lv

dowr

I was talking with him about it the other day, and he says he doesn't know whether to get married or buy a phonograph.

Shopman (to undecided customer come to purchase a dog-trough)-Would you like one with "dog" painted

on it, madam? Customer-N-no. You see, the dog read, and my husband doesn't can't read, drink water.

Shaking Him Up.

he was to read when he got to the office. He did so, and the letter ran as follows

I am obliged to tell you something that may give you pain, but there is no help for it. You shall know everyg, whatever be the consequences, the last week I have feit that it t come to this, but I have waited thing. until the last extremity, and can re-main silent no longer. Do not over-whelm me with bitter reproach, for you

will have to put up with your share of the trouble as well as myself." Cold perspiration stood in thick drops

Cold perspiration stood in thick drops on the brow of the husband, who was prepared for the worst. Tremblingly, he read on: "Our coal is all gone. Please order a ton to be sent this afternoon. I thought you might forget it for the tenth time, and therefore wrote you this letter." this letter.

But he didn't forget that time.



"Father," said little Rollo, "what is great man?"

"A great man, my son, is one who manages to gather about him a corps of as-ustants who will take the blame for his mistakes, while he gets the credit for any good ideas."-Washington Star.

"Irs. Winslow 6 cool IISG State for Shildran berthing softens the runs, reducer inflationalise at bys pain cures wind cole. "So car a belie

From the Baltimore American. At the Intelligence Office-"I want a plain cook.

"Well, you'll find plenty here. This ain't no beauty show."

Hides, Pelts and Wool. To get full value, ship to the old reliable N. W. Hide & Fur Co. Minneapolis, Minn.

A Nature Faker? Oh, No.

"Did you ever go rabbit hunting with rabs?" inquired the man who had just zome home from a vacation spent on the eastern end of Long Island. With-out waiting for the negative response, which he apparently expected, he pro-ceeded to explain."

seeded to explain: "I have hunted rabbits in all the stual ways, of course," he said. "but wore of them compares at all for sport with this method of my own inven-tion. First, I procure a strong net, a number of short tallow candles and a supply of hard shell crabs. These last must be just out of the water and very lively.

"I hunt around until I find a rabbit burrow with two entrances, and over yne of these openings I fasten the net sceurely. Then all that remains to be done is to prepare my crabs for their part of the work.

Lighting a candle, I hold it wick for a few moments, over the back of a crab, until the drops of melted tallow have formed a little pool upon his hard shell. Into this I stick the candle, right side up, and in a minute the grease hardens and holds it firm and upright. "When L have several crabs fixed up in this way I send them, in single file, into the open end of the burrow. You can perhaps imagine the sensations of the rabbit when he sees this weird torchlight procession making its way down his private hall. I fancy I can. 'Anyhow, I know what he does when he sees it. He makes tracks just as fast as he can for his back door, where, of course, he finds himself stopped by

"Blikins tells me he is getting awful-tired of living alone." I would think he'd marry and settle Recollections of a Philosophical Fish in the Upper Delaware River.

From the New York Sut "I remember well the days," said a nan from Pike county, Pa., "when the gabled and turreted sturgeon was wont to wander from the waters of Delaware Bay, essaying to escape, perhaps, from the caviare hunters of New Castle and adjacent parts, and push his way up the rifs and rocky shallows into the river's purling upper waters, where his coming was watched by men with

guns and men with spears and men From Tit-Bits. A young married lady one morning gave her husband a sealed letter, which geon doesn't visit the upper Delaware any more.

"Perhaps one reason for this is that the fishermen of Delaware Bay, having discovered long ago the value of this queer and simple, yet formidable looking water dweller as a provider of merchantable stuff, have devised ways and means to confine it within the boundaries of their own bailiwick. Another reason may be that there is no longer water enough in the Dela-ware river during the season when the sturgeon would wander up stream to

afford the big and ungainly fish ma-terial for his convenient navigation. "The sturgeon is tenacious and adapts himself good naturedly to cir-cumstances, so that if it might so chance that he found himself within the belaguement of some small and the beleaguerment of some small and shallow landlocked waters he would with contentment abide there, letting the sun smite his corrugated back and the storm pelt it the while he rooted and wallowed in the half disclosed bed of his mischanced environment until such time as the pitying flood might come to let him forth into the unrestricted reaches of the flowing

"In the days when this big fish was "In the days when this big fish was no rare sight in the upper Delaware, I have known a sturgeon, having run a joust with some challenging eel rack and been unhorsed, so to speak, to lle in the maw of that same eel rack with the aggravating sound about him of water, water everywhere, but not any drop for his, for a good twenty-four hours, calmiy and uncomplainingly waiting for the eel rack man to come and do the rest. and do the rest.

"The man having come and tumbled the patient fish into his boat and taker it ashore, I have known that same sturgeon to be hauled with ropes a mile over rough and stony ground, then nic over rough and stony ground, ther lumped into a pond not any too big for him to turn around in and with to more water in it than he could link at a draught or two, if it were the sturgeon's habit to drink water, and being released therein to turn, with no trace of malice or resentment n his eye, though with abrasions a nany in evidence on his domes and n his eye, though with abrasions a nany in evidence on his domes and urrets, and accept from his captor or iny one else, peanuts, tobacco, apple ores or even shingle nails, seemingly squally grateful tor each offering. "I have known such a sturgeon after berhaps a fortnight of durance to be iberated through the mercy of some nan of tender heart and returned to the river, there at once to renew his the river, there at once to renew his attack on the eel rack and to be found next day again vanquished and wait-

"I sometimes think that it was the sel racks that 'ticed the sturgeon to upper Delaware waters, and that he oved to assail them and try their met-ile. The law abolished the eel racks rears are

"It was at about the times the ee! acks began to disappear from the dver that the sturgeon's visits to the apper waters became fewer and farthreper waters became rever and farth-er between, until now they are no more. It might be, after all, that the sturgeon went thither to fight the eel racks, and with the passing of the eel rack he saw no further attraction in those waters. "But while the sturgeon can get along first rate in little water and

"But while the sturgeon can get slong first rate in little water, and will abide his time to escape to larger, he is not a land traveling fish, so that if he should undertake to journey from tide upward in the Delaware in these later days he would be stalled before he had gone many miles. He would have to do some heroic work if he got even as far as Easton. if he got even as far as Above that he could not pass. "There are scores of places between Easton and the Water Gap where peo-ple may cross the Delaware dry shod. The historic spot where Washington crossed the Delaware on that flerce winter night, against a deep and ice-choked tide, is now a chain of shallow pools divided by dry and glistening stones, where once the wide channel ran. "Where there once were islands be-"Where there once were islands be-tween Easton and the upper waters there are islands no more, one chan-nel being entirely dry—as dry as bone. And so the shallow and dry spots go all the way up the river. A man might walk for miles and not wet his shoes. "So, perhaps, it is just as well for the structure that the manufacture of the structure the sturgeon that they no longer set their hearts on revisiting old scenes in the upper Delaware. They couldn't get within 100 miles of them. "Any how, they wouldn't have any of the old time fun, for the eel racks are gone, and the men who used to watch for them with guns and lassos and clubs and spears are too busy nowadays with the black bass and wall-eyed pike, which have come in since the sturgeon's cala time to lay since the sturgeon's gala time, to lay off and engage them as of yore."

HOW TO BEAT THE TRUSTS THAT MAKE LIVING HIGHER --- EAT LESS

Horace Fletcher, Epicurean, Winner of the Yale Endurance Tests at the Age of Fifty-Five, Declares That Any Man Can Live at an Expenditure of Only Twenty Cents a Day. Statistics Show Wage-Earners Can Sell Their Services for Much Less in Commod-

ities Than Six Years Ago.

ince, defeating all the husky youths who had tried their strength in the who had tried the strength in the during the last twelve months. Apples are 20 per cent. higher than in September, ollege gymnasium. He says he was able to do it because he eats properly. His eating philosophy is called "Flet-1906, and pears have advanced 20 per cent. in cost. Nearly all canned vegetables and fruits and meats and preserves have gone up 10 to 15 per cent. Fresh milk is now bringing 9 cents a quart bottle in the whose tastes and preferences are such as I describe. The man who eats three or four hearty meals of rich food a day cherism." It is a simple philosophy. It consists in eating only when you are hungry, in chewing what you eat until there is nothing left to chew. enjoying the taste of every morsel, eating only what tastes good and ceasing to eat when the appetite is satisfied. This sounds easy, but it is not. To ask the hustling New Yorker to pause and enjoy everything he eats is to im-pose a hardship. The average man, ac-cording to Mr. Fletcher, swallows but does not eat. Because he does this he cats vastly more than he needs, has less enjoyment, has more sickness, is less herism." It is a simple philosophy. It has not been advanced. Cigars have ad-vanced 15 to 20 per cent. Where the price

is the same the weight or quality has been reduced. All the dairy products are up. Whiskies and wines now cost the consumer more than for a long time previous. Butter, cheese, eggs, all dairy products and is reduced to a liquid that must are higher than since the civil war. All be swallowed, such a man would in pork products are up from 5 to 10 per

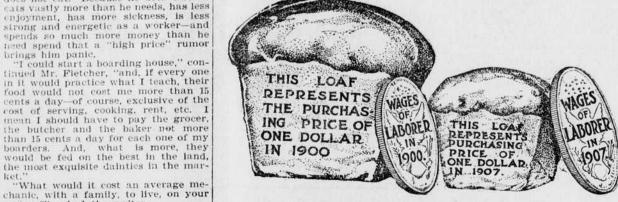


DIAGRAM BASED ON LABOR STATISTICS.

"What would it cost an average me-chanic, with a family, to live, on your system?" asked the writer. "If he were to spend 20 cents a day for each member of his family," was the reply, "he could live well, do his work more efficiently and never have any doctor's bils." DIAGRAM BASED ON LAB eating as I eat, one meal a day, and the World by Conron Bros., beef, lamb that of the simplest food. The time it would take would depend largely upon least a cent a pound more than a year ago

any doctor's bills." "Of what, for instance, would his breakfast consist?" "He would eat no breakfast. He would go out to work on an empty stomach and would work better there-for. His morning's labor would give him an appetite and about noon he would be hungry, legitimately hungry, and ready to'eat the principal, if not the only meal of the day." "Then you hold that it is unnatural to be hungry on arising in the morn-ing."

which he calls his home. He has traveled all over the world and is really epicurean An appetite for breakfast is artifiin his tastes. His food is dainty and of cial. It is the result of years of habit. A man could not rid himself of this the finest quality, and he drinks the rarest of wines when they are set before him of habit all at once; but it would not take him more than two weeks. The appe-tite that is not caused by work of some when his stomach tells him he needs them, but he says he never wants richlycooked food, he never craves for game ort is an unnatural appetite. The ody has been lying dormant for many

and fancy dishes. "Not that I do not like them," he said, "but I prefer bread, fruit, nuts, potatoes, cheese. And so w.1 any man after a few weeks of practice. Therefore, I say that hours when a man wakes up and it is less in need of food at that time than at any time of the day." "And of what would such a mechanno one who will live rationally and natur-ally need be alarmed by the rise in the ic's midday lunch consist?" "He could get all the best bread, but-'er, potatoes, cheese, milk, fruit or veg-stables that he wanted. Any of these would be within his limit of 20 cents." "Suppose he wanted meat?" "He would be unlikely to want meat. A than who lives as I live prefers the simple, quickly digested foods and en-toys them more than any others. You

loys them more than any others. You see, my system is the height of epicur-eanism. Every mouthful of food gives to the eater all the enjoyment that is in And I will add that the man who will confine himself to this amount, spending it on real food and chewing this thorought. He chews it as long as it has any taste and enjoys it as long as it is in

At this time of the year when people are returning from the country you hear loud ly, will be healthier, more cheerful and capable of more work than he ever was before he adopted my principles. And he The suit case.

said perfunctorily

scale

aisle

ompanion.

MIX THIS YOURSELF,

LIVES RECIPE FOR SIMPLE HOME MADE KIDNEY CURE.

Inexpensive Mixture of Harmless Vegetable Ingredients Said to Overcome Kidney and Bladder Trouble Promptly and Cure Rheumatism.

Here is a simple home-made mixture as given by an eminent authority on Kidney diseases, who makes the statement in a New York daily newspaper, that it will relieve almost any case of Kidney trouble if taken pefore the stage of Bright's disease. He states that such symptoms as lame back, pain in the side, frequent desire to urinate, especially at night; painful and discolored urination, are readily overcome. Here is the recipe; try it: Fluid Extract Dandelion, one-half

ounce; Compound Kargon, one ounce; Compound Syrup Sarsaparilla, three ounces. Take a teaspoonful after each meal and at bedtime.

A well-known physician is authority that these ingredients are all harmless and easily mixed at home by shaking well in a bottle. This mixture has a peculiar healing and soothing effect upon the entire Kidney and Urinary structure, and often overcomes the worst forms of Rheumatism in just a little while. This mixture is said to remove all blood disorders and once the Rheumatism by forcing the Kidveys to diter and strain from the blood and system all uric acid and foul, decomposed waste matter, which cause the adlictions. Try it if you aren't well. Save the prescription.

Why Jimmy Didn't Sit Down.

The woman who had stopped until The closing gong had sounded stood at the transfer station and awaited the suburban trolley. "What," she wearly asked herself, "does it profit a woman if she does gain the elusive bargain and loses ev-ery trace of physical freshness?"

According to a statement made to

ery trace of physical freshness?" Presently the car came along. It had the usual fringe of humanity strung along the running-board, and the woman resignedly prepared to stand between the seats, when a grimy youth arose and tendered her his place youth arose and tendered her his place. Protesting faintly, she sank into it guiltily, and registered a vow never to

shop overtime again, In due time several seats were va-cated, and the woman looked hope-fully toward her knight.

"Jimmy," a friend of his was saying, "there's room inside now. Why don't you sit down?"

And the last drop of discomfort was added to the woman's cup of humilia-tion when Jimmy responded: .5t 1.64

"Aw, what's the use? No sooner I'll get me legs stretched when another tired old hen will get on and I'll have to hop up!" \$6.2

Had Done Enough. In a western Kentucky town Ben Wat-son had saved the life of Myra Underson had saved the life of Myra Under-hill. Miss Underhill had been over-turned in a creek with a swift current, and the act of young Watson was a very heroic one. He had saved the life of the girl after she was sinking for the third time, and had barely strength to pull himself and the young woman to shallow water. The news soon spread, and Ben Wat-son was hailed as the real, live hero of

the village. Aunt Tabby Wilson, the oldest woman in the village, the mother of the lit-tle colony, was loud in praise of the heroism of the young man, and at once declared that Ben and Myra must get married. "Ben saved Myry's life," she said, "and now they must marry and be happy ever afterward, just as they

 1907.
 1907.

 Turkey
 \$3.75

 Sauce and dressing
 40

 Vegetables
 46

 Pie and cake
 75

 Cigars and refreshments
 2.00
Total\$7.35

"good" neighborhoods, but condensed milk

AH

WHY NOT CARRY

LESS BAGGAGE?

Suit Cases, Grips and Hand-

bags Becoming a Nuisance

on the Trolley.

From the New York Sun.

anything and protested

cally a trunk into the surface cars.

So there you are.

From the Washington Heraid.

to enforce any rule they are insulting."

It's a great scheme; nothing can beat it, and you can recommend it to i your sporting friends."

From the Chicago Daily News

Weary Walker (reading)—Dis paper tells erbout the invenshun uv anodder labor-savin' merchine. Fired Tatters-Well, I'm a-hopin' it

save no labor fer me.

TAKE THEM OUT

Or Feed Them Food They Can Study

When a student begins to break down from lack of the right kind of food. there are only two things to do; either take him out of school or feed him properly on food that will rebuild the brain and nerve cells. That food is Grape-Nuts.

A boy writes from Jamestown, N. Y. saying: "A short time ago I got into a bad condition from overstudy, but Mother having heard about Grape-Nuts bod began to feed me on it. It satisfied my hunger better than any other food, and the results were marvelous. I got fleshy like a good fellow. My usual morning headaches disappeared, and I found I could study for a long period without feeling the effects of it. "My face was pale and thin, but is

new round and has considerable color. After I had been using Grape-Nuts for thout two months I felt like a new boy eltogether. I have gained greatly in strength as well as flesh, and it is a pleasure to study now that I am not pothered with my head. I passed all of up examinations with a reasonably to d percentage, extra good in some of them, and it is Grape-Nuts that has mved me from a year's delay in enterng college.

"Father and mother have both been improved by the use of Grape-Nuts. Mother was troubled with sleepless aights, and got very thin, and looked measure. She has gained her normal street th and looks, and sleeps well n: its." "There's a Reason." Read "The Road to Wellville," in pkgs.

The Bearded Ghost.

"Mark Twain on the Minnetonka," said a Dulith man, "talked a good deal about Christian Science, to which he seems to be very strongly opposed. I believe, in fact, that he has written a book against it. "But the book is neither here nor

"Rut the book is neither here nor there. I know nothing about that. What I want to tell you is a story Mark Twain told me on the subject of Christian Science. He said the at-tempts of Christian Scientists to prove their system scientifically were about as truly scientific as the method of a widow he used to know in Hartford. as truly scientific as the method of a widow he used to know in Hartford. The widow, at a sewing circle, an-nonneed one day that the hair grew after death. This was a positive fact. She had scientific proof of it. "'How ghastly!' said a young gtrl. 'And how did you get this proof, Mrs. Jones?'

'Well,' Mrs. Jones answered, 'I be lieve in spiritualism, and last Saturday night I attended a seance.

"The room was very dark and still. We held one another's hands. In the darkness and stillness the medium ma-terilized poor dear Joseph for me.

"'I recognized nis dim outlines. He approached softly. He bent over and kissed me, sweetly and tenderly, on the lips. And do you know---' lips.

She paused to give weight to her

"'And do you know, whereas Joe was clean shaven in life, he nor has the softest, silklest mustache and beard."

Laty Customer-Have you any Sunday toys that I could give to my little grandson? Shopman-Yes, here is our sixpenny box so die rs. Lidy Customer-But I couldn't think of

to ting the child play at soldiers on a Shooman-Of course not, madam, but

Liese are Salvation Army soldiers.

1.

lowed my instructions for a few weeks he has found just what his system needs, and these are foods he craves for, these are the foods out of which a score of relevant to the statist clans appetite is the safest guide, and what-live here or in any big city or town in ever one's system craves for is the food 1907 than it did in 1900-and still the end is that he should eat.

any doctor's bills.

e's midday lunch consist?'

ing

"I eat no breakfast, and generally midday meal is the only meal day. But sometimes when the out walking in the evening I pass a baker's waiking in the evening I pass a baker's shop and suddenly crave a cake, a bis-cuit or a piece of butterscotch. To such a craving I always yield, for I know that my body needs just that very thing. At other times I have a 'onging for peanuts, salted almonds or pistachio nuts. Then I buy a few cents' worth and eat them with relieb. An worth and eat them with relish. An apple, a banana or some other fruit may tempt me on some other occasion. I cannot tell what constituent of that fruit or that nut my body is needing; perhaps it is some mineral salt or some form of sugar, but I know I need what

crave, and, therefore, I take it This is the principle upon which all years ago. Thus a very large proportion men should eat. If they were to do of the people, especially in New York, so they would grow stronger as they grow older, instead of wearing out their bodies by overloading them with unneeded foods and thus making their digestive apparatus work far harder than is necessary. I, at 51, as you know, broke all the endurance tests at

Yale. And it is only a few years ago that a life insurance company rejected the as too poor a risk! 'Look at the Italian laborer, the man who perform'the really hard manual labor on our streets and on our build-

lags today, and see what he eats. Meat has a very small place in his dietary. He goes out to work in the early morning with scarcely any breakfast, per-haps none at all, and at noon, when his labor has whetted his appetite to a keen edge he sits down and eats-what? A piece of bread and an onion, or a bunch of finecehic, or a tomato. He may drink some beer with it or he may not. After this meal he starts in working again, thoroughly refreshed, thoroughly satisfied, and works up an appetite for his evening meal, which probably consists of a dish of spaghetti or macaroni and some cheese. I do not say the Italian way of living is ideal, but I cite it as an example of what the simplest diet will enable a to do, a contractor in this city, an employer of large numbers of la-

f.tt. . 1 .

needs, and these are foods he craves for, these are the foods out of which he derives the most enjoyment. Eating is a genuine pleasure, for wholesome foods are a delight to the taste, and it is perfectly true that the body of a healthy man craves for the aliments which most nourish it. Therefore the own the is the safest guide and what road terminals are practically baggage cars West Forty-second street ferry was so crowded with baggage that at one point in the aisle there was less than four inches of clear space between the towers of suitcases piled in front of their owners. People each carrying a suitcase continued to charge on the car. "Move up!" the wilted looking conductor

not in sight. Purchasing power of \$1 in 1900:

Purchasing power of \$1 in 1907:

Wages of laborer in 1909:

Wages of the laborer in 1907 (one tenth increase):

Outside of the factory or foundry classes, the average wage-earner, the clerk, etc., 's no better off now in the matter of salary than he was in 1900. Rail road hands are making more money, but persons employed in ordinary outdoor labor are earning the same as they did seven

have had to bear the full force of the marked increase in the cost of living in the last few years. In consequence it is estimated their saving power has been seriously impaired.

According to a calculation made by an expert in such matters "prosperity" has cost New Yorkers about as follows: a huge suitcase and a Gladstone bag According to a calculation made by an

amounts to over a quart. dollars annually. Rents have gone up in the last two years at least \$2 per month per family. Food has gone up at least \$20 per year per in-that gone up at least \$20 pe er passengers, but he did not seem to think the suitcase was in that class. "Sure, lots of folks I know never use a trunk any more," he said. "They manthe matter of "luxuries" there is no accurate basis for estimating, but the sum of \$100,000,000 is considered conservative. The term includes a wide range of expendtrunk any more," he said. "They man-age with two or three big suitcases and in

The term includes a wide range of expend-itures-autos, trips to Europe, while sup-pers, theater parties, expensive furniture, gowns, wraps, costly and dainty foods and entertainments. It is the universal tes-timony of those who are in contact with the better classes in New York that they an employer of large numbers of la-the better classes in New York that they have been spending more lavishly in the have been spending more lavishly in the have been spending more lavishly in the last ten years than ever before in the memory of the present generation. The new link they have been used by it, carry it it's not too big to take any-

The lowering of the rester is that when
 The lowering of the rester is that when
 The lowering of the purchasing price of many to the activity and without
 The lowering of the purchasing price of many to the activity and is the transmission of the purchasing price of the activity and is the activity and without the activity and actity and activity and activity and activity and actity and act

without thought of the consequences. "The two map and this is that when the two map and this is that when is two map and this is two map is the well-to-do. Here are the prices in is two map and this is two map is the well-to-do. Here are the prices in is two map and this is two map is the well-to-do. Here are the prices in is two map and the well-to-do. Here are the prices in is two map and the two map is two map is two map and the well-to-do. Here are the prices in is two map and the two ma

The suitcase is omnipresent. In the be happy ever afterward, just as they trolley cars it has the right of way. For the time being trolley cars which tap raildo it in the storybooks."

But Ben demurred; the arrangement did not suit him, says Harper's Week-The other day a car starting from the

"Why not marvy Myry, Ben?" said the old lady. "She is yours, and we must have a wedding."

must have a wedding." "She is a nice girl, all right," replied Ben, "but I don't think we oughter narry. Seems to me," he went on, "I have done enough for Myry."

A fool never finds out anything ex-cept when people are busiest.

