## WEEKLY COAST MAII,

vot xxv
CUSHMAN'S
HEROIC
EFFORT
To SaveFourteen Hundred Dollars
Speclat to the Mall.
Waehington, Nov. 24 -Congreaemmat

Cuabman of Waathington in making a race againat time to anve $\$ 1400$ milage
betore the oxtra neesion adjourns. He recelved newe at Twoomn that the retsion wonld probably apendily adjourn,
and be immediately took a fast train for Washington.
 a numery thoor."- Phathatelphta Prem The stratn on the Ere.
There 5 no reanon why a muscle or
muckea of the eyo should not be fag-
ged out jost as the muscles elsowhere do Let one bear a welght all day longe
does he not attrithute this consequent does he not attritute his consequent
headnehe to the heavy burden he has
borne? It neems without elaborate borne 7 It ecems without elaborate
thnting wee could concelve of the resulta following upon prolonged une of
the eve. Nature has dona all hhe could to pretert and prolong the unefuluess
of the eye. No earthly arehitect ever
of yot planned a atructure that would not
yeld, crumble and fall and the house human, so exquistely uplittiod in curr-
cuis and mysterious wayn, fallis and m turna to duat more rapldiy and surely not realize how much one part the mo tatned or ovirthrown by another. On Uny muscle is potent enough to distur
the whole economy, capectally if inter he whole ceonomy, capectally if int
current dseaseas exint in addtion "eye stratn.
 whose fuerination und charm has re
volved many a dlattugushed soclat cir. cle have fallen nllke vietms to this
lanidious and degradtng habte The Insidious and degradtng habti Thit
false Idea that better and more origtnat Work can be done by means of such an
unaiturat stmulus has been the ruth
of many notite characters. Whether it of many nobie characters, Whether it
be cocatine, morphat, antipyrine phe-
nacethn-thie shameful nst krows al. most dally - the fact rematins that the hlychest mental and moral priactples of the drus habitue are slowly under-
muncd and draksed down to the dust.
The wepponsilitites of the medical The responsibilities of the medical
practitoser tu prescribing these potent
remedtes are, therefore, very consider-
 cat Pross.

onabrmas conere romes. DINES

 only the best grauulated nukar for boil
ing and confectioners' X X. for knead
Ing is Ing. If your fondant kraius withou
apparent cause you may have borthed it a lutue tuo long. A few drops of lemon
jutce or a htile crenm of turar wil
provent thin. Vondent to the moft mix
 which they are dipped, and it in
tatn thin that tue nugar in boticed "Atter the eumar bian ranched the
voft ball, a semilhard condition, mort bail, a semithard condition,
munt be poured carefalty mito a larse
sent plate or on a marble alab. Do th scent plate or on a marble siab. Do twt
Qcrupe the macepan or you will kranu-
late the atrup. Make your fondant one


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n
chllan
andin
ganm
pmpm Anst long wown with a doll. Or
frients' chlldren have a tith thg up with remarkable suadennes and thene bumillating experiences aro
very common. But chitefy does tuo
Chratmas tothent of gifts. Holiday tnsplrations seem to niove in a cycle of thetr own. Once entervd they produce tmpressions
somettimes mpost unfortunate aceurac
To one friend to whom 1 To one friend to whom 1 gave a reni.
Ing glasa three yoars ago if have twich alnee been on the point of mending ani.
other, maved each time by my Chrikt-
 thue two yearsh ngo each year from theatowcd
them on these relatityen and mo on my own ruther large family 1 shou'd
 ness details should be spared them,
and whlle notetook memorics are
rather desplsed they are much haterr af Christmas than untimely or
rected remembrancea. Mow to make Plow Poadiag nathe
If the any mert of a suce puddting are not pro sentable for another serving they cin
be made tuto uttle balls. Bruali' with melted butter and lemon to moisten,
men wrap cich
 through; take from the paper mil serve with hot foamy sacuce. If one
has not quite enough pudding for the serving add a beaten egg, a few raistns
and a hittlo lemon juice to Rastou brown bread crumbs; mix with the
pudding to make the desired quantity The addition will not be detectivil
the pudding will be quite as good


LABOR
LEADERS
President Pledges a Fair Deal


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| To do with the demimiteratuoo 1 poun |
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Ratification Followed by Something

Breaking Line Leaves it Doubtful
special to the Mall.
Warhington, D. C., Nov. $25-$ Upch.
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9:hand toth regi-
$\qquad$ ionn for the reat of the diepatch-ED
$\qquad$
NTY RECON Now, 28. 1903 raings go wrong in the kiteben 1 am
rather linclined to weold the chlldren. my impaiso de to tue oxtravaganee, with the drat
person I meet. If $I$ have been out caling and roturn bome late to danner,
I feel very much tinelined to rate yout od coming
ed thise same trait in the chlldren.
When I

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the ten
econo
fered
ket.
n
 Topleasant for the clerks."
To te trank with you, Mary." sald
John, "I do not often ind yout gulity
health's decalogue. 1. Rise early, retire early and fil
jour day with work.
 carod for wachines last the lougest.
a Enough sleep repairs waste and
atrengthens: to much sicep sotens atrengthens: to
 enough warmith to be protected from sudden changea of temperature.
t. A clean and chearful 7. A clean and cheerful house makes
a bappy home.
B. Tbe mind ts refrested and tnvig 8. Tbe mildid is refresbed and invig
orated by distractions and amuement, but abusi of them leads to dissilpation
and dissipation to vies. and dissipation to viee.
9. Cheertulnens makea love of ufe
and love of ufe is half of bealth. the contrary, sadness and discourage ment hasten old ase.'
10. Do you galn your Hiving by your
intellect? Then do not allow your arms nateleet? Then do not allow your arms
and legs to grow stif, Do you earn your bread by your plekax you Do not
forget to cultyate your mind and to enlorge y
neview.
Ueetul Wood Lore.
If you are lost in the wooda aft down
 over. if you start of at random you
will be sure to walk in a clrcle. None but the whost experienced woodsmen they so in a circle when they get really
lost. If sou know the dreetion of camp the sotus strip of white rag to a tree anu
then start off. lou can flid the comcan flind the com-
on the north mos
tsing strips of rag to treess is you ko ou. Then you can und your way laick to the starting potut if you
$\qquad$

> Me bld. Deos your husband fur ptenty of pocket monyy


The haman body beling 1 Ighter that In it is diticult, the head alone tending
to alink in the water.

AGAINST

PORTAGE
RAILWAY
Repeal of Bill to D
Attempted


GOOD (COTHILS For BOES

 Magnes $\boldsymbol{\alpha}$ Matson....

