

DANGER OF OVEREXERCISE.

Must Rather Than Exercise in Some Cases What a Woman Most Needs.

The busy woman needs to conserve her nervous force and to increase it by every possible means. If her health is excellent she will be greatly profited by moderate exercise, but she will find it greatly to her advantage to take this at first in small and divided doses, only increasing the amount after days of moderation and rest.

TRAINED BY MACHINERY.

Elephants Are Now Taught by Mechanical Appliances to Do Their Work.

They are training elephants by machinery now. It is something they did not do in the olden times; but, then, people generally have changed from the old ways, and there is no reason why elephant trainers should not do so.

HUMOROUS.

"Why are you reading the book if you don't like it?" "Well, because I began it."—Harlem Life.

"Your gown has an elegant fit." "Yes, but it is nothing as compared to papa's when he saw the bill. It was something lavish."—Indianapolis News.

A Pertinent Query.—"And just in the nick of time," said Maj. Bluff, describing an alleged experience in the Philippines, "I was rescued. That was an awful ordeal. I was afraid every minute I would become hopelessly insane." "And didn't you?" inquired Miss Sharpe.—Philadelphia Press.

ABOUT STANDARD TIME.

How It Is Imported All Over the Country from the Washington Observatory.

"What time is it?" Few questions are more common than this, and yet each day the United States government goes to a great expense in giving it an official answer.

ENGLISH EPICURE INDULGES IN SOME RARE DISHES AT SMALL COST.

While scientists are experimenting with foods to find out which yields the most nourishment, an English epicure claims that he has found out the secret of the best and cheapest diet, says the New York World.

RICH FOOD CHEAP.

His food costs him practically nothing. This is how he manages it. He is a cunning naturalist, and nobody knows better than he how the juicy hedgehog hides.

LIFE NEAR THE EQUATOR.

Rev. Father Grison, of Stanley Falls, Africa, writes that Europeans have a very inaccurate idea of tropical temperatures. He passed eight years at the equator on the Pacific coast.

AN ABSTAINER.

Briggs—Well, I have had to give up drinking. Griggs—Why? "I found it was affecting my heart."—Detroit Free Press.

THE GARDEN PATCHES

Four Hundred-Dollar Crop Raised on a Quarter Acre.

Vegetables of Various Kinds Produced from Small Plots of Ground Amidst the Busy Metropolis.

Hundreds of acres of vacant land under the control of the bureau of charities have been apportioned to families who will make kitchen gardens on them. Families are generally given a quarter-acre plot.

An acre of land consists of about 40,000 square feet of usable land for cultivating purposes, deducting the 3,500 square feet for fences, paths, ditches, etc.; therefore, the usable area would be 36,500 square feet, or about one-half of a 300-foot block 150 feet deep.

Experienced Chicago farmers say that they plant radishes in rows about six inches apart, which would make 400 rows 300 feet long, and each lineal foot containing about 9 radishes. Thus, the total average of radishes would be 720,000.

The farmers say that they plant carrots in rows about six inches apart and about eight carrots in a lineal foot, the number of carrots raised in one crop being about 660,000 to an acre.

The same authority asserts that head lettuce should be planted about ten inches apart each way, thereby making 240 rows and 240 heads of lettuce in one crop, altogether making about 57,600 heads of lettuce.

Potatoes, sweet corn, tomatoes and green beans are much less profitable crops than cabbage, but, well managed, make good returns. Skilled farmers say that cauliflower may be planted about 15 inches apart each way, making 160 rows, each containing about 25,600 heads of cauliflower to an acre.

The farmers cultivate celery between the rows of cabbage and by the time it is ready to be bleached the cabbage is out of the way, and the field cleared of the cabbage leaves, which are used for fertilization the next year.

The total product of one acre of land, if the vegetables mentioned above be skillfully cultivated and marketed, would be about \$1,500. A quarter-acre would thus be capable of producing vegetables worth at wholesale nearly \$400; at the price which consumers pay the value of a quarter-acre crop under favorable conditions of raising would be perhaps \$800.

The King of England has ten maces, which are kept in the Tower of London. They are all of different degree, and all will be used at the coronation.

Just to Be Quarrelling. "Edgar and I quarrel all the time about automobiles; he says he won't have a horse, and I say I won't have anything else."

"So you are going to get a conveyance of goodness kind?" "Oh, goodness, no; half the time we can't scrape up street car fare."—Detroit Free Press.

RAILROAD QUIZ CLASSES.

A Newly Introduced System for Thoroughly Instructing Employees in Their Duties.

"Quiz classes on the various big railroads," said a veteran railroad man, reports the New York Sun, "are a new idea. Accidents are mostly caused by a want of knowledge of railroad rules, and for this reason various quiz masters have been put at work."

"A quiz master generally has an entire car to himself in which he travels over the lines. He has the employees of each section on his list, and they are notified when and where to appear for quiz class on the rules."

"When this idea was first introduced the men did not take to it kindly. They are generally exceedingly well-informed men, but there are always some things that need explanation. For instance, a quiz master will take a whole train crew at one time and put them through a preliminary examination that will very soon develop points that they know very little about.

"The employees are being graded by the quiz master. After he finds that a trainman is not only thoroughly informed as to the rules but as to any situation that may arise in his work he gives him a certificate. It is a sort of diploma that will entitle him to the best consideration of any employing railroad official. The train hands who do not first pass the final examination have other chances. If they are likely men and take an interest in things they are patiently instructed and examined again."

"Every company has its book of rules for all classes of railroad labor. These rules are the basis of the knowledge of the men. It is deemed best that the men shall know these rules by heart. Then comes in the work of the quiz master. He must see that they know exactly what each rule means, and if ever there is an exception to a rule, when and where it must be exercised. Of course, all this means that in the near future no train man can secure employment unless he has a certificate."

Most of the royal titles used to-day are of comparatively modern origin; "king" is probably the most ancient. The title "king of kings," appearing in almost every line, were the words which gave the key to the confusion in the old Assyrian tombs. "Emperor," which means simply "commander in chief," was the next in order of time. Curiously enough, it entirely disappeared in Europe for four centuries, and was revived by the great French monarch, Charlemagne, on Christmas day, A. D. 800.

KIND TO HIS STUFFED BEAST.

A New York Furrier Finds That It Pays to Provide a Nock-tooth for a Bear.

The little man cocked one eye up at the heavens and surveyed the clouds sagaciously, says the New York Sun. "I guess it's all right," he said, and then he began to remove the mackintosh from the couchant figure beside the door.

When the strings had been untied and the safety pins had been pulled out and the storm coat had been taken off there was exposed to view a nice-looking black bear who showed his teeth to passers-by and sniffed the fresh air with wide-dilated nostrils. A pedestrian stopped to look and admire.

"Is that the way you protect your advertising signs?" he asked. "Yes," said the proprietor of the fur store. "That is my own idea. All the years that I have been in the fur business I've let my bears and foxes stand out here winter and summer in the driving winds and chilling snows, and it never once occurred to me to do a thing for their comfort, not to mention the preservation of their health. That was a big mistake. No matter how good the fur on an advertising bear he is bound to get a little bit mungy under persistent abuse, and as a first-class fur sign costs \$50 and up I have come to the conclusion that my own interests demand that I do everything in my power to promote longevity among the animals I already own. Hence this storm coat."

"For the past four months I have been covering this fellow up from the tip of his nose to the point of his tail whenever a hard storm comes along and he has shown his gratitude for my thoughtfulness by taking on a neater, sleeker appearance. I actually believe he is getting a little fatter. I tell you there is nothing that pays better than kindness to animals, even though they are only fur signs."

PROFITABLE CROPS.

Farmers in Florida, in the low country of South Carolina and in the southern part of Georgia are experimenting with fond expectation in the cultivation of cassava and sugar cane. Their interest has been excited by the success of an experimental cassava starch factory in De Land, Fla., which in three years has marketed 2,400 tons of starch, and by expert reports on the high quality and yield of sugar made from cane grown in Florida and Georgia.—Chicago Chronicle.

CURIOSITIES OF TITLES.

Peers Without Titles and Honors—With More Than They Can Remember—Origin of Some.

Elders sons of peers have no real right to the titles they are known by. These are theirs purely by courtesy. The son of a peer shares none of the privileges conferred by law on peers of the realm. He is on exactly the same footing as any other commoner. There is, however, one remarkable exception to this. The eldest son of the duke of Northumberland is Earl Percy, a peer in his own right, and entitled to a seat in the house of lords, says London Tit-Bits.

Elders sons of marquises have, as a rule, the empty honor of an earldom to fall back on. Three, however, the heirs to Weymouth, Salisbury and Townshend, are viscounts only. Most of our 123 earls have also a secondary title, viscount or barony, for their heirs. It is not till we come to our 30 viscounts that we find their eldest sons addressed simply as "honorable."

To rise a step to royalties, the titles given to eldest sons of sovereigns are curiously varied. Two, the heirs to the Austrian and German thrones, are known as "princes imperial." Prince royal is used in Bavaria, Greece, Denmark, Saxony, Wurttemberg and Sweden. Russia stands by herself in calling her heir "czarevitch," and Spain, too, has a unique title in "infant" or "infanta," which have been used for the past nine centuries. In other countries the eldest son is prince of some territory which he rarely sees, over which he has no jurisdiction, and from which he draws no revenue. Similar titles to prince of Wales are borne by the Flemish duke of Brabant and the Portuguese don of Alcantara.

One of the most peculiar titles ever conferred on royal children was that formerly bestowed on the heirs of the German emperors, "most noble purple-born."

The titles of many monarchs have as small a foundation as those of their children. The king of Ferdinand in very recent times used to waste two sheets of paper in all official letters in describing himself as king of Cyprus, Sicily and Jerusalem, as well as duke, prince, count and marquis of over 47 other districts in most of which the people had probably never even heard of him. At the very same time the king of Naples also professed to be king of Jerusalem, just as our own monarchs kept the title king of France for two full centuries after losing their last acre of French soil. One of the most amusing examples ever known of this claiming of titles was seen in a British treaty made with the last mogul emperor of Delhi. He began by calling himself "king of the world," yet the treaty is full of humble concessions to the people who had so lately defeated him.

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"Duke" was a sovereign title for a long time, and there were still five reigning German dukes whose titles are no mere empty ones. "Electors" was a very great title, indeed, at one time; but that, too, has fallen. The last to go was the electorship of Hesse-Cassel in 1866. The latter more frequently was called "landgrave," a title his ancestors chose to distinguish themselves from the swarm of counts around them.

"Czar," now so famous, was at one time quite a secondary title of Russia's rulers. "Great lord, grand duke, autocrat and czar" were the original titles of Russia's sovereigns. In 1547 Ivan IV. was crowned czar of Moscow, and later on his descendants became, by conquest, czars of all the Russias—great, little, new, black, red, white and southern Russia. Then Peter the Great thought he would like the title of emperor, and took it. This caused a desperate quarrel with the emperor of Germany, who, as the inheritor of the title of the old Roman emperors, thought no one else had any right to use it.

"Sultan" is not a specially ancient title. Turks think much more of the word "caliph," which means "substitute"—that is, substitute here on earth for the prophet Mahomet, still considered their actual head. The sultan of Turkey is caliph of Damascus, Cordova, Bagdad, Fez, Grenada, Egypt, Morocco and Tunis. A rather remarkable thing about the present sultan is that he is not of the family of the prophet at all. Therefore all the emirs, which is the name given to Mahomet's descendants, and of whom there are many thousands, forego whilst in his presence their special privilege of wearing the green turban.

"Majesty" is quite a modern title. A mere five centuries have elapsed since the word was first used. Henry VIII. was the first English monarch to adopt it. Before that "serenity" and "grace" were more common attributes.

MIS EXPERIENCE.

Miles—Did you ever have the sherris sell you out at auction? Giles—No; but I had my thumb nail under the hammer once.—Chicago Daily News.

ONLY A SEMBLANCE.

A person can keep up a semblance of honesty, by occasionally promising to pay.—Acheson Globe.

HE TALKS TOO MUCH.

A man is often reminded that he talks too much.—Acheson Globe.