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TISSUE LAMP SHADES.

Late Designs Have the Style and Color Effects of Silk and Sails

Shadra

There is something entirely new for the woman who has tact in her fiagers—and what average woman has not?—and felights in lamp and candle shades, reports the New York Times. They are made of tissue and crepe paper, and so one need scoff, for they are not the sold-time flower effects, which are pretty, to be sure, but not as generally useful as might be. These newer shades are made on the lines of the silk and satin shades, have equally as good color effects, and do not entail the expense of those made of more elaborate materials.

The lamp shades are made on the regmiar lamp shade frames to be found in Mifferent styles and sizes. There are the shome shades, the bell shades, and the #at-sided Empire shades. They are all made similarly, the different styles of paper producing different effects. The wires in the frames, which can be purchased with the supplies, are covered with plain tissue paper twisted over them, or with the colored, if desired, that any part that is visible may have a finished appearance. There are many fancy patterns in crepe paper, and these are used at will. These include the Sowered papers showing flowers of different colors and shades, blue and white papers, which give Delft tones, and Persian papers, which work up extellently into shades for libraries, or possibly for dining-rooms. For candle shades, as a rule, the more delicate colmrs are used.

The tissue paper in white is first put on the frame, and over this is stretched the flowered crepe paper, and the top and bottom and ribe of the shades are eutlined with narrow strips of black or gold, hiding the places where the paper is joined and giving the effect of wrought iron or brass frames. The result is a lamp shade that is inexpensive and exceedingly pretty

One of these shades, which is attractive, is made of a crepe paper which has a white foundation, with a design of pale pink roses upon it. Another is in the blue, both of these outlined with the black paper, and a brillian dark red shade is finished with the gold passe-

flarly made and shaped over a butter or cheese dish top, and the candle shade haiders can be bought to mount them for Pretty effects are obtained by using a colored paper, instead of the white as the foundation or lining of the whade, and deep and varied color tones wan be obtained.

THE WIFE'S MORAL RIGHTS.

Up a Wide Field of Specuintion:

Has the wife a moral right to take part in making her husband's will? This was the question urged recently by a wife, says American Queen.

With a legal aspect of the matter, she had nothing to do: legally, he was not bound to consult her, and, on her side, she knew that if she had possessed amoney in her own right she could dispose of it as she desired. So far: it seemed fair to both, but in this case the only money possessed by the couple was that which had been saved during their married life.

-- It was true that the money had been mayed out of the husband's earnings. and had been banked and invested in his name, but the wife declared that the extent of the saving had been considerably increased by her. She had always striven to make home comfortable. and to obtain the maximum of happiness with a minimum of expenditure." By her careful household management she had secured her object on a smaller allowance than most of her friends; she had taken her share in the performance of every-day duties in the house, and thus caused her husband less expense for servants, breakage and general maintenance. Had she been so minded, she might have spent much more, and her husband would have aceepted this increased expenditure as a matter of course. In that event him savings would have been less, hence, by logical reasoning, she had saved a fair share of the amount standing to his eredit in the bank or in stocks, and, as a natural consequence, she had a smoral right to have a voice in the disposition of the estate

In the instance of which we are speaking, the husband recognized the truth of the argument, and crossed out the distasteful condition. This incldent opens up a wide field of speculation. As a general thing, the wife has good moral grounds for insisting on taking part in the will-making, as she is the one who has to abide by the consequences.

Lack of Maste Paper.

Few houseways a now of the numerous need that waste jurget can be put to After a stove has be a blackered, it can be kept in a very a mid-ordition by rubeing it every day with paper. The tea kettle, tea por and coffee pot can also be kept bright and elean in the same was. Knive- and toware an benon-shed till they shine the shire. Paper is better than a try coth for improve the the appearance of corrers, temp chambers of Processes and polices keep much better it brown japer in Frad of clinn is field over the jar Paper is as good as wadding for periog under carbets and two threbuses placed under a spread make a covering as warm's a blandet. American

Fried Cocumbers

Peel and since then top in bearing and then in the bread crumbs. Heat two tablespoonthis of sweet drippings in a frying pan, but in the slices and fry brown on both ides. Serve on toast with a brown gray; "Washington star."

ALL ON ACCOUNT OF FLORA.

Singular Effect of Shouting Melio, Mac' in Some Ports of Sorth Carolina.

"I was waiting for a train at a wayside station in Moore county, N. C.
one day," said, John Gilbert, the traveling groceryman, according to the
New York Sun, "and in a man that
came out of a store up the street a
tittle way and was crossing over to
another store I was sure I recognized
Joe McCann, a fellow traveling man,
although I wondered at his being
down in that country, so I hollered at
him:

"Three men were walking up the railroad track at least a hundred yards away. They instantly stopped, turned around, and each one of them shouted back:

"Two men came hurrying out of the waiting room of the station and asked what was wanted. A man who was nailing a board on a fence two blocks up the street dropped his hammer and walked smartly toward the station. A window in a house across the track was quickly raised, and a man with a shock of red hair stuck his head out and hollered:

"Hello!"
"Four other citizens came hurriedly out of a store on the other side of the railroad, and looked inquiringly toward me, but Joe McCann didn't look around, and in a moment I saw that he wasn't Joe McCann at all.

"The train came along just then and I got aboard, puzzled at the commotion that shout of mine at the supposed Joe McCann had caused among so many citizens of the hamlet.

"I was followed into the car by a man who was standing on the station platform near me when I hailed the man of mistaken identity, and who seemed much pleased at the result of it. He sat down in the seat ahead of me and said:

"That was the first time you've tried 'em, I see. You didn't get a rise out of as many of 'em as you will after you get used to it. If I had hollered em up, now, you'd have thought there was a dog fight in town, the way they'd have bobbed out to see what I wanted. You want to put more lung in your holler to see 'em show up right smart.'

"I began to think that the hamlet was a fresh air lunatic asylum, and that here was another of its patients out for a holiday I guess I must have looked my thoughts, for the man quit his grinning and said: "You was trying 'em. Wasn't

you?'
"I told him I wasn't trying anybody that I knew of, and explained
why I had happened to raise the shout
that seemed to have turned everybody
crazy.

I'll have to tell you about it."
"'It's all on account of Flora.
Flora Macdonald. You know the story of Flora, of course? The beautiful Scotch lassie, who saved Prince Charley.

"Well, after she saved him she married a Scotch muckamuck of the same surname as hers, and came with him and a big colony of canny Scotch to this side of the water. They settled on the North Carolina coast, somewhere about the present site of Favetteville, and got along first rate "When the colonies began to fight the mother country. Flora Macdonald didn't like it. She and her folks returned to her native land, and quite a number of her colonists went along. "But there was plenty of them left when the war ended, and their descendants are thick in all this part of North Carolina. Thus it is, go where you may, hereabouts, you will find the woods full of Macs-Macleods, Macdonalds. McBrides, McNeils, Macphersons. McCrummonses. Macivers, McDuffies, Mackenzies, McDades, Macleans, Macintoshes and hosts of other Macs. One man back here in the place we just left is what you might call a triple Mac. His name is Macdonald Macleod McIver.

macdonaid Macleod Melver.

"So, if you step into almost any settlement around here in Moore county, and along the Cape Fear river, and holler "Mac!" as you did back yonder; only louder, you'll be apt to have pretty much every able-bodied man in the place answering the call. And that's why I thought you were trying 'em. So, if you ever do try 'em, put more lung in your holler, and you'll get a rise that would make Flora Macdonald weep tears of joy if she could only see it."

"I never tried it, but from what I saw at that little hamler I don't believe the man was giving me very much of a jolly."

Seeing Electricity.

The phenomena of electric discharges in vacuum tubes give the nearest approach to seeing electricity that are likely to be made. The streams of corpustes propelled along the tubes suggosted to Crookes in 1870 the idea of a fourth state of matters, and these corpuscies-smaller than atoms, and the same in all kinds of gases, were named electrons by S oney, and have come to be regarded as the electric parts of all atoms, or even as making up matter itself. When torp from its groups or from matter the electron travels with a speed comparable to that of light A body barded with electricity, if at post process the pilotomera of electrostation if it metion these of electriate and magneticia, if in acceleration or change of mean r, those of light and radiation generally

A rain diop one two process of an inche diameter car not in large enouter page

in diameter extract [all at a greater pace than I, feet per second. Baindrops seldon, a cool one-eighth of an inch in diameter.

GETS STUNG DAILY.

Practice of an Iowa Man to Ward Off Rheumatism.

Ro Says There Is Little Profit in See Culture Nowadays and Keeps Apiary Solely to Provent Drond Disease.

Receiving the atings of bees daily to prevent rheumatism would not be a popular remedy among people generally, yet Myron G. Beals, of Bioux City, Ia., has been a bee culturist for years only for the benefit which he says he receives physically from the atings of his busy insects.

Mr. Beals is one of the largest producers of honey in this country, having several hundred hives. Of late years he has expressed a desire to retire from the business of an apiarist, and would do so but for the fears that if the stings of his bees upon his body are not continued, after his system has become inoculated with the virus, he will become a helpless cripple from rheumatism.

Mr. Beals is sincere in his belief, and points to the fact that his mother, who lives in the east, is an invalid from rheumatism, and a sister is a cripple from the same disease. It is in the family blood, he maintains, and the stings of his been are his only salvation.

"There is no profit in the honey business any more," said Mr. Beals, "especially in the west. The country has grown and settled up so that the wild flowers are almost extinct, and the bees have few sources of supply for their raw material. I suppose I shall keep my bees, however, as long as I tive.

"It is a fact known to the medical profession that the sting of the bee has virtue in a curative way, and the virus can be bought at the drug stores. I scarcely notice the stings of the bees any more, as far as the pricking sensation is concerned. It used to be painful, but now I can receive stings all over my head,

face and arms and scarcely notice it.

"Bee stings have killed many human beings, as well as cattle and horses. If a person not accustomed to stings were to receive as many as I do at one time I don't believe the would survive the experience. I believe the effect of being inoculated with the poison of the bee is like having the system filled with alcohol or any narcotic—the more you have had of it the more you can stand.

"There is nothing in the statement that it is possible to handle bees in a careful or 'kind way and avoid being stang. I have been in the business for a good many years, and know they are no respecters of persons. You are apt to get stung when you are not expecting it. When one bee in a swarm stings you you are almost certain to be stung again and again, for there is a certain odorwhich seems to come from a sting that attracts other bees and angers them. The more you fight a swarm the more you will be stung, for bees are peculiarly subject to excitement.

subject to excitement.

"Bee culture is one of the most fasriniating studies. It is an interesting
science. I understand how to care for
them, and want their stings. I have orcasional rheumatic twinges in my musries that give me anxiety for fear I shall
be subjected to the fate of other members of our family, and I shall not run
any chances by letting go of my bees."

WILLIAM KIND TO WORKERS.

Mas Kitchens Installed in Government Workshops So Dingers of Mechanics Can Be Warmed.

The versatile kalser of Germany, on a recent visit to Dantzig, investigated workmen's homes and manner of life and chatted with the men employed in the government arms manufactory. The kalser asked the men what rent they paid, When fold, he exclaimed: It is much too high."

The kalser inquired whether the government factory provided kitchens where the midday junches could be warmed. The kaiser said to a member of his suite: "These kitchens are as necessary to workmen as for us, for workmen have just as sensitive stomachs as we and like their food warm instead of foold. Besides, their wives don't have to bring their husbands warm dinners. They can remain at home to attend to the child." The result of the kaiser's visit will be kitchens installed in all government workshops.

FIGHTS HUSBAND'S LICENSE.

Wife of Councettent Innkeeper Lends a Crusade Against Liquor Selling of Spouse.

Mrs Edward Yale, whose husband is the wealthiest citizen of Bark Hamsted, Conn, and proprietor of the only licensed tavern in the village of Riverson, is crusading against license

The town has not voted on the lirense question in four years, but will to so soon, because Mrs. Yale and others induced 25 electors to sign a petition for a vote. Mr. Yale has not fived with his wife since the last town slection. She may carry the town for no license, he says, but he hopes to win by a small majority.

Mrs. Yale has fine apartments within sight of her husband's hore! He recently offered his wife \$5 to an east, it is said, if she would get a divorce, but she refused it.

Incremed Wages and Cost of Living.
The bureau of labor will shortly issue the results of an exhaustive study of the increased cost of living the last few years in relation to the increase in wages. The results show that there has been a striking similarity between the advance in wages, and the increased cost of living, and that neither has gone forward as much as popularly supposed.

HOW POLICE ARE SCHOOLED.

The Chicago police department as an educational institution is the Chicago police department in a new light.

Yet the police force has a school of its own about which few people have ever heard and to which no Chicago man can get admittance, says the Tribune.

It is conducted solely for the benefit of chiefs of police and sheriffs in small towns.

The students have to come to Chicago to receive instruction and they have to pay all their expenses while here.

But the city of Chicago, which is nothing if not generous, does not ask a

They are welcome to absorb all the education they can, and the better they get along the better the city of Chicago is satisfied.

penny from its students.

Chief of Police O'Neill is the head professor in this post-graduate school which the city maintains for the benefit of its out of town friends. The school has only one building.

and it shares that with two courtrooms, a big cellroom, a squadroom, and offices of an inspector, a lieutenant and a sergeant of police. This building is the Harrison street police station, and the educational work goes on in the rogues' gallery on the second floor.

If the city was in the business of sup-

plying education and getting money in return it could advertise in perfect truth "the school building is situated most advantageously. It is just across the street from the new Lake Shore station."

The course of instruction is eclectic.

The rural sheriff or chief of police, in pursuance of a general invitation issued by Chief O'Neili a few weeks ago, comes to Chicago.

He meets the chief and is by him introduced to Capt. Evans, who is in charge of the rogues gallery.

The chief and the captain and the chief's secretary, James Markham, then go into executive session as members of the faculty.

They tell the visiting student all they know about the Bertillon system of measurements. They illustrate their lectures with photographs of criminals. They invite the student to study the po-

lice department's educational butterin, which is issued every day and which is given up to descriptions of crimes and criminals, which it is to the benefit of any policeman to know.

Then the visitor is introduced to the

shrewdest defectives in the department and is filled with more fore.

The result is that although the course has not cost the city of Chicago a cent, it has increased the efficiency of the Chi-

cago police department many fold.

The next Chicago criminal that flees from justice into the balliwick of the graduate of the Chicago police school will find that the chief of police or the sheriff there has his record, knows all about him and his habits, and can arrest him with ridiculous ease.

WRECKING-TRAIN EQUIPMENT.

Is complete in Every Detail and Always Ready for Immediate Operation.

"Upon the great railroad systems," Mr. Day Allen Willey writes in "Minute Men of the Rail," in Pearson's, "the wrecking train is as arefully arranged as the apparatus in a fire company's house, ready to go into action as soon as the message is ticked upon the sounder in the dispatcher's office. Coupled together, the cars stand upon a concontent switch-track, that is always connected to the main line. No other ars are allowed to be placed upon this switch at any time. Some companies reserve one of the fastest locomotives purposely to hand the wrecking train, and keep the engine in the round house with fire continually in the furnace box. prepared to steam up at a moment's notice. The train is made up of four, sometimes flye, cars, the rear one being occupied by the officers and wreckers. with a portion reserved for the rope and chain which are always taken along. The officials have a sittingroom," with a table and benches, where they can consult on their way to the scene of the accident. The men's quarters are furnished with a few stools and a bunk for each man, so that if called during the night, they may have a chance to take a nap on the way. The next car in front is called the block car,' and contains a small-sized lumber yard, filled as it is with pieces of timher ranging from wedges to be hammered under the wheels or lacks, to square pine posts of various lengths, used for propping.

"Since the invention of the wrecking crane, 'hand tackle' is not employed as much as in former days, but hundreds of feet of cope, ranging from sizes the thickness of one's finger to cables two inches thick, are carried in coils with huge wooden pulleys; as are also chains gires enough to haul a hindred tons. On the next car are two or three sets. of exima trucks, with extra wheels attached, to replace any that might have been broken, for the lower part of gearing of rolling stock suffers more in an medident than any other portion. Sometimes it is wrenched completely from the car riself the wheels broken off the axies or damaged in some other way, so that it is fit only for scrap from Next. to the locomotive is the crane car, on which swings a great steel arm whose mos les of chain will raise 50 tens at a. time and spinz it through the air, doing the work of a hundred pairs of

Iron in Hen's Eggs.

An Italian authority finis that whea here are fell on food containing a large percentage of iron the eggs also reseal the presence of iron in the very finistible form of the albuminate. Such eggs exert a tone eff. Tone present whom a fix m

HIS EVANESCENT COURAGE.

Juvenile Trick Rider Had "Vervous Perspiration" When a Parior Maich Sazpped.

Dart Wantiand is the five-year-old son of Mr. and Mrs. C. E. Wantiand, and has achieved considerable summer-resort fame as the trick rider of the Glen Park donkeys, relates the Denver Post. The boy is a mirth-provoking youngster, who carries his assumption of manly dignity so far that he sometimes gets beyond his depth in the current of events.

This week he accompanied his mother to the office of the Broadway theater. Coming back, she took the short cut to Seventeenth street that leads through the corridors of the Brown Palace hotel, and the boy, with all the manliness of his five years, was discussing the prospects of the "Prince of Pilsen."

"I like a show with lots of shooting in it." he was saying as they entered the hotel rotunda. "I want you to take me to a show that's full of shootin." I won't be afraid of the shootin. It can't scare me, not much."

me. not much."

This last bold asseveration was delivered as the pair were in the middle of the Brown rotunds. The luckless boy had attracted the notice of everyone within earshot, and just then he stepped on a parlor match, which blew up with

what seemed like a terrific bang
"Wow!" yelled the lad, and he clung
to his mother and screamed in tones
of horror. He denies he yelled "murder" and "police," but the hotel guests
who saw his sudden transition from
swaggering bravery to terror say that

It was a cresifallen youth who sat at the table of the Metropole that evening, surveying the guests and wondering how many knew of his inglorious defeat by the parlor match. A member of the "Prince of Pilsen" company, with whom he had struck up an acquaintance on:short notice, noted the boy's look of humility and abstraction and said "Hello, Dart!" What is the matter

this evening?"
"I don't feel well!! said the boy, with
a touch of his swaggering bravado. "I

think I have nervous perspiration!"
The bitterness of being laughed at again was so saddening to him that he was silent for as much as an hour and

PRETTY THINGS TO WEAR.

New Votions in Drose That Have Been Introduced in the Season's Costumes.

The "multicolored idea" extends even to gloves this year. Kids come in all the cloth shades, with bindings and stitchings of the brightest colors.

Plush tops and yelvet underbrims will

be frequently seen in the stylish winter

hats, says the New York Tribune Persian lamb trimming of lustrous Ther is one of the important accessories of the season. It comes in gailoons of various widths and appliques of different forms, which, however, are invariably edged with a plain or novelty fiber braid. These will be much used. both in millinery and dress trimming. as will also wool embreideries.on chiffon or taffeta in oriental or pompadour colorings and cloth out work in two colors, outlined in black and white or pongee colored silk cord. Garnitures of wool embroidery in multicolors, with fringe ornaments and dangles, are at-

fractive novelties.

Cuffs are the center of interest in the sleeve line this season. Otherwise there is no radical departure in outline, or architecture. The baggy puff, which is slightly diminished by means of gores, has been shifted somewhat more toward the elbow. But the cuff of the season, those spheimens especially which adorn the more dressy costumes and coats, seem to combine the ideas and all the different eras in the history of dress, and are indeed glowing tributes to the ingenuity of the sartorial artist.

There is no tendency toward striking eccentricities in fall models, says. Toilettes. They are graceful, smart and novel, but the differences in cut are slight and the chicness consists rather in the shaping of adjuncts and disposition of trimming. The eye has gradually, become accustomed to an increased length of shoulder and fullness of shirt in the fashionable silhouette, and the replacing of the pouched blouse by fitted fronts has been too gradual for the result to appear really startling now.

Teaching the child to Obey.

A mother should be careful to make only reasonable demands upon her child's obedience, but when once made, to enforce them implicitly. A thing once refused should never be yielded to reasing. When it is possible the reason. for the refusal should be explained to the filld. One should be very careful. never to enter into a contest over a point that eannot be enforced. A chill may be made to do certain things, but no power on earth can force him to to others, or to say words that he has made up his mind not to say. The prodent mother will enforce her authority and teach obedience on the ground that she is sure of being able to hold. Points that she knows she cannot carry she will avoid until the habit of obedience is formed and then there will be no discus-

New Oyster Scattop. Now that opsters are in again try this

method of making a scaling for Sunday night the Instead of arranging the bread crumbs, oysters and seasoning in alternate layers, prepare the requisite amount of crumbs, which should be dry and crisp, not fresh and soft, by sifting salt, pepper and celery sait thoroughly through them. Pour oysters and liquor on the crumbs and mix lightly with two forks. Add a cupful of cream, or crough cream to fill the buttered dish, put late of butter over the top and bake.—N. Y Post.

A TOUCH OF POETRY.

Wet Pond tillies on a flot Day Brings
Out the Best in Human
Nature.

"It was hot, very hot; the car was close and cindery. An overdressed girl across the assie was chewing gum, working her jaws to the exasperation of the beholder; a commercial traveler, who carried a "line" of perfumery, was testing his samples, and heavy walts of sickish. aweetness floated abroad as he sniffed. A baby was crying; a small child patrolled the siste, turching wildly into his fellow bassengers as the train swung cound curves, and occasionally tumbling over ends of projecting dress suit cases. An apoplectic old gentleman, with rolls of pink far at the back of late neck, drowsed uncomfortably, waking himself from his naps with explosive enorts; # thin, pale woman leaned back, looking faint, with a fan in one hand and a vial of salts in the other. The mercury stood at 95, relates Youth's Companion.

"O dear" mound one of two women traveling in company. "Isn't this dreadful? The hear alone is killing; and then it's all so stuffy and sordid and hurried and hateful! We rush and we suffer, and there isn't even an alleviation.

"It makes me remember my traveling abroad last summer about this time. We didn't hurry; much of the way we coached; and the temperature was perfect. Everybody was comfortable and polite and all sorts of pretty, poetic little things kept happening that it is a delight to remember.

"Let -me-see: this is the 15th, isn't; it? Well, on the 15th we were cosching; in the lake region, and the dear little rosy-faced English children ran after the erach and tossed sprigs of red rowan-berries into our laps. Of course we threw them pennies; but it didn't seem like mere buying and selling of was much more charming and poetic."

more charming and poetic."

The train slowed up, and the water-lifty boy came aboard—a hungry, thin-shanked, bare-legged, red-headed little youngster, with an armiful of white lilies, cool-grien pads and trailing red-brown stems. A suggestion of crystal waters quiet coves and dipping boughs seemed to float in with their fragrance.

The women bought; the apoptestic old man choked himself awake, and nearly had a faral attack in his strug-

mer handaled his bottles and the chowing gum, girl her soiled paper novel and
both bought flowers. The pathid woman, in a burst of extravagance, took a
dozen, and bursed her face in them. But
the tired mother with the baby and the
tumbling child could not afford any, although she looked longingly, and the
baby clutched for them.

The boy noticed
"Want some, kid" he said, laying a
generous bunch in her lap "Plenty";
more in the pond, maken; and my own
kid brother always likes 'em'

He tucked yet another in the hand of the bigger tot, who sucked the coof stem in solemn wonder; and then hantily slipping out of the door, he swung himself off the step as the train started. That was better than the rowanberries," said the traveling woman, softly

MISHAPS OF FOOTBALL.

Not to Frequent as Formerly Boseman of Undding and Pro-

The possible injuries that may be received during a well-contested came of footbad run all the way from a slight scratch or bruise to a fratique of the skull or a fatal internal injury, but the ordinary mishaps, although painful, and perhaps temporarily disabling, are seldom scrious in their results. They are bruises, sprains, disable ations and fractures, says Youth's

Companion.

Hruses are less frequent now that in the early days of the game in America, for they are fairly well guarled against by the padding of shins, kneed thigh, and shoulders—skull cape exeguards, now guards and other professive armer.

A simple bruise, if it is at once protected by a pad of cotton or wood, need not necessitate the withdrawal of the player from the game. As soon as the game is over, however; the language part should be bathed with hor water and then covered with a hot compress, making firm pressure. In two or three days the part should be gently rubbed and manipulated in order to reduce the swelling and cause absorption of the effused blood.

A sprain is usually more serious, but it depends much upon which joint is affected. There is usually a mipture of one or more of the ligaments or, in the knee especially, one of the estillates of: the joint may be dislocated. If the sprain is slight, and it is imperative that the player continue, it may be possible to bandage the joint shugly or enclose it in a leather cap; or, in, the case of a sprained finger, the mint may be indeeded by strapping the dnger to its neighbor. After the games the sprain must be immediately attended to by a surgeon, and treated with the nimost care to prevent seri-OUR CODSEQUEDIOS

Sprains are much less frequent now than they used to be, for experiences his raught how to avoid them in great measure. Indeed, in most of the unistressities and larger schools candidates for the eleven are regularly instructed in the methods with heave been fixed best adapted to the avoidance of tuess and other injuries.

of the anterior thigh muscles, following overstrain or repeated bruis as It calls for rest, hot applications, pressure, and liter massage of the affected.

Titals ations and broken bones put the sufferer bors de combat, and call for immediate sure oil treatment which cannot be discussed here.

L'ABEILLE DE LA NOUVELLE-ORLÉANS