the Soldier In Training.

through a rigid course of physical train. Atlantic Monthly. ing, why should not all others be called upon to follow suit?

ized student, the overworked business a friendly word, although I, a small man-they need awakening. Now, in and incorrigibly sleepless patient, was many instances they are but little sitting bolt upright among the pillows more than human ciphers, 25, 50 or 75 in defiance of all his orders and was the eleven miles to Ellsworth. In the atmosphere which he breathed in the per cent men. With a little properly staring wide eyed into the hot, pain directed exercise they could be fitted haunted dark. for the ranks of the 100 per centers.

him.

should begin now. If he cannot train perfume as you pass by. with other men let him follow a system of home, training. Hard muscles, strong, stable nerves, high grade endurance-in short, a physique as "hard out on it a hundred times when I as nails"-should be the ambition of thought I could not sleep, but I never every sensible man.-Physical Culture.

BRIGHT BOYS AND GIRLS.

The Head and Physical Marks of Intelligence In Children.

In summing up his conclusions on the relationship of intelligence to the size and shape of the head Karl Pearson is quoted in the Journal of Hered-Ity as making these statements about the intelligence of children:

"To sum up, then, while no characters in school children so far dealt with show very high correlation, with intelli gence, we may yet say that the intelligent boy is markedly conscientious, is moderately robust, athletic and popular; he tends rather to quick than to sullen temper. He is more self conscious and quieter than the dull boy: he has a slightly bigger head and possibly lighter pigmentation than those of more mediocre intelligence. His hair has a larger percentage of curliness.

"The intelligent girl is also markedly conscientious, moderately robust, athletic and popular. She, too, tends to quick rather than sullen temper. She is less self conscious than the dull girl and noisier than the girl of mediocre intelligence. It is the slow girl who is quiet and shy. The intelligent girl has a slightly bigger head than the dull best. girl, and her hair is more likely to be wavy and much less likely to be curly.'

St. Sophia's Palimpsest.

Travelers who have visited the great church. These had been painted over ment, says the Christian Herald. Over the entrance is the inscription in Latin, "I am the door; by me if any man enter in he shall be saved and shall go in and out, and he shall find pasture." The bricks in the great dome in the interior reveal this inscription: "Deus in medio eius; non commovebitur. Adiuvabit eam Deus vultu-suo." The translation may be found in Psalm xlvi, 5. These facts are of interest in view of the present tottering condition of the Moslem power.

Presidential Golf.

At the Columbia Country club links at Washington during one of the tensest days of the crisis with Germany 'President Wilson came up to drive from one of the most difficult tees. Two members of the club stood aside to let the president "go through." That's a way they have at Washington. Mr. Wilson drove, and his ball shot off Into precisely the place where he didn't want it to go. Experiences of that sort come even to chief magistrates; golf is no respecter of persons. The president turned to the two and remarked, "You see even out here I can't keep out of trouble."-Argonaut.

Homely Philosophy. No hustler wants Time to wait for

him. He's on time to meet Time when the train rolls into the station. Trouble likes company, in order to

exercise his voice in telling how it hap-

We'll all need rest when we get where rest is, and the good thing about it is there'll be room enough for all .-Atlanta Constitution.

First Principles.

"Do you think that new recruit will ever learn to be a soldier?" asked the commanding officer.

"Well, he's acquiring the foundations," responded the drill sergeant. "He had not been in camp a day before he was putting up a howl about the food."-Richmond Times-Dispatch.

Taking Steps. Redd-He's taking steps to reduce

Greene-What steps is he taking? "What do you mean-what steps? He's walking." -- Yonkers Statesman.

Old Fashioned.

"He's very old fashioned."

"That so?" and spits on the dauber when he does I never have even five minutes.-Life. it."-Detroit Free Press.

Youth's Companion.

Knew Well In Childhood.

If physical culture is needed for It is hard for me to remember now country why should it not be applied gained so many years ago, came only of our citizen; are compelled to go corridor of the silent hospital, says the

Whatever was the errand of life or death that had called him in such

"You think you are never going to be Six hours weekly, two hours for able to sleep again, don't you?" he obthree days each week, would put the served. "Well, shut your eyes and do average flabby muscled, sedentary just what I tell you. Think of some worker in fine shape. It would square road that you know well, a good long his shoulders, stiffen his backbone, put road that winds and turns and shows some energy and enthusiasm into his you water and woods and hills. Keep makeup. It would make a real man of your eyes tight shut and travel along it in memory. Go as slowly as you Every man who is not in training can, recall every sight and sound and

> "I have such a road of my own, the one I used to walk to school when I was eight years old. I have started get very far. I come just about to the old stone bridge over Damon's creek or perhaps to the swimming hole, where the willows dip into the brown water. but I never reach the end."

FACING THE CAMERA.

Don't Dress Up and Don't Pose When Having a Picture Taken.

"There are many things I would like to say to the woman who intends having her picture taken," said a famous photographer the other day.

"Many women come to me and say: 'Of course you prefer taking actresses. They must have many advantages over those women who never have time but to give an occasional glance in their mirrors.' This is entirely a mistake. The conscious pose never makes a satisfactory portrait. I would say em phatically to the woman who goes to have her photograph made not to rehearse her pose and facial expression beforehand.

"I always find it difficult to impress on the woman coming to my studio that clothes and jewels are of absolutely no account in a photograph. If a woman comes to be photographed in the clothes she is used to wearing she will feel at ease and therefore look her

"One of the curses of our present day civilization is the ever changing question of fashion. How much more civilized were the Japanese, who realized that the kimono was perhaps the most Mohammedan mosque of St. Sophia in | perfect dress for women at all times-Constantinople tell of the visibility of who only varied it with different broinscriptions made in the interior of the cades and girdles. The photograph that German Infantry, Artillery and Cavalry building when it was a Christian concerns itself with clothes is soon out of fashion, and no matter how good a by the Moslem conquerors, but time likeness of the face has been obtained, defeated their purpose of total efface | the picture is grotesque in a few years because the clothes are passe."

The Professor Worried.

The absent minded professor from the university town was in Indianap- men. olis attending a convention. While in the city he took a tour of the larger department stores. In one of them he was much perplexed.

He read the sign over the door of the elevator:

floors. Up only."

Absently he read the sign again. Then the car door opened.

"I would like to know," he asked the elevator boy, "if this elevator goes only up, how on earth did you get down

The elevator boy grinned, frowned, asked if it was Christmas. scrutinized the man closely and then said in a dignified voice, "Oh, I just came down."-Indianapolis News.

Putting the Cat Out at Night. The practice of turning the cat out of doors at night is as cruel as it is unnecessary. No animal is fonder of warmth and comfort, and the pet's happiness certainly is not increased by a night spent outside in cold and damp-

If as much energy was exhausted in keeping the cat indoors as too often is expended in putting her out, how great would be the boon to human nerves and unfortunate wild things! All felines are normally nocturnal, and it is at night, if ever, that a curb on their activities is needed.-Lee S. Crandall. in "Pets."

True Economy.

There are great joys in practicing true economy in the right spirit. True economy, you see, is not abstinence from necessary things-not at all. The joys of true economy are for those who make the most of what they have; who, finding what may be theirs, proceed to the extraction of the greatest benefit from what is within reach.

Too Much Flirting.

First Co-ed-Why, Doris, how tired your eyes look! Tired One-Yes, my dear; I rolled them too much this evening .- Syracuse

Orange Peel.

No Time For Her. Physician-Your case is such, madam, that time alone will effect a cure. "Yes. He still shines his own shoes Mrs. Randall-Then it is hopeless, for

He Knew Har.

The man who is always trying to Mrs. Gabble-I met Mr. Brown tosave himself trouble is likely to save a day while I was shopping fler Huslot more than he can take care of .- bend-That so? What did you have to not receive great ones. - Chesterfield Boston Transcript.

ONE WAY TO WOO SLEEP. FACED DANGERS TO REGISTER

As Good For the Business Man as For Travel In Memory Some Road You Oil Man Walked Eleven Miles and

Swam Flooded Streams. Ellsworth, Kan.-Heavy rains and those who bear arms in defense of the that my knewledge of the sleepy road, swollen streams almost compelled Harte, to name him only who was first King of Spain Has Overplayed Carl Holt of this city to miss register of the Californians, was an effect of also to the soldiers of the business and through the chance bit of advice drop- ing. Holt is a tool dresser for the the east in the new conditions of the professional world, the men in the com- ped by a wise, kind, weary old doctor Shamrock-Cushing oil drill, eleven Pacific slope. It had no root in the mercial trenches? If a certain number as he shuffled at midnight down the miles southeast of Ellsworth. He was soil, and none of the poets who formed required to register here.

When Holt, late in the afternoon. day, were of California birth, much started to drive into Ellsworth with less culture. They were only western his car he found himself cut off by by sojourn. The soft muscled clerk, the devital- haste, he had time to stop and give me streams which had flooded and washed out the bridges.

He promptly discarded the car, than in his prose, but he was born in

swam the creek and started to walk and grew up in Albany. The literary course of his walk he found it neces- west was, as it were, piped from the sary to navigate other streams in a like east, and his ambition was, as the genmanner. Fifteen minutes before 9, erous expectation of his fellow exiles wet, muddy and tired, he rushed into was for him, to suggest in his prose the the registration hall and signed his literary art of Dr. Holmes.-William name to the card.

TOWN KEEPS UNTO ITSELF.

Loudville, Me., Seceded From Union

In '61 and Never Came Back. Augusta, Me.-Loudville, the home of 150 persons living on Loud's island, enjoys an anomalous distinction as an mouth and teeth and that you clean

American town. Loudville is legally part of Maine and tepid water with a few drops of and the United States, but it won't ad- arquebusade water dropped into it. I

Loudville seceded from the United sticks or any hard substance whatever States when the south did and never which always rub away the gums and came back. When a federal officer went to In "Henry Esmond" Thackeray made

he was met with a shower of hot pota- of his day in the brushing of his teeth toes. He went away. Loudville pays no taxes, has no so the novelist committed a double anstreets, no sewers, no lights, no boat achronism. Not only was the toothlandings and pays for no mail. It brush unknown, but during the first merely permits mail to be thrown half of the eighteenth century all fine ashore twice a week.

Loudville claims it is neutral in the for oil on their hair.- New York Sun.

WILL PROTECT TENANTS.

Way Found to Keep Tradesmen, Away From Apartment Dwellers.

Milwaukee. - Tradesmen. including the butcher, the baker and the candlestick maker, will not swarm about apartment houses to the annoyance of ness of which one has just been told to tenants if the recommendations devised by the management of one of Milwaukee's most modern establishments are generally adopted.

In brief, patrons are urged to do their trading with but one grocer, one milkman, one iceman, one laundryman and the like. The quality of service rendered is expected to determine the selection of favorites. By this means the leaseholder, it is expected, will not be awakened at an unseemly hour by the merry rattle of cans or clink of bottles as squad after squad of milkmen go trooping over the premises.

SOLDIERS ABOARD VATERLAND

Found on Big Steamship.

Hoboken, N. J.-Twenty-five German | tion of "wife," and the boy in the corsoldiers in full uniform were found on the big liner Vaterland in Hoboken. They were discovered by a customs guard in a cabin of the liner. Some of them were infantrymen, others artillerymen and a few cavalry-

But-they were made of tin.

The box of them, which had apparently been left behind by a youthful passenger on the liner's last trip here and put aside by a steward to delight some future small passenger, was taken "This car express to fifth and sixth to the pier with other articles, and Collector Malone was notified.

The collector decided to present them to Commodore Hans Ruser, Jr., son of the Vaterland's captain, who is living with his mother in Hoboken. Young Commodore Hans was delighted with the gift. When he opened the box he

Made a Lock For the Key.

An old and curious key and lock are attached to the door of Temple church in Fleet street, London. The key weighs seven pounds, is eighteen inches long, and, unlike other keys, it was not made for the lock. On the contrary, the lock was made for it. Both key and lock have been in use since the crusades, the church itself having been built by the Knights Templars in 1485.-London | which we forever revert! The mighty Spectato-

Got Through.

Among other startling statements in her composition on "A Railway Journey" the following was made by a little girl:

"You must get a ticket, which is a piece of paper, and you give it to a man, who cuts a hole in it and lets you pass through."

Perfectly Natural. "Why does that young man reach in his pocket and draw out a package of papers as soon as he begins to talk to

any one?" "That's a mere matter of habit. You see, he is a life insurance agent."the flesh maturing. As the ripening Exchange.

Revised.

"Did he tell you all the bright things nis youngsters have been saying?" "Yes."

"What did you say?"

"I told him children should be seen and not heard from."-Detroit Free

Welcome Trouble.

Miss Newitt-May's in trouble. She's had proposals from two men and can't choose between them. Miss Passay-Heavens! And does she call that trou-

A weak mind is like a microscope, which magnifies trifling things but can-

ALFONSO'S PLIGHT The west is still an indefinite term, and many things have been called

Bret Harte and the West.

western which more strictly were far

nia in the brilliant satire of Bret

the San Francisco school of Harte's

Harte himself, who was first of them.

had greater originality in his verse

Dean Howells in Harper's Magazine.

Toothbrushes.

The toothbrush, now an indispensa-

ble article of toilet, is but little older

than the American republic itself. Not

even Lord Chesterfield used one, for,

"I hope you take great care of your

them every morning with a sponge

do insist upon your never using those

and the oiling of his hair," and in doing

gentlemen wore wigs and had no use

Strange Proof of Heredity.

remember a rascally poet named Rich-

ard Savage for one solitary line-that

in which he speaks of the "tenth trans-

mitter of a foolish face." It catchily

conveys the notion of heredity and sug-

gests the sort of wonderful family like-

The first Earl of Shrewsbury, who

died in 1453, was born with a physical

peculiarity-the little finger and the

finger adjoining on each hand had only

one joint, the first two bones being

united. The same abnormality affected

all the toes except the big ones. To-

day in a direct masculine descendant

of the first earl the same extraordinary

formation persists. It was transmitted

to him by his father and to his father

from his grandfather and has come

down unchanged through nearly 500

Defining a Wife.

She looked at him repreachfully and

nodded to the boy with dreamy eyes,

who seemed anxious to say something.

gel," he said in response to the nod.

"Man's guiding star and guardian an-

"A helpmeet," put in a little flaxen

"One who soothes man in adversity."

"One who makes a man hustle," was

"And keeps him from making a fool

"Some one for a man to find fault

with when things go wrong," said a

"Stop there," said the schoolteacher.

"That's the best definition." - Pitts-

Antiquity.

what art thou, that, being nothing, art

everything? When thou wert thou

wert not antiquity-then thou wert

nothing, but hadst a remoter antiquity,

as thou calledst it, to look back to with

blind veneration, thou thyself being to

thyself flat, jejune, modern! What mys-

tery lurks in this retroversion, or what

half Januses are we that cannot look

forward with the same idolatry with

future is as nothing, being everything;

the past is everything, being nothing!-

Trying Experience.

"You didn't have any tense moments

"Oh, yes. A man weighing not less

than 250 pounds climbed over me twice

to go out and pull himself together for

Watermelons.

a watermelon are said to indicate that

the seeds within are turning black and

process advances the blisters increase

in size and number until they cover

Mother.

in life come by twos and threes, by

dozens and hundreds-plenty of roses,

stars, sunsets, rainbows, brothers and

sisters, aunts and cousins, but only one

mother in all the wide world.-Kate

Strong One Way.

afraid he'll give out. Wife's Mother-

Well, he may give out. He certainly

The highest liberty is harmony with

Wife-My husband is not well. I'm

Most of all the other beautiful things

Small scales or blisters on the rind of

Charles Lamb.

"Rather dull."

"How was the play?"

during the performance?"

the next act."-Exchange.

the surface of the fruit.

Douglas Wiggin.

never gives in.

the highest laws.-Giles.

Antiquity! thou wondrous charm,

ner promptly responded, "A rib."

suggested a demure little girl.

of himself," put in another girl.

haired girl.

the next suggestion.

sorrowful little maiden.

burgh Chronicle-Telegraph.

ations.-London Standard.

the Royal Society of Medicine.

So far as his work is concerned we

destroy the varnish of the teeth."

Loudville to enforce the civil war draft | Lord Castlewood spend "a tenth part

writing to his son in 1754, he said:

western. The efflorescence of Califor

His Popularity.

ONCE STOOD WELL WITH ALL.

His Youth, Physical Energy and Genuine Interest In Welfare of His Country Made a Great Appeal to the Pop-Have Changed Opinion.

Spanish republic was but a wild dream | frequently results in passive congesin the minds of a few irreconcilable tion of both sides of the lungs. For extremists. The Republican leaders this reason the simple fracture of a had no prestige whatever in the coun- bone may be the cause of death, betry at large, and their following was cause when the patient lies in bed there being reduced to a mere handful. The is no movement of the muscles to act causes of this were, of course, many, as an incentive to deep breathing. but everybody agreed that among them the personal influence of the king was paramount. That young sovereign seemed to be chosen by fate or Provi- who turned author after making a dence to gather around him all sections | European fame with the pencil as a of his people and lead them united to satirist of society. He suddenly stargreat destinies. Today things have al- tled the world with "Trilby" and set together changed. This is no exagger- two continents comparing feet. With ation, but the naked truth plainly him novel writing seemed his true

the better understanding of the present



KING ALFONSO OF SPAIN.

years, passing through fourteen genersituation. As soon as he was able to move about unfettered King Alfonso appeared and to a certain extent proved himself to be a ruler with an open The pretty schoolteacher had asked mind, a keen perception of realities, a her class for the best original defini- genuine interest in the welfare of the that day the art has greatly developed, country and an earnest desire to proyouth and physical energy appealed to the popular imagination as symbols of as a polo player and a crack shot and his undeniable qualities as an all round sportsman were perhaps more praised abroad than appreciated at home.

The high water mark of popularity was reached when, two years before the breaking out of the war, King Alfonso called to counsel several prominent men of the Spanish political Left Among other representative personalities there went to the royal palace Professor Azcarate. Although no publicity was given to the interviews, both these men admitted privately that the king had made on them the best of impressions. Simultaneously with this royal move the right wing of the Republican party detached itself from the old fold. made clear its acceptance of the monarchical regime and formed a new political party, which was styled the Reformist party. Everything then seemed to point toward a future of close cooperation and understanding between the crown and the democracy.

The king, however, if not unwilling. was at any rate unable to follow energetically the path of liberalism and reform, and as far back as three years ago the disappointment of the Spanish people had already begun. Then came the war and the sharp division of the country into pro-Germans and pro-allies. The king was credited with proally leanings. He devoted himself to the relief of prisoners of war of all nationalities and did very good work, particularly in locating prisoners believed to have been killed. He has been in personal communication with thousands of families in all belligerent countries. But when all is said it must be recognized that kind heartedness and | you.—Boston Transcript. willingness to oblige are poor substitutes for statesmanship.

GIVES A DRIED LUNCHEON.

Mrs. Lasing Demonstrates Palatability of Evaporated Food.

Washington.-The "dried luncheon" made its appearance among the household war economies of official life when Mrs. Robert Lansing, wife of the secretary of state, served to her luncheon guests a six course meal composed entirely of dried foods.

Dried vegetable bouillon, dried chicken, dried vegetables of many kinds. dried salad, dried fruit and dried mint were on the menu, and the guests said afterward that the combination was! unusually appetizing. It more than demonstrated, they said, that the department of agriculture experts were right in advocating the use of more dried food. Those present were Mrs. Josephus Dantes, Mrs. William C. * till lying down in bed at night. Redfield, Mrs. Champ Clark, Mrs. Atlee Pomerene and Mrs. Hugh L Scott.

The Danger of Lying In Bed.

Lack of muscular exercise is the first result of lying in bed. As a result the appetite is weakened, the digestive action slows down and the muscles of the stomach and abdomen cease to act upon the intestinal mass. When the body is in a recumbent position the heart works with the least expenditure of effort and the least fatigue and the circulation and the functional activity are decreased. But unless the subject is exceptionally vigorous all the benefits are counterbalanced by dangers. In bed the subject is shut away from fresh air and sunlight. The result of that deprivation is a condition ular Imagination, but Recent Events similar to anaemia. But the supreme menace to the weak or the aged confined to bed is the clogging of the pul-Barcelona. Spain.-Five years ago a monary circulation, an action which

Writers and Artists Too.

George Du Maurier was an artist, forte, but ne had started too late. He A little retrospect is necessary for enjoyed his new fame only a few years.

> Even Thackeray tried art before he found his true vocation, and he illustrated several of his own books even then. That is a very, piquant story which tells of Thackeray calling on Charles Dickens to see if he could get the commission to illustrate one of his earlier novels. He had not written "Vanity Fair" then.

> A very distinguished artist-author was Dante Gabriel Rossetti. He was supreme in both arts. He was one of the greatest poets and certainly one of the greatest artists of the last century.

> > No Harm In Cucumbers.

The cucumber is not, in any sense, a poison nor an injurious vegetable. Sprinkling the sliced cucumber with salt is unnecessary. It does not "draw out" any poison. It only wilts the vegetable and renders it less appetizing. The harm resulting from eating cucumbers is due to the neglect to thoroughly chew the cucumber slices before swallowing them. All foods, green ones in particular, need to be most thoroughly masticated before they are swallowed. The cucumber gives zest to a meal, especially if it be served cold and crisp. In preparing the cucumber first peel it and then slice it in very thin slices and place these in plain ice water to soak and become crisp. It requires an hour for this usually-Philadelphia Record.

Paraguay's "Spider Lace."

Missionaries in Paraguay more than 200 years ago taught the native Indians to make lace by hand. Since and in certain of the towns lacemaking mote it by all means in his power. His is the chief occupation. Almost all the women, many children and not a few men are engaged in this industry. A hope and power, but his achievements curious fact with reference to the Paraguayan laces is that the designs were borrowed from the strange webs woven by the semitropical spiders that abound in that country. Accordingly this lace is, by the natives called nanduti, which means "spider web."-Exchange.

Would Rather Not Go.

"So you were late to school, Bessie?" "Yes, mamma."

"Why didn't you run, dear?"

"Because you told me never to deceive, mamma." "But how would that deceive, my

child?" "It might give some one who saw me running an idea that I was anxious to get there, and I wasn't."-Yonkers Statesman.

Time For the Lecture.

"You're not going so early?" "Yes, indeed! I have had a fine time at your party, but if I am to get any sleep at all tonight I've got to go now to give my wife a chance to tell me all the breaks I have made while here."-

Detroit Free Press. The Retort Courteous. He-This bargain hunting shows your character. You are always looking out for something cheap.

She-Too true. That is how I came

to marry you.-Baltimore American. Sarcastic Pop.

She-I told papa you wanted to see him the next time you called. He-What did he say? She-He said for you to come on; he wasn't afraid of

PRACTICAL HEALTH HINT.

Varicose Veins. Operation is necessary in very

severe cases. In simple early & cases treatment consists of apoplying suitable bandages and paying attention to regularity of & • the bowels and general health. The bandage, which should be of flannel, about two inches wide and a yard or so long, is wrapped spirally round the limb affect-• ed, commencing well below the prominent veins and taken well . above them. It should be adjustod firmly, but not too tightly, and each layer should slightly overlap the last. It should be put on while lying in bed in the morning and not taken off again Never massage or rub the parts.