BIRMINGHAM ECCENTRIC.

FUBLISHED WEEKLY BY WHITEHEAD & MITCHELL

red at the postoffice at Birmingha as second-class matter.

TALES OF BIG WEALTH





EARING FOR THAT DAYS.

BY THE THAT CAN BE Prepared.

"During the United Tree

"During the United Tree

Mrs, S. T. Rorer in the Ladder Home

fournal, "the diet-should consist largeiy of dainty, cold, lean meat, green,

sceulent vegetables and fruits. It is

a popular fallary that the free use of

sub-act fruits during hot weather

causes disturbances of the bowels. No

diet is more healthuit than ripe fruit

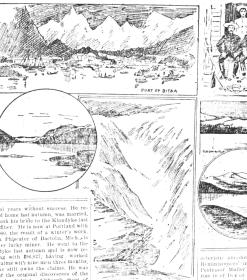
provided it is properly masteated and

butter, butternew with it. The fighter

wheat preparation, such as farins,

wheatiet and guitens, should be sub
stituted for the heat-giving oatmeal

for breakfast. Cook seneigh one morn-





CLARENCE BERRY.



TALMAGE'S SERMON.

