

## Bag Punching Art...

Indoor Exercise for Women in Cold Weather.

Tennis and rowing are over till next year, and golf will be all but impossible in a few weeks, so now the athletic instructors are advocating bag punching as the ideal indoor exercise for women, particularly for women who have to solve the ever-present problem of how to grow thin. A well-known writer on athletics insists that by punching a bag for ten minutes a day for a week a woman can do more to reduce her weight and preserve a good figure than by observing a rigid diet for six months. Bag punching develops the chest, neck and shoulders and reduces the waist. It exercises every muscle, gives thin women curves and makes stout women thin. If a woman has a poor complexion the exercise will give her the tints of peaches and cream, if anything will. The object of all exercise is to make the blood circulate rapidly and well, and bag punching does that to perfection. Unlike fencing, bag punching requires no instructor, yet its advocates say it will make a woman just as graceful and as light on her feet as the other exercise. She will learn to poise and balance herself and this will give her a springy step and an easy graceful carriage. Unlike fencing, too, no antagonist is required. That is another strong point in favor of bag punching. Last of all the outfit is inexpensive. Ten dollars will buy a first-class light punching bag with framework support; a fairly good one may be had for even less. The only other thing necessary is a pair of light-weight boxing gloves which may be bought for a dollar. The exercise can be taken in any costume just as well as in the most up-to-date gymnasium garments. And a woman will derive almost as much benefit from awkward bag punching if she keeps at it, as she will from the real scientific kind. These are rules of the punching contest as laid down by an authority:

Suspend the bag on a level with the shoulders and strike straight out from the shoulder. This stroke brings into play a greater number of muscles than any other, tends to expand the chest and gives a good poise to the neck. Always hit the bag, if possible, a trifle above the center and this will prevent a rebound and a bruised nose. This will be best understood with practice. Ten minutes a day is long enough for the average woman, but twenty minutes will be better if she wants to reduce weight rapidly. Punch the bag twenty-five times with the right arm swing, rest a moment and then try twenty-five strokes with the left hand. Strike with the greatest regularity possible. Then alternate one punch with the right and another with the left. But keep at it. Don't exercise an hour one day and then forget all about it for a week. There are fancy strokes, and these may be learned in time, as, for instance, punching the bag with the right elbow, alternating with punches from the left fist, and vice versa. Another, a little more difficult, is the elbow punch with alternating upper arm and under arm thrusts with the fists. Still other combinations will suggest themselves. Gradually the punches can be made faster and faster till the bag will beat a regular tattoo on the top of the framework overhead. Practice only makes perfect in bag punching and a practiced puncher enjoys the exercise thoroughly. It is very different from handling dumbbells, which, to most folks, is a stupid business at best. Bag punching is exhilarating. It is almost like having an antagonist keeping the puncher constantly on the alert.—New York Sun.

Arrests for drunkenness in 129 cities of the United States are said to aggregate 312,000 during the last fiscal year.

## Work of Eagle Hunters

Financial Results Good, but Risk Terrific.

Everybody knows what a dangerous occupation the chamois hunters of the Alps have to endure to make a livelihood, but few know that these "chasseurs de chamois" have a side line that is still more venturesome. It is that of capturing young eagles. Only the more daring of the chamois hunters undertake it, despite the fact that the financial rewards are much greater than comes to those who devote themselves entirely to shooting the nimble-footed animals whose soft skin is always in such demand. The eagle of the Alps is a royal bird who builds his nest far above the rest of the earth's inhabitants. The most inaccessible cliffs, guarding deep lying gorges and crowned with snow-capped peaks, is his favorite spot for home-making, and it is to these places that the eagle hunter has to go. The method of the hunt is not only dangerous, but it is excessively tedious as well. It necessitates, sometimes, the searchers hanging in midair for hours at a time. The circling of the eagles is carefully watched and the cleft noted on which the nest is probably located. This can only be determined after long and careful study of the birds' habits. The center of the diameter of their circular flight is sure to be near the nest and the young eagles. The next thing is to get to the top of the cliff and rig up a double set of pulleys. The hauling pulley is fastened on a sturdy standing tree firmly rooted in the intricacies of the mountain top. A cable is veered through this and then through a drop pulley fastened to some

stout fallen tree trunk, braced to reach over the brink so that the line will fall clear of the rocks. A complicated knot, known as a boatman's seat, in which a man can rest at comparative ease, is formed in this line. Into this the eagle hunter slips his legs and is lowered away over the precipice. With a man above at the pulley to lower and one below at the guide rope to pull in or out, the eagle hunter can get at the crevices in the rock and search carefully for the nests. Snow-shrouded peaks and glaciers are his neighbors. A weak strand in the rope means certain death. But death also threatens him in other ways. It may come from a moment's giddiness on his part; from a foot slip by the man above who held the pulley rope or from bad judgment by the man who held the guiding rope below, who might swing him so forcibly into the cleft that he would be dashed to pieces. After the nest is found and the eaglets secured there are the old eagles to be reckoned with. They do not take kindly to having their young kidnaped and if they are in the immediate neighborhood there is sure to be a lively hour for the eagle hunter up in the clouds. Sometimes a hunter is lowered to the foot of the cliff without seeing a nest. Then comes the tedious and laborious process of hauling him up again. This frequently takes an hour. If a single nest is found in a week's hunt the hunters feel amply repaid.

## Interesting Finds in an Old House

While tearing down one of the oldest houses in Tacony, Pa., one of the laborers, while displacing a rafter, discovered a curious-shaped animal closely resembling a lizard, ensconced in a niche in the timber. As soon as the air struck it the creature, which was about nine inches long and very flat, tried to escape. But the workman was too quick for it, and soon made it a prisoner. The most curious feature of all is that where the animal was found there was absolutely no moisture. It looked to be quite old, and had apparently subsisted on what sustenance it could extract from the old timber and vermin which came its way, the house having been untenanted for some time.

One day, while tearing down one of the sides of the house, a large silver coin was found. On examination it proved to be an old Spanish coin of 1740, as near as could be judged by the date, which was indistinct. Further search was rewarded by the finding of other coins which in each case were found to have been imbedded behind the plaster. All the coins, which are of silver, nearly the size of a silver dollar, were apparently of about the same date. Not until every stick and silver had been thoroughly gone over, however, were the men satisfied that all the treasure had been secured. Good resolutions don't cost anything, but they are hard to keep.

Presidents on Postage Stamps. If President McKinley's portrait is put on one of the postage stamps of the country, as dispatches from Washington have said is likely to be done in case the postoffice department brings out a new issue, his portrait will be the ninth of a president to be used in that way, says the New York Sun. Ever since Uncle Sam's postoffice began making stamps in 1847 or thereabouts, the face of Washington has appeared on one of the stamps in every regular issue, and with a single exception on a stamp of low value and general use.

Benjamin Franklin's face has always adorned postage stamps of low value, and has thus become familiar to people who send or receive letters ever since 1847. Presidents other than Washington whose faces have appeared on the stamps are Jefferson, Jackson, Lincoln, Garfield, Grant, Madison and Taylor. Of the stamps of higher values the 8-cent stamp now bears Sherman's picture, the 10-cent Webster's, the 15-cent Clay's, the 30-cent Jefferson's, the 50-cent Jefferson's, the dollar stamp Perry's, the two-dollar Madison's, and the five-dollar Marshall's.

# NEW IDEAS IN TOILETTES

New York City.—Smart blouse waists are much in demand to wear with jacket suits and the very necessary separate skirts that have come to



A FANCY BLOUSE.

stay. The simple style illustrated exemplifies the fact that tucking is not indispensable to the realization of a fashionable waist. Ivory white peau de soie of good quality is here charmingly combined with Irish crochet lace over corn colored satin and trimmed with black panne velvet and stitched on each edge, tasseled ornaments finishing the pointed ends. Velvet belt closed with fancy clasp. The lining is fitted with single bust darts centre back, under-arm and shoulder seams and closes in front under the plastron that is included in the right shoulder seam and hooks over on the left. The blouse proper has single pleats laid at the end of each shoulder seam and is cut away at the neck and fronts to disclose the

inches wide will be required, with five-eighths yards of facing eighteen inches wide to make as illustrated.

### Colonial Shoes.

The Colonial is a favorite model for a house shoe. It is guiltless of French heels, and has a sufficiently broad sole, with extensions running all around. Its distinguishing feature is the broad, high-reaching tongue, with central point and border stitching. Colonial shoes invariably have a buckle of considerable size. Usually it is square, and always is at least as broad as long, never round or long or oval. For ordinary use there is a Colonial shoe in dull Oxford kid; for smart afternoon wear or evenings you have the Colonial of patent leather, with silver, gilt, nickel or bright silver metal.

### The Season's Favored Colors.

Black, black and white, and some very delicate and beautiful shades of gray and brown are the favored colors this season for full fluffy ostrich plumes on visiting and promenade hats, with matching feather boas en suite.

### Handsome Velvetene Costumes.

Lois coats of velvet and separate waists of velvet will be much worn; also shirt waists of velvetene in dark shades are relieved of their plainness by a vest of bright color or white material, giving a sharp outline to the coat.

### Girl's Long Coat.

The comfortable long coat that closes to the neck is a favorable style for cold weather. The stylish example here illustrated by May Manton combines with this feature the triple capes and



A SMART ETON BLOUSE.

plastron and yoke of lace. The sleeves in bishop style are arranged on fitted linings which are faced at the lower edges to form cuffs, shaped straps being added to match the waist trimming. Shapely epaulettes of the lace give length to the shoulders, but these may be omitted if not desired. To cut this waist in the medium size three and three-quarter yards of material twenty-one inches wide, two and three-quarters yards twenty-seven inches wide or two and five-eighths yards thirty-two inches wide or one and seven-eighths yards forty-four inches wide will be required, with one and one-eighth yards of lace and four and a half yards of piping to trim as illustrated.

### Woman's Eton Blouse Jacket.

In spite of the tendency toward long and three-quarter coats the smart blouse Eton has renewed its hold on the popular fancy and is more in demand than ever for suits as well as for separate wraps. The added basque gives a more reasonable effect, but none of its smartness is lost when that portion is omitted. As represented in the large drawing by May Manton it forms part of a belted costume in rich dark red and the lapels are faced with fancy velvet in black and white, the edges being simply tailored with double rows of machine stitching. The garment is simply fitted with wide under-arm gores and shoulder seams. The fronts lap in double breasted style when closed, but may gracefully be worn open as illustrated. The neck is finished with a double collar that rolls over at the seam. The basque portions fit smoothly over the hips, meeting closely at the back and flaring slightly apart at the front. It is seamed to the lower edge and the belt conceals the joining. The coat sleeves flare stylishly over the hands and the garment is warmly interlined and lined with white satin. Velvet, corduroy, kersey, broadcloth, chevrot and all heavy wool suitings will develop satisfactorily by the mode.

To cut this jacket in the medium size four yards of material twenty-one inches wide, three and three-quarter yards twenty-seven inches wide, two yards forty-four inches wide or one and three-quarter yards, fifty-four

may be varied by the omission of one, two or all three. Dark red kersey cloth is the material chosen, the edges being smartly tailored with machine stitching in black and smoked pearl buttons close to the double breasted fronts. Hat of black beaver trimmed with soft loops of red Liberty satin ribbon and black tips. The fronts are stylishly loose in box style and join to the backs by under-arm seams that with the centre back curves becomingly to the figure, wide revers roll back above the closing and the neck is finished with a turn-over collar that closes invisibly in centre. The sleeves are in regulation coat style finished at the wrist with rounded cuffs. The capes fit smoothly over the shoulders, and may be included in the neck seam or finished separately and hooked on under the collar. Coats in this style may be made from any suitable wool fabric, velvet, corduroy or chevrot all being fashionable.

To cut this coat for a girl of eight years five yards of material twenty-one inches wide, four and a quarter



COAT FOR A GIRL.

yards twenty-seven inches wide, two and three-quarter yards forty-four inches wide or two and a half yards fifty-two inches wide will be required.

## BUSINESS CARDS.

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CONDENSED TIME TABLE  
IN EFFECT NOV. 3, 1901.

NORTH BOUND.  
EASTERN TIME. 4 6 8 10 12  
Pittsburg Leave A. M. 7:45 P. M. 1:10  
Altoona 8:15 P. M. 2:30  
Crawfordsville 8:45 P. M. 3:00  
West Mogroove 9:15 P. M. 3:30  
Dayton 9:45 P. M. 4:00  
Piquette 10:15 P. M. 4:30  
Piquette 10:45 P. M. 5:00  
Big Run 11:15 P. M. 5:30  
C. & M. Junction 11:45 P. M. 6:00  
Buffalo 12:15 P. M. 6:30  
Falls Creek 12:45 P. M. 7:00  
Brookwayville 1:15 P. M. 7:30  
Hidaway 1:45 P. M. 8:00  
Johnstown 2:15 P. M. 8:30  
Mt. Jewett 2:45 P. M. 9:00  
Newton 3:15 P. M. 9:30  
Reidville 3:45 P. M. 10:00  
A. M. P. M. P. M. A. M.

Buffalo Arrive 11:50 6:30 7:15  
Reidville 11:20 6:00 6:45  
Newton 10:50 5:30 6:15  
Mt. Jewett 10:20 5:00 5:45  
Johnstown 9:50 4:30 5:15  
Hidaway 9:20 4:00 4:45  
Brookwayville 8:50 3:30 4:15  
Falls Creek 8:20 3:00 3:45  
C. & M. Junction 7:50 2:30 3:15  
Big Run 7:20 2:00 2:45  
Piquette 6:50 1:30 2:15  
Piquette 6:20 1:00 1:45  
Dayton 5:50 12:30 1:15  
West Mogroove 5:20 12:00 1:00  
Crawfordsville 4:50 11:30 1:00  
Altoona 4:20 11:00 1:00  
Pittsburg 3:50 10:30 1:00

Additional train leaves Butler for Piquette at 7:30 A. M. daily, except Sundays.

SOUTH BOUND.  
EASTERN TIME. 12 9 8 5 7  
Buffalo Leave A. M. 7:45 P. M. 1:10  
Reidville 8:15 P. M. 1:40  
Newton 8:45 P. M. 2:10  
Mt. Jewett 9:15 P. M. 2:40  
Johnstown 9:45 P. M. 3:10  
Hidaway 10:15 P. M. 3:40  
Brookwayville 10:45 P. M. 4:10  
Falls Creek 11:15 P. M. 4:40  
C. & M. Junction 11:45 P. M. 5:10  
Big Run 12:15 P. M. 5:40  
Piquette 12:45 P. M. 6:10  
Piquette 1:15 P. M. 6:40  
Dayton 1:45 P. M. 7:10  
West Mogroove 2:15 P. M. 7:40  
Crawfordsville 2:45 P. M. 8:10  
Altoona 3:15 P. M. 8:40  
Pittsburg 3:45 P. M. 9:10  
A. M. P. M. P. M. A. M.

Additional train leaves Piquette for Butler at 4:30 P. M. daily, except Sundays.

CLEARFIELD DIVISION.  
75 73 EASTERN TIME. 70 72  
P. M. P. M. Arrive Leave A. M. P. M.  
Pittsburg 1:25 Reynoldsville 1:55  
8:30 1:00 Falls Creek 1:55  
8:30 12:45 Piquette 2:05  
8:11 12:28 C. & M. Junction 2:05  
7:81 11:48 Curwensville 2:48  
7:15 11:30 Clearfield 3:00  
7:10 11:20 Clearfield, N. Y. C. 3:00  
P. M. A. M. Leave Arrive A. M. P. M.

\* Daily. † Daily except Sunday.  
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Men's fine D. B. Clay Worsted, 15 dollar suit, to-day price \$10.  
Men's Overcoats, \$3.00.  
Men's Overcoats, \$5.00.  
Men's Fine Overcoats, \$7.50.  
Boys' \$5.00 Overcoat for \$3.50.  
Boys' Knee Pants, 19 cents.  
Boys' fleeced Underwear, 40 cents.  
Men's all-wool Underwear, \$1.50.

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Black Henrietta, 25 cents. Black Henrietta, 75 cents.  
Blue Henrietta, 45 cents. Blue Henrietta, 25 cents.  
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