TRAINING TO WALK.

EDWARD PAYSON WESTON A GREAT WALKER AT FIFTY-EIGHT.

Te Tells How to Treat the Feet, What to Eat, Etc.—Temperauce a Necessity, for Eat, Etc.—Temperance a Necessity, for Man Must Have a Clear Head in Order

While training for his Christmas walk, Edward Payson Weston, who made the first record of 550 miles and won the Astley belt from the best foreign pedestrian, explained to a Journal reporter how he won his victories, and why he was a great walker at aftr-eight years.



WESTON TRAINING TO WALK.

WESTON TRAINING TO WALK.

"There is no great secret in this business," he said, "so far as I am concerned. The old army regulations recognized fifteen miles as good average, every-day marching. When pressed, an army will march from twenty to thirty miles a day for one or two days, and a small detachment, specially prepared, will sometimes do even even better than that for a single day. But there is not one man in a thousand who can start off in his normal condition, without training or preparation, and walk fifty miles in twenty-four hours. So, when a man has a tramp of a hundred or more miles before him to be covered within the limits of a day, careful training is a necessary prerequisite.

This training consists not merely in

of a hundred or more miles before him to be covered within the limits of a day, careful training is a necessary prerequisite.

This training consists not merely in getting the system in perfect condition through proper diet, exercise, sleep and mental control, but, more than all, the feet (which alone bear the body on the long Journey) must be carefully looked after. Ten miles of continuous walking will pretty effectually use up the average feet accustomed only to the ordinary tasks of every-day life, and when one's feet are well blistered walking becomes unendurable torture. It is therefore absolutely necessary, as a preliminary, that the feet be toughened. Use them until blistered, and then let the water out with a needle and pickle them. This removes the fever. Thus callousness will be induced on the tender parts formerly disposed to blister. By persistence the feet will become thoroughly calloused before the great effort is undertaken, and no serious trouble need to be apprehended from that source.

In my training, as well as when walking, I rigidly eschew all alcoholic attitulants and tobacco as well. The effect of stimulants may be advantation, giving place to greater weakness and lassitude as soon as the alcohol has done its temporary work. To rely on such artificial stimulants calls for the use of increased quantities at shorter intervals, until the brain becomes muddled and one is rendered incapable of giving that calm attention to his work that is essential to success. A clear head, next to properly prepared feet, is a most important requisite in any attempt at great physical exertion.

As to food, for four weeks before a trial I contine myself to a diet of rare

erly prepared feet, is a most important requisite in any attempt at great physical exertion.

As to food, for four weeks before a trial I confine myself to a diet of rare beefsteak, eggs and mutton chops, with plain vegetables and rice pudding. Tea, coffee, milk and water are my only beverages. Thus I seek to thoroughly nourish the body, avoiding whatever may tend to excite the nervous system, impair the digestive organs or weaken the stomach. The object sought is to produce the least possible fatty growth, to harden and strengthen the muscles, to induce perfect action of all the functions and establish the most substantial condition of general health, both physical and mental.

pense.

"And so," questioned the legal light,
"you wish the court to believe that
you are a peaceably disposed and inoffensive kind of person?"
"Yes."

"Yes."

"And you have no desire to follow in the footsteps of your illustrious namesake and smite the Philistines?"

"No; I've not." answered the witness. "And if I had the desire I ain't got the power, just at present."

"Then you think you would be unable to rout a thousand enemies with the jawbone of an ass?"

"Well," answered the ruffled Sampson, 'I might have a try at them when you are done, but I'll be tectorally swamped if I'd want to use your jaw."

—Columbia Falls Republican.

HETTY GREEN HAS VIEWS

HETTY GREEN HAS VIEWS.

America's Richest Woman Talks of the New Woman and Trusts.

After a life of nearly sixty years devoted to protecting her millions and adding to them, Mrs. Hetty Green, the richest woman in America, has concluded from rare experience in observing social and political conditions, that there are two great problems in life to be solved. One, she thinks, is the curbing of the new woman, the other the curbing of trusts.

"My idea of the new woman," declared Mrs. Green, shaking her finger by way of emphasis, "is the one who stays at home and makes home happy. Good food is the basis of happiness; therefore, the wife, to make home happy, should stop going to pink teas and look after her cooking.
"I don't care how many girls a woman has in her kitchen, she ought to be there herself occasionally to look after things. She should lay down her diamonds and knead dough once in a while. Her husband's digestion will be better for it—that is, if she learned how to cook as she should have done before marrying, and he will stay at home nights, instead of going to the club.

"There is no economy in buying chean food. If you hayan't much

home nights, instead of going to the club.

"There is no economy in buying cheap food. If you haven't much money, don't get a big assortment, but what you get let it be good. Hash has caused more divorces than unfaithfulness."

"You are opposed to bleycles for women, of course?"

"Of course I'm not opposed to bleycles for women, of course?"

"Of course I'm not opposed to bleycles for women, of course?"

"My daughter rides a wheel—that is, in the country. There are too many people in the city for there to be any enjoyment in it. I don't ride," added Mrs. Green, and she chuckled at the thought of it, "but I might have ridden if bleycles had been in date twenty-five years ago.



MRS. HETTY GREEN.

MRS. LETTY GREEN.

"But those bloomers! They're awfu!! Moreover, there is no need for them. The bleyele costume should have a skirt just short enough to escape getting tangled up in the wheel. It should be below the knee, and would not be immodest. With such a skirt there is no need for bloomers." Concerning 'trusts she said: "I am opposed to trusts, The trust is the big political question of the day. It destroys competition, and competition is the life of trade. Trusts keep young men with small means from getting into business in a small way.

"The public has the wrong idea about fighting trusts, however. My way would be to get after the individuals who form a trust instead of attacking the corporations. The majority of the stockholders of a corporation are innocent of any wrong intent. They are against trusts, too. If the corporations are attacked they suffer. "Now if, instead of attacking the corporations, the public should look for some vulnerable points about the financial leaders of such schemes, the right parties would suffer. The conspiracy charge might work in some cases. In other deals fraud could be discovered. There have been very few railroad organizations in which some fraud was not committed.

"The way to get at the trusts," declared Mrs. Green, bringing her hand down on a table with emphasis, "is to get after the leaders, and then fight. Fight for a funeral. That's the way I do."

Fight for a funeral. That's the way I do."

Ian Maclaren on America.

Of his ten weeks' stay in this country and the impressions it had made upon him, Rev. Dr. Watson said just before sailing for Europe: "I return to England with a profound sense of the kindness and intelligence of the American people. I have found in your people in every section a lively concern in and a sincere appreciation of art and literature. I observed this no less strongly in the West than in the East, in Chicago as well as in Boston. And particularly was I struck with the sprightliness and vivacity of American women.

"I found one matter, however, that

can women.

"I found one matter, however, that surprised me. That was the courtesy of your officials. On the railroads, on the tram cars—I mean the trolley and the cable—and in your streets I encountered only polite treatment."

The Cause of Death.

In 1827 Mr. Zea, Columbian Minister in England, died, suddenly. He was insured in various, offices, and rumor said he had shot himself. A meeting of one of the insurance boards was held, and the directors were talking the matter over, when Dr. M.— appeared, who was the company's medical referee, as well as Mr. Zea's own physician.

"Ah! now can you tell us the true cause of Mr. Zea's death?"

"Certainly I can," said the doctor, solemnly, "because I attended him."

Here he paused, and was surprised to find that his merely preliminary remark was hilationsly received as a solution of the whole question.—Household Words.

NO MORE OLD MAIDS.

LAZARUS MORGENTHAU'S SCHEME TO PROMOTE MARRIAGE.

He Founds an Association to Give Or-phaned German Girls a Dowery—Cer-tain Days Set Apart for Weddings—Four Couples are Ready.

Here is a brand-new plan to make

Here is a brand-new plan to make brides:

To save German orphan girls becoming old maids and from the springs and traps set for them by vice here, Lazarus Morgenthau, a philanthropist, has founded an organization which he calls the "Greater New York German Orphan Dowry Society."

Many a bright, good, honest girl coming to New York and finding herself alone and unprotected and unable to secure employment, is irretrievably lost in the maelstrom of pleasure which whirts forever near the brink of poverty. To shield them and provide a sufficient dowry to enable them to marry suitable men, Mr. Morgenthau has evolved the plan of his society, after devoting thirty-eight years of observation and study to the subject.

He conceived the idea for the first

ect.

He conceived the idea for the first lime on seeing Ernest Possart, the di-ector of the Royal Court Theatre in Munich, play Lessing's "Nathan the Vise."

Munica, play Lessing's Natural the Wise."

Out of gratitude to this great exponent of the dramatic art, for the charitable suggestion furnished by his rendition of Nathan, Mr. Morgenthau has made Possart's birthday one of the Society's festival days, on which marriages of the orphans under its care solennize their marriage. There will be other festival days —the anniversaries of the birthdays of George Washington, of the late Mrs. Oswald Ottendorfer and of the late Jesse Seligman.

Washington, of the late Mrs. Oswald Ottendorfer and of the late Jesse Seligman.

On each of these days four couples will be led to the altar.

The patronage of the society will be extended to all German orphan girls irrespective of religious creed. The four who are to enter wedlock on the initial festival will be recruited respectively from the Roman Catholic, the Protestant and the Hebrew persuasions, and the fourth will be the daughter of a Free Mason of no particular religious creed whatever.

The Board of Directors will consist of 200 members, one-half Christians, the other half Hebrews.

At present Mr. Morgenthau estimates that the society will be able to give a dowry of only \$100 to each girl at her marriage. But he believes that it will not be long before the society's financial condition will warrant the bestowal of a much larger sum and also the marrying off of a far greater number of orphan girls than the present number of sixteen a year.

Mr. Morgenthau is eighty-one years old, but still hearty and robust and as enthusiastic as a youth. He says he has assurances of support from many of the wealthlest and most influential citizens of New York—New York Journal.

nal.

An Aneedote of George W. Childs.

Here is a characteristic aneedote about George W. Childs: For some time he had been buying his lnk for the Ledger from a New York house, One day he sent for the proprietor to come to Philadelphia. The latter appeared before him with misgivings, confident that there were shoals ahead. "I have one fault to find with your ink," said the owner of the Ledger abruptly. The visitor wanted to know what the trouble was, and nearly fell off his chair when Childs replied: "You don't charge enough for it." He promised to raise the price immediately, and Childs gave a large order.—New York Press.

MONEY TALKS.



Brother James. Harriet, Jimmy loves yer, but he's too bashful to tell yer so; he's willin' to dewote hisself to you if you'll on'y say the word.

Jimmy (aside)—Speak to her of my

alth; tell her I've got a quarter saved Money talks. -- Truth.

FOR EVENING WEAR.

Particularly Proper and Pleasing Contumes for State Occasions.

By Special Arrange Evening gowns of all kinds are in great demand at this time of year, and a pretty dress for a young girl is of white figured taffeta tucked round the



Sleeves in evening dresses are short, yet they are much more than mere suit gostions, and the long-sleeved evening gown appears very often among the latest fashions. The one illustrated is of flounced pink silk, tucked on the hips, giving a panel effect in front. The bodice is of spotted pink chiffon, with a lace frill falling over and a long transparent sleeve of the lace below. The persistent little figaro shows itself again on the next gown of yellow moire, and it is embroidered with applique lace and pearly event and lace. Black evening gown are, perhaps, the most useful dresses of all, and black tulle with rows of all, and black tulle with rows of all, and black tulle with rows of all and black tulle with rows o



The Queen's Coronation Ring.

The Queen's coronation ring formed the subject of an extremely interesting paper, read by Dr. Wickham Legg. F. S. A., at the general meeting of the Royal Archaeological Institute, held at 20 Hanover square. The ring never leaves her Majesty's possession, and is worn by her every evening; but by gracious permission several photographs were made of it, and a set of these has been given by Mr. Legg to the institute. It consists of a band of gold, varying from two to five millimetres in breath, with a large rounded sapphire thirteen millimetres across, and set "a jour." Over it is a cross of fine rubles, and it is surrounded by fine white brilliants. Tracing the history of coronation rings, the speaker mentioned that they were held to symbolize the wedding of the Sovereign with the nation. At the Queen's cornation it was regarded as an auspicious omen, indicative of the close bond which should exist—which this generation has seen fulfilled—that the ring should have fitted the royal finer very tightly.

An Anecdote of George W. Childs.

Here is a characteristic anecdote about George W. Childs: For some time he had been buying his lak for the Ledger from a New York house. One day he sent for the proprietor to come to Philadelphia. The latter appeared before him with missivings, confident that there were shoals ahead. "I have one fault to find with your ink," said the owner of the Led.

Her Middle Name.

Cassius Marcellus Loomis, of Chica-

braided and fur trimmed bolero to match the skirt.

His Middle Name.

Cassius Marcellus Loomis, of Chicago, tells the Chicago Tribune how he found out what his middle name and that of Cassius M. Clay was. At his birth he was named Cassius M., after Clay. "But," he says, "no one thought to enquire what the letter 'M' stood for in the name." Time ran on for some thirty-eight years, when the newly born, having inherited an inquisitive turn of mind, wrote Mr. Clay for the desired information. Mr. Clay for which is middle name was, he quoted two lines from Pope's "Essay on Man":— And more true joy Marcellus exiled feels

Than Caesar with a senate at his heels, and added:—"you will find your name in the above couplet."

Irate Lodger (to young clergyman)— See here, Mr. Loudshout, I am tired of being regaled with your rehearsals of your sermons through this thin parti-

tion.
Mr. Loudshout—I always practice what I preach, sir.—Up-to-Date.

QUEEN WILHELMINA.

POPULAR SOVEREIGNS

She Says that She Will Choose Her Own Husband, and that No State Matchmakers Need Apply-She is Intensely Loyal to Her Race.

When Queen Victoria Inherited the British throne she was scarcely more popular than is the young Queen of Holland at the present moment. The Dutch simply adore their young sovereign, and take the most intense interest in her coming of age (which will take place next August), and in her possible marriage. Queen Wilhelmina is credited by her people with much force of character. It is thought that she will attempt to rule as well as reign, and her choice of a husband is therefore a matter of utmost importance to the Dutch. The 'Wochen Zeitung,' Amsterdam, says on this subject:

"The many rumors of the Queen's

dent:

"During a recent tour abroad the Queen expressed a wish to the Dutch Ambassador accredited to a foreign court to meet his daughters. 'I do so wish to meet some Dutch girls,' she said. 'I am just dying for some one to speak to in my own language. Do send your daughters to me.' 'But my daughters do not speak Hollandish,' replied the unfortunate nobleman. 'My girls were not born in Holland; they only speak English,' Then, for heaven's sake, do not send them to me,' replied Queen Wilhelmina, wrathfully. 'I will have nothing to do with Dutch girls who do not understand their own language!'"

Wanted Spices of Variety in Life.

Wanted Spices of Variety in Life.

The expression of his face showed that he was easily irritated, and the contractor into whose office he walked braced himself for trouble.

"I wish," said the irritable man, "that you would do me a favor in connection with the work on my house."

"Anything that we can do will be cheerfully attended to,"

"Thank you. I wish you'd send a new man to do the painting."

"But the one we have there is an excellent workman,"

"I don't doubt that. But he's been there three days and he hasn't whistled anything but "Fell Them that You Saw Me.' I'm pretty slow at catching a tune, but I've learned that with all the variations, and if it's just the same to you I'd like to start in on a new one."

—Washington Star.

A Wise Precaution.

A Wise Precaution.

Mr. Williams: "Wha' yo' doin' dat fo', Mr. Jo'son—puttin' mosquito nets up dis time in de year?"

Mr. Johnson: "Waal, yo' see de doctor tole me de air war full of dese yer nilero bees: so I's takin' precotions agin gittin' 'em into de house."

A Soft Language.

The Turkish language is said by scholars to be the softest and most musical language of modern times, being better adapted to the purpose of musical notation and recitation than even the Italian. cal notation the Italian.

By washing the clothes at the un-dertaker's the second wife of a Ban-gor, Me. man is paying off the burial of her predecessor.

THE WISDOM OF REST.

How Busy Wemea Can Add to Length of Life and Bappiness.

In these days of ten-minutes-a-day reading, or half-hour studying societies for improving the mind, how many women make it a point to spend certain "minutes" in rest to improve their nerves and their beauty? Good health is of vastly more importance than intellectuality, for of what comfort to its possessor, or to anyone else, is the most brilliant mind which lives in a weary or nervous body? I believe that sheer weariness causes more trouble in the world than it ever gets blamed for. A rested person, other things being right, is a pleasant one; while a tired person, under whatever advantageous circustances, is almost sure to be cross. Many a family wrangle has started from for a woman to always consider her personal appearance of great importance. That fact should cause the subject for as woman to always consider her personal appearance of great importance. That fact should cause the subject of rest to find favor, as those who are always a little overtired never look will. Their faces assume a worried, frowning expression, and wrinkles, gray hairs, dill eyes and sallow complexion, down the properties of the complexion of the lattle overtired never look will eye and sallow complexion follow in natural succession.

Would you keep your fresh complexion, and plumpness, and bright eyes? Then rest, rest often, and rest in the right way. Do not insist that change of occupation is rest. There is no greater delusion. It is nothing of the kind. It is imply varies the kind of the lattle way is not the proposition. No one can stand or sit without holding comparatively taut some muscles, and the tension tires them and the nerves by sympathy. To rest, lie down on something entirely comfortable, and restrictions are a time several times a day—and more, if possible—of such rest will certainly add to the length of life and happiness.

Many people think that they cannot afford to lie down in the daytime, or if they do that they must improve the times a

add to the length of life and happiness.

Many people think that they cannot afford to lie down in the daytime, or if they do that they must improve the time by reading. It is a false idea of an economy of time. Neither the reading nor the resting is well done; and so the time spent is practically wasted. But to take little rests—lying downdess not waste time; it is time invested in a way that pays big dividends. The bright eyes, the good color, and good temper of a rested person are to a home worth many times what the sewing, or even reading accomplished in the same amount of time, could ever possibly be worth.—Rose Thorn, in Ladies' Home Journal.

NEW UMBRELLA HANDLES.

NEW UMBRELLA HANDLES.

me Are Made in the Form of Decidedly Dainty Bonbonnieres.

Dainty Bonbonnieres.
Umbrellas are displaying quite as many departures in style as articles of attire supposed to be more distinctly modish. The latest edict is that the umbrella must always match the gown, and tailor-made women are having umbrellas made up in just the shade of their various street gowns. A cestly



sumptive, invigorate the feeble, and render the most susceptible all but proof against jearndie in its most malignant form.

To Prevent Eye-Watering.
To prevent the eyes from watering while cutting onions, hold a knitting or darning needle between the front teeth.



THE BOWERY QUEEN

The Bowery Queen.

Miss Opp was educated in the public schools and soon after her school days began the study of acting. As a child she played in a benefit at the Academy of Music, and like many other children she had designs on the stage. She enjoyed the friendship of James Collier, the actor, who told her as a child that she was well qualified for success on the stage.

As she grew older she had some temporary hesitations concerning the stage as a career. For a short time she was the many she was the more of the magazines, and had considerable success. She did this, not from any need of money, for Johnny Opp was well-to-do, and nothing in life gave him greater pleasure than to supply funds to his clever daughter.

Two years ago Miss Opp went to London, where she had an opportunity to meet many people, fashionable or otherwise distinguished. She was still occupied with her magazine writing. Among others, she met the late George du Maurier, and Mrs. Beerbohm Tree, both of whom agreed that she was well fitted for the stage, and would make an admirable Trilby.

After that she returned to New York and tried to ascertain what opportunities the stage offered her here. Charles Frohman promised her an engagement in the fall, but before that season arrived she paid a second visit to London.

Miss Opp is at present playing the part of Hymen in "As You Like It," at

Charles Frohman promised her an eagement in the fall, but before that season arrived she paid a second visit to London.

THE LATEST UMBRELLA HEADS. fancy, but surely a pretty one to be commended for those who can afford it A purple tailor gown requires an umberlla of purple silk lined with silk of a pale canary color, for the lining of the new umbrellas is always of a different shade. A green gown demands an umbrella of sapphire, lined with turquoise, and so on.

In the matter of handles there are still greater novelties. The jeweled ones are more elaborate than ever, but newer than these is the handle made to represent the head of an animal. Faddish New York women are greatly taken with the heads, which represent the heads of dogs or cats, and which are always made after a strikingly realistic fashion.

Daintier perhaps are the handles made in the form of small bombonnieres, which the younger women are particularly diverting when one is left alone with one's umbrella to be able to open the handle and extract a sweetmeat.—N. Y. World.

The Egg as a Medicine.

A raw egg, if swallowed in time, will effectually detach a fishbone fastened in the throat, and the whites of two ergs will render the deadly corrosive sublimate as harmiess as a dose of caloned. Eggs strengthen the consumptive, invigorate the feeble, and render the most susceptible all but proof against javadice in its most malignant form.

To Prevent Eye-Watering.

To Prevent Eye-Watering while cutting onloss, hold a knitting while