CHAPTER III.

About a month after the marriage Capt. horseback from Dartmouth to the home two, and the captain was defenseless. of his wife's family, where he was soto dine with some officers whose vessels do you want?" had just touched there from Falmouth, and Humphrey, who had been present, laugh, had felt some doubt about letting him go

"You can get a good bed here, and ride home in the morning," he said, "You had better stay."

"Mind your own business, upstart," eried the captain; and ordering his horse, he mounted and set off with a lurch. first on one side, and then on the other, each threatening to send him out of the

"He'll be all right, Armstrong," said a jovial-looking officer, laughing.

"Perhaps so," said Humphrey, aloud. Then to himself, "I don't half like it. though. The road's bad, and I shouldn't care for anything to happen to him, even I wish I had not let him go.'

He returned to the room where the officers were. They had no longer jourrooms, and there were plenty of servants to see them safely into bed,

nione. It's a long walk, but I shall not feel comfortable unless I see whether he has got home safely. Here goes.'

He slipped out of the room, and, taking a stout stick which was the companion of his hat, he started forth into the cool night air, and walked sturdily away in the direction of his cousin's house. About half an hour later the drowsy groom who was sitting up for the cap-

tain's return, rose with a sigh of satisfaction, for he heard the clattering of hoofs in the stable yard. "At last!" he cried; and, taking a light-

ed lantern, he hurried out, to stand in dismay staring at the empty saddle, at the trembling animal, breathing hard and shaking its head.

"Why, she's all of a muck," muttered the man; "and the captin ar'n't on her. He be fallen off, I'd zwear."

The man stood staring for a few minntes, while the horse pawed impatiently, as if asking to be admitted to its stable. Then he opened the door, the weary beast went in, and the man stood staring with true Devon stolidity.

It suddenly occurred to him something ought to be done about the captain, and he roused up the coachman to spread the niarm in the house.

"Nay, we'll only scare the poor ladies to death," said the Jehu of the establishment, gray hairs having brought him wisdom. "Let's zee virst, lad, if there

be anything really bad." The horses were quickly saddled, and the two men servants trotted along the Dartmouth road till about baif way, where, in one of the gloomiest parts, their horses began to snort and exhibit signs of fear, and as they drew up a voice shouted:

"Help! Who's that? Help!" "Why, it be Mr. Humphrey," said the old coachman; and dismounting he gave his rein to his companion, and ran for-"The be wrong, zir?" "The captain. Much hurt," was the

I thought zo, zir. His horse comed home without him. He's been throwedor pulled off," he added to himself,

'It's something worse, I'm afraid. Here, help me, and let's get him home." The old coachman lent his aid, and with

some difficulty the captain was placed across one of the horses, the lieutenant mounting to hold him on and support him, while the two servants followed slowly behind, "Pulled off?" whispered the groom.

"Mebbe;" said the old coachman; and then to himself, "Looks bad for Mr. Humphrey; and if he died, what should I zay to them as asked how I found 'em?" The old man walked slowly on for haif an hour before he answered his men-

tal question, and his answer was: They'd make me dell 'em the truth, and it might bring Mr. Humphrey to the gallows; and if it did, it would be all through me."

After leaving his companions at the inn Captain Armstrong had descended into a narrow pass where the road had been cut down in the hillside, leaving a high well-sooded bank on either hand, and here it was far more dark than out in the open, and the mare, after walking steadily on for some distance with her well-shod hoofs clinking upon the loose stones, suddenly shied, stopped short, and

snorted. 'What's the matter with you, stupid? Can't you stand straight?" cried the captain, striking the beast angrily with his ed his forehead with his fur cap.

heels. "Go on." The horse, however, backed and swerved from side to side, making as if to turn sharply and gallop back to Dartmouth; but just at that moment there was a rustling sound heard overhead, where the rough bushes fringed the bank, and directly after a rush and the sound of some one leaping down into the lane between

the captain and the town. This had the effect of startling the horse more and more, but instead of making now for the way by which they had come, it willingly obeyed the touch of the rider's spur, and continued its journey for half a dozen yards. Then it stopped short once again, for a dark figure leaped down into the lane just in front, and the

captain found himself hemmed in, "Stand back, you scoundrels!" roared the captain. "I'll blow your brains out!" A mocking laugh was the response, and as he dragged at the holster a smart blow from a cudgel fell upon his hand, making him utter a yell of pala. 'The attack," next moment one of the men had leaped up behind him and clasped his arms to his side, and in the struggle which eusued both came down off the horse, which uttered a loud snort of fear and dashed off at a gallop down the hill for home, while, nerved to action now by his position and stung by the blows he had received from his assailant, the captain wrested himself tree and dragged his sword from its

He had hardly raised it in the air when a tremendous blow fell upon the blade Armstrong was returning one night on close to the hilt, the sword snapped in

"I give in," he cried, backing away to journing prior to setting off upon a long the side of the lane and facing the two royage. He had been to the principal inn | dimly seen figures in the darkness; "what

One of the men burst into a hoarse

"I've hardly any money," cried the cap tain; "a guinea or two. If I give you that will you go on?"

"Curse your money, you cowardly ound?' cried the second man. "How dare you, dog!" cried the captain

Do you know who I am?" "James Armstrong," said the same

peaker. "Now, lad, quick!" "You shall-

The captain's words turned into a yell of agony as he received a violent blow rom a stick across one arm, numbing it, and before its echo rose from the steep cope of the hill a second and a third blow fell, which were followed by a shower, the unfortunate man yelling, beseech if it is to make me heir to his extate, ing and shricking with agony and fear. He dropped upon his knees and begged piteously for mercy; but his termentors laughed and seized the opportunity he ney before them than upstairs to their offered to apply their blows more satis factorily. Back, arms, legs, all in turn, were belabored as two men beat a carpet "I've done wrong," said Humphrey till the victim's cries grew hourse, then Armstrong. "He was not fit to go home faint, and finally ceased, and he tay in the tramped road, crushed almost to a mummy and unable to stir hand or foot and then, and then only, did his assailants cense

"Ain't killed him, have we, Abel, lad? mid the bigger of the two men,

"Killed? We never touched his head. It would take a deal to kill a thing like him, Captain!" he said mockingly, "What a cowardly whelp to command men!" "What shall we do now?" whispered

the bigger man. "Do! I'm going to make my mark up on him, and then go home.'

"Well, you have, lad." "Ay, with a stick, but I'm going to do t with my knife;" and, as he spoke, the esser of the two men drew his knife from its dagger-like sheath.

"No, no, don't do that. Give him good 'un on the head. No knife." "Ay, but I will," said the other, hoarse

ly; and, dropping on his knees, he seized the prostrate man by the ear, while the trembling wretch uttered a shrick of agmy, making his assailants start away. "Did you do it, lad?"

"Yes; I done it. I'm satisfied now. Let's go."

"And leave him there?" "Why not? What mercy did he show? He was only shamming. Let him call for help now till someone comes."

The bigger man uttered a grunt and followed his companion as he mounted the steep side of the lane, while, faint. exhausted and bleeding now, Captain James Armstrong sank back and fainted nway.

CHAPTER IV.

"You dare not deny it!" cried Mary Dell, furiously, as she stood in the doorway of the cottage, facing her brother and Bart Wrigley, who attempted to escape, but were prevented by her barring the way of exit. "You cowards-lying in wait for an anarmed man!"

"Why, he's got a sword and pistols," cried Bart. "There!" shricked Mary, triumphantly "you have betrayed yourself, Bart. Now

perhaps my brave brother will confess that he lay in wait in the dark for an unarmed man, and helped to beat him nearly "You're a nice fellow to trust, Bart,"

said Abel, looking at his companion, "Be trayed yourself directly." "Couldn't help it," grumbled Bart. 'She's so sharp upon a man."

"You cowards!" cried Mary again, "Well, I don't know about being cowards," said Abel, sullenly. "He was mounted and had his weapons, and we had only two sticks."

"Then you confess it was you? Oh! what a villain to have for a brother!" "Here, don't go on like that," cried Abel. "See how he has served you." "What is that to you?" cried Mary. fiercely. "If he jilted me and I forgive

him, how dare you interfere?" "Phew!" whistled Bart to himself. 'What a way she has!"

"Why, any one would think you cared for him, Polly," said Abel, starting, while Bart whistled softly again, and wiped the heavy dew from his forehead.

"Care for him-I hate him!" cried Mary, passionately; "but do you think I wanted my own brother to go and take counsel with his big vagabond compan-

"Phew!" whistled Bart again, softly as he perspired now profusely, and wip-

"And then go and beat one of the king's officers? But you'll both suffer for it. The constables will be here for you, and you'll both be punished." "Not likely-ch, Bart?" said Abel, with

a haugh. "No, lad," growled that worthy.

dark. "Don't you be too sure," cried Mary. 'You cowards! and if he dies"-there was a hysterical spasm here-"if he dies. you'll both go to the gibbet and swing in chains!"

Bart gave his whole body a writhe, as if he already felt the chains about him as he was being made into a scare scamp. "Didn't hit hard enough, and neve

touched his head," he growled, "And as for you," cried Mary, turning upon him sharply, "never you look me in the face again. You are worse than Abel: and I believe it was your mad, insolent jealousy set you persuading my foolish brother to help in this cowardly

"Never mind what she says, Bart, lad," snid Abel; "she'll thank us some day for half killing as big a scamp as ever step-

"Thank you!" cried Mary, with her eyes flashing and her handsome face distorted, "I hope to see you both well pun-

ished and-"Who's that coming?" said Abel, sharply, as steps were heard approaching

quickly.

der in the evening light which made him

eatch his companion by the arm. "Quick, Bart, lad," he whispered; through her room and squeeze out of the and settled down to a steady trot, which window. The constables!

He opened the door of his sister's little room, thrust his mate in, followed, and shut and bolted the door; but as he turned then to the window, a little strongly made frame which had once done duty in vessel, Mary's voice was heard speaking | Bart, my lad," cried Abel. "You weren't loudly in conversation with the new arrivals in the outer room, and then there | was a loud knocking at the door.

"Open-in the king's name!" "Open it yourself," muttered Abel, when we're gone. Quick, Bart, lad!" "Can't," growled his companion, "I'm

ketched just across the hips, and can't move As Abel seized an old sea chest and was about to drag it before the door, there

was a tremendous kick, the bolt was driven off, the door swung open, and the Dartmouth constable and a couple of men rushed forward, and, in spite of Abel's resistance, dragged him into the other

"Now, Dell, my lad," said the head man, "I've got you at last."

"So it seems," said Abel, who stared hard at his sister as he spoke; while she stood with her hands clasped before her and a peculiarly rigid look in her face. staring wildly back. "Smuggling and wrecking weren't

enough for you, ch?" 'What do you want here?" said Abel, giving his sister a final scowl and then facing the head constable,

"You, my lad-you," said that individual, with a grin. What for?" "Attempted murder and robbery on the

king's highway, my lad."
"It's a lie! Who says so?" cried Abel, setting his teeth and fixing his sister again with his dark eyes as she gave him an imploring look.

"Never mind who says so, my lad. Information's laid all regular against you and Master Bart Wrigley. You're both captured neatly. Here, how long are you going to be bringing forward the other?" cried the constable. "We can't get him out," shouted a

voice. "He's stuck in the little window." "I'll soon see to that," said the constable, backing Abel into the little bedroom which was darkened by Bart's body filling up the window, "Here, lay hold of his legs and give a good jerk."

There was a sharp jerk, and Bart's body was snatched out of the imprisoning frame so suddenly that five men went down on the floor together, while the first to rise was Bart, who kicked himself free, made for the door in spite of a pistol leveled by the head constable, and passed through.

"Come on, Abel!" he shouted as he went.

Abel made a dash to follow, but he only struck his face against the muzzle of a pistol, and the head constable held on. There was a rush after Bart, but it was needless, for the great, stolid fellow had seen the state of affairs, and come back. 'All right, Abel, lad," he growled; "I won't leave you in the lurch. What's it mean-lock-up?"

"Yes, my lad; charge of attempted murder and robbery," said the head constable.

Abel was gazing fiercely at his sister,

"And my own sister, too, Bart," said, bitterly. "We fought for her, lad, and she gave information to the police." "No, no, no, Abel!" cried Mary, running to him to fling her arms about his neck; but he gave her a rough thrust which sent her staggering back, and her countenance changed on the instant, for ter eyes flashed vindictively, and she before him with folded arms.

"Prisoner confessed in the presence of you all that he committed the act," said the constable; and his words were receiv ed with a mutter of assent, in chorus.

Mary stood with her arms folded acros her breast and her brow wrinkled while the party moved out of the cottage; but the next instant the scene which follow ed made her rush outside and gaze wildly with eyes dilated and breast heaving, and her hands now clasped as she watched the chase.

For as the little party stood outside. Bart still with his hand upon his companion's shoulder, Abel said quickly:

"The boat, Run!" Bart was, as a rule, rather slow of com prehension; but at that moment the same idea was filling his mind. That is to say, it was already charged, and Abel's words were as so many sparks struck from steel to fire that charge. Consequently, as the young fellow struck the constable to the left, Bart did the same to the right, and they dashed off as one man toward where, just round the western point of rock which helped to form the little pay, they knew that their boat was lying, swinging with the tide to a grapnel lying on

the sands. "They'll escape-they'll escape!" cried Mary, clapping her hands joyously. "They'll get to the boat; the sail's in. and there's a good breeze. Oh, if I were only with them!"

A sudden thought struck her, and she caught up a sun-bonnet from where it lay

on the open window sill. "Pil go," she thought. "They'll sail west. I could reach Mallow's Cove across the fields, and signal to them. They'd come in and would pick me up, and we could escape together far, far from here.' All this with her cheeks flashing, her

handsome eyes sparkling, and her breast rising and falling in the height of her emotion. Then a change came over her, Her eyes looked heavy; her forehead wrinkled

again. Where?" she said, half "Escape! "I'd gladly go-away from all aloud. this torture; but they think I betrayed them, and would not come in."

The elasticity was gone out of her step. as she slowly climbed the face of the huge scarped rock which towered above the cottage-a risky ascent, but one to which she was, as it were, born, and, with her eyes fixed upon the pursuers and the fugitives, she trusted to her hands and feet to take her safely to the top. passing spot after spot where one unused the value of the lorgnette at \$25,000. to climbing would have stopped and turted back, so giddy was the ascent. Higher and higher, past clinging '-y, fern and clusters of yellow ragwort, with patches of purple heath and golden gorse, till the further side of the rocky point was open-

ed out, with the boat lying like a speck affoat beyond the line of foam. Mary paused there with her sun-bonnet in her hand to watch the result; but fect, whereas in their unsterilized stat thece was no exultation in her eyes, only | three make him ill."

As Mary turned round to look, Abel a look of stony despondency, for from aught sight of something over her shoul- where she stood she could see now that the effort of her brother and his compan-

ion was in vain, The pursuers were now all together, pace they increased as Bart and Abel reached the rocks, and, instead of going right round, began to climb over some fifty yards from where the water washed

the point. "We're too many for him this time hit, were you?"

"Hit? No. Shot never went within a mile of me." "Then why are you dowsing your jib like that?"

"I were a-thinking about she, mate," said Bart, in a low growl. "Curse her for a woman all over!" said "They take to a man, and the Abel. more he ill uses 'em they fight for him

the more. "Ay, lad: but to think of her putting them on to us! It don't seem like she.' (To be continued.)

BONNER AS A TYPESETTER.

How the Ledger Man Once Worsted a "Tourist" Printer.

"One of the old-time compositors who holds down a case in the Government printing office once worked on the Hartford Courant with the late Robert Bonner when he was zine-slinger in that office. He says that one day a tourist came along, and, after mixing around in the composing room and doing the panhandling act to the queen's taste, announced that he was about the swiftest printer that ever came down the pike or counted crossties. He said he was spoiling for a contest with some swift, and understood that Bonner was one of the men who found it necessary to drop water in his space-box to prevent setting his case on fire.

Mr. Bonner finally grew tired of the tourist's bluffs, and said that while be was not a betting man he would go him a ten-spot for a little trial of speed. Strange to say, the tourist produced a ten, which Bonner covered, and the two men got down to their knitting. In twenty hours and twenty-eight minutes Mr. Bonner had set and corrected 25,000 ems of solid minion, besides taking time to store away three pieces of pie and two glasses of milk. The tourist was snowed under by more than 4,000 ems. Mr. Bonner was the first man to enter a typesetting contest in America, and it is a coincidence that Leo Monhelmer, the last to win one, died within one week of Mr. Bonner. The greatest record Mr. Bonner ever made was setting and correcting 33,000 ems in twenty-four hours, an average of about 1,375 ems an hour.-Washington Post

Pays the Farmers Well. Gardeners and fruit growers, especially those residing near the larger cities of the country, have been enjoying a profitable business of late years and the demand for their products is still on the increase. The handling of these articles, too, has developed and is a great business enterprise, commandwho met his angry eyes with an imploring | lng millions of dollars of capital. Already North America is the greatest fruit-growing country in the world. practicing the most scientific and progressive methods. The flower-growing interest is itself an important source of national wealth. Where once we grew tomatoes in an amateurish way as a garden product, we now grow them in blocks of hundreds of acres. So great have become the horticultural interests in this country that departments of horticulture have been established even in many small as well as the large schools. The generation to come will see the different branches of borticulture, each in itself a department of the institution. The extent to which these special industries are singled out and emphasized measures the increasing importance of agriculture as a

Cheap Living.

Mexican laboring men work for necessities of life and some of what seem incredible, but it is a fact. You see more copper cents in that country and more are used, perhaps, than in any country on the globe. It is not uncommon to see a Mexican woman go to market and buy a cent's worth of wood, a cent's worth of corn or coffee and a stalk of "ane. " She will make a fire in the center of her adobe house a constitutional provision. and prepare a meal for the family. They eat can as we would an apple.

The Man and His Message. "Did you see that distinguished-looking man who came down the aisle of the theater and whispered in Mrs. Giddypate's ear?"

"Yes, I saw him," "He looked like a perfect strange

"Guess he was."

"It's astonishing the way that wom an goes on. Could you hear what the man said?"

"Yes. I heard it." "What did he say?"

"He said, 'Madam, please remove your hat.' It was the chief usher."-Cleveland Plain Dealer.

Valuable Opera Glasses. One of the most costly pair of opera glasses in the world is owned by Queen Alexandra, for whom they were especially made in Vienna. The barreis are of platinum and set with diamonds. sapphires and rubies. Various estimates have been made as to its probable worth. An expert in such matters fixes

Neutralizing the Nicotine.

It is announced that "eminent French physicians have discovered a way t entirely neutralize the nicotine in to bacco." Dr. Grutler certifies that he has smoked "thirty large black eight in twelve hours without any bad of

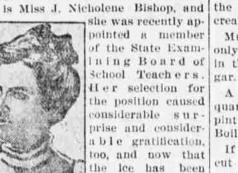


"NEW" WOMAN ON THE FARM.

FRE is considerable signifisented emphasizes the sciences of botn each of them. Boys and girls work includes study in language, mathematics, science, clvies, and considerable technical work. In the case of the girls cooking, laundrying and sewing are substituted for earpentry, blacksmithing and veterinary science. The girls, too, give more attention to household art, home economy and domestic hygiene than to the business aspect of farming.

It is happily the chief purpose of the college to awaken in its entire student body a keen interest in farming, farm life, the farm house and farm society. Both boys and girls are taught to plan farm buildings and how to lay out the grounds artistically. Considerable attention is given to the furnishing of houses, to literature, music and social culture, with the general thought "of making the farm home the most attractive spot on earth." The result of the new movement is being watched with keen interest by agriculturists and educators. It is evident that should it prove successful the innovation will spread to other agricultural States. Its influence, one readily apprehends, is apt to be social as well as agricultural in character. Heretofore one great drawback to farming has been the difficulty of keeping the farmers' sons on the farm. With trained and educated girls enthusiastically taking up the profession of farming, it is pointed out that life in the country would take on a new charm and that the exodus of young men to cities would be materially lesoutcome. But it is pleasant to think that we may be coming close to the nuts, and many sorts should be ground long-sought solution of the problem of before being eaten. cities.—Boston Transcript.

Woman Holds Office in Alabama. For the first time in its history a woman holds a State office in Alabama.



the ice has been broken it is expected that women officeholders in Alabama will soon become numerous.

The right to hold such office, bowever, does not imply the right to vote, the twelve cents a day, and yet secure the Alabama law apparently being the same as that in Indiana, under which they consider its comforts. This may women may hold any office under the school laws, but cannot vote for any public office. The only States in the American Union where the full right of suffrage exists are Colorado, Idaho, Utah and Wyoming, and there women can vote for all public officers, including Presidential electors. Indeed in Utah and Wyoming woman suffrage is

Where Women May Not Pray.

There is a practically universal probibition against women praying in Mohammedan countries. They are not for a earning money. To train her admitted beyond the thresholds of the mind to a proper understanding of mosques; but, on the other hand, the that work, to enter into its joys and Koran distinctly encourages women to failures with unqualified and wise sympray in private. Some Hindoo congre- pathy, never grew in her min i as one gations deny the privilege of prayer to of its sweetest duties. The attitude their women altogether. Among the Ainu, a race supposed to be the aborigines of Japan, women are not permitted to pray or offer sacrifice except in rare cases as the deputies of their husbands. The reason for this practice is that the Alnu women are not supposed to possess souls, and therefore their prayers would be quite unavailing. Among the natives of Madagascar women are permitted to pray. but only to the powers of evil, a kind of intercessory prayer. Only men are permitted to address prayers directly to the Supreme Being.

System in Housework.

over night for the work which must shoulders and bend the whole body forbe done the following day. Probably ward from the waist. The person who a considerable share of it fails to a goes upstairs in this way will be exspecial day in each week, but there hausted at the top of even a short not have them all crowding upon her ed, the shoulders back, with no bend at once and either being neglected be- whatever of the body at the walst. of health and spirits.

A desire for economy sometimes will springiness felt at every footfalk

incite a woman to a most foolish expenditure of energy, which is really a very bad kind of extravagance. For cance in the fact that this year instance, she has been particularly over fifty girls have taken up the busy all day and is feeling tired, when study of scientific farming at the Min- in comes a neighbor who tells her of neapolis College of Agriculture and the great flannel sale. In a moment have thus announced their intention to she thinks of little Popsy's flannel petadhere to country life. The college, it ticoats-the child really must have seems, has been in existence for the new ones-and off she rushes to sepast decade, but girls have only recent- cure the material and returns, delightly been admitted. The character of the ed to have got it at a few pennies un-Instruction available to the girl stu- der the usual price. As a matter of dents is suggestive. The course pre- fact, that finnel was a dear purchase. It was like the proverbial straw which any, chemistry, physics and geology broke the camel's back, for the next requiring during the freshmen and so- day the housewife is either moning phomore years at least two terms' work about, feeling incapable of work, or she is prostrated with a severe headtogether, it seems, throughout about ache. Planning would save this kind two-thirds of the entire course, which of thing and prevent the crowding into one day the work of two.

In planning and estimating a day's work some allowance should always be made for interruptions and for the work taking longer than was anticipated. With too many "irons in the fire" such hindrances as a visitor or having to console a crying child in some little trouble make it difficult to keep that calm, sweet temper which is necessary to the woman who is not merely the mainspring of the machinery of the household, but its good angel, who makes it home indeed to all who dwell



Wooden kneading boards for bread are declared unsanitary.

Nut and fruit sandwiches should go into the school lunch basket.

Pour boiling water over raisins before seeding them. It's easier,

Dates stuffed with marshmallew paste make a tempting dessert. Sugar added to the water used for

basting meat adds to the flavor. For quick breads and batters baking

powder instead of yeast is used. Almost any cold vegetable makes a sened. It is difficult to forecast the delicious salad if attractively arranged. Cooking adds to the digestibility of

> For an appetizing lunch have scaloped tomatoes, beef croquettes, peas, and apple fritters.

Crystallized strawberries are among She is Miss J. Nicholene Bishop, and the most liked fruits. Served in ice she was recently ap- cream they are delicious.

> Mushrooms are sometimes pickled only in brine and are useful in gravies ining Board of in the winter and sometimes in vine-

A fine cranberry jam calls for one quart cranberries, three-quarters of a pint of water, one pound white sugar. Boil twenty minutes. If you wish delicious fried halibut cut the steak into pieces two inches

square; season with salt and pepper

and dip in a beaten egg and then bread

erumbs; fry in deep fat, drain on paper,

and girnish with parsley and lemon.

This Great Mistake. To the average woman her husband's work is a black letter book which she rarely attempts to open. If it renders unto the house and the necessities of life the things that she looks upon as needful, she is content. When the man wants sympathy with his plans or aspirations he is too frequently compelled to go to his men associates-or to some other woman. I have seen the rocks poke their heads out of an otherwise pleasant matrimonial sea solely

for this reason. The woman looked upon the work which made the man's place in life as nothing more than a certain capacity at once created a barrier hard to break down, spreading every day until each thought it a necessity.

"Men will never talk to women with the rough frankness which they use between themselves. Conversation between the sexes will always be partially insincere," says Hamerton, I hope to see the day when "never" and "always" can be stricken from these two sentences and woman will alm to be a real comrade, without being any less a woman.

How to Go Upstairs. The wrong way to go upstairs, accord-

ing to a physical culture teacher, is to The good housewife makes plans lean over, contract the chest, hoop the will be a number of things to do which flight. Yet stair-climbing, properly are out of the regular routine, and for done, is considered a good exercise. The these she must plan so that she will head should be erect, the chest expandcause they are so many or taken in With this poise put the whole weight hand and carried through at the cost on the ball of the foot and do not touch the step with the heel and note the