazine begin with the Numbers for June and December of each year. When no time is mentioned, subscriptions will begin with the Number current at the time of receipt of order.

Remittances should be made by Post-office Money Order or Draft, to avoid chance of loss.

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## Harper's Bazar IN 1896.

The twenty-ninth year of HARPER'S BAZAR, beginning in January, 1896, finds it maintaining its deserved reputation both as a Fashion Journal and a weekly periodical for home reading.

Every week the Bazar presents beautiful toilettes for various occasions, Sandoz, Baude, and Chapuis illustrate and engrave the newest designs from the finest models in Paris and Berlin. New York Fashions epitomizes current styles in New York. A fortnightly pattern-sheet supplement with diagrams and directions enables women to cut and make their own gowns, and is of great value to the professional modiste as well as to the amateur dressmaker. Children's Clothing receives constant attention. Fashions for Men are described in full detail by a man-about-town. Our Paris Letter, by Katharine de Forest, is a sprightly weekly recital of fashion, gossip, and social doings in Paris, given by a clever woman in an entertaining way.

Both the serials for 1896 are the work of American women. Mrs. Gerald, by Maria Louise Pool, is a striking story of New England life. Mary E. Wilkins, in Jerome, a Poor Man, discusses the always interesting problems of the relations between labor and capital. Short stories will be written by the best authors.

Special Departments. Music, The Outdoor Woman, Personals, What We Are Doing, Women and Men, Home and Health, and Fashion Notes of immediate interest.

Answers to Correspondents. Questions receive the personal attention of the editor, and are answered at the earliest practicable date after their receipt.

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