About What to Eat.

If asked what I would place of highest importance in family diet I would answer without hesitation abundance of fruit. The apple is far more invaluable than we have yet estimated. It should be eaten before meals, and not after. Not a member of my family, myself included, but eats one, two or more before breakfast so long as they are obtainable, and as many before dinner--about half an hour before the meal. As soon as the fruit is begun we stop all study or work, and spend the half hour in sport or walking or conversation.

After meals we rest in the same manner for one hour. No child is allowed to study during this time. Nothing is lost, for the head is thus kept out of conflict with the stomach. Cereals, next to fruit, are of prime importance. I recommend highly such preparations as parched farinose--any food where the cooking is done before the grinding. Gofia and granules are of this sort. As for meat, it must be at each one's option. to be sure, but let us be sparing in our carnivorous tastes.—St. Louis Globe-Democrat.

Fraudulent Jewels.

Since solutions of aniline dyes possess the property of imparting to genuine jewels as well as glass paste a deep, rich color if left long enough immersed in them, and since they possess also the property of imparting precisely the characteristic color of a genuine jewel, the swindler has it not only in his power to dye cut glass paste, but also inferior cut gems, of the color of a ruby, an emerald or a sapphire, since fuchsine is the handsomest ruby red shade, while bleu de Paris imitates absolutely that of the sapphire, and aniline green that of the emerald.

Such a fraud, however, can be made still more complicated by using genuine off colored rubies, sapphires or emeralds and dyeing them with the correspondingly aniline dyes, thereby raising their value tenfold. It is exceedingly difficult to recognize this fraud, because the color of such a well corroded jewel can no longer be washed off, even with hot water. Only the bleaching power of sunlight might after a time assist in revealing the swindle.—Jewelers' Circular.

Poor Little "E'frum."

"E'frum!" cried Dinah.

"Yas, um," replied the little darky.

"Is you bin over to Cap'n Joneses' wat'mel'n patch, an bin an gone an hooked er nice big ripe wat'mel'n an hid it in the woo'shed? Ans' me, child. Ans' me jess ez quick ez yo' kin."

"No, 'm. Fo' de Lawd, I ain't."

And little Ephraim never knew why he got licked so much harder than usual that night, until he had grown a little older and understood these race questions better.—Harper's Bazar.

Subscribe for the UNION $1.00.

Journalism Under Difficulties.

An opposition editor's life in Alaska is apparently not a happy one, and the latest journals from that region make us wonder what sort of a government they have out there anyway. A late issue of the Juneau City Mining Record flatly acknowledged the truth of a contemporary's taunt that it did not dare to publish certain things, and explains thus:

This to a certain extent is true, for the simple reason that for publishing certain facts threats have been made by a government officer of throwing our newspaper outfit into the bay. Such proceedings are not pleasant to contemplate when all we have in the world is invested in the outfit. Then, again, when we publish anything which does not settle well on the stomachs of some officials we are arrested for libel and dragged 180 miles from our home and business at great expense, and placed under bonds to await the action of a grand jury to exonerate us. If we had sufficient means to employ counsel and pay our fare to Sitka every month or six weeks many facts would be published which through our poverty we cannot afford to publish.

Glycerin Instead of Sugar.

As an instance of the value of glycerin given internally I may mention the employment of glycerin by diabetic patients to render more palatable different articles of diet ordinarily flavored with sugar, which they of course are interdicted from taking. This may appear a matter of little moment, but it really is not so. The necessary omission of all saccharine substances from the diet of persons suffering from diabetes makes it important to endeavor to relieve them from the feeling of monotony and dislike for food engendered by the rigid exclusion of all articles containing sugar.—Hygiene.

The Mud Hen.

I recently made acquaintance with the mud hen, of the grebe family. I had met her before, but had never had opportunity to study her, and knowledge of her habits is exceedingly interesting. Here, under the trees on a little laguna's bank, I have watched for hours as she has been swimming, diving, splashing, darting, fluttering and spattering foam from her lifted wings and huddling her young up on the bank to eat grass in the sun. She has no beauty, but those tiny canary colored mud chickens, tipped with soft down, are rather pretty.—San Diego Cor. Christian Union.

Everyday Life.

Mrs. D'Avnoo (at front window)—Officer!

Policeman — Yes, ma'am. What's wrong, ma'am?

Mrs. D'Avnoo—Nothing's wrong; but I wish you'd step into the kitchen and tell the cook not to burn the meat, as she did last night. I'm afraid to.—New York Weekly.

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leave alternately daily, except Saturday, the landings named, as follows:

	P. M.		P. M.
Denton	1.30	Oyster Shell Pt	4.30
Lyford's	1.50	Cambridge,	6.00
Potter's,	2.00	Oxford	7.00
Two Johns,	2.10	Double Mills,	7.30
Willis'	2.30	Easton,	9.00
Dover Bridge,	3.00	Oxford,	10.00
Hog Island	3.30	Corner's,	10.30
Medford's,	3.45		

Arriving in Baltimore, 4 o'clock following morning.

From Baltimore.

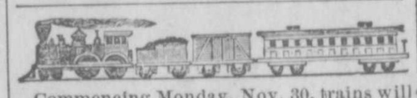
Will leave Pier 4, Light street, at 9 p. m., daily, except Sunday, arriving at,

	A.M.		A. M.
Corner's,	1.30	Medford's,	9.15
Double Mills,	4.15	Hog Island	9.30
Easton,	5.00	Dover Bridge,	10.00
(Leave Easton,	5.30	Willis'	10.30
Oxford,	6.30	Two Johns,	10.45
Cambridge,	7.30	Pottter's	10,55
(Leave Camb'dg,	8.00	Lyford's	11.05
Oyster Shell Pt.,	8.30	Denton,	11.30

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GOING SOUTH		STATIONS.	GOING NORTH	
201 Mail.	281 Pass		280 Mail.	274 Pass
A. M.	P. M.		A. M.	P. M.
9 42	5 55	.....Clayton.....	8 30	5 37
9 54	6 04	..... Kenton	8 21	5 27
10 05	6 14	.....Hartley	8 10	5 16
10 08	6 16	....Slaughters....	8 08	5 13
10 19	6 23	.....Marydel.....	8 01	5 03
10 27	6 30	... Henderson....	7 54	4 54
10 35	6 37	.Goldsborough.	7 48	4 46
10 48	6 47	Greensborough.	7 39	4 35
11 00	6 56	.....Ridgely.....	7 29	4 23
11 12	7 05	..Queen Anne..	7 20	4 13
11 24	7 13	.....Cordova.....	7 11	4 02
11 34	7 20	..... Chapel	7 05	3 55
11 59	7 32	..... Easton	6 55	3 44
12 10	7 45	.....Trappe	6 39	3 20
12 20	7 55	.....Oxford	6 30	3 10
P. M.	P. M.		A. M.	P. M.

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