

PROPER CARE OF THE BODY

Mistake Frequently Made by the Cranks on Diet.

It is a wonder some people ever have any health at all. The way to get the most out of one's ability is to trust it.

STOPPED TO FINISH CIGAR.

When President McKinley Kept Mayor of Boston Waiting.

City Messenger Leary tells a story of his official experience with President McKinley and his famous foot-long black cigars.

Leo Stevens' Daring. Capt. Homer W. Hedge, whose specialty is founding automobile and aeronaut clubs, has made many balloon ascensions.

What They May Have Said. There was no official stenographer present when King Edward met Emperor Wilhelm at Wilhelmshohe.

A Fire Fighters for Panama. A letter has been received from the secretary of the Panama canal commission.

Imported from Paris. The woman was calling on her friend, who lives in East Thirty-fourth street, says the New York Press.

Wellington's Dispatch Table. Mrs Maxwell (better known as Miss Braddon) has many treasures at Lichfield house, her charming home.

In Harness. "It must be fun," suggested the blond, "to dally dally with these shafts of wit."

Restrictions. The alien was in jail for having shot a fellow countryman.

Overheard in the Country. Wilfred—Mamma, we were up in Farmer Crosby's yard, watching the eggs in his incubator.

BEANS AS HUMAN FOOD

Have Great Value—Will Figure More as Meat Figures Less.

This country has raised 5,064,844 bushels of beans in 1900 and devoted 493,867 acres to their cultivation.

To the average American, beans mean string or snap beans, plucked when green from the small gardens or canned in their green state.

FIELD FOR ELECTRIC FURNACE. Can Be Used to Advantage Where Water Power is Cheap.

While the electric furnace cannot compete with other processes in the general production of iron and steel, Dr. R. S. Hutton, the British metallurgist, finds that it may be used to advantage where water power is cheap.

A Model Ex-Husband. "I don't know where there is a greater example of generosity than right here," said he as they sat together at the Italian cafe.

Worshippers in Old St. Mark's. "That old St. Mark's over there is an endowed church," he explained as they passed it.

Not Elegant But Strong. "Tell me," said the new reporter, "do you say 'the smart set is,' or 'the smart set are?'"

Wanted. "Well," said the proprietor, "I see you have at last sold that ugly hat we expected to have on our hands."

Sold. "Well," said the proprietor, "I see you have at last sold that ugly hat we expected to have on our hands."

BIRDS SEEK THE WARMTH.

Trait of English Sparrows Recently Brought to Light.

Bird Lore gives an interesting account of a new way the English sparrows have found of keeping warm on cold nights.

There is no more independent person in the world than the Mexican laborer, says an American who has capital invested in that country.

Peer Who Starts Women's Fashions. Entomologist, sportsman, agriculturist and politician, Lord Walsingham, who recently celebrated his sixty-fourth birthday.

HAS LIFE OF LITTLE CARE.

Mexican Laborer an Inveterate Enemy of Hard Work.

There is no more independent person in the world than the Mexican laborer, says an American who has capital invested in that country.

The Private's Complaint. The late Gen. Shafter used to enjoy telling how, during the civil war, several wounded officers and a few privates were going up the valley of Virginia.

Greatest Linguist. Father Erasmus Hering, the world's greatest linguist, died at Landsbut monastery recently at the age of 70.

Not Elegant But Strong. "Tell me," said the new reporter, "do you say 'the smart set is,' or 'the smart set are?'"

Wanted. "Well," said the proprietor, "I see you have at last sold that ugly hat we expected to have on our hands."

Sold. "Well," said the proprietor, "I see you have at last sold that ugly hat we expected to have on our hands."

THE CHILD LABOR QUESTION.

Some Comments by a Writer Who Knows the Subject.

Making children self-supporting at ten is the horrible suggestion of a Chicago pedagogic, comments a writer in American Medicine.

Work of itself is normal, and believed to be needed for development. If we do not impose it, children invent it for themselves.

BUILDING FOR THE FUTURE.

Newspaper Man Was Casting an Anchor to Windward.

Although Joseph Pulitzer still keeps in active charge of his great newspaper the New York World, his son, Ralph Pulitzer, has taken over some of the burdens of editorial and business direction.

A Successful Prophet. Across the water are the handsome residences upon the "Neck," the settlement of which marks one more epoch in the history of the town.

The Private's Complaint. The late Gen. Shafter used to enjoy telling how, during the civil war, several wounded officers and a few privates were going up the valley of Virginia.

Greatest Linguist. Father Erasmus Hering, the world's greatest linguist, died at Landsbut monastery recently at the age of 70.

Not Elegant But Strong. "Tell me," said the new reporter, "do you say 'the smart set is,' or 'the smart set are?'"

Wanted. "Well," said the proprietor, "I see you have at last sold that ugly hat we expected to have on our hands."

Sold. "Well," said the proprietor, "I see you have at last sold that ugly hat we expected to have on our hands."

WIT OF WILLIAM M. EVARTS.

Few Men More Ready Than Was the Great New York Lawyer.

William Everts graced the headship of the bar before lawyering was so much of a trade as it is, and when lawyers had time for accomplishments.

Why He Was Tired. A man alighted from a train, and after walking laboriously up the short flight of stairs which led to the waiting room, stopped a few times on the way to rest.

RETURN FROM THE ANNUAL NONSENSE KNOWN AS "VACATION."

A man alighted from a train, and after walking laboriously up the short flight of stairs which led to the waiting room, stopped a few times on the way to rest.

JEWEL FOR CHILD HEROINE.

Ethel Johnson, a child heroine of the Columbia disaster, has received a magnificent butterfly of gold and diamonds from an unknown admirer.

John Knox, Prophet. John Knox, the reformer, would seem to have possessed in an ordinary degree the spirit of prediction.

A Brave Pony. One small pony named Nell routed four young highwaymen in the Bronx.

Work of a Pipe Line Walker. Jack Hovey has walked over the Tidewater pipe line from Rixford, McKean county, to Williamsport.

Agitator Punished. Two years imprisonment was the punishment meted out the other day in the Punjab to a Hindoo who had gone about telling the people that there would be no plague at all.

A Delicate Distinction. Manager—"I thought you wrote me you had a full house at Had Dog in Arizona."

The Author's New Memo. "Like your new house?" "It's fine."

Overheard in the Country. Wilfred—"Mamma, we were up in Farmer Crosby's yard, watching the eggs in his incubator."

Overheard in the Country. Wilfred—"Mamma, we were up in Farmer Crosby's yard, watching the eggs in his incubator."

IDENTIFYING "U. S." ANIMALS.

System of Branding Authorized by the Army Regulations.

Whenever you see the letters "U. S." branded on the left fore shoulder of an animal make up your mind at once that that beast is or was at one time the property of our rich old "Uncle Sam," says the Washington Post.

Jewel for Child Heroine. Ethel Johnson, a child heroine of the Columbia disaster, has received a magnificent butterfly of gold and diamonds from an unknown admirer.

John Knox, Prophet. John Knox, the reformer, would seem to have possessed in an ordinary degree the spirit of prediction.

A Brave Pony. One small pony named Nell routed four young highwaymen in the Bronx.

Work of a Pipe Line Walker. Jack Hovey has walked over the Tidewater pipe line from Rixford, McKean county, to Williamsport.

Agitator Punished. Two years imprisonment was the punishment meted out the other day in the Punjab to a Hindoo who had gone about telling the people that there would be no plague at all.

A Delicate Distinction. Manager—"I thought you wrote me you had a full house at Had Dog in Arizona."

The Author's New Memo. "Like your new house?" "It's fine."

Overheard in the Country. Wilfred—"Mamma, we were up in Farmer Crosby's yard, watching the eggs in his incubator."

Overheard in the Country. Wilfred—"Mamma, we were up in Farmer Crosby's yard, watching the eggs in his incubator."