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"tricks" of speech or manner are deplorably easy to assume and extremely difficult to break off. Several to which girls are more or less prone are these: Repetition of a sentence or the point of a story, telling it over again almost in the same breath, the usage of "you know" or "don't you know," for emphasis and beginning a laugh with such haste that it entangles itself in the speech and the final words are delivered in a giggle. All these and similar mannerisms may be more readily dropped in youth than later in life, and every girl would be wise to watch herself lest she fall into them or their like.

Ugly High Heels.

Women are much mistaken in thinking that high heels make the foot look smaller. As a matter of fact, they make it look far larger, as it is compressed into an ugly, fat mass that swells out over the top of the shee in anything but a graceful manner. To put the foot in a well fitting shoe of the size that properly belongs to it and to wear low heels is the best way to preserve the foot in perfect health. If you wish the foot to appear small by perfectly natural means always wear black kld or satin. A white shoe should never be worn except where the foot is faultless in shape and very small to look at.—Bridgeport Telegram.

Your Daily Hour.

Every woman, whatever her work or whatever her station in life, should adopt the rest cure, which is indeed a preventive rather than a remedy. At least one hour of the day should be spent absolutely in recreation.

The manner in which this recreation to one woman is work to another.

For the woman who is constantly among people, who is nervous and

Fashion's Demands. Fur-trimmed hats are legion. Velvet is to be very popular this

Mauve, violet and heliotrope are stylish shades in evening gowns this

The brocades, the laces, the velvets and the silks look to be worth a

trimming, was a bunch of red ostrich tips, the color shading from a pale red to very deep wine.

Cashmere can be had in any num ber of shades, all of which are ex-ceedingly good. Pale rose pink tur-quoise blue, old rose, red, brown and mouse color—these are but a few of

many attractive shades to be had material is exceptionally pretty

in the pale pastel tints so popular

The three-cornered hat is extremely smart and is made in rough felt or beaver as well as in velvet. The width of the brim should be shaped so as to be becoming to the individual, otherwise the hat is not effective. The trimming is either the cluster of extellor time or the buser of most

ostrich tips or the bunch of most roses, or two of the large, full blown

round jacket with a postillion. This was plaited on the shoulders and opened in the front over a waistons of golden brown cloth. This was fastened with brass buttons and extended only to the belt. The sleeves the chirach below and again above.

and with folds of satin around

king's ransom.

The stuffs this season are wonderfully beautiful in effect and in reality

Every woman, whatever her work or whatever her station in life, should adopt the rest cure, which is indeed a preventive rather than a remedy. At least one hour of the day should be spent absolutely in recreation.

The manner in which this recreation is obtained must differ according to the person. What is recreation to one woman is work to another.

For the woman who is constantly among people, who is nervous and overtaxed mentally and physically and seldom free from the demands of people near her one hour a day in the open air, absolutely by herself, will prove beneficial. She should spend that hour alone and at rest, there must be a different treatment. She should for an hour each day seek the society of those who interest and entertain her. If every woman who is much alone and consequently subject to fits of depression would practice this sixty-minute cure. there would be little melancholia and less insanity in the world.

The woman who is on her feet all day should lie down for an hour daily. A self study will convince any woman of her individual needs during the rest hour. Each will find something restful to do. If the day comes when the rest hour seems absolutely impossible be especially careful to observe the hour on that day for it is at such times most needed.

The woman who will keep young and beautiful and happy will adopt this method of living. She will make it as much a part of her life as she makes her religion.—Pittsburg Press.

Disappointment in Stageland.

Disappointment in Stageland.

A friend who had an engagement with Henry W. Savage, the theatrical manager, called at his New York office, one day last summer, to keep the appointment, and was told that Mr. Savage was busy and that he would have to wait in the outer office a few minutes. While this gentleman was waiting he was astonished to notice the number of young women who the number of young women who came in seeking positions, and later he asked Mr. Savage if he knew about ow many young women called every yy looking for work. "O, I don't know," said Mr. Savage;

"I suppose about a hundred or so."
"I think it is more than that number," said his friend. "Suppose you have them counted."
"All right" raplied Mr. Saves. "

"All right," replied Mr. Savage, "I should like to know, too, and to-morshould like to know, too, and to-morrow, between my office hours,—ten and three,—I will place a clerk at the outer desk and ask him to keep record on a tally sheet of every young woman who calls for stage employment."

On the following afternoon at three citizent he saverage called his clerk.

On the rotowing are called his clerk. The tally sheet showed that the number of applicants was over five hun-

Mr. Savages is only one of a hear-ber of large offices in the metropolis. Many of the girls who call state that they have come from all parts of the country, and many, hoping for a chance in the "legitimate" field, have chance in the "legitimate" field, have found it overcrowded and seek work of a lower grade in the burlesque companies. This year, New York has been filled with hundreds of disappointed stage-struck girls. Theatrical managers say that they have never known a time when there were so many looking for work. A recent advertisement for chorus girls, in a New York daily newspaper, brought over seven thousand replies.—Success.

THE PULPIT.

SCHOLARLY SUNDAY SERMON BY THE REV. HERBERT H. MOTT.

Subject: Can a Man Do as He Likes? Boston, Mass. — The following sermon was contributed to The Christian Register by the Rev. Herbert H. Mott. It is entitled "Can a Man Do as He Likes?" and the text is: "Choose you this day who you will serve."—Joshua xxiv., 15.

Likes?' and the text is: "Choose you this day who you will serve."—Joshua xxiv. 15.

Can a man do as he likes?
Of course hot! you say. All sorts of barriers hedge him round. He would like to fly as the birds fly, but the weight of his fiesh and bones keeps plodding along the ground. He is born poor or stupid; consequently he can neither buy a steam yacht nor set the Thames on fire, though he would like dearly to do both. The force of public opinion compels him to don a tall slik. Inst and a frock coat when he would much prefer to go about in a golf cape and a shooting jacket. The force of public aw compels him to run his auto at ten miles an hour when he very much wishes to spin along joyously at the rate of thirty. Every man exists under a set of compulsions. He is obliged to submit to many limitations, natural and artificial, and he is compelled, by pushes and pulls and pressures he is unable to resist, to do many things he doesn't want to do.

Nevertheless, in spite of a man's abject slavery in certain directions, is there not some small space, some little area, in wnich, instead of being a slave, he is actually and truly free? a department of life and conduct in which he can do as he likes?

The old doctrine—the doctrine believed by our fathers, and by nearly

area, in which, instead of being a slave, he is actually and truly free? a department of life and conduct in which he can do as he likes?

The old doctrine—the doctrine believed by our fathers, and by nearly the whole of humanity, civilized and uncivilized, in every part of the world, from the beginning of recorded time—was that there is such a department of life and conduct; that in all vital matters, in all matters that have to do with the moral quality of life, a man can do as he likes. Our fathers held that, whenever we stand at a point where two roads diverge, we are able to choose, select, determine, which road to pursue. In such a situation the casting vote remains with us.

Whenever two or more governments, leaders, employers, claim our allegiance, we can "choose whom we will serve." This is true, said our fathers, no matter how severe the pressure. The temptation, urgency, force of circumstances, may be so great as to resemble compulsion. It appears as if we were obliged to take one road rather than the other. This, said our fathers, is appearance only. In reality, whenever two or more alternatives present themselves, whenever two roads open before us, the decision remains with us. It is with us to say yes orno, to lift the latch or not to lift it, to take the left or the right. No matter how great the pressure brought to bear on us, in the last resort we can always choose poverty instead of riches, captivity instead of freedom, suffering instead of ease, and instead of life, rather than yield, if need be, we can always choose poverty instead of time and the test of experience, there appears to be, in these days, a widely spread tendency to ignore it. No one denies that circumstances exercise a powerful influence over our lives, but the tendency nowadays is to ascribe everything to circumstances.

It is related that the eminent naturalist, Professor Boulton, placed the eggs of caterpillars in differently colored boxes, and left them there to hatch out, with the remarkable result that the eggs in the bl

Velveteens are most satisfactory for walking, as well as house dresses.

The feathers, the aigrettes, the birds of paradise and the flowers are fitting adjuncts. Many of the new covert coats are loose and long box garments, sometimes loosely belted, but oftener un-

Traveling and walking gowns of covert cloth, short skirt and long jacket, are undeniably stylish and should be very serviceable. There is no reason why woman should not be arrayed as sumptuously as a lily of the field—but she must have a gold mine to draw from. The favorite skirt for tailormades is multigored, flaring wide at the hem from plaits let in at knee height or from widening gores. Tall, Juno-like women are affecting the latter sort because of their graceful length of unbroken lines.

law of necessity all the time. Even when we stand where two roads diverge, and think that we ourselves choose to take the left hand or the right hand road, it is not really we our selves who choose, but a number of circumstances and conditions, working on us and through us.

This doctrine, that we are creatures of circumstance and cannot help what we do, is a misleading one. It tends to self-deception. It makes us imagine ourselves better than we are. When we do wrong, this doctrine offers the temptation to us to say: "It was not my fault. It was the fault of my education and surroundings." And this will lead to day, as it has always done in the past, to a general laxity with regard to

sin,

This evil doctrine is the more difficult to combat because there is an element of truth in it. We are moved
and swayed by circumstances. Birth
and education do exercise a powerful
influence over us. These things must
be taken into consideration. Nevertheless, they don't explain everything.
Make what allowance you will for circumstances and education, still in
every transaction we have the last
word. The proof of this is in our
daily conduct. We cannot help blaming men and praising them.

Suppose you are on a Boston street,
and are accosted by an individual in
shabby garments. You are touched by
his tale of woe, and with your usual
generosity you give him an ample

Suppose you are on a Boston street. and are accosted by an individual in shabby garments. You are touched by his tale of woe, and with your usual generosity you give him an ample alms. Five minutes later (this incident is founded upon fact) in the crush of a crowded corner, you feel an unwonted hand busy at your pocket, and, turning round, discover in the would-be thief the very man you have just helped.

What do you think of this fellow? Do you feel toward him as if he were an invalid, a sick soul, a deluded victim of circumstance?

On the contrary, you regard—and justly regard—the robust purloiner of your pocketbook as an ungrateful scoundrel, and if you are a good citizeu, you promptly and indignantly hand him over to the police. Sorrow and pity you no doubt experience, but, mingled with sorrow and pity there will be righteous indignation. However many excuses your kind heart makes for him, you will still blame the man: for you will be convinced, however bad his surroundings and his bringing up, being a man, he could have kept straight in spite of all, as many another has done. You know, in your soul, that, however great the obstacles being a man, he was still master of himself. He might have chosen differently. He might have taken the right road instead of the wrong one, if only he had tried hard enough. You feel, after all is said and done, he was, in this matter, able to do as he liked. Consequently, he is responsible. Therefore, we blame him.

Take the opposite case, that of the hero. We have all read recently how the Japanese attempted to block the entrance to Port Arthur by sinking steamers in the channel. One of these vessels had reached the appointed spot. Her anchor had been let go. The fuse attached to the charge which was to blow a hole in her had been lighted. The officer in command ordered the crew into the lifeboat, he himself being the last to leave the ship. A moment he stands on the gunwale, ready to cast loose. He counts his men. One is missing. Shall they leave him? The officer has but an

WILD BEASTS AND SNAKES EX-ACT A HEAVY ANNUAL TRIB-UTE.

The Total Loss of Life in India Through the Depredations of the Tiger and the Cobra Is Appauling-Government Powerless Against Sup-

It is popularly believed by English people whose friends have recently gone to India that the tiger and the snake play an important and inconvenient part in the domestic economy of the Anglo-Indians, and that the perils of life already sufficiently numer-

discussion of late, the interests of the Indians will not be forgotten.

Serious as is the loss of human-life and agricultural stock, perhaps from a financial point of view the injury caused to the crops by the depredations of wild animals is of almost equal importance, and here again every consideration will be shown to the agricultural population when the game law is finally settled. It is a cruel sight to witness the destruction of promising crops by deer, antelopes, plgs and monkeys, and it is exasperating to see the Hindus stand by, helptes and passive, while the sacred antelope and monkey strip their fields bare. In the arid tracts of India the sight of thriving plantations on the canal banks is welcome, but it should be remembered that they are the early

wrong doing—to a habit of thinking | THE JUNGLE'S TERRORS | harbor of the destructive and prolific

harbor of the destructive and prolifice pig, and no effort should be spared to rid these plantations of every animal that preys upon the crops.

The question of snakes is even more serious and difficult than the question of wild animals. The destruction of snakes shows a falling off, and it is obvious that the government is helpless unless the people will co-operate in their extermination. But unfortunately the Hindus have a great tenderness for all life, and among the living creatures which they venerate the deadly cobra is an especial object of worship and respect. Among the more ignorant sections of the people it is believed that the cobra has supernatural powers and can influence their fortunes. No Indian would kill a cobra if he could help it, and it is said that, when a cobra is killed perforce, it is given all the honors of a regular cremation and assured with many protestations that its reluctant destroyers are guiltless of its blood and that it was slain of necessity. This unfortunate attitude of the millions of India toward the snakes makes it almost hopeless for government to diminish the loss of human life. Many an effort has been made to discover some antidote for snake poison, but so far without success. snake poison, but so far without suc

One is forced back on the somewhat helpless conclusion that the snake terror will never be removed from the people until real education has freed them from their superstitious fears of the serpent. It has been well said that in India we have to deal with "creeds that range between the extreme points of the basest animalism on the one hand and the most exalted metaphysis on the other, and with standards of life that cover the whole space between barbarism and civilization," and no one who has listened to the stories of the Indian peasants about king cobras and tiger incarnations can gainsay the truth of the utterance. It is a melancholy presentment of Indian life, this short annual statement of men and cattle killed by wild beasts and snakes; but the background of terror and superstition is darker still.—London Times. One is forced back on the somewhat

THE PROVIDENT LOAN.

A Society to Aid Deserving Poor by

A Society to Aid Deserving Poor by Loans on Personal Property.

The Provident Loan society of New York was incorporated in 1894, "for the purpose of aiding such persons as the society shall deem in need of pecuniary assistance by loans of money at interest, upon the pledge of personal property." It was organized by a number of New York City's leading citizens, including James Speyer, Seth Low, Abram S. Hewitt, Otto T. Bannard and Solomon Loeb. It charges 1 percent interest per month on loans of less than \$250, or at the rate of 10 percent per annum on loans exceeding that amount; and these rates are recognized as somewhat philanthropical, considering the class of securities of the second of th

ognized as somewhat philanthropical, considering the class of securities offered, many of which, such as furs, being likely to deteriorate in value unless cared for at considerable expense. It is true that the patrons of the Provident Loan have been mainly of the better class, the loans averaging about \$30 each, but it is the society's plan to "extend its usefulness to less profitable business in poorer sections of the city, making more loans on clothing and less desirable pledges. We must not forget," he adds, "that the purpose of our incorporation is philanthropical, so far as is consistent with the full measure of strength and safety."

By the treasurer's report it appears

A take helifu in the length of By the treasurer's report it appears that 168,272 pledges were received in 1903, on which \$5.576,091 was the amount advanced. The report further shows that the funds employed at the end of 1903 amounted to \$2,647,121.18, end of 1903 amounted to \$2.647,127.18, and it may be said in a general way that the capital in actual use is equal to about one-half the annual sum total of business. The gross earnings average about 12 percent, out of which interest on the society's bonds, certificates of contribution and temporary loans from the banks and trust companies, as well as the general running expenses of the society, are paid. It expenses of the society, are paid. It should be said here that the society is not permitted to pay more than the legal rate of interest to any investor h some success, but against the wolves twe been baffled. The is a steady inher of wild animals her of wild animals erry year more monstitution was founded, by which it will be seen that philanthropy is not nec-essarily administered at a loss. There are also certain benefits of the Provident Loan which cannot be regarded in the light of philanthropy. Numer-ous well-to-do persons take advantage of the fact that no storage charges are made, and during the early summer pawn thousands of dollars' worth of furs, overcoats and silverware for ridiculously small sums, thereby obridiculously small sums, thereby so-taining for a few cents safe and care-ful storage, besides the use of the money borrowed. Thus a fine fur coat pawned for \$2 in June is stored and cared for until November for the ab-

The "unredeemed pledge" sales of the Provident Loan are held at an aucthe Provident Loan are held at an auction room on upper Fifth avenue, and usually leave a balance in favor of the pledgers, comparatively few of whom ever call for it, so that there is a constantly growing fund resulting from the residue of these sales.—From Albert Bigelow Paine's "At the Sale of the Unredeemed," in the Century.

Too Good to Leave. Waiter-Shall I give you the check

now?
Farmer—Oh, no, for heaven's sake don't stop me yet.—Philadelphia Tel-

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vanadium