

EXERCISES FOR HEALTH.

A Little Shaking Up Before Breakfast Is a Good Thing.

For almost every person under fifty, and for a great many people over fifty, exercise is the nearest approach to a panacea for bodily ills that has yet been devised. Causing the body to move and stretch and push and pull makes the blood circulate, the liver do its work and the nerves pick up their dropped stitches. An excellent time to exercise is before breakfast. Neither man nor beast, as a rule, goes to sleep hungry. During sleep there is little waste of energy. On waking there is no immediate demand for replenishment of lost tissues. Furthermore, the digestive apparatus is dull and listless. To sit down to a heavy breakfast with fifteen or twenty minutes after getting out of bed means that the stomach receives food which it does not need and will not readily digest.

A little shaking up before breakfast arouses the vitality and consequently makes the appetite and digestion better. That means better work done during the day. If a man can get away from work in time to take additional exercise during the afternoon he will have a better appetite for the evening meal and more power to digest it. That will mean better sleep at night. Many a man has succeeded in the world without paying any attention to his body—Joseph Chamberlain, for instance. But such men would probably have succeeded more easily and certainly with more pleasure to themselves if they had taken care of their bodies. A strong mind is certainly stronger and more enduring in a healthy body than in a sickly one. The best way to keep the body healthy is to use it.—Chicago Tribune.

The Difference.

Little Rodney—Papa, what is the difference between climate and weather? Mr. Wayout (of Mansalhurst-on-the-Blink)—Climate, my son, is what a healthy man when you are buying a home there, and weather is what it has afterward.—Puck.

Debts of Honor.

Johnny—Pa, what is a debt of honor? Pa—It is a debt that is incurred in a dishonorable way, Johnny.—Boston Transcript.

Naturally.

Van X.—Why are you going into the soap business? De Q.—To clean up some money, of course.—Detroit Free Press.

The man who is miserable and makes a bluff at happiness is a benefactor for keeping his sorrows to himself.—Baltimore American.

Bold Court Jesters.

"You are ready enough to point your satire at other people's faults," Queen Hess once said to Clod, one of the court jesters, "but you never say a word about mine." "Ah," exclaimed Clod, "why should I waste time in reminding your majesty of your faults, seeing that they are in everybody's mouth?" Patch, one of Henry VIII's fools, once sought permission to demand an egg from every husband who was dissatisfied with his wife. No sooner had the king granted his request than Patch proceeded to demand the first egg from him, saying, "Your grace belongs to the class of husbands on whom I am entitled to make levy."

Japanese Myths.

Japanese believe in more mythical creatures than any other people on the globe, civilized or savage. Among these are serpents 800 feet long and large enough to swallow an elephant, foxes with eight legs, monkeys with four ears and fishes with ten heads attached to one body. They also believe in the existence of a crane which, after it has lived for 900 years, has no need of any sustenance except water.

Talleyrand's Sharp Tongue.

When Mme. de Stael published her celebrated novel, "Delphine," she was supposed to have painted herself in the person of the heroine, and M. Talleyrand in that of an elderly lady, who is one of the principal characters. "They tell me," said he, the first time he met her, "that we are both of us in your novel in the disguise of women."

THE WORD "HANDICAP."

It Comes From the Ancient Custom of Hand in the Cap.

In former days a "handicap" was conducted thus: A, wishing for something which belonged to B, say a horse, would offer his watch for it. If A agreed, C was chosen to fix the sum that should be given by one or the other to make the exchange fair.

The three then put down a stake, and A and B, each holding a piece of money, put their hands into a cap or hat, or into their pockets, while C, enlarging on the respective merits of the horse and watch, made his award in as rapid and complex a manner as possible, ending it with the words, "Draw, gentlemen!"

A and B instantly drew out and opened their hands. If money appeared in both the exchange was made; if in one only, or in neither, the award was off, and in every case C took the stakes.

The modern use of handicap has arisen from the employment of experts to make fair conditions for a race in which the competitors are of unequal age or power.

A BOOK FIELD WANTED.

The Poet Had a Long Search, but It Finally Turned Up.

Eugene Field was a book collector, and one of his favorite jokes, according to the Philadelphia Post, was to enter a bookshop where he was not known and ask in the solemnest manner for an expurgated edition of Mrs. Hemans' poems. One day in Milwaukee he was walking along the street with his friend, George Yenowine, when the latter halted in front of a bookshop and said: "Gene, the proprietor of this place is the most serious man I ever knew. He never saw a joke in his life. Wouldn't it be a good chance to try again for that expurgated Mrs. Hemans'?" Without a word Field entered, asked for the proprietor, and then made the usual request. "That is a rather scarce book," came the reply. "Are you prepared to pay a fair price for it?" For just a second Field was taken aback. Then he said, "Certainly, certainly. I—I know it's rare." The man stepped to a case, took out a cheaply bound volume and handed it to Field, saying, "The price is \$5." Field took it nervously, opened to the title page and read in correct print, "The Poems of Mrs. Felicia Hemans. Selected and Arranged With All Objectionable Passages Excised by George Yenowine, Editor of Isaac Watts For the Home, The Fireside Hannah More, etc." with the usual publisher's name and date at the bottom. Field glanced up at the bookseller. He stood there the very picture of sad solemnity. "I'll take it," said Field faintly, producing the money. Outside Yenowine was missing. At his office the boy said that he had just left, saying that he was going to Standing Rock, Dakota, to keep an appointment with Slitting Bill.

WHAT THEY READ.

Hogarth was fond of joke books and farces and enjoyed them immediately.

Marie, the great tenor, read anything he could obtain relating to sports or hunting.

"Papa Haydn liked stories, and he said, 'The more love there is in them the better.'"

George III, for many years of his life, read nothing but his Bible and prayer book.

Swift made a special study of the Latin satirists and imitated their style and language.

Da Vinci read Placid and thought him the noblest poet who ever wrote in any language.

Heine seldom read anything but poetry, but he read that with the most scrupulous attention.

Gardener—This here is a tobacco plant in full flower. Lady—How very interesting! And how long will it be before the cigars are ripe?—New Yorker.

ARMY'S NEW WEAPON

A Magazine Rifle That Can Fire Thirty-five Shots a Minute.

It is a fact, although not generally known, that the ordnance experts of the United States Army, after months of work, have at last succeeded in constructing a magazine rifle which is believed to be superior to any in use in foreign armies at the present time. Every government arsenal in the United States with the necessary facilities is working night and day just now turning out the new arm, and forty thousand of them have already been completed. None will be issued to regular troops, however, until a hundred thousand guns—the number requisite to supply the maximum strength of the army on a war footing—have been completed. At the present rate of progress this date will probably be December 1, when their issuance will be immediately begun. The old rifle, such as has been in use since the Spanish-American War will be returned to the arsenals and later reissued to the various militia organizations now armed with the ancient Springfield rifle, which is regarded almost as obsolete as the old flintlock or percussion cap gun.

During the Spanish-American War, as is well known, many of the regular troops and all of the militia were still armed with the old Springfield, firing black powder and carrying a 45 calibre ball that made a great deal of noise, did little damage and was absolutely ineffective at long range. The disadvantages under which the United States troops labored as a result of their obsolete small arms are too well known to the public to bear repetition, but it is interesting to note that the Spanish-American War, if it did nothing else, also awoke the army authorities to the necessity for keeping abreast of the times in ordnance construction. The United States magazine rifle which was being introduced in the army when the war began was considered a good weapon, but the advance made in the last few years as result of careful study and exhaustive experiments may be understood when it is known that the rifle now in use and the arm which is to be introduced next December have no two points in common.

The most noticeable difference between the old and the new arm is in the barrel of the latter arm, which is entirely covered with wood. This innovation was the result of practical suggestions made to the ordnance officers by enlisted men of the army.

Following the campaigns in Cuba and in the Philippines many complaints were made by officers in the field, who said that after a period of rapid discharges the rifle barrels became so hot that it was sometimes necessary to cease firing for a time to permit them to cool. In many cases men in the heat of battle had the skin burned from their hands by hot barrels. The wood covered barrel is the result of these suggestions, the steel being entirely covered to within two inches of the muzzle of the gun.

In almost every other particular, from stock to forward sight, there is an important difference between the old and the new gun, and in other features, which are not apparent to the ordinary observer, but which have the greatest weight, and ordnance experts the new arm is far superior to the old. The bore of the new rifle is smaller, the calibre being about .30 inch, while the old arm, about the length of the old Springfield carbine, with which the United States cavalry were armed after the Civil War. Indeed, if they were not for the wooden covered barrel and the peculiar loading and ejecting mechanism, the gun would be almost a counterpart of that famous cavalry weapon.

The "United States Magazine Rifle Model of 1902," as the new arm is technically known, will, it is believed, prove exceptionally popular. In addition to the covered barrel feature, the ejecting lever, which on the rifle now in use projects at right angles and has been the cause of more profanity on the part of the enlisted men than any other portion

of his entire equipment, projects downward at a small angle in the new arm and is somewhat shorter. The magazine has a capacity of five cartridges and can be filled with ease and quickness. The gun, fully assembled, weighs a trifle over eight pounds, and according to the ordnance experts, is exceptionally well balanced, making ease of discharge and accuracy of aim a feature of importance.

Some idea of the efficiency of the new arm can be gained when it is known that twenty-three aimed shots have been fired in one minute with the rifle when used as a single loader, and twenty-five shots in the same time with a magazine fire. When fired as a single loader from the hip, without aim, twenty-seven shots have been discharged in one minute and with the use of the magazine thirty-five shots have been fired in one minute. With an ordinary service charge the powder pressure in the rifle chamber is about 49,000 pounds a square inch, the maximum energy of recoil is 18.08 feet pounds and the maximum effective fighting range 4,781 yards. The exceptional penetrating powers of the rifle were illustrated in a test held some time ago. With full service charge, the rifle, fired at a distance of fifty feet, drove its steel missile 54.5 inches into white pine butts, and penetrated a steel plate nearly one-half an inch thick. The bullet which will be used in the arm has a core of lead and tin composition in a jacket of cupronickel, and when fired with a service charge has a muzzle velocity of 2,300 feet a second.

The army officers on duty in Washington say that it will be only a little while after the regular army is supplied with new guns before about half of them will be back in the arsenal in need of repairs. The enlisted man, as it has been found from long experience, is most set in his ways, and it takes him a long time to get used to anything new in his fighting equipment. Consequently, when a new rifle is issued to him he proceeds to take it to pieces to find out how it works. In the case of the modern rifle this is a rather formidable undertaking, and the army regulations prohibit an enlisted man from experimenting in this manner. The new gun has ninety component parts, and is so complicated that it is freely predicted that if an enlisted man takes it to pieces he will land in the guard house and his rifle in the repair shop before it is ever put together again.

Thought She Knew Him.

A would-be exquisite, in a tramcar, seeing a young lady whom he thought to be impressed with his personal charms, crossed over and took a seat beside her and said:

"Haven't I met you somewhere before?"

To which she replied in a voice heard by the other passengers:

"I'm not sure, but I think that you're the man who cleans our windows."

The passengers laughed and the young man hurriedly left the car.—Sun.

Isn't That Thoughtful?

Tess—She used to say she didn't care how homely a man might be if he were only thoughtful.

Jess—Well, that's the kind she got for a husband.

Tess—Why, I heard he was anything but thoughtful.

Jess—He's full of thoughts for himself.—Philadelphia Press.

Conclusive Evidence.

"I never supposed Diggsley would marry a homely woman. He used to be so crazy over the pretty girls."

"Then you are acquainted with his wife?"

"No, I never saw her, but I hear other women referring to her as being 'so good and sweet.'"—Chicago Record Herald.

"Yes, I'm going to run down to the fair for a week or two next month," remarked the cheerful Mr. Stavlate.

"That will be quite a change for you," replied Miss Yawner, with a glance at the clock. "I understand that every one has to leave the grounds at 12 o'clock sharp."

Continued Tribune

JAPAN'S WAR COST.

If any doubt as to Japan's appreciation of the magnitude of her war task remained in the minds of westerners, that doubt should be now dispelled by Count Okuma's frank statement before the members of the united clearing houses of Japan that the country must prepare for a long war, the date of the end of which cannot now be foretold. Count Okuma is leader of the progressive party, and a man of first consequence in Japan. He is plainly a shrewd judge of men. With his warning that the struggle may be greatly prolonged, he uttered a few words calculated to hearten those who might otherwise have been depressed. The Russians, he said, are in a bad way, their service being steeped with corruption.

A war lasting two years, said Count Okuma, will cost Japan \$1,000,000,000, including the loans already placed and the expenses incurred incident to the termination of the struggle. That will mean a per capita burden of \$20, the individual cost to the Japanese of the removal of the Russian menace, provided the campaign is won by the close of 1905. That would be a small expense, considering the magnitude of the stake. Nothing is more certain than that Japan must win this way if she is to retain her unquestioned independence as a nation. Failure would not only mean an enormous debt, greater than that caused by the war itself, being swelled by the indemnities, but the firm establishment of Russia upon the eastern coast of Asia under circumstances which permit no doubt of her remaining. Such an establishment of the Russian power in Korea as well as farther west, would serve as a perpetual menace to Japan's integrity.

During the next year the empire must borrow \$250,000,000. Count Okuma warns the financiers of Japan that if as much as \$75,000,000 is taken by foreign capitalists the country must face a depreciation in the value of its securities. This is a bid for a domestic absorption of the debt, and much now depends upon the degree in which the warning stirs the people to put their savings into government bonds. An outpouring of home funds sufficient to take up all the loans incident to the war would serve as a strong showing of confidence, and would greatly hearten the Japanese armies in the field.—Washington Star.

"Sometimes," said Uncle Eben, "a man takes credit for being generous when he's only payin' out money to please his own vanity."—Washington Star

Pill Pleasure.

If you ever took DeWitt's Little Early Risers for biliousness or constipation you know what pill pleasure is. These famous Little pills cleanse the liver and rid the system of all bile without producing unpleasant effects. They do not gripe, sicken or weaken, but pleasantly give tone and strength to the tissues and organs of the stomach, liver and bowels. Sold by T. E. Zimmerman, Druggist.

An Odd Court Incident.

Sensational incidents are not uncommon in the closing stages of famous criminal trials. One of the most remarkable occurred in Melbourne on the last day of the trial of Ned Kelly, known as the "ironclad bushranger of Australia." A knife dropped from a gallery overhead and fell at the feet of the defendant in the dock. He had every temptation to grasp it and put an end to his existence, for there was not the slightest chance of his escaping the gallows. But it was promptly picked up by a bailiff, and his owner was arrested and brought before the judge. He pleaded that the occurrence was purely accidental, and the explanation was accepted by the court.

Concentration.

The weakest living creature, by concentrating his powers on a single object, can accomplish something. The strongest, by disposing of his over-much, may fail to accomplish anything. The drop, by continually falling, bores its passage through the hardest rock. The hasty uproar rushes over it with hideous uproar and leaves no trace behind.—Carlyle.

Her Strikes.

Mr. Benedet—Do you know, my dear, I think we have a pretty good book? How does she strike you? Mrs. Benedet—For mere wages about once a week.—Illustrated Bits

A CARDBOARD WOMAN

THE MALIGN INFLUENCE OF A MUMMY CASE FROM EGYPT.

Queer Sequence of Fatalities and Hard Luck Experiences That Appeared to Be Unhappy Legacies to Those Interested in Its Custody.

In a corner of the first Egyptian room at the British museum, headed the crouching body of the prehistoric chief who lived before there were pharaohs in Egypt or pyramids on the Nile, stands a woman moulded from some ancient form of cardboard. She is merely a shell, the cover of a mummy case. Her hands are crossed above her breast, and her dark eyes stare forward into vacancy.

According to the catalogue she is No. 22542, a prehistorical royal personage and a priestess of the College of Amen Ra. She lived in the mighty city of Thebes some 1,600 years before Christ.

And about this same coffin cover there hangs as terrible a story as ever an Edgar Allan Poe or a Balzac or a Kipling produced from a gloomy hangar.

If you question the attendants in the first Egyptian room they will shake their heads and say nothing. But there is a famous professor in the museum who knows that the facts are true, though whether they be a coincidence or a manifestation of supernatural power who can say? He says:

"For three months I have been gathering the tangled threads of evidence. I have now in my possession proofs of the identity of all those who suffered from the anger of the priestess of Amen Ra. But for the sake of friends and relatives I have been requested to suppress the names.

"About the middle of the sixties of the last century a party of five friends took ship in a dahabeah for a trip up the Nile. They traveled to Luxor on their way to the second catamaran, and stayed there to explore the ruins of the great and wonderful city of Thebes, with its avenues of sphinxes and rams, its vast hall of columns and its temple to Amen Ra, which is unquelled on earth in the sublimity of its ruined magnificence.

"One night an Arab sent by Mustafa Agha came to one of their number, Mr. D., as we may call him, saying that he had just found a mummy case of unusual beauty. What became of the mummy the man did not explain. The next morning Mr. D. bought the case. Both he and his companions were impressed by its remarkable beauty and by the curious face of the woman portrayed on a face that was filled with a cold malignancy of expression unpleasant to witness.

"They had agreed that, being all interested in Egyptology, they should apportion their finds by lot, and so, though Mr. D. had been the cause of its discovery, he lost the mummy cover, which passed to a friend, whom we will call Mr. W.

"It was on their return journey that the series of misfortunes commenced. Mr. D.'s servant was handing him a gun, when without visible cause it exploded, the charge lodging in his arm, which had to be amputated; a second died in poverty within the year; a third was shot, while Mr. W., the owner of the mummy case, discovered on his arrival in Cairo that he had lost a large part of his fortune. He died soon afterward. The priestess of Amen Ra had signified her displeasure in a very convincing manner.

"From the date it was shipped on board the steamer Mr. D. lost sight of the mummy case for several years. He did not at the time in any way associate the misfortunes that had occurred to the party with its discovery, but when he next heard of it and had full information of the disasters which had been subsequently associated with its possession he began to suspect that it was not merely chance, not merely a coincidence, that had brought so sinister a fate on all who had dealings with the priestess of Amen Ra.

"On the arrival of the case in England it was given by its owner, Mr. W., to a married sister living near London. From the day the case entered the house misfortune followed misfortune. The family suffered large losses, and the end came with painful troubles which need not be specified.

"The lady while in possession of the case received one day a visit from Mme. Blavatsky. The great theosophist became very disturbed on entering the room, and after a few minutes' conversation told her hostess that there was something in her house possessed of a most malignant influence. She asked to be allowed to search the house and on discovering the coffin lid appealed to her hostess to send away an object which she described as of the utmost danger. Her hostess, however, refused, laughing at what she imagined to be an example of foolish superstition.

"Some time afterward the lady sent the case to a well known photographer in Baker Street. Within a week the chief of the firm came down to this lady's house in a state of great excitement. He had, he said, photographed the face with the greatest care, and he could guarantee that no one had touched either the negative or the photograph in any way, yet it was not the cardboard features that looked out of the photograph, but a living Egyptian woman staring straight before her with an expression of singular malevolence. Shortly after the photographer died suddenly and mysteriously.

"It was about this time that Mr. D. happened to meet the owner of the coffin lid and begged her to own the story to get rid of it at once. She agreed, and a carrier was found to carry it to the British museum. The carrier died within a week.—London Express.

\$50,000.00

CASH GIVEN AWAY to Users of

LION COFFEE

In Addition to the Regular Free Premiums

TOLEDO, O., Nov. 1904 No. 2864
WOOLSON SPICE CO.
(LION COFFEE)
"Pay to the order of" Will it be \$5000.00?
Five Thousand Dollars
TO SECOND NATIONAL BANK, TOLEDO, OHIO. WOOLSON SPICE CO. per J. P. Jaramila, Treasurer

How Would You Like a Check Like This?

We Have Awarded \$20,000.00 Cash to Lion Coffee users in our Great World's Fair Contest—2139 people get checks, 2139 more will get them in the

Presidential Vote Contest

Five Lion-Heads cut from Lion Coffee Packages and a 2-cent stamp entitle you (in addition to the regular free premiums) to the regular free premiums to one vote. The 2-cent stamp covers our acknowledgment to you that your estimate is recorded. You can send as many estimates as desired.

What will be the total popular vote cast for President (votes for all candidates combined) at the election November 8, 1904?

In 1900 election, 13,959,653 people voted for President. For nearest correct estimates received in Woolson Spice Company's office, Toledo, O., on or before November 5, 1904, we will give first prize for the nearest correct estimate, second prize to the next nearest, etc., etc., as follows:

1 First Prize	\$25,000.00
1 Second Prize	10,000.00
2 Prizes—\$500.00 each	1,000.00
5 Prizes—200.00	1,000.00
10 Prizes—100.00	1,000.00
20 Prizes—50.00	1,000.00
50 Prizes—20.00	1,000.00
250 Prizes—10.00	2,500.00
1800 Prizes—5.00	9,000.00
2139 PRIZES,	TOTAL, \$20,000.00

will be awarded to the one who is nearest correct on both our World's Fair and Presidential Vote Contests.

We also offer \$5,000.00 Special Cash Prizes to Grocers' Clerks. (Particulars in each case of Lion Coffee.)

How Would Your Name Look on One of These Checks?

Everybody uses coffee. If you will use LION COFFEE long enough to get acquainted with it, you will be suited and convinced there is no other such value for the money. Then you will take no other—and that's why we advertise. And we are using our advertising money so that both of us—you as well as we—will get a benefit. Hence for your Lion Heads

WE GIVE BOTH FREE PREMIUMS AND CASH PRIZES

Complete Detailed Particulars in Every Package of

LION COFFEE

WOOLSON SPICE CO., (CONTEST DEPT.) TOLEDO, OHIO.