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The Tendency to Shorten Presidential Campaigns




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## Does the Human Family Eat Too Much

중Editor of What-to-Eat. Moncos

 of fact, the middle classes are the well-todo classes when it
comest to the question of the adequate nourishment of the are made upon it. People who are well off in the world's goods are not always eeliecting a dilet that will contribute to their highest physical weilfare and theif
Ereatest personal enjoyment. The table of the poor is not only the table of
tateligence and the table of plenty, but is quite often the table of hygienic and totetie selectlon; for it is deprived of many of the vile culinary concoctlons
filich are dangerous and deleterious and which only the well-1iled purse sup-
dies. ies. Moreover, the employments of the poor are better calculated to bring
out perfect alimentation and assimitation; ann the penuriousness of the rich
ite often maksis them scanty providers, depriving themselves of the more
 that the \$yet of
standide the tact that we have the most bountiful supply of all the most nour Sehting foods that gre the products of widely diversified climate and many varibeef, as we milght naturally suppose from our notions of Brititsh diet, were tive-
ea a moderate allotment of vegetable and cereal foods with an occasional touch of jam to sweeten their rations and cheer their flagging spirits after the on rice and dried fish, while the Russian infantry and cavalry have a somewhat Their campaign. It will be remembered that many hundred tons of candy were
shipped to our own soldiers in the Philippines during the campaign of occupa
tion which followed the raising of our hon which followed the raising of our flag in the Archipelago. Since it has
been found that mixing a moderate amount of sweets with a limited diet of of
vegetables and other nourishing foods is good for the soldiers, who can con-

## When Gossip is Harmless

- OSSIP. after all, is fairly harmless, provided it is sensible an
innocent. The chief thing is that you receive it for what
is worth,
 sideration the spirit of gossip, not the letter. It I tell you in
privacy that my Uncle Joseph is a cranky old gentlema


Iussian Officials Strike a Hard Figh With Enemies of the Goverument

WILD SCENES IN ST. PETERSBURG

## tion and Measures Taken to Sup press it Caused Excitemen Previous Warnings in the News- papers Only Served to swell the Young women.

St. Petersburg, By Cable.- $A$ popular
anti-government
demonstration, the
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First Since 1876.

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the man who seitt the check.

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|  | Gre |  |
|  | His Wife and Two Daughters Found |  |


go an old gentl $\$ 10,000$. Four years

