

# PAPERS BY THE PEOPLE

## PLAYING CARDS FOR MONEY.

By Elbert Hubbard.

As a cold business proposition, let me give you this: I would not trust an amateur gambler as far as you could fling Taurus by the tail. The amateur gambler is not necessarily a bad man—primarily his intents are honest. He plays first simply for recreation; then, to add interest, the game transforms itself into penny-ante. From this to betting all the money he has is a very easy evolution when the fever is on. He wins. But to quit when you have won and give your opponents a chance to win their money back is more or less of a disgrace. He plays again—and loses. Then he wants a chance to get his money back. He first plays only in the evening—an hour after supper. Then, if he can get away from work at 4 o'clock and play until supper time, he will do so, just as scores of government clerks do, where the hours are easy. Saturday night the game goes on until daylight.

If four men start in to play poker with \$10 each or a \$1,000 each, it is just a matter of mathematical calculation before all of them will have nothing. All they have will go for cigars and drink and the midnight lunch, which they would not need if they went to bed at a reasonable hour. Do not imagine that all the gambling is done in the cities. Hardly a village in America is free from the scourge.

Gambling means blurred vision, weak muscles, shaky nerves. Loss of sleep, lack of physical exercise, irregular meals, bad air, excitement, form a devil's monopoly of bad things and the end is disgrace, madness, death and the grave. Boys, we need all the brains we have in our work. If by concentration and cutting out folly we succeed in a degree, we do well. But I do not believe we can reasonably hope for success unless we eliminate the pasteboard proclivities. This is a cold business proposition.—Chicago Examiner.

## EARLY RISING SUCCESS.

By Dr. Madison C. Peters.

Benjamin Franklin said: "Six hours' sleep for a man, seven for a woman and eight for a fool."

I advise you to take eight and get at least one to two hours of the eight before midnight. Night is the God-appointed time for rest. The birds of the air, the animals of the forest, the fish of the sea, even the trees, shrubs and flowers obey nature's behest, and rest during the hours of the night. Man is the only rebel against the inexorable law.

Many are the men, and women, too, who go to bed at 2 or 3 o'clock in the morning and then wonder why they can accomplish so little. All our great men, in every line of activity, early realize the value of time by making the best use of the morning hours. Among the ancients, they who lay abed in the morning were branded with the stigma of shame.

Gladstone was ever up with the lark. Leo, the greatest of all the popes, was an early riser. So was Bis-

mark. The present German emperor is noted for habits of early rising. Humboldt, Goethe, Schiller and Heine have borne witness to the inspiration they got in the early morning air.

Heinrich Shillemann, 17, was selling sauerkraut and herring in a little German town; at 41 he retired from business with a big fortune, and during his spare time, mostly in the morning hours, before he commenced business, had mastered the Hebrew, Arabic, Latin, Greek, Russian, Swedish, English, French, Dutch, Spanish, Italian, Portuguese, Polish and modern Greek languages, and as a result of this accomplishment he became the foremost archaeologist of his day. What a waste it would have been if he had spent his hours in the night in such a fashion that he couldn't have gotten up early the next morning.

The invincible Napoleon used to put his reports under his pillow that he might study them in his wakeful moments and the early morning hours.

Abraham Lincoln made the most of the early morning hours by lying flat on the floor with the fire of the torch as light, while he devoured the contents of books that he had walked miles to borrow—books which he never forgot to return.

## IS FLESH FOOD ESSENTIAL TO MAN?

By Dr. David Paulson.

The fact that thousands of working men are temporarily adopting a nonflesh dietary naturally raises the practical question as to what extent flesh food is really essential for health, strength and endurance. The result of this experiment, carried out on such a large scale, may yet prove to be a greater contribution of popular dietetics than even its influence on the market prices.

A head of the laboratory at the University of Brussels made a similar investigation on the flesh eating and nonflesh eating students, and he reports that in endurance the nonflesh eaters surpassed the meat eaters from 50 to 200 per cent. They also found that the vegetarians recuperated from fatigue far more quickly than the meat eaters, hence this great authority recognized the nonflesh plan as the best system for workingmen.

How often we hear the expression that a certain man is as "strong as a Turk!" And those who have seen a Turkish porter fling a heavy trunk unaided upon his shoulders will do well to remember that these men rarely taste flesh food in any form whatever. George Allen, the man who walked a thousand miles across England and Scotland in seventeen days and a few hours, outdistancing his flesh eating rival by nearly seven days, was a strict vegetarian.

The Rev. Newell Dwight Hillis says: "A little fruit, a little cereal and wheat bread, a glass of milk—these are within the reach of all, even the poorest laborer; anything more is at the peril of the eater."

It is more than likely that if several hundred thousand workingmen shall carry out their present resolution to live without meat for a couple of months half of them will experience so much benefit that they will continue the experiment indefinitely.

# MAID AND MATRON

## Great Change in Women.

"I had rather be a successful woman than an unsuccessful lady," says a prominent woman. This statement makes some of us sit up who have been joggling along without realizing the incompatibility of attaining success and remaining a lady. Before considering the matter we really should define terms, except that no one has ever been able to state just exactly what a lady is.

Success is the chief desire of life. Time was when a woman attained the greatest success possible to her merely by being a lady. She was admired, she married well, she became a social leader, and the highest compliment had been passed when it was said, "She is always a lady." Men changed because business methods changed. And one of the greatest factors in this change was the fact that the successful men were not as a rule gentlemen. To compete with them, the gentlemen had to change their tactics.

Then women went into business, and there they found that the things which had been the hallmarks of the lady were excess baggage. A low, timid voice, a lack of self-assertiveness, a touching dependence upon the nearest masculine representative, an aloofness from the material things of life, easily shocked sensibilities, an overplus of sentiment, an unwillingness to do anything that would make her in the least conspicuous, a woman found did not raise her wages or advance her position in the working force. Besides, she found that the men she was brought into contact with no longer admired the qualities to which they had formerly written sonnets and dashed off Byronic poems.

The question naturally suggests itself to our speculative minds, that since people range themselves in grades, what will be the highest type of the present feminine members of society? What will be the adjective to couple with woman to express the most admirable mixture of qualities in her?

As for women themselves, they can comfort themselves in this transition state, while unanchored by the ideal of being a lady, and not yet supplied with another guiding star, with the reflection that very few famous women have been ladies. As we look back, a lady meant a person with so many negations and inhibitions that she was pretty much hobbled when it came to accomplishing anything momentous. The men also will have to give thought to the problem that they must get out and hustle to hold their own with the woman who has discarded the out-of-date garment of perfect ladyship.

## Hair Supporters.

Among the numerous artifices used by women who are short on hair—and few women have enough to carry out the coiffures foisted on them by the hairdressers in the past few years—



the supporter designed by a Washington woman and shown herewith is one of the most efficient. A wire frame has a crescent-shaped turn on top and a projecting support at the back, both covered with false hair, like the regulation "rat," or holding a fine wire screen. The two are joined by two wires, U-shaped. This supporter is placed on the head when the hair is down, and when the hair is done up the pads underneath give it the appearance of being much more abundant than it really is.

## To Clean Linoleum.

Floor covering of good linoleum for the kitchen should hold its own for at least five years. The way to prolong its period of usefulness is to keep it clean; dirt ground into the finished surface by the tread of feet is the floor covering's greatest enemy.

Linoleum needs no soap, ammonia or strong cleaning agents. A simple wiping with a cloth just moist with warm water is all that is needed. In one country home skimmed milk mixed with the water was used, but the owner had a herd of thirty cows. Once or twice a year give the linoleum a wiping with good furniture polish to renew its smooth surface.

## Mrs. Longworth's Gowns.

Mrs. Nicholas Longworth is again among the leaders of fashion in the national capital, and her gowns are the models of her contemporaries. She wears the draped garment entirely, and she is fond of tissues and of the knitted silk effects. These gowns are among the most expensive things of the season. Mrs. Longworth's knitted draperies and waists always are covered with gold or silver beads. She has selected yellow for this season, and all her gowns are of various shades of this color.

## "Chantecler" Styles.

Various are the sources of women's fashions, moralizes the New York World. A princess wears a high collar to conceal a scar, and all the feminine world adopts it. The head-dress of peasant girls is utilized to form the "peach basket" hat of recent vogue. The army blouse of an Italian liberator was modified to make a garment for women's wear. Empresses and actresses stamp their individuality on a style of skirt or of hairdressing.

But is a poet to lead them all as an originator of fashions? The outburst of "Chantecler" hats, wraps, toques, etc., is one of the singular consequences of the wide interest in the Rostand barnyard drama. There are "Chantecler" hats ornamented with black roosters bearing red combs, "Chantecler" toques trimmed with golden pheasants, "Chantecler" opera cloaks, stockings, buttons, buckles and what not. There are "Chantecler" clocks and napkin rings. The craze has come as suddenly as the revived Directoire styles, and with the promise that it will probably pass as quickly.

Yet in the minor articles of feminine adornment, in the crests, cockades, plumage and featherly ornament, its influence is likely to be felt longer.

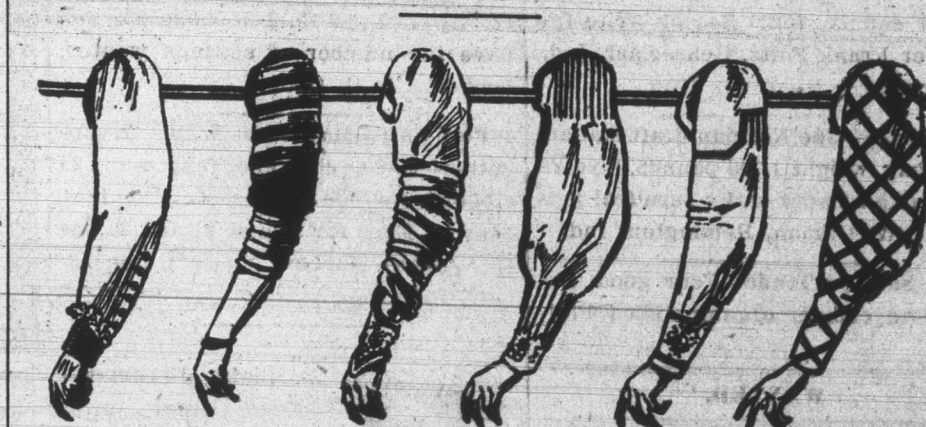
## Electric Bread Baking.

Electric baking ovens have long been available, but their use has not spread very rapidly, probably because of the cost or the difficulty of procuring the requisite current. In the little Swiss town of Kerns, where electric power is cheap, the electric baking oven has just been established in a satisfactory manner. In a furnace less than eight feet long, one hundred pounds of bread, in loaves of one and three pounds each, can be baked at one time, and eight bakings can be made in twelve hours. The cost of the heating is a little more than 1½ cents a pound of bread.—Youth's Companion.

## An Injustice to Women.

Who will say that women are afraid? Who will venture to call them the "weaker sex?" The true modern woman fears no peril. We already know that she—like all women, at all times—could endure even the most ex-

## SOME CHANGES IN SLEEVES.



There is to be a radical change in sleeves. But the old ones can be remodeled and built to look like new—which is always welcome news to those who have good waists left over from last year. Plain tailored leg o' mutton sleeves with buttons to the elbow are the favorites for tailored dresses. For dress-up wear, the elbow sleeve, with three-quarter length undersleeve of mull or mouseline will be most popular. A pretty gray plaid French gingham dress shown recently in a fashionable shop has rather full sleeves with deep cuff piped with plain gray. This design is said to be one of the prettiest sleeves of the season. Elbow sleeves, mosquitoire sleeves shirred from shoulder to knuckles, sleeves with elbow tucks to form a fullness at that point, and those with fullness tucked at the shoulder and wrist are all good.

cruciating pain with admirable fortitude, and, generally speaking, much better than the average man. And yet, in spite of these facts, there are men who will deny that fearlessness, as they deny that fortitude. There still exists—and there will probably always exist—the type of husband, for instance, who tells his wife, after she has already gone through some terrible physical agony: "Well done, little woman; you bore it like a man!"—Philadelphia Ledger.

## Shoes and Pumps.



The low cut footgear shortly to replace the high topped boots of winter are of most attractive shape. An exceedingly comfortable walking shoe which comes in black as well as in various shades of brown and tan goat or kid, has a center seamed vamp above which is a four-button band, crossing and supporting the instep. On somewhat similar lines are ankle-strap shoes which promise foot comfort in warm weather, and in the narrow toed shape are very smart looking shoes with double straps crossing the instep and fastening under tassels. Cravanne, suede and fine kid pumps of various fashionable shades are perforated

or stitch-bordered and ornamented with large oblong buckles or small flat ribbon bows.

## Health and Beauty.

A poultice of salt mixed with the white of an egg makes a powerful drawing poultice for a felon.

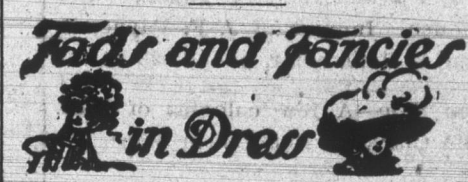
As a drink for sore throat—Pour half a pint of boiling water on one tablespoonful of black currant jam. Strain when cold. Give freely.

To brighten the eyes take occasionally just before going to bed, the juice of half a lemon in a small tumbler of water, without adding any sugar to it.

For coughs and hiccoughs salt in small quantities often allays these distressing afflictions. Taken in pinches before retiring will remove tickling in the throat and conduce to sleep.

After the nightly bath is best time for massage. The pores of the skin have been cleansed and opened and the effect of either skin food or cold cream used then seems little less than magical.

When a person is hurt, to prevent swelling and discoloration apply butter immediately, and bind on a piece of brown paper. This is excellent where there are children, as the remedy is always near at hand.



Chantilly lace is once more in fashion.

Quaint is a bag of white suede in a raised pattern of a swan outlined in brilliant.

The English custom of wearing the watch in a gold bracelet has made a hit, both with the women of Paris and America.

The Russian turban, in heavy fur or velvet, is one of the leading styles and it is consistent with the rage for Russian fashions generally.

Satin bands are used as a finish of many of the handsome evening scarfs. There is, of course, no lack of span-

## BE A GOOD LISTENER.

Guest Who Will Be Silent in Demand by Clever Hostess.

Be a good listener. If you can't talk, listen. Don't chatter, says the North American. Guests have been "bitten forth" to dine for their listening propensities alone. The cautious hostess is a veritable Charles Lamb in her appreciation of ears. They are valuable appendages indeed, and should be strenuously cultivated by those who only jabber when they talk.

We can't all talk; to some of us it is almost a physical impossibility to get out a sensible word in company. We may be entertaining enough to ourselves, but let something definite in the way of conversation be expected of us in an assemblage and we throw up our hands.

It's only a form of stage fright, this. We could perfectly well enter into the argument that's going round the festive board if something would only let us, but fear, the monster, holds us in its grip.

Enforced silence draws one inward and the tongue cleaves to the roof of the mouth; the very lips are sealed. All the air about one seems a pained witness to one's discomfort. Everything has got alive and taken on a critical attitude, but is ominously silent while it thinks of you—only you—and not another living, breathing soul. But if you keep on letting the quiet thicken round you it's going to get very dense, indeed.

Break the spell always, but, better still, prevent it from settling over you. Learn the interested listener part and you won't be in the center of the stage enough to fluster you.

## A Calamity.

A noted judge was examining a candidate for admission to the bar. All the questions had been satisfactorily answered and the lawyer-to-be had passed so brilliantly that the judge decided to put a simple question to terminate the ordeal. Gazing benignly at the young man, he asked:

"What is the liability of a common carrier?"

"Although lawyers the world over and from time immemorial have wrestled with this problem, though millions of words have been taken into the record of various cases in which this unanswerable question was involved, the fledgling calmly eyed the judge and at last solemnly replied:

"Your honor, I must beg you to withdraw that question. I did know the answer, but unfortunately I have forgotten."

"For a minute the judge eyed the young man, then turning to the lawyers who were grouped around him, remarked:

"Gentlemen, this is a sad case, in fact, a calamity. The only living man who ever knew the liability of a common carrier has forgotten."

## Its Nature.

"The ease of this time I am having 's like taking candy from a baby."

"Then you are having a howling time."—Baltimore American.



## SMALL FARMS IN ENGLAND

In an endeavor to check the apparent decline of farming in England, economists and legislators are crying "back to the land," and there is a sincere attempt to put into practical operation the small-holdings act of Parliament, which took effect Jan. 1, 1908. It is perhaps too early to determine whether or not the act is to prove successful. The reports concerning it are diverse, the large land holders naturally taking the position that it is burdensome, impractical and visionary, while the comparatively few farmers who have acquired small holdings under the act have not had sufficient time to demonstrate the effectiveness of the plan as a solution of the problem to encourage agricultural production and turn the unemployed in the cities to pastoral pursuits.

According to Frank W. Mahin, United States consul at Nottingham, various obstacles have been encountered, chiefly the difficulty of finding practicable land and in the selection of suitable tenants. That there is, however, a demand for the land and that many people are willing to make the experiment of farming on their own account, is shown in Nottingham, where a total of 4,059 acres have been asked for by 243 applicants. Of these applications 124 were found to be acceptable, their requirements totaling 1,285 acres. Of this amount but 511 acres have been acquired. To be sure, many offers of land were received, but much of it was unsuitable for agricultural purposes or the prices asked were deemed too high. This is to be remedied in the near future, however, as one owner of an immense estate has declared his intention of cutting 4,000 acres into small holdings.

Proponents of the plan insist that the small holdings idea is bound to win, and that it promises to solve the agricultural problem, while at the same time doing much to relieve distress and wretchedness. In any event the experiment is interesting and will be closely watched by economists throughout the world.

## "FAKE" AZTEC RELICS GENUINE.

Indians of Mexico City Have Been Selling Real Antiques to Tourists.

Tourists and curio buyers in Mexico City have for years been made to believe they were experiencing the exquisite sensation of being humbugged by fake Aztec idol collectors, when in reality they have been fooled all along with the genuine article.

This discovery has been made by Prof. William Niven of Cuernavaca and Mexico City, who has given years to the study of the fossilized remains of the ancient inhabitants of Mexico, says an exchange. Mr. Niven has recently discovered the Indians at work in a treasure house of buried Mexican pottery, idols and similar remains some miles west of Mexico City, which they have been marketing on the streets of Mexico City for years.

As it has been taken for granted that these objects were modern imitations and prices were cut down in accordance, the Indians have fallen in with the humor and found it more profitable and quicker to let the buyer do his own sizing up of the antique value of the curio.

However, Mr. Niven was surprised to find among the number of such objects purchased by himself several that bore

unmistakable signs of great age. Curious pieces of pottery purchased by him on the streets had become of great hardness, and to show a high degree of petrification that must have required, not centuries, but thousands of years.

Questioning the vendors he has been shown where they were dug. The place is some miles west of Tacuba. The diggings show that the Indians have been exploiting the mounds for many years.

Skulls have been found that possess peculiar anthropological value, showing a type of people entirely different in the structure and shape of their skulls from any other before found.

Mr. Niven believes that the numerous heads and faces of burned clay represent family portraits and were employed for similar purposes for which photographs are now used.

## Rather Paradoxical.

"One thing always puzzled me about a parliamentary proceeding."

"What is that?"

"How a man can be so acrobatic as to be the chairman of a standing committee."—Baltimore American.

Flirtation is attention without intention.