

HYGIENIC EXERCISE HELPS.

Often Acts as a Restorative Both to Worn-Out Muscles and Exhausted Nerves

Muscular action is indispensable to robust health; but the amount of it that is required varies with age, sex, habits and constitution. Most persons who are free from organic disease are benefited by properly directed gymnastic training.

No other method is quite so effective as systematic training under an intelligent instructor when this is available, but a great deal can be accomplished by home gymnastics if persistently practiced.

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.

HANDBAG MATCHES GOWN.

Pretty Adjunct to the Autumn Costume That Is Just Now in Evidence.

One of the necessities of the up-to-date girl is her wrist bag with a dainty little purse to match.

The autumn styles in handbags give faint promise of the return of the chapeau, although there is no decided movement in that direction so early in the season.

Contrasting with the large bag is the pretty little jeweled purse some girls carry on their middle finger.

Rice and Apple Pudding. Boil two tablespoonfuls of rice in a pint of milk.

Apple Soup. Put four cupfuls of peeled and quartered apples over a quart of water.

Tomato Conserve. Five pounds of small yellow tomatoes, five pounds of sugar, three oranges and three lemons.

REMINDED HIM OF HOME.

Kansas Encounters Storm at Sea and the Experience is Somewhat Familiar.

American enterprise is proverbial, and the Kansas man who was making a voyage to Europe possessed it in an unusual degree.

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

When they got him out he had a broken leg, a twisted shoulder, a sprained wrist, his face looked as if it had been dragged backward through a briar-patch, and he was unconscious.

"By Jove! cap," he said, feebly. "That reminded me of home, only it was a plaguesy sight watter!"

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 irrepresible gas or electric light.

A high central chandelier is always trying to the eyes, and gives a stiff effect to even the corset rooms.

OUTRAGEOUSLY PERFDIOUS

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

She was tall, with wavy brown hair, and deep brown eyes, just like all brunettes in the novels.

"Engaged!" he gasped, backing toward the mantel and blindly grabbing at a bunch of cat-tails for support.

Various Custards. Cooks with a little experience can produce a variety of custards by varying the flavors used.

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BECOMING VEGETARIANS.

Consumption of Vegetables by Americans on the Increase Every Year.

Striking though the decline in meat consumption as shown by the census reports is, none of us will take it as evidence that we eat less generously than our ancestors.

The census gives interesting results. In 1850 Americans consumed 430 bushels of wheat for each 100 persons.

Now, take the market garden products, fruits and sugar. Anyone who will stop to think of the present-day grocery store with its rows upon 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 huckleberries to watermelons, will find himself convinced of the importance of these foods.

And here is another interesting detail. Ten years ago potatoes ranked market garden products more than two to one.

Among all the forms of vegetable life in the Mexican tropics the wild fig tree is the most remarkable.

THIS PLANT IS A PIRATE.

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

Among all the forms of vegetable life in the Mexican tropics the wild fig tree is the most remarkable.

In the tropics, where the wild fig flourishes, there is a constant struggle for life among numberless species of plants.

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VERMONT COPPER MINES

Deposits Contain Vast Amounts of Low-Grade Ore Which Awaits Development.

Mr. Harvey Weed, of the United States geological survey, made a brief reconnaissance, in September, 1903, of the copper mines of Vermont.

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 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-out workings.

Mr. Weed gives interesting details about the history, equipment and present development of mines in the three districts of the belt.

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Special courses are maintained there for those who expect to go out to Java in the government service.

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VOLUMES OF JOHNNYCAKES

Rhode Island Housewife of the Early Time Made Ready for Expected Company.

An illustration of the thrift and foresight of some of the housewives of the early period, Halsey P. Clarke tells this story, says the Providence Journal.

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MONT ST. MICHEL'S STORY

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

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