# PLENTY OF ROOM FOR THE UNITED STATES TO GROW.



TO REDUCE HER WEIGHT.

Lilian Russell's Never-Ending War Against Obesity. My system of what is commonly called "doing banting" is a vigorous one, says Lillian Russell, in the New York Journal. I rely mainly upon severe exercise, producing profuse perspira-



LILLIAN RUSSELL

tion, followed by vigorous rubbing and a very abstemious diet. For my purpose I find the bicycle and the skipping rope the best means of taking exercise. I rise early and take a very

cise all I can in the open air. By these means I prevent my weight from ever exceeding 150 pounds.

Only Carniverous Horse.

The most extraordinary appetite known in a horse belongs to Billy, a handsome bay owned by A. Decourtieux & Son, the butchers of the Pacific fruit market. Horses are frequently known to show a strong liking for sugar, and instances are related where they would drink beer, but who ever saw a horse that was fond of meat and

Billy's duties are to draw the firm's delivery wagon and his stand is on Merchant street in front of the shop. Here he is often on exhibition, eating with an apparent relish steak, liver, tripe and, in short, almost any variety of meat handed him. Sometimes, after having had his fill of oats and hay, he refuses to munch meat, but this seldom

Billy's appetite developed several months ago. No one knew of it until one day he was seen to reach into a butcher cart that was tied just ahead of him and calmly begin eating a steak. After that he was fed often with the firm's wares, and many a bet has been won and lost on his appetite.

The horse formerly varied his carnal meals by purloining fish, but he was cured in a manner that was ludicrous to the spectators, but very painful for the equine phenomenon. He reached light breakfast, largely of fruit, espe- into a fish wagon one day when his



TWO THIRSTS WITH BUT A SINGLE GLASS

cially sour oranges, for I believe that olfactories detected the odor of his faacids are valuable agents in the re- vorite smelt, but an active and belligerduction of flesh. Bananas and crackers are also important features of my and promptly fastened to his lower lip. matutinal meal. Milk, starchy, or sac- Billy shook his head frantically and charine foods of any kind I entirely whinnied in pain, but the crustacean avoid. It has been truly said that the only proper way to chew tobacco is to banged against the side of the wagon. eschew it, and I think the same remark applies with equal force to such fish.—San Francisco Call. foods as I have mentioned, if one desires to become thinner. After breakfast I don a loose gymnastic bloomer dress and take a good long turn with my skipping rope. After resting for about an hour, I don a bicycle costume and, mounting a nineteen-pound wheel, I am soon taking a spin out of the Riverside drive or through Central Park. This lasts for two hours. After luncheon I take a long walk and devote the remainder of the time before dinner to a regular measure, 16 hairs laid side by reading, study, vocal practice, writing letters, etc. Of course, the above routine has to be varied somewhat when rehearsals claim a considerable portion of my time. Again, when I am on the road traveling from city to city, my habits must be somewhat changed, but even then I adhere to my dietary rules, take my skipping-rope turn, and exer- stead of worse.

ent crab took offense at the intrusion held on until he was crushed by being Since then the horse has kept clear of

The Barteycorn.

out of the mouth and hold it so, for a minute or two. It is also suggested The table of measures says that three now to try the same thing in suffocative barleycorns make one inch, and so they When the standards of measures by irrespirable gases. were first established, three barleycorns, well dried, were taken and laid end to end, three being understood to make an inch in length. The hairbreadth, now used indefinitely and conventionally for infinitesimal space, was side equaling one barleycorn.

Cheering Indication. The fact that \$14,225, the largest amount ever paid at one time into the 'conscience fund" of the United States Government, has been received within the last year, is a cheering indication that some men are growing better in-

RECENTLY CELEBRATED HER SEMI-CENTENNIAL.

Fifty Years Ago Brigham Young, the Mormon Prophet, Led His People Into the "Promised Land" and Laid the Foundation of a State.

Founding a State.

The people of the State of Utah recently completed their big celebration of the semi-centennial anniversary of the arriva! of Brigham Young and his band of 1,160 pioneers in the valley of the Great Salt Lake. Almost a full week was required to fittingly observe the great empire-building work of Brigham Young.

It was on July 24, 1847, that the ploneers emerged from the rugged defile now known as Emigration Canyon and faced a broad and sunny valley, which sloped gently to the shores of an inland sea. On the east, the Wasatch Mountains, and on the south and west the Oquirrh range made grim walls about the desert. When the pilgrims had proceeded a little further they saw a large fresh lake a few miles to the south, emptying its surplus waters into the inland sea through a slender river. These odd conditions suggested a striking comparison to Brigham Young, who felt that he was a Moses leading a new tribe of Israel to a new promised land. The fresh lake was the sea of Tiberias, the salt one the Dead Sea, the river was, of course, the Jordan. This, then, was the new Palestine; and here the leader and his followers would build a new Jerusalem. Advancing a few miles into the valley, and halting near the banks of a roaring brook, Brigham Young struck his staff upon the ground and exclaimed: "Here we will rear our temple in holiness to the Lord!"

The small party of emigrants who ended their tiresome and dangerous pilgrimage in the Utah desert fifty years ago gave but the slightest promise of founding an enduring State. They had come to an arid land, and possessed neither canals nor the slighest knowledge of the art of irrigation. They had but a scanty store of provisions, and a thousand miles of deserts and mountains lay between them and any base of supplies. They had no shelter save that offered by the canvas coverings of their crowded wagons, and there



JEAN INGELOW

The Distinguished Poet and Novelist

Who bied Recently.

Jean Ingelow, the distinguished poet-

ss and novelist, who died at London,

England, recently, was the daughter of

William Ingelow, and was born at

appeared, and it made such an impres

sion that she was hailed as one of the

"Poems of Jean Ingelow" appeared

at an opportune time to attract atten-

tion. Tennyson had been silent for a

long time, and the novelty had worn

off Longfellow's "Tales of a Wayside

Inn." Her poems even ranked next to

Longfellow's and above Tennyson's at

that time. The English-speaking

world was especially captivated by

"High Tide Off the Coast of Lincoln-

shire," a ballad cast in strange form,

so musical that it sang itself, so quaint

and tender and exquisite in its turn of

phrase that there was never a word

for its defects. Her second volume of

poems, entitled "A Story of Doom,"

followed in 1867, and her third in 1885.

In addition to her poems she has writ-

ten various prose works for children.

posed to be autobiographical. Many of

her verses were set to music. Among

these is "Oh, Fair Dove, Oh, Fond

Dove," the sweet but mournful tale of

a sailor's love. "Mopsa, the Fairy," was a fantasy that attracted much atten-

tion. Then followed her first novel,

"Off the Skelligs," her best work in

that line, but Miss Ingelow is known

to the present generation only as a

New Treatment for Hiccough.

a French hospital for a rebellious hic-

cough, which had resisted all treatment

for four days. She was asked to show

the tongue, and it was noticed that

with the putting out of the tongue, the

hiccough ceased. The same thing has

been since tried, and with success in

other cases. All that is necessary ap-

parently is to strongly push the tongue

cough, as whooping cough, and choking

A female patient presented herself at

and four novels. Her "Song of Seven," 'Divided" and "Laurance" are sup-

greatest poets of the century.

soil and staking the last of their stock tenets of the church. It is doubtless of this desperate beginning is seen in the people, and is usually more vigorthe Utah of to-day.

Utah of Today.

tains nearly 300,000 people on the occa- there seems no reason to doubt the sion of its fiftieth anniversary. Of good faith of the church in discountethese less than one-third live in large naneing the practice. towns, Salt Lake City, the metropolis | The older generation of Mormons and capital, containing about 60,000, rule the church, but the younger genand Ogden, its cheerful rival, about 10,- eration rule the State. The Governor, 000. More than two-thirds of the total the two Senators and one Representapopulation is dispersed in mining tive are natives and of Mormon parentcamps, on the stock range and over a age, though Senator Rawlins is said to myriad of farms. While Utah owes much of its present pectations, this fact has not deprived

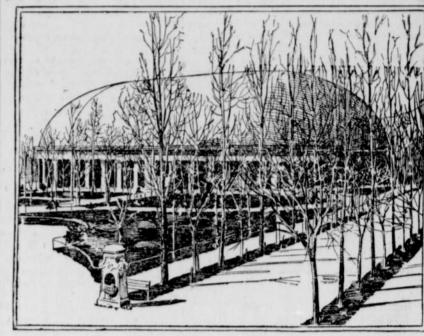
to diversified agriculture, and thus ren- zeal of new converts. der their unmortgaged proprietors absolutely self-sustaining

In another important respect these farms differ from those elsewhere. Their owners do not live, as a rule, pon the farm acreage, but in villages r home centers. These are located at entral points in bodies of 5,000 to 10,- said a Virginian to a reporter. I keep 000 acres. The farmers have their a general store there, and this bud, that homes on acre lots in these villages, promised to bloom into seven kinds of getting from this small area many of

UTAH'S BIG JUBILEE. farms range from three to twenty acres years of political solidarity appears to -the smallest of any State in the be genuine, and the people carry on Union. They are universally devoted their discussions with the proverbial

> HE WAS A BRILLLANT CLERK. How a Virginia Prodigy Gave a 10

Per Cent, Discount. I once had a promising bud of genius in my store down on the James River, a loo loo flower, came to me from the



THE MORMON TABERNACLE.

considerable degree. The church is also the dance hall, and in the remotest hamlet there is a Sunday night dance the contentment of the farming population. There has been less temptation for the boys and girls to leave the soil and go to the large towns than elsewhere. The people live under such conditions that neither panics, strikes nor wars could seriously menace their three meals a day.

The Mormons are admittedly the founders of irrigation among Anglo-Saxons. Until they made their first rude canal from City Creek on that July day, in 1847, men of their race had never dealt seriously with this industry. As the pioneers enjoyed a practical equality in the matter of property, their irrigation works were necessarily built by means of co-operative labor. Every man performed his share of the work and received his proportion of stock in the company which owned the canal. It was nearly forty years after the first settlement was made before costly works were built by outside capital, and the innovation was not regarded with favor by the Mormons. In Utah the stores, factories and banks are owned very generally by joint stock companies, consisting of multitudes of

small shareowners. The Mormon Church.

After a half century the Mormon church is still a dominant factor in the life of Utah. In numbers and in wealth \$10.75, \$11.50, \$11.98, \$12 and \$12.48, it is, of course, a far greater church were no forests near at hand from than it was fifty years ago. The pracwhich lumber could be made. But they | tice of polygamy, suspended by formal went to work under the direction of a edict in 1890, is now a thing of the past, masterful leader, turning the waters of speaking in broad terms. But the doc a canyon stream upon the hard alkaline trine is still religiously held among the of potatoes on the venture. The result | sincerely believed in by the majority of ously defended by the women than by the men. There are occasional arrests This latest of American States con- under the Edmunds-Tucker law, but

be an apostate. Contrary to general ex-

the things they consume, and having | far end of Prince George County, on the social advantages of town life to a the introduction of a friend of mine and his, who said as he wasn't good for anything else, perhaps he might be made handy in a store. I took him, led by the bishop. These social ar- just to be accommodating, of course, rangements have contributed much to and promised to give him a chance to

> He was about 19 years old, and wrote poetry between times, so I put him to sweeping out as a starter. He could sweep well enough, and after a week I put him to doing the chores, and advised him to study the stock while he was resting.

> After about six weeks of this kind of training I concluded he knew enough to take charge of my scrap counter. which was a counter where I put all my old stuff about every sixty days, with the most of it marked in big figures and with the additional information to those looking for bargains that there would be 10 off for cash.

Trade was lively the morning I put him at it, and he was doing as well, if not better, than the more experienced clerks, for I noticed several people getting around his way and getting out pretty quick with what they had bought. I didn't think much about the whys and wherefores until the young fellow came to me at the desk with a suit of clothes in his hands to ask me to explain something. The suit bore a large white card inscribed with a big black "\$8."

"I don't quite understand this," says he. "The others I sold were marked and it was easy enough to calculate what 10 off would be and sell them for 75 cents, \$1.50, \$1.98, \$2 and \$2.48, but I'll be doggoned if I see how you're going to throw \$10 off of an \$8 suit, unless you want to give the customer \$2, and I reckon you ain't that liberal, even at the scrap counter, are you?"

It mighty near gave me a spasm, that did, concluded the gentleman, and I put another clerk at my discount counter p. d. q.

## Present Decision.

If, instead of being influenced by a hazy and undefined feeling, we bring clear thought to bear upon it, we shall find that the only supreme and final test of conduct must ever be the convictions which we hold at the time.

Not whether any other person or the whole world approve or disapprove, nor even whether we may or may not continue in future years to maintain them ourselves, must be our question, but whether at the present moment we believe in our inmost heart that such a course is the true and right one to pur-

If this be not our guide-if any other voice, opposing that of conscience, be obeyed-then we act in defiance of our own moral sense, which is plainly the snapping of character.

A Congressman's Horseshoes.

Congressman Russell, of Connecticut, has something like a bushel of horseshoes which he has picked up. Six or eight fine specimens ornament or disfigure his apartments at the Hamilton in Washington, and the remainder of the bushel, except a few, are stored in an old box at his home in Killingly. The few which are especially reserved from the collection in the box are hanging on the port waist oar which Russell used to pull a winning stroke with in the old six-oared crew of Yale College in '73.

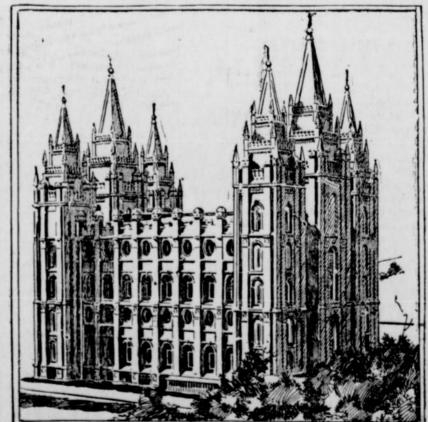
## Lives on Insects.

There is a quaint plant which grows in pea bogs. It has large flowers, with an odd umbrella-like shield in the corner. The leaves are generally about half full of rain water, in which many insects are drowned. Some naturalists say that the flower lives on the drowned insects.

## Uncrowned Rulers.

There are many reigning sovereigns at the present time who have never taken the trouble to be crowned. Among them may be mentioned the German Emperor, the King of Italy, the King of Spain, the Queen of Holland, the King of Bavaria, the King of Saxony.

We do not admire everything Cupid does, but there is no denying his good



THE GREAT MORMON TEMPLE.

Secret in Naval Circles. Great secrecy is observed over the construction of a number of shallow draft gunboats now building for the British government by the Yarrows. The destination of the boats, as well as the model, is being kept dark. They may be for China, the Nile, or the Niger, though some believe that they are to be used on the Zambes! in the event of war with the Transvaal.

Patience with a husband is equally as good an investment for a woman to make as patience with a son.

prosperity to its mines, and will be him of strong support among the memof its resources in the future, the broad vigorously attacked the leaders for estimate, the figure given for the aver- between the two great parties. age is rather too high. The typical division which has come after forty taste and sense in dressing.

even more deeply indebted to this item | bers of the church, not even when he foundation of its economic life is in its "using the livery of heaven to serve the irrigated soil. There are some remark- devil in," as he once did in the heat of able facts to be recorded about its 19,- the campaign. The first Representative 816 farms. In the first place, 17,684 of chosen to Congress, C. E. Allen, had them are absolutely free of all incum- been for years a powerful and uncombrance. The average size of these promising opponent of the church. But farms is twenty-seven acres, but as he was elected with the aid of Mormor some large ranches are included in this votes. The twelve apostles are divided The