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Humane

The village constable was exceedingly kind; but even the kindest men become stern some tmes, and one day it came to pass that he had to lock up three tramps.

An hour or two later the local J. P. met him hurrying down the street and said:

"Where are you hurrying, constable?"

"Oh," explained the kindhearted one, "those three tramps I've locked up want to play whist, so I've come out to look for a fourth."—London Answers.

Proficiency

A city business man was very keen on having proficient clercks in his employ. Before a clerk could enter his office he was required to pass a written examination on his knowledge of business.

At one examination one of the questions was: "Who formed the first company?"

A certain bright youth was a little puzzled at this, but was not to be floored. He wrote:

"Noah successfully floated a company while the rest of the world was in liquidation."

The Lazy Dog

Mr. Green was wandering down a country road, when he saw a man watching a dog. The dog was sitting beside a hedge, crying piteously.

Mr. Green was tender hearted and asked what was the matter.

"Oh, he's just lazy," said the man.

"Lazy," said Mr. Green. "But laziness surely wouldn't make him cry like that."

"Well, it does," said the man, "because that dog is sitting on a thistle and is to darned lazy to move.."—Farm life.

On Father's Trail

With a sentimental leaning toward the days of his own youth, a certain business man sent his son to the college where he himself had been educated.

On arriving at the place of much knowledge the young man began to make a few inquiries. "I should like to see my father's record," said he to the head of the college." "He was here in 1890."

"I shall be very glad to show you the record," was the reply. "But have you any special reason for consulting it?"

"Well," replied the youth frankly, "when I left home dad told me not to disgrace his record, and I only want to see how far I can go."—New Haven Register.

His System

He was the most down-and-out looking specimen of a tramp that had ever applied, at the back door of the little country farmhouse.

The farmer's wife viewed him with disgust.

"My goodness," she cried. "I don't believe you have washed yourself for a year."

"Just about that," agreed the tramp, not in the least abashed. "You see I only washes afore I eats."—Farm Life.

Jeff Doakes was known far and wide for his economical habits, and gloried in them.

"I'll bet, Jeff," remarked an acquaintance, "that you didn't even spend money to buy your wife a birthday present this year."

"Well, yes," admitted Doakes regretfully. "I weakened a little when her birthday came around. I went and spent $2 puttin' an ad in the paper that she takes in sewin'."—American Legion Weekly.

A British recruiting sergeant, with an eye to the business, approached a smart looking lad who was on a milk round in the neighborhood of Buckingham Palace.

"Well, my lad," he said, "and how would you like to serve the king?"

The lad had also an eye to business, and promptly replied:

"Fine, sir. How much does he take a day?"—Lynchburg Progress.

Messages to Seekers of Success

New Fashions in Foods

By KARINE HOLMES

We should be exceedingly glad that we are living in the age when it is not fashionable now to be an invalid. It is the life-giving buoyancy which attracts, and so it should be. Right in this connection let us talk for a minute (dear readers) on

Maintenance of Life and Energy

There are few subjects deserving more careful consideration than that of FOOD: its composition, preparation and effect upon the human system; together with the process of its conversion into complex animal tissue, as brain or muscle, blood or bone.

The homemaker of every home should be a student of food and tissue and therefore know what elements are demanded to build and repair the body: know by what means these substances are best supplied, how to prepare them that the body may best maintain its efficiency: so that when illness does overtake us we help restoration with the least possible demands upon the digestive and assimilative functions.

Nowhere in nature is work performed without a supply of energy, and also some wear and tear of the machinery. This is applicable to the human body as the locomotive or the engine in our automobiles. As these bits of machinery must have food, water and air so the living body derives its energy from the same basic elements.

Definition of Foods

These are substances which supply the necessary elements in the body for growth and repairing the waste tissue; also furnish material for heat and internal and external work.

Our sources of foods occur in mineral, plant and animal kingdoms. They occur in all physical forms of matter, gases, liquids and solids. Gases are mentioned because oxygen is a true food and metabolized to a certain degree, being always present in the blood and tissues in loose chemical combination. Plants store up the energy, it is transferred to animals which eat the plants, and eventually man gets it by eating the plant and animal foods. In the assimilation of foods we shall often speak of "burning our foods" which is literally true. There is a greater heat in the digestive apparatus than we can truly appreciate. That is, we burn up the foods more completely and more quickly than we can understand by any measuring apparatus yet to be invented. Now we can see why it is so much more valuable to the body to eat green foods, known now so commonly as vitamin-giving foods. Spinach, lettuce, eggs, milk, etc.

In keeping well, and in restoring health from the present nation-wide epidemic of Flu, nothing is more valuable than the above list.

Spinach

How do we cook Spinach? First get your spinach? Yet, that surely is the first prerequisite. Then we wash it very carefully and that is not an easy task; then cook it without any water. Enough will remain even if you drain it, or fresh steam and that is all that is necessary to cook spinach until it becomes that beautiful green-green. Stop cooking at once, time depends on how strong a fire is used; usually 5 to 8 minutes are sufficient. That color is your best test. Then using a chopping knife, mince it all very fine. Have ready from 2 to 4 hard boiled eggs, which you peal, and chop into the greens and with it use any good meat broth, chicken, beef, mutton or even broth from roast pork. None of these should be thickened like gravy, it makes the dish to pasty. Just use enough of this broth to moisten the greens and serve. The spinach will be so sweet, you will be inquired of, "how did you make it so sweet?"

Eggs

Those hard boiled eggs? Place them in kettle of cold water over a rather slow fire and after the boiling point has been reahed lessen the heat even more, but so the boiling will continue and allow this to stand not more nor less than 20 minutes. Remove from fire, run cold water over the eggs after they have been taken from the hot water, and you will find they will cool very soon and the shell will peal easily. Never cook an egg too quickly. I can not urge you too strongly upon this point. Why? Because you have in the egg the most delicate protein and fatty materials found in our everyday foods. That Albumin, so known, found in milk and and egg, is very finely constructed, and as the milk heated should never be allowed to boil in the using for cooking, save in the following one instance, so the eggs must be delicately and slowly cooked. If one is suffering from diarrhea, boiled milk is then a wonderful remedy.

Coddled Eggs. The nicest breakfast dish there is.

3 eggs broken into a bowl and beat very light, then add ¾ cup of milk, a little salt and pepper if desired. Have upper part of double boiler setting over the boiling water and having put into it a rounded teaspoonful of butter or other very nice fat, when it is melted place the egg mixture therein, cover the boiler. After a few minutes, when the bottom part of the mixture has started to settle or thicken, use tablespoon and carefully turn the bottom of the mass up, the thin will of course run to the bottom, then as soon as entire quantity has gently thickened, cover with lid and remove from the fire until you are ready to serve. This may be served on toast or crackers, or just put into a vegetable dish and served with a bit of parsley, finely chopped on top. It will be like a most delicately cooked omelet and is much easier to do, and is not quite so treacherous, as this, you can depend upon it, will come out just right each time.

As aid to your restoration from ravages of the disease flu, plenty of milk and eggs are your best foods. They contain the nutrient particles which will most quickly and easily supply repair for that tissue, and of door air at the same time: all will lend wonderful assistance.

A Second Recipe for Coddled Egg

This is truly what is best known as a soft boiled egg. Have a pint of boiling water, and put one egg into a bowl or some receptacle which you can cover closely, pour over it the boiling water, cover and remove to the table. By the time you have finished the fruit and cereal your egg will be delicately and delightfully soft boiled. The yolk will be somewhat cooked and the white will be jellied, which is the easiest form for the system to utilize it. A raw egg is most easily digested, and this coddled egg or delicately soft boil is the next most easily utilized.

Egg Souffle

2 tablespoonsful of butter
2 tablespoonsful of flour
1 cup of milk
1 cup of cream
4 eggs
1 teaspoonful of salt
few grains of pepper

Cream butter, add flour and pour on gradually milk and cream, cook in double boiler 5 minutes, then add the yolks of eggs beaten until thick and lemon colored. Remove from fire, add seasoning, fold in whites of eggs beaten until stiff and dry. Turn into buttered baking dish or buttered individual moulds, set in pan of hot water, and bake in a slow oven until firm. Take to table in baking dish or casserole in which it has been cooked. Egg Souffle may also be served with white sauce highly seasoned with celery salt, paprika and onion juice, if you wish to make a little variety.

GASOLINE CAR FOR SMYRNA BRANCH

Will Be Used To Replace Locomotive On Branch Line

In connection with the recent announcement of the Pennsylvania Railroad in regard to installation of gasoline propelled passenger cars, an official of the road stated that such a service will be established on the Smyrna branch line, connecting Smyrna with the main line of Delaware road at Clayton with the arrival of such a vehicle from the manufacturers, which is expected in a short time.

At the present time the company has a number of men at work on a building at Clayton, in which to house the car. The new car will be onthe same style as the ones used at present by the company in the steam service with the exception that it will probably not be as long as the present ones.

The official giving the information stated that there will bbe no interruption in service on the branch line and the present service will be continued until the new car arrives, at which time it will be placed in service without interrupting the regular schedule.

The new vehicle will be an innovation in transportation methods on the Delaware road. It is thought that if the service proves successful the company may eventually establish a gasoline service on other peninsula lines.

IMPROVED UNIFORM INTERNATIONAL

Sunday School Lesson

(By REV. P. B. FITZWATER, D. D., Teacher of English Bible in the Moody Bible Institute of Chicago.)

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LESSON FOR FEBRUARY 4

THE GRACE OF GRATITUDE

LESSON TEXT—Luke 17:11-19.

GOLDEN TEXT—Enter into His gates with thanksgiving, and into His courts with praise; be thankful unto him, and bless His name.—Psalm 100:4.

REFERENCE MATERIAL—I Chron. 29:10-6; Psalm 116:1-14; Matt. 18:21-35; Phil. 4:6-7.

PRIMARY TOPIC—A Man Who Was Thankful.

JUNIOR TOPIC — Remembering to Thank God.

INTERMEDIATE AND SENIOR TOPIC —The Grace of Gratitude.

YOUNG PEOPLE AND ADULT TOPIC —Cultivating the Habit of Gratitude.

Jesus is now on His way to Jerusalem where He will be offered up for the sins of the people. It was fitting that He should pass through the country of the Samaritans, for He was the Savior of all men. On this occasion He came in touch with a colony of ten lepers, and His healing of them exhibits the condition of human nature and the workings of His divine grace.

I. Their Awful Affliction (v. 12).

They were lepers. Leprosy is a contagious disease which rots off the members of the body and eventuates in death. It may be unnoticed in the blood of the person for years. It is of such a foul nature that the one thus afflicted is cast out from society. This segregation was in accordance with the Mosaic law (Lev. 13:46). It was a kind of Naaman quarantine measure. Leprosy has always been regarded as a type of sin, even at times visited upon people for some sin. Examples, the leprosy of Gehazi (II Kings 5); Miriam (Num. 12); Uzziah (II Kings 15:5). Sin has come into the world and flows from generation to generation through the racial stream, so that all are sinners (Rom. 5:12). Though sin may be hidden, it eventually breaks out and destroys the body. Evidences of this are seen on every hand. There is no need of Bible proof of its reality.

II. Their Cry for Mercy (v. 13).

They were in great need. No human help was available. They had somehow heard how Jesus had healed some lepers. Where there is real healing it is bound to be noised about. This aroused faith in them. "Faith cometh by hearing, and hearing by the Word of God" (Rom. 10:17). As He came their way they called for mercy. It is the privilege of all sinners to call upon Jesus Christ for mercy. Salvation from the most awful sins will surely come to all who cry unto Him in sincerity.

III. Bidden to Go to the Priests (v. 14).

Before the lepers were healed they were to show themselves to the priests, according to the Mosaic law (Lev. 14:1-32). As they went in faith they were healed. While God goes before in the work of salvation, yet He demands of the sinner faith. Faith is the cause of His action. Activity on the sinner's part is necessary so that God's grace can flow into him. Faith expresses itself in action. By this means the divine power and human need are united. The only faith needed is for the sinner to realize the healing power of Christ, and as this is acted upon there is the consequent increase which results in complete salvation. Cleansing is realized through obedience.

IV. The Gratitude of the One (vv. 15, 16).

Perceiving that he was healed of his leprosy, the Samaritan turned back and with a loud voice glorified God. He even fell down on his face and gave thanks. The one least expected to show gratitude for this great mercy was the one who sincerely expressed it.

V. The Gratitude of the Nine (vv. 17-19).

Presumably they were Jews. The very ones who should have been most grateful did not show any appreciation. They were content to get much from Christ without giving Him anything. He expects those who experience His salvation to give Him their love and gratitude. The Lord is hurt when saved sinners go off with the blessing of salvation as though they had stolen it. Many take all they can get from Christ and give nothing in return. All the blessings of civilization are ours through Christ, yet how few thank Him for them. The proportion of those who are ungrateful for the blessings which Christ brought is perhaps nine to one. The fact that gratitude was expressed by a Samaritan shows how often we are shamed by the devotion of those less favored than ourselves.

Finding God.

If we cannot find God in your house and mine, upon the roadside or the margin of the sea; in the bursting seed or opening flower; in the day duty or night musing—I do not think we should discern Him any more upon the grass of Eden, or beneath the moonlight of Gethsemane.—J. Martineau.

Victory Over Sin.

It is not by understanding God, but by trusting Him, that we have victory over sin.—Anon.

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GOLDSBORO

Mr. and Mrs. William Ross, John Sylvester, Mrs. Hardy Williams, Mrs. Ray Seaman, Miss Mary Cahall, Miss Esther Quillen and Miss Alice Shively called upon Mr. and Mrs. William Marvel, of Ridgely, last Thursday night.

Mrs. Thomas Shockley is visiting her son Bryan, at Selbyville.

Mrs. Mary Evans died at the home of her daughter Mrs Boyland, near Goldsboro, last Thursday night.

Mrs. Wilson and daughter, of Wilmington, visited Mrs. George Johnson last Friday.

The Ladies Aid Society will meet with Mrs. Cahall Wednesday, February 7th.

Mrs. Frank Smith was taken to the Easton hospital last Thursday.

Mr. Robert Jarrell Jr., attended the canner's convention at Atlantic City last week.

Mrs. Lydia Davis, of Philadelphia, is visiting her sister, Mrs. William Quillen.

Mrs. Cohee, of Philadelphia, is visiting her daughter, Mrs. Ross Duling.

Janet had been sent to the store. "Did you get the fly paper, dear?" said her mother.

"No, mother," she said, "it's got me—but we're both coming.—Sentinel

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