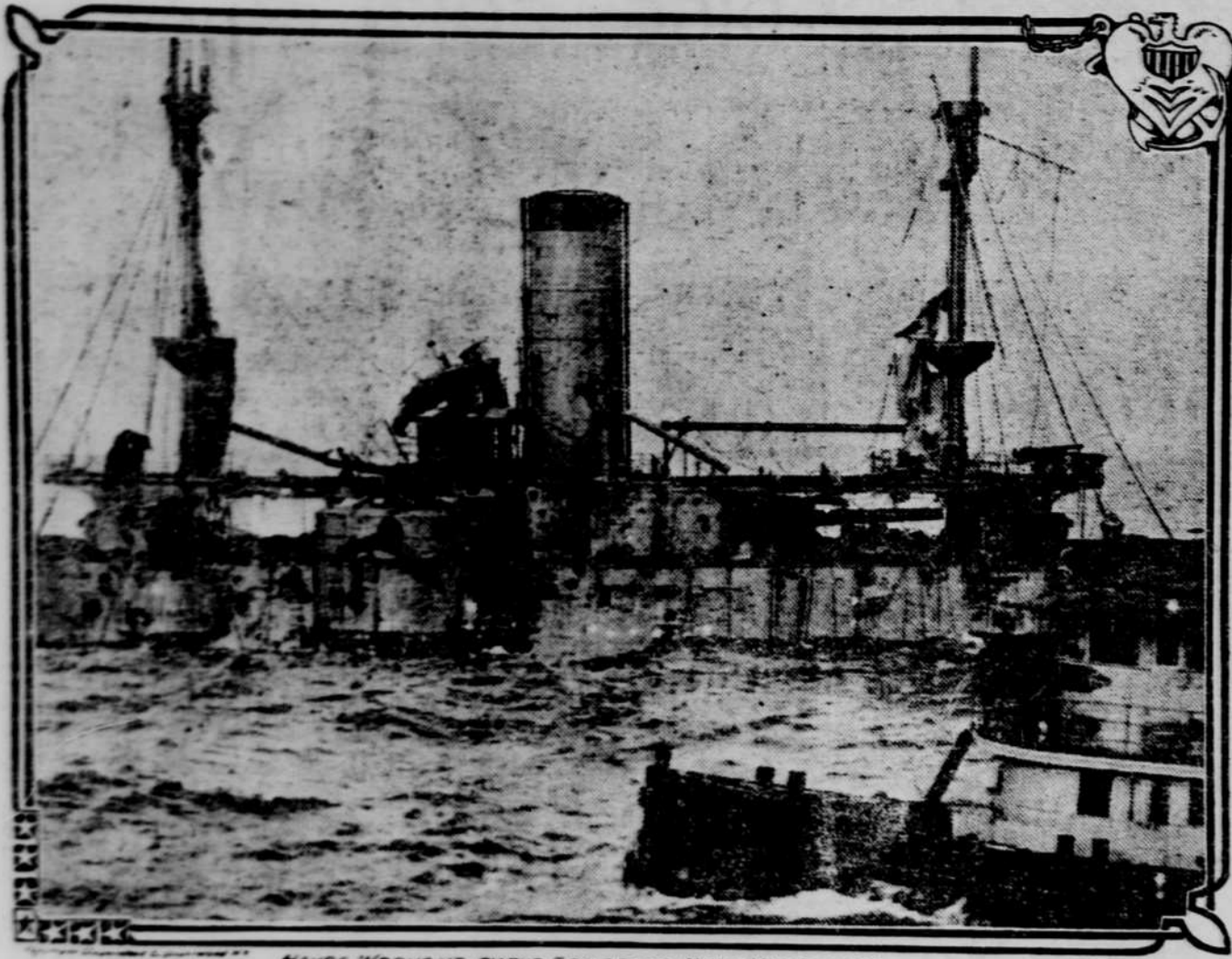


DESTRUCTION OF THE BATTLESHIP SAN MARCOS



MAKESMANSHIP OF A HIGH DEGREE OF EXCELLENCE WAS DISPLAYED BY THE GUNNERS OF THE BATTLESHIP NEW HAMPSHIRE WHEN THEY WERE GIVEN THE CHANCE TO FIRE THE VESSEL'S BIG GUNS AT THE OLD BATTLESHIP SAN MARCOS, FORMERLY OF TEXAS. THE OUT OF DATE WARSHIP WAS SMASHED TO PIECES, AND THE TEST WAS CONSIDERED MOST SATISFACTORY, BOTH IN REGARD TO THE GUNNERY AND TO THE REMARKABLE QUALITIES OF 'EXPLOSIVE D,' THE NEW EXPLOSIVE, THE FORMULA OF WHICH HAS BEEN GIVEN TO THE GOVERNMENT BY THE INVENTOR, COLONEL DANN.

MARKSMANSHIP OF A high degree of excellence was displayed by the gunners of the battleship New Hampshire when they were given the chance to fire the vessel's big guns at the old battleship San Marcos, formerly of Texas. The out of date warship was smashed to pieces, and the test was considered most satisfactory, both in regard to the gunnery and to the remarkable qualities of "Explosive D," the new explosive, the formula of which has been given to the government by the inventor, Colonel Dann.

CARE FOR STOMACH

Chicago Board of Health Issues Warning Bulletin.

Urges Vegetarian Diet and Gives Pointers to Those Who Must Have Meat—Much Nutrition in Cheap Steak.

Chicago—"Don't make a junkshop of your stomach," is the warning of the Chicago health department in the weekly bulletin issued the other day. The editor of the bulletin advocates a vegetarian diet, but for those who must have meat with their meals he points out a way to get around the high cost of living problem.

"The cost of an article of food is no true guide as to its real nutritive value," he says. "For example, a glass of pure milk with bread and butter, an egg and a dish of fruit, costing all told 25 cents, is a much better meal for the average person than a big sirloin steak, which, with trimmings, will cost five times as much."

"The trouble with many people is they are willing to pay high prices for food that, while it tickles or pleases their palates, is of no more value than that costing much less."

"A pound of protein or fat from a tenderloin steak at 28 cents a pound contains no more nutrition than the same amount from shoulder or round steak at less than half the expense. Even in these days of high prices 25 cents will buy meat enough, with vegetables added, to make a savory and nourishing stew for six persons; and the entire cost, including bread, butter, coffee and vegetables, need not exceed 10 cents per person."

"According to the London Lancet, there is very little difference between the nutritive value of wheat and rye. One distinct advantage of rye bread is that it keeps fresh longer than wheat bread. Rye bread also has distinct laxative properties."

"The effect of deep breathing as a mental stimulant is very pronounced. Two minutes' exercise of deep breathing will remove all feelings of sluggishness, provided, of course, that the exercise be taken in a room with the windows wide open, or, better still, in the open air."

"The mouth is the seat of many of the communicable diseases. For this reason mouth sanitation is important. A clean mouth and sound teeth are big factors in promoting physical health. Oral hygiene, as it is called, is becoming an important and recognized branch of medical school instruction. It is well understood that proper care and attention given to the mouth means that the child will be healthier, better able to assimilate its food, make better progress in its studies and be less liable to attack from the usual epidemic diseases of childhood."

"During the months of January and February of this year 12,458 physical examinations were made of children in the public schools. Of this number 5,350 were found to require treatment. The principal ailments, and to which parents were urged that immediate attention be given, were as follows: Diseases of the eye.....1,940

Dad teeth	5,245
Enlarged glands	1,738
Defective hearing	174
Defective nasal breathing	563
Adenoids	599
Affected tonsils	2,550

"To properly appreciate the value to the child of medical school instruction when properly done it should be clearly understood that any one of the minor defects noted and for which treatment was urged amounts to a serious and positive handicap or hindrance to the child's educational development and progress. And this is leaving out of consideration entirely the serious physical harm that so often follows neglect to treat and correct in their incipency these ailments so common during the adolescent period."

AMERICAN GIRL MAKES HIT

Miss Meta Reddish, Young Soprano, Scores Successful Debut at San Carlo, Opera House.

Naples—Miss Meta Reddish, a young American soprano, has just made a successful debut at the San Carlo Opera house. Her *Amina* in "Sonambulo" was a brilliant achievement for such a young woman. The audience went wild with enthusiasm, insisting that she respond to many encores.

Two years ago Miss Reddish was placed by Miss Emma Thursby with Maestro Carlo Sebastiani in this city. Her remarkable performance as *Amina* reveals her to be an artist of singular value, and the critics here predict a great future for her. Although she sang with the famous tenor,

RUIN OF NATIONS IN DRESS

College Professor Says Empires Will Be Driven to Fate of Rome if Wives Don't Reform.

New York—If Prof. Scott Nearing, who holds a chair in the economic department of the University of Pennsylvania, does not get "in bad" with the modern woman, then wonders never cease. Hear him:

"If the women of today continue to be the economic burdens to men that they are now they will ruin this country just as the dissolute women of Rome ruined that empire."

"The wife no longer contributes to the family income by creating values. With the increased standard of elaborate dressing she is often its chief burden."

LITTLE BEE TO KILL MOTHS

Colorado Orchardist Discovers Parasite and Is Busy Trying to Force Increase of Number.

Grand Junction, Col.—How would you like to feed and care for a bunch of sleeping parasites during the winter months in order that they might be happy and healthy to begin work early in the spring? This has been what a number of Grand Valley orchardists have been doing this winter, and as a result they hope to es-

capate entirely the ravages of the codling moth in their orchards this season.

The codling moth is that fuzzy, oily little worm you occasionally find in apples.

Prof. E. P. Taylor discovered the parasite the codling moth last summer, and he has been trying to force a multiplication of their number ever since. The codling moth's enemy is a little bee.

It takes eighty-three of them, placed on end to take up an inch. The only difficulty is that the bee begins work too late in the season, and Professor Taylor has been trying to remedy that by caring for them during the winter months.

Chancellor Honored by Kaiser. Berlin.—In connection with the launching of the battleship Kaiser, Emperor William has created Chancellor von Bethmann-Hollweg a major general in a suite of the army. Prince von Buelow, who is also a civilian, was accorded this honor when he was chancellor.

Chancellor Honored by Kaiser. Berlin.—In connection with the launching of the battleship Kaiser, Emperor William has created Chancellor von Bethmann-Hollweg a major general in a suite of the army. Prince von Buelow, who is also a civilian, was accorded this honor when he was chancellor.

REDISCOVER A WONDER CAVE

Explorers Locate It in Depths of Royal Gorge 500 Feet Above River—How Found.

Canon City, Col.—Another attraction has just been added to Canon City's list of scenic wonders by the rediscovery of a wonderful cave in the depths of the Royal Gorge by a party organized from the Canon City Merchants' association.

For many years there have been rumors of the existence of such a cavern, but, owing to the difficulty of crossing the river and exploring the region, all efforts to find it proved unavailing.

A recent letter to Guy W. Hardy from G. A. Anderson of Portland, Ore., gave a description of the cave and its location.

Following the description the party crossed the river near the gorge station one mile east of the hanging bridge, and found the entrance to the cavern in a ravine about 500 feet above the river.

827 Rats Caught in Rick. London.—During the thrashing of an average corn rick on Lady Wangan's Berks estate, it was stated at a meeting of the Berks and Oxfordshire chamber of agriculture at Reading, no fewer than 827 rats were killed.

Bells on Cats Save Birds. Spokane, Wash.—Mrs. J. D. Murphy, living at 1827 East Riverside avenue, is advocating a movement in Spokane that all owners of cats provide their pets with bells in the interest of preserving the song birds.

Mrs. Murphy has interested a number of women in her campaign, and a "Bell on Cat" society will be organized.

A Maine Tavern.

The historic Colonial home of Edward R. Pierce, which was burned in Belfast March 7, was built in about 1805 by Colonel Thomas Cunningham, who came to Belfast in 1803 from Petersburg, N. H. The house was known as the Sun Tavern. During the war of 1812 it was in the height of popularity. Many distinguished guests were entertained, and eminent judges and officers of the supreme court of Massachusetts when traveling the eastern circuit were accustomed to leave their carriages here and journey to Castine by water. It is said that British officers were entertained there. It was also a popular place for social affairs, and many dances and assemblies were held there in bygone days. The house was painted a bright yellow, in keeping with its name, Sun Tavern, and at one time when the landlord became unpopular his house was called "Pumpkin Tavern."—Lewiston Journal.

A circuit court judge in Missouri solemnly ruled that an automobile is not an asset, but a liability.

New News of Yesterday

by E. J. Edwards

Lesson in a Shuttle Road

John W. Garrett Cited Charleston Example As Instance of the South's Former Haphazard Manner of Developing Railroads.

In the latter part of March of the year 1883 I spent a week or ten days in Charleston, South Carolina. On the second day after my arrival there was seated at my hotel dining room table a stranger, a new arrival, of about middle height and of powerful build, with an unusual depth of chest. The perfect balance and poise of his massive head upon his shoulders was especially noticeable. The outline of the head was round, rather than long. His face was broad; his mouth revealed great firmness, although there was in his smile a suggestion of gentleness and kindness. His eyes, which were dark blue, were set far apart, and the breadth of his forehead indicated great intellectual power. His hair was not plentiful, although he was not bald, and in his early manhood he must have been of sandy complexion.

"Have you come from the north?" he asked; and when I replied that I had, he asked me if I came by the coast line.

I saw that he was familiar with railroad matters, and disposed to talk of them, so I ventured to ask him how it happened that a city the size of Charleston, and a seaport at that, had no central railway station. The main station was then some two miles outside the city, and passengers were conveyed back and forth by means of a shuttle train.

"Well, that shuttle train furnishes one explanation of why the Confederacy did not succeed," was the reply. Then, noting, apparently that I was wondering how a shuttle railroad two miles long could have had anything to do with the failure of the Confederacy, he continued, and his manner was that of a modest, kindly gentleman:

"Do you know of any important city of the north, especially any seaport, that would have been content even in early railroad days with railroad communication that required the use of a shuttle train? This little shuttle line personifies the haphazard manner in which industry and railway development in the south in the days before the war were universally carried on, a circumstance that is easily explained by the fact that the south was then almost exclusively an agricultural region. So it came about, when the

war broke out, that the Confederacy found itself with nothing more than makeshift means of communication at its command. There was not one railroad in the entire south that was worthy of the name when compared with the standards of today and judged by the standards of today the northern roads of war times were poor, as a whole. Yet if there had been a railroad of northern standard running between Richmond and Lynchburg, for example, Lee could have transported his whole army by it from Richmond, after evacuation, to Lynchburg, and it would have taken a long time to dislodge him, once he was in Lynchburg. He could have made a union there with Joe Johnston's army, then in North Carolina; he could have given Grant a great deal of trouble. But he had no good railway service at his disposal, and he fell at Appomattox. So it was elsewhere in the south—the southern commanders were greatly handicapped by lack of proper railroad facilities; they had to contend with such things as this shuttle railroad in Charleston; and so, I say, this shuttle service furnishes one explanation of the fall of the Confederacy."

It was clear to me that my table mate was a railway man of experi-

ence, and, my curiosity being aroused, I made inquiries at the hotel office concerning him.

"Oh," said the clerk, "that is John W. Garrett, president of the Baltimore and Ohio railroad."

When next I was seated with my table companion I said:

"Mr. Garrett, until this afternoon I did not dream that I had been talking with the creator and builder-up of the great Baltimore and Ohio railroad system. If I had known it, I might have been a little embarrassed."

"Well," replied Mr. Garrett smiling kindly, "it has always been my belief that when strangers who are upon their travels meet, it is a great deal better that they should not know anything about one another, provided they are satisfied that they have some points of common interest. For in that way they can meet upon common ground."

Perhaps it should be added that the railroad which Mr. Garrett headed for a quarter of a century from 1858 until his death in 1884, was of the greatest service to the United States government during the Civil war in the transportation of troops and materials. And during the entire period of Mr. Garrett's presidency he was without a superior in the world of railway transportation.

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Hill's High Idea of Ethics

Why He Would Not Present Case Against the Income Tax Clause of the Wilson Bill to Supreme Court.

Now that David Bennett Hill, three times governor of and one term United States senator from New York, has passed away, it is possible to narrate several incidents connected with his career that have both historic importance and dramatic interest. They have remained unchronicled hitherto because of Governor Hill's policy of complete silence in all things political relating to himself, a policy that one of the staunchest friends he ever had—Judge Alton B. Parker—declared recently caused much unnecessary criticism to be heaped upon his author.

In 1894 the house of representatives passed the tariff bill now historically known as the Wilson bill. It contained a clause providing for the levying of an income tax without doing

that in accordance with the census; that is to say, in proportion to the population of each state. Senator Hill not only regarded this clause of the income tax as unconstitutional, because the constitution provides that an income tax must be levied according to the census, but, in addition, he felt that were a tax of that kind levied and collected, the tendency would be seriously to threaten the equality of the states in their representation in their federal senate. Senator Hill therefore prepared a speech which has now gone upon record as one of the ablest of all the speeches delivered in the senate since the time of the Civil war. In this matter he stood almost alone among his Democratic associates, and the senate passed the Wilson bill, much amended, but with the original income tax clause unchanged. This was the tariff bill which President Cleveland refused to sign, characterizing it as a bill of perjury and dishonor.

After the bill had become law, it was determined to make a speedy test of the constitutionality of the income tax clause, and when those who had united to forward this important judicial proceeding consulted as to who, among the lawyers of the United States, could make the ablest argument before the Supreme court, all were of the opinion that Senator Hill was the man. The senator was therefore approached and asked, practically in these words, whether he would accept a retainer to argue the case:

"Senator, we have unanimously agreed that you, better than any other lawyer of whom we have knowledge, would make a convincing argument before the Supreme court. We have therefore decided to ask you to accept a retainer simply to make that argument, and we are prepared to offer you a retainer of \$5,000."

For some moments the senator was silent. He seemed to be considering the proposition from all sides. At last he said:

"I should greatly like to make the argument before the Supreme court. I would be willing to make it without a retainer; I regard the subject as of vital consequence. But it does not seem to me as though it would square with my view of the ethics of senatorial service if I were to accept your retainer. I made my appeal as a senator to my colleagues in the senate. I spoke with earnestness and in all sincerity. A majority of the senate, however, disagreed with me. Now, if I, having been defeated in the senate, were to make an argument before the Supreme court upon this issue, it would seem as though, having been defeated in the senate, I at once resorted to the Supreme court. No, I do not think that I would be justified in accepting this retainer, although I say again that I should greatly like to make the argument."

After this refusal the party sought other counsel, who argued the case before the Supreme court, and won it. And when the opinion was read it was discovered that it practically adopted the line of argument made by Hill in the federal senate.

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Dandyism of Georgian Days

Macaroni Club During a Trip Abroad in 1772 Adopted Gaudy Dress and Manners.

Dandyism developed a new phase of quiet richness during early Georgian times and the court exquisite were stately figures in finely-laced shirts, long-skirted coats and gold-clocked stockings. The hats worn by the beaux were modified reproductions of those in fashion at Versailles and the art of wearing them was shown in the tilt; in fact, different angles in the tilt identified the wearer's status and locality.

In 1772 dandyism became again paramount. A band of young bloods returned from an extended tour abroad, and while in Italy they had contrived to get several new ideas about dress into their somewhat empty heads.

Fired with an ever-growing sense of their own importance as arbiters of fashion, they formed themselves

into a group known as the Macaroni club, in contradistinction to the good old-fashioned Beefsteak club of London.

The Macaroni dressed their hair in enormous side curls, with a hideous knockerlike twist at the back. With this exaggerated coiffure a tiny hat was worn, which it was correct for the wearer to raise with his tasseled cane.

A soft white handkerchief was tied in a huge bow under the Macaroni's chin; his coat was short and his tight knee breeches were made of striped or flowered silk. Thus garbed, with innumerable dangling seals, two watches at least, silk stockings, and diamond buckled shoes, the dandy walked abroad, eminently satisfied with himself and quite convinced that his appearance was greatly envied.—Beau Brummel and His Times.

When anger comes wisdom takes a vacation.



WHO IS TO BLAME

Women as well as men are made miserable by kidney and bladder trouble. Dr. Kilmor's Swamp-Root the great kidney remedy promptly relieves. At druggists in fifty-cent and dollar sizes. You may have a sample bottle by mail free, also pamphlet telling all about it. Address, Dr. Kilmor & Co., Binghamton, N. Y.

STILL IN HIS POSSESSION

Remarkable Coincidence in Sum of Money That Rastus Had in His Pocket.

Rastus was on trial, charged with stealing seven dollars and eighty-five cents. He pleaded not guilty, and, as he was unable to hire an attorney, the judge appointed Lawyer Clearem as counsel. Clearem put up a strong plea in defense, and Rastus was acquitted.

Counsel and client met a few minutes later outside the court room. "Now, Rastus," said Clearem, "you know the court allows the counsel very little for defending this kind of case. I worked hard for you and got you clear. I'm entitled to much more pay than I'm getting for my valuable services, and you should dig up a good-sized fee. Have you got any money?"

"Yes, boss," replied Rastus. "I done got seven dollars and eighty-five cents."

Parents and Children's Faults.

Parents ought to collaborate with teachers in helping to develop the best in their children, and consequently to eliminate the worst. Instead of this view of the matter we (says Ella Wheeler Wilcox) find parents taking a stand against the faults of their children and discuss a teacher has hoped to do in character building, falls to the ground under the lifted hammer of the unwise and belligerent parent, who insists that "my child" must be without faults, and that the teacher who sees faults is an enemy, not a friend. It is seldom, indeed, that a man or a woman occupying the position of a teacher is prejudiced or has personal or selfish motives for criticizing a child.

Character Told in Greeting.

Joseph Stinms, M. D., in *Physiology Illustrated*, says: "The man who gives you a warm, cordial, hearty grasp, looks you straight in the face, with a pleasant, open smile, and shakes your hand up and down, withdrawing his after a second earnest gentle pressure, is almost without an exception an honest, earnest and true friend. The man who gives you the waggish, horizontal, mill hopper shake, and lets slip—your hand as if it were greasy or oily, will almost certainly be found to be a selfish, cunning and deceitful man, ready to sell you the moment he can realize a dollar."

Country's Oldest Weaver.

Mrs. Melissa Hodgdon, aged seventy-five years, who runs four looms in the weaving department of the York Manufacturing company, at Saco, Me., and claims the distinction of being the oldest weaver in the United States, began work in this plant 55 years ago the middle of this month.

COFFEE CONGESTION Causes a Variety of Ails.

A happy old lady in Wisconsin says:

"During the time I was a coffee drinker I was subject to sick headaches, sometimes lasting 3 or 4 days, totally unfitting me for anything. To this affliction was added, some years ago, a trouble with my heart that was very painful, accompanied by a smothering sensation and faintness."

"Dyspepsia, also, came to make life harder to bear. I took all sorts of patent medicines but none of them helped me for any length of time."

"The doctors frequently told me that coffee was not good for me; but without coffee I felt as if I had no breakfast. I finally decided for 2 years ago to abandon the use of coffee entirely, and as I had read a great deal about Postum I concluded to try that for a breakfast beverage."

"I liked the taste of it and was particularly pleased to notice that it did not 'come up' as coffee used to. The bad spells with my heart grew less and less frequent, and finally ceased altogether, and I have not had an attack of sick headache for more than a year. My digestion is good, too, and I am thankful that I am once more a healthy woman. I know my wonderful restoration to health came from quitting coffee and using Postum." Name given by the Postum Co., Battle Creek, Mich.

"There's a reason," and it is this. Coffee has a direct action on the liver with some people, and causes partial congestion of that organ preventing the natural outlet of the secretions. Then may follow biliousness, sallow skin, headaches, constipation and finally a change of the blood corpuscles and nervous prostration.

Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

1,800 NEWSPAPERS IN JAPAN

Journalism 300 Years Old and as Free as in America—Public Affairs Discussed Frankly.

Philadelphia.—More than 1,800 newspapers and magazines are printed in Japan. Every town of more than 10,000 has one newspaper, and usually more. The leading Tokyo daily claims a circulation of 180,000 copies; the *Asahi* and the *Mainichi*, of Osaka, claim a daily circulation of 250,000.

Journalism in Japan is nearly 300 years old, but the publication of newspapers there as a distinct enterprise is recent. Until after the middle of the nineteenth century such news sheets as were published were somewhat of the nature of bulletins roughly printed from wooden blocks and issued at irregular times by any one who saw fit to have them prepared. The first of the great dailies of later times was the *Yokohama Mainichi Shimbun*, which made its first appearance about

40 years ago. It was afterward moved to Tokyo, where it is still published as the *Tokyo Mainichi*.

The press of Japan is as free as that of any other civilized country. No restraint is placed on the discussion of public affairs as long as there is no offense to public morals and no menace to public order.

LITTLE BEE TO KILL MOTHS

Colorado Orchardist Discovers Parasite and Is Busy Trying to Force Increase of Number.

Grand Junction, Col.—How would you like to feed and care for a bunch of sleeping parasites during the winter months in order that they might be happy and healthy to begin work early in the spring? This has been what a number of Grand Valley orchardists have been doing this winter, and as a result they hope to es-