hausted Nerves

Multipliar action is indispensable to robust health; but the amount of it that in required varies with age, sex, habits and constitution. Most persons who are free from organic disease are benefited by properly directed gymnastic training. Even those employed at manual labor are often improved by it, for only certain groups of muscles are exercised in the routine of daily work, and others remain comparatively idle. Light exercise for a few minutes in the evening often acts as a restorative, both to the wearied.

muscles are exercised in the routine of iduly work, and others remain comparatively idle. Light exercise for a few minutes in the evening often acts as a restorative, both to the wearied muscles and to the exhausted nervous system of one fatigued in his employment during the day, particularly if it be followed by a cold sponge bath; but as a rule the morning is a better time for both exercise and rold bath. Invalids may profit under the supervision of a physician, and remarkable cures are sometimes, attributable in

great measure to it, says Youth's Com-

No other method is quite so effectual as eyetematic training under as so--telligent instructor when this is available, but a great anal cha be accompilshed by home gymnastics if persistently practiced. In these days of deficient breathing and excessive lung disease special attention should be directed to the strengthening of the muscles of the chest and abdomen. The innercine should be taken daily and in the onen air when the weather will permit: it should never be undertaken in a closed room. Whether dumb-bells and wall-pulleys or some other method be employed, the movements should be carried to the point of inducing deen respiration. Moderate running and bicycling increases the breathing power, and rowing is regarded as the best of all exercises

A few precautions should be observed. Nothing more cumbersome than the regulation costume of the gymnasium should be worn, unless reduction of weight is desired. The time limit at the beginning should be 10 or 15 minmes; it may be increased gradually to an hour, the rapidity of the increase corresponding to the physical condition of the individual. The weight of each dumb-bell for a sound young man should rarely exceed the grants and that of each wall malley should be limited.

by attempting too much, and the improvement of months may be checked by the overwork of an hour. The slight soreness of the muscles during the first few days must not, however, he looked upon as an indication of overwork.

Pretty Adjunct to the Autumn Costume That Is Just Now

One of the necessities of the up-todate girl is her wrist bag with a datty little purse to match, says a fashion au-

in Evidence.

The autumn styles in handbags give faint promise of the return of the chate-laine, although there is no decided movement in that direction so early in the season. A tendency to flatness is the most marked feature of the modist purses and bags, introduced first in the flat-iron bag and a little later in the envelope bag and purse. The former has two handles, which are like the adjustable handles of a flat-iron, and hold the bag together at the top. The envelope bag is a large leather envelope, with little envelope purses

- tucked inside

Replacing the gaudy acarlets; greens, purples and royal blues of the summer are bags in the more subdued tints and in duli black, rather than in conspicuous patent leather. A new and effective fad in wrist bags is to have them made to match the color of the rest worn with the all-fashionable directoire coat in patty-colored suede, in soft kids and leathers, in chamois color, and in an odd shade of old rose. there is a bewildering array of selfsewn bags and purses. Very little mounting is shown on the tailor-made bag, so that the severe effect may be earried out throughout

Contrasting with the large hag is the pretty little jeweled purse some girls carry on their middle finger. It is of gold or silver, dependent from a chain on a gold ring, and is only large enough for change. The jewelers are showing these little purses in exquisite designs and studded with precious gents.

Bice and Apple Pudding.
Boil two tablespoonfuls of rice in a

pint of milk, add three tablespoonfuls of sugar and the boaten yolks of two eggs, and have ready some appleastewed in sugar sirup until clear like preserves. The cores should be removed and sound and whole apples selected. Take an earthenware dish and line it around the sides with rice. In the center of this put the apples, fill the holes made by the removal of the comes with to in a with a tact jelly, ate: a space it octwood the apples should be fixed with three. Now cover the whole with the whites of two eggs. trains to a self train subject tablespecial is on purchased sugar and bake until the membrase turns a golden brown. Serve has he could with sweet. ream. Been Gioree

Apple Soup

Put four cupfuls at pected and quarered apples over to suck with water
we keep them from scorching, when
mushy, rub through a steve, add a pint
ind a half of water, three rablespoon'uls of sugar, a pinch of sair and a
4ttle cianamon, thicken very slightly
with cornstant. Otted plums prunes
or cherries may be socked over night,
hen cooked in the same way ricople's
Kome Journal.

REMINDED HIM OF HOME.

Kansan Encounters Storm at Sea and the Experience Is Somewhat

American enferprise is proverbial, and the Kansas man who was making a royage to Europe possessed it in an unusual degree, relates an exchange.

During a severe atorm he appeared on deck, contrary to orders.

"Go below there!" the captain

shouled.

The passenger looked round.

"You mean me?" he inquired, when
he saw there was no one else in sight.

"Of course I do:; go below." And the captain came alongside.

"Well, I guess not," protested the Kansan. "I'm up here to see how one of your mountain-high waves and terrific gales' compare with what we have in Kansas in the way of cyclones.

This isn't a patch to what I've seen out our way."

Before the captain could offer further objection a big green wave came curling over the place where the passenger stood, and the next thing he knew he was swept off his feet and carried aft over ropes and boats and all the paraphernalia of a ship's deck, and landed in a heap in one corner, where he was barely saved from being

washed overboard.

When they got him out he had a broken leg, a twisted shoulder, a appained wrist, his face looked as if it had been dragged backward through a brier-patch, and he was unconscious. They carried him to the captain's room, and after much effort restored him to consciousness. He gazed around a minute in bewilderment, and his eyes fell on the captain.

"By Jove! cap," he said, feebly, "that reminded me of home, only it was a plaguey sight wetter!"

LIGHTS THAT ADD BEAUTY.

Prettily Shaded Lamps Are More Effective Than the High Chandeliers.

A lamp has undeniably a much pleasanter and cozier glow than the irrepressible gas or electric light. It is also, as a rule, much more becoming to the average person—that is, provided it is correctly managed, says the Philadelphia Press. A soft glow from a prettily shaded lamp imparts a certain beauty to every woman, however homely and it gives to the average man a sense of home

that is most pleasing to his senses.

Rose pink is a most flattering color for a lamp shade, and is warranted to take ten years from a woman's real age much more readily than will a full course in hair dye and rouge. Hellotrope and the violet shades are more trying to the average complexion, and green is positively dreadful, as it is apt to impart a most unhealthy hue to the face.

A high central chandeller is always trying to the eyes, and gives a stiff effect to even the coziest rooms; side brackets are always more desirable, even when the central lights must be turned on a little to give a sufficient amount of light. Never have a glaring light arranged directly opposite to the most comfortable chairs in the drawing-room, or the guests will be half, blinded by the light and will feel awkward and at a disadvantage. Instead of that place a pretty lamp on a table at one side of the chair, or else have a fancy shade of some kind adjusted to protect the victim's eves.

OUTRACEOUSLY PERFIDIOUS

No Wonder He Grabbed at a Bunch of Cat-Tails for Momentary Support.

She was tall, with wavy brown hair, and rich, deep brown eyes, just like all brunettes in the novels. He was undersized and impeduatous, but impressionable and ardent. They lived at the same boarding house for a time, relates the Brooklyn Eagle. With her be was sentimental, tender, earnest, also inclined to be rash and etxravagant with his small earnings in bringing gifts of candy and the like. It is whispered that in a moment of recklessness he bought her two ice cream sodas in succession. But this could never be verified. Circumstances over which she had control oaused her to leave the boarding house without bidding him good-by. Carelessly, too, she neglected to leave her address. He applied to the boarding house mistress in grave

"Do you know." he asked, "where Miss Jones has gone?"

"Now, took here, Mr Blank," said the kindly woman, "let me advise you not to worry too much about Miss Jones. She's engaged. Didn't you see that ring?"

"Engaged!" he gasped, backing toward the mantel and blindly grabbing at a bunch of cat-tails for support, "engaged, did you say? And great heavens, she let me buy her peanut britist!"

Various Custards

Various Custards.
Cooks with a little experience can produce a variety of custards by varying the flavors used, leaving the body of the custard the same. Oranges cut fine (often being peeled and seeded) can be used, simply adding them to a good custard, so can canned or fresh fruits, chopped almonds, grated co-conuts, chocolate and macarrons -Booton Budget.

Tomato Conserve.

Five pounds of small yellow tomaties, five pounds of sugar, three oranges and three lemons. Boil the tomatoes and sugar ren minutes, take out the fruit and boil the syrup liminutes then return the tomaties to the syrup and boil 15 manufes longer, then add the oranges and lemons and box five minutes. Boston filobe.

BECOMING VEGETARIANS. Consumption of Vegetables by Armericans on the Increase Every

Int.

Striking though the decline in mean consumption as shown by the census reports is, none of us will take lit as evidence that we sat less generously than our ancistors. Indeed, Americans as a people never fired better in food than they do to-day, says Pearson's Magazine. To make up for the decreased meat diet there is but one way to turn. Have we increased our regetabl, food—ou whee, corn, cats, p ta oes, garden vegetables, fruits.

Bugar? The census gives interesting results. In 1850 Americans conmend 430 bushels of wheat for each tim persons to 1800, 623 bushels-a very marked mise Corn and potatoes give very similar percentages of increase. But the most surprising change is in the consumption of oats, presumably on account of the improved methods of the manufacture of oatmest; 90 bushels in 1850 to \$66 in 1890-over fourfold in 40 years. During the last decade, however, the consumption of catment has liest ground relatively, dropping to 361 hushels for each 100 persons. This decrease is probably due to the substitution of other "cereal" and "bre-akfast" foods, which have in some fa.milies wholly taken the place of oatmieal.

Now, take the market garden products, fruits and augar. Anyone who will stop to think of the present-may grocery store with its rows inon rows of inviting canned goods-tomatoes, corn, peas, beans, and all manner of fruits, and of the excellent displays of green vegetables and fresh fruits, from buckleberries to watermelons will and himself convinced of the impertent parts these foods play in our common diel. And then our camdy item, our preserves item; no one whose memory can supply a compartson of the candy stores of 30 years ago with those of to-day can fall to be impressed with the increase of sugar consumption. Here, indeed, the figures tell a striking story: In 1850 each man, woman and child in America ate 23 pounds of sugar: in 19400, 65 pounds of sugar. And in the 20 years since 1880 the consumption of market garden products and fruits has increased more than threefold

And here is another interesting point: Ten years ago potatoes outranked market garden products more than two to one. The last census puts them in the opposite relation, potatoes falling behind by nearly \$10,000,000 One of the most striking features of this increased sating of market gmrden products is indicated by the remarkable increase of land covered by glass to supply our modern bills of fare with early and late "green stuff" It is scarcely a dozen years since this increase began its expansion, and yet the census of 1900 reports over 3000 acres of land covered with glass in New York state alone, and nearly as much in Pennsylvania and Jersey, with over 200 acres each fin Illinois and Massachusetts

THIS PLANT IS A PIRATE.

The Wild Fig of Mexico Chokes that
Life Out of the Peaceful Palm.

Among all the forms of vegetable life in the Mexican tropics the wild flig trees are the most remarkable. Some of them show such apparent intelligence in their readiness to meet emergencies that it is difficult to not credit them with powers of volition, says the Geographic Magazine.

In the tropics, where the wild figs flourish, there is a constant strugglic for life among numberiess species of plants. Certain of the wild figs appear to have learned this and provide a fruit which is a favorite food for many birds; then an occasional seed its dropped by a bird where it finds lodgment in the axil of a palm frond high in the air.

There the seed takes root and ile nourished by the little accumulation of dust and vegetable matter. It sendls forth an aerial root, which creeps down the palm, sometimes coiling about the trunk on its way. When this slender, cord-like rootlet reaches the ground it secures footbold and bescomes the future trunk of the fig tree. After the descending rootlet has seecured itself in the ground a branch bearing a few leaves springs from the seed in the palm top and a vigorous growth begins. Then the fig gradually enlarges and incloses the supporting. paim trunk until the latter is completely shut in the heart of its foster child and eventually strangled.

Bells to Guide Vessels.

By agreement with the Canadiam government 30 bells are to be installed in the river St. Lawrence and off the roast of the maritime provinces. Twentty-six of the stations will be worked from shore, and four from lightships. In order to use the system ships are equipped with telephone receivers. which pick up the sounds of the bell's at a distance of four to ten miles. Ilt is claimed that a vessel thus equipped can easily pick its way through a diffilcult passage, even in fog or storm. Lit is expected that all ships making Caniadian ports will be equipped with telesphonic apparatus for picking up the sounds of the bells -Chicago Daily

Sinister Symptom. Brudder Slewfoot I must be losim'

way:
"Well, sub, I done dreamed last night
dat I was puttin' out a fire by throwin'
watahmillions at it!"—Woman's Homes
Companion.

EVERMONT COPPER MINES

Deposits Contain Vast Amounts of Low-Grade Ore Which Await Bevelopment.

Mr. Harvey Weed, of the United states geological survey, made a brief reconnaissance, in September 1903, of the copper mines of Vermont. The satient features of the deposits studied by him in this preliminary visit are described in a paper which is included in the survey's recent buildin (No. 126) entitled "Contributions to Economic Geology, 1903."

Copper mining was once one of the chief industries of the state of Vermont. Prior to the opening of the Michigan deposits. Vermont's most important mine, the Ely, was the largest copper producer in the country. The deposits belong to a type that is well known in many parts of the world and that includes some of the most famous producers. In character and copper content the Vermont ores correspond to the ores found at Ducktown, Tenn., and can probably be as cheaply mined and treated as those of that locality. They are also similar to the deposits found in the province of Quebec, Canada, which lie about due north of the Vermont belt.

The Vermont deposits contain vast amounts of low grade copper ore, which only await development through some cheap method of treatment to become phenomenal producers. The ores present considerable variation in their content of silicia, but are of fairly constant mineralogic character and are very

uniform in their percentage of copper.

These deposits occur in the hilly region that forms the eastern part of the Green mountains. The belt contains three districts, Corinth, Copperfield and South Strafford, which lie in a north-south line from seven to ten miles west

of Connecticut river. The thickness of the ore bodies varies at different localities. At the Elizabeth mine the ore was as much as 100 feet wide in the open-cut workings, and on the 225-foot level it is 35 feet between walls. The ore has a maximum width of 12 feet at the Union and at adjacent properties in Corinth township, and of 20 feet at the Copperfield property. The depth to which these copporfields extend is not known. At the Ely mine the inclined shaft is 3,490 feet long and its bottom is below sea level. The ore body consists of several lenses, so that one lens may pinch out; but in the Union and Ely mines the ore continues in overlapping lenses to the greatest depth attained. The ore bodies are remarkably

tained. The ore bodies are remarkably free from water. At a depth of 3.400 feet on the dip, or 1.500 feet vertically, the Ely ore body is very dry, the water of the mine being confined to a few hundred feet of upper workings. The ore and incasing rock are very solid in all the mines and practically no timbering is used.

Mr Weed gives interesting details about the history, equipment and present development of mines in the three districts of the belt. The Elizabeth mine, near the town of South Strafford, was opened as early as 1793, and its magnetic pyrite was used for the manufacture of copperas. The great Elymine was discovered in 1821 and has been successfully worked most of the time since then. Bad management and litigation have several times caused the mine to be closed down or to change hands but whenever mining operations have been continued it has yielded a large output of copper

RULE OF DUTCH IN JAVA.

The Code of Class Discrimination is Closely Observed by the Hollanders.

The government cierks in Java are probably the best educated civil servants in the world. They are all Dutch, of course, for Java is owned and governed by Holland, and every mother's son of them is and must by law be a graduate of the university at Delft, says a London exchange.

Special courses are maintained there for those who expect to go out to Java in the government service, and none can gratify the ambition to do so unless he has mastered French, German, English, and at least two of the four languages spoken in Java, one of which must be Malay. The higher officials and the judges must speak three of the native tongues.

It is forbidden to a native to speak Dutch, or "high" Javanese, to a suserior, and no superior would think of using anything but "low" Javanese to an inferior. Servants must always appear before their masters with covered heads. Javanese, except of high rank. may not smoke in the presence of any European. The Dutch say that if they did not insist on native recognition of their superiority they would not be able to attain their authority at all The effquette of rank as insisted upon among the Javanese themselves is ever. more severe than that imposed by the Dutch upon the natives.

The Difference.

A school board official called at the home of a pupil whose absence had ex-

lad's mother the cause
"Why," she said, "he's past his thirteenth year, an' me and his father think
he's after havin' schoolin' enough!"
"Schooling enough! Why, I did not

tended over a week, and inquired of the

finish my education until I was 23."

"Be that so?" asked the mother, in amazement. Then, reassuringly, after a moment's thoughtful pause: "But that boy of ours has brains"—Tit-Bits

Out of It.
Timmid -I m glad the war is over in

Manchuria
Wiseman - What are you talking
about? The war in Manchuria isn't end-

"I didn't say it was I say I'm glad it's over in Manchuria."—Philadelphia Press.

Bdition hebdomadal 35.00.

VOLUMES OF JOHNNYCAKES

Bhode Island Housewife of the Early Time Made Ready for Ex-

Asan illustration of the thrift and foresight of some of the housekeepers of the early period, Halsey P. Clarke the veteran town clerk of Richmond, tells this story, says the Providence (R. 1) Journal. His father, David Clarke, was in Providence at one time, and being obliged to stay over night, for in those days the means of travel was by horse and wagon, or horseflesh, which was nucessarily very slow, he put up at a tavern, and in the room he occupied were four beds, for there was not much space wasted in the bedrooms of the old-time taverns. Hefore retiring for the night, Mr. Clarke and a friend who was with him struck up an acquaintance with another occupant of the same room. The friend of Mr. Clarke whispered to him not to tell the stranger where they came from, and to try to find out whence he had come; so they inquired of him where he had come from, and he told them that he had just been down in South county, in the town of Richmond. He said that when he arrived in the town it was nearly dusk, so he drew up at a tavern and inquired of the landford for longing for the night. The landlord replied in the affirmative. and sent a boy to take his boxe as he was on hor eback. The gentleman went with the boy and removed the saddlebags and brought them into the house, and, throwing them down in the kitchen stepped up to the freplace to warm himself. Over the fireplace was a mantel shelf, which was nearly half as long as the room Haelf, and upon looking up he saw on this shelf what he supposed to be a row of books. While he was wondering why there

was such a number of books in this tavern, more books, he thought than were in the entire town, the woman of the house came in and stirred up the fire preparatory to cooking the evening mea! He inquired of her: "Why is it you have so many books here in the kitchen? Is the town's library here. or what is it " , "Books!" exclaimed the astonished woman, "I don't see any books. Where are they? Show mo them " "Right on that shelf," replied the man, "over your head" "Boxis at" said she "Oli; la! them ain't books; them's johnny-cakes. We expect the town-council here to dinner next week. and we've baked them johnnycakes so's to be ready when they come ! Wheth-

to be ready when they come. Whether he mistook the johnny-cakes, packed or not, it is hard to say, though there is no doubt that the story did not lose anything in the telling but by actual count there were 79 johnnycakes on the shelf.

LIVELY BALLOON VOYACE.

Perilous Trip of European Aeronauts
Who Sailed Into the Focus
of a Storm.

For the first mile, while slowly ris ing, the balloon sigrapped between the lower currents, until at approximately 3,000 feet it encountered a main sweep of air, which at that height was following the course of the valley below, says a writer in Longman's Magazine. The horizon had been clear at starting and the impression was as we sailed along in the current that we should have a fair bassage, unless some could, not yet apparent, in our wake could overtake is at a higher level, where wind velocity is: generally greater. Perhaps, therefore, we paid insufficient heed to a murky well ahead of us, which began gathering and despening and blotted out the view We were soon enveloped in the gray curtain and thus its true appearance was lost to us, but at NewburyTour starting ground, a large crowd was watching us entering a vast-land most menacing thunder-pack, and was wondering why we did not come down

The first real warning which we had of our predicament was a tash of lightning close on our quarter, answered by another on our side, and almost before we could realize it we found we were in the very focus of a furious storm which was being borne on an upper wind, and a wild conflict was already raging round us. There was our own fast current carrying us westward; there was the storm cloud slightly above us hurrying to the east; and added to these there now descended a pitiless down-draught of Joe cold air and hail. We were doubtless in a cloud which was discharging lightning over a wide area. each flash, however, issuing from the immediate vicinity of the balloon, and the idea formed on the writer's mind was that many flashes were level-that is, as if from one part of the cloud to another. Any that reached the ground must from our known position have been at least a mile long

There was another idea forced upon the party, which was that they would be more comfortable and far safer elsewhere, and when suitable opportunity occurred a descent was made to earth.

Natural Impression.

A city automobile on a rampage skipped the sidewalk and took a headed into a basement, turning a few somersaults and finally stopping with its wheels in the air revolving and sputtering. The old cobbler was found jammed into a corner of the shop, unhurt, but dazed.

"What did you think it was?" his rescuers asked.
"I t'ought," he gasped, "dot was a customer wat was mad apout hees

shoes!"—Chicago Record-Herald

Crushed by Its Weight.
"He seems to be just weighted down

with genius—poor man!"
"Why, I never saw anything from
his pen that resembled it?"

his pen that resembled it?"

"Of course not! Genius is so heavy
on him that he just can't get out from
under it!"—Atlanta Constitution.

MONT ST. MICHEL'S STORY How the Ancient French Abbey Came.

How the Ancient French Abbey Came . . . to Be Located on a Lone Island.

Mont St. Michel has the romantic air. It suggests fromus and Scott. Its history in a romance, but it was curious to learn that the first monk did not settle there because of a position I thought too. obviously, even ostentatiously made for monks, writes Elizabeth Robins Pennell in "In the Paril of the Son," in Century. When they came, Moret St. Michel was not an island "in the seril of the sea," but rose in the midst of a great forest, with a Roman road leading through it to the bill, where the Romans had long before worshiped Juster and the Druids had long before that set up their mystle stones. It was after the Christian hermits had been there a couple of hundred years, and Aubert, bishop of Avranches- the white city you see with its towers glistening in afternoon sunlight, on the tills across the sands-was busy building the shrine to St. Michael, that one day fit was carly in the eighth century) there was a terrific trembling of the earth, and out at sea the tide rose, as neverbefore in the memory of man. It swent in over woodland and village, and when it swept out again there was no forest. Mont St Mithat and Tomberlaine near by were the only dry spots of land in a vast bay; the hills of the Cotentin were far to the west. Northward was the open sea, never before seen by the monks from their hilltop. Southward the sands stretched toward Postorsou.

Had there been no earthquuake and rising of the waters, the story of Mont. St. Michel would be very like that of any ather medieval abbey in France: the story of saintly monks and miracles, of shrines and pilgrimages of piety expressed in noble architecture of love of art and learning, of increasing wealth and power and abuse of it of reform and revived ardor and fresh relapse. and finally the revolution. Only Mont St., Michel answered too well as a prison to be destroyed. And when jailers and prisoners had got done with it enough was left to be turned into a national manument in 1870

first if the monks were like all other monks, their abbey was by no means like all other abbeys, either in its architecture or as a fortress. When the other abbeys increased in importance, and the monks in number new courts and cloisters were added more ground covered. But at St. Michel, after burrowing down nothing to do but to huild upward and ever upward, to pile story upon story, until the albey, springing higher and higher heavenward, became everywhere visible to the people on the mainland.

BY SYMPATHETIC LETTERS

Prompt Messages of Congratulation or Condolence Win Woman Many Friends.

A charming woman, who numbers her friends by the legion assures me that the secret of her popularity lies in pen, ink and notepaper, and her free use of the three, says a writer in the New York World

New York World
"Whenever I hear of anything pleasant happening to one of my acquaintances," she says, "I straightway write a norm and tell them of my pleasure in hearing the good news. In their trouble I sympathize with them and I never let any event go by without sending a little message. It may be write long letters, but I have been surprised to find here means propriousem to appreciate a note of that kind

men to appreciate a note of that kind the takes only a few minutes of my time, yet people so in to think I am going out of my way to be agreeable, and I have come to believe that a bit of notepaper containing a message of sympathy, or affection is often more lighty, prize I than a gift."

The writer of these charming little

missives forgot to mention that her prompiness in sending out these little rotes and the delightful way in which the message was worded constituted a pleasure in itself. But the chief charm lay in the fact that every one loves to hear of the interest and sympathy that others take in his or her particular troubles or joys. As a rule people are so self-engrossed that they have neither thought nor time for anyone but themselves. It was the affectionate thought of others materialized in the little notes that draw friends by the score about the letter writer. They felt the interest that she took in them and reflected it back

Many people, women in particular complain of not having sympathetic friends. One cannot expect to have them until one has developed in one's self loving, sympathetic and helpful qualities that are going to attract and hold the friendship of other-

It is by trifles such as these notes and any little deeds of kindness that our friends first are attracted to us, for they tell of the thoughtfur, loving heart that prompted the act

Who Supported Atlas, long ago the genial super

Not long ago the gental superintendent of a public school was asked by one of his youthful friends to listen to the latter's rehearshi of a lesson in which there was a reference to Atlas.

"Do you know who Atlas was?" asked

the superintendent
"Yes, sir. He was a giant who sup-

ported the world."
"Ah! Supported the world, did he?"
went on the superintendent. "Well, tell

me who supported Atlas?"

The little fellow looked as though he had not given the subject any particular attention, but showed immediate wilt-

ingness to think it over. The superintendent stood looking on, trying hard to keep back a smile; but the youngster finally brightened up and answered.

"Weil, I think he must have married a rich wife."—N. Y. News.

L'ABEILLE DE LA NOUVELLE-ORLÉANS

Est tres "enantits an Lutislans et lans tous les Etats du Sud. 48a publishté offre donc au commerce des avantages l'exceptionnement, les l'abonnement, me l'anné : Beities, Onotidienne 212.061