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THE PLUME HUNTERS.

Down in Southern California and Southern Oregon are vest tracts of low, marshy carritory, dotted with shallow lakes. All day long on this desolate area of drowned land the sun beats warmly down and thruout the long nights the soft wind plays among the tangled reeds and grasses of the marsh.

It is in this natural nesting field that many of our wild water-fowl nest and have their mating time.

The great, strong-winged black duck, the darting blue-winged teal, the kingly canvass back, the careless blue-bill and the redhead, in fact, nearly all of these ducks that seek Canada's inland waters in the drab fall nest in the wild marshes of those southern states.

For many seasons the wild water-fowl have held undisputed possession of that glorious stretch of bog and shallow. Even the white-breasted grebes and the white herons, the shyest of all wild water birds, have been accorded the same priveleges as the game birds that, during their breeding season, were protected by the law. But it became known that the snowy, fur like breasts of the nesting grebes and thewhite feathers of the heron made an adornment of millinery that could not be matched. Then bands of men, known as the plume-hunters, scoured the marsh in search of the nesting birds.

During the past few months, thousands and thousands of the beautiful water-birds have been slaughtered throughout the low lands of Oregon and California. Whole colonies of them have been murdered; their white plumes and breast feathers stripped from them and the carcases left to polute the air. The plume-hunters cruely and surely struck the note that sounded extermination to the wild, free birds that lived unmolested for so long and found life good. Thousands of deserted nests lie scattered throughout those southern drowned lands. Many of them hold the iittle dead fledglings left motherless by the plume hunters. Stacks and stacks of brown wings mark the trace of devastation of the plunderers, and one of the largest grebe colonies in America has been, in two short months, wiped effectively out of exis tence.-Toronto World.

> FAVORED AGE. (Youth's Companion.

When the teacher looked severely at Isadore all ideas fled from him. When asked to name the presidents, he could think of just five-with fonr long gaps between

"I am surprised, Isadore," said the teacher, who had left middle age well in the background. "When I was eleven years old, more than a year younger than you are now, I could recite the list of president's without a single mistake or a moment's hesitation."

"Teacher, yes, ma'am," said Isadore, humbly; then a brilliant and comforting idea came to him. "But there couldn't have been half as many presidents to remember then, was there, teacher?"

I know that money carries germs, For I have often seen

The evidence that full confirms This sordid fact and mean. Indeed, I've felt the awful truth, And suffered from the crash

That often rises from the truth That there be germs in cash. I loved a maiden sweet and fair,

I loved her depely, too; All golden was her bonny hair, Her eyes were wondrous blue.

She promised one day to be mine, My own beloved wife, To tinge with joyousness divine

The dark ways of my li'e. And then a bunch of money came-Alas, that it should be! And she I'd thought to bear my name

Turned chilly unto me. And 'ere the summer days had sped My heart was sorely hit-That fickle maiden skipped and wed The Germ that came with it!

-John Kendrick Bangs, in Puck.

One of the most important staps in the history of the Congregational body was taken on S turday when the National Council of Congregational Churches at its triennial session in Boston, invested itse f with greater administrative power. It has decided to work out some plan whereby the National Council will assume governing power over the various societies, missionary and other, connected with the denomination. Satur day's action followed an important vote taken the day before in which the council adopted a programme for bringing the churches and labor interests into closer affiliation, and defined the stand of the churches upon such matters as industrial disputes, child labor, protection of the worker from dangerous occupation, and other social, economic, and industrial questions.-World

Mr Riggs, a Government engineer who has been at work on the Alaskan boundary survey, reports the discovery, far north of the arctic circle, of what he believes to be the highest mountain on the Continent, exceeding Mount McKinley by nearly 2000 ieet. Riggs and his party discovered the Mountain while surveying the boundary near the Porcupine River, north of latitude 67. The mountain is east of the 141st meridian. The height of Mount McKinley is 20,480

PRUNE CHARLOTTE-Stew a dozen and a haif large prunes; when cold remove the stones and chop fine. Whip a pint of cream very stiff with three tablespoons of sugar, then whip the minced prunes into this. Line a glass dish with lady-fingers, or thin slices of sponge cake and fill the centre with the prune cream. Set in the ice box until time to serve.



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Golfer: "I can't get the thing out, and I've hit hard enough !' Superior caddie: 'Ah sir!' It's not strength

wot's required. It's intellect."-Punch.' Mrs Giles (to suffragette canvasser): 'You

band died.'- 'Punch.

see, mum, I ain't 'ad no vote since my 'us-

was frying a bit of bacon.

"Grand bacon, that," said the friend, sniffing affably.

"Grand bacon? Well, I guess it is grand bacon," said the old lady, turning the slices in the pan. "An' it's none o' yer murdered. stuff, nuther. That pig died a natural death."-Success.

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"Limited breathing capacity is one of the most common physical ills," says Dr. Jean Williams in Woman's Home Companion. "Poor breathers are found not only among the sick of the earth, but also among the moderately well. All chronic invalids are poor breathers, and it is quite likely that they never would have been invalids if they had been good breathers. "Now here is the connection between good breathing and exercise. In order to be a good breather it is necessary to have sufficient lung capacity Suitable exercise broadens and deepens the chest, gives freer capacity to the lungs and better fits them for their important task of supplying oxyen to the body and relieving it of the deadly carbonic acid.

"When in the fresh air, breathing deeply, we absorb enough oxygen to saturate the blood. If we are exercising wiskly at the same time we absorb more oxygen. and are, therefore, just so much better off."

The lungs may be strengthened and enlarged by deep conscious breathing and the more conscious one can make the action the better for lungs and health. Breathing exercises should be induiged in many times a day Breathed in through the nose and exhale through the mouth as if blowing or whistling



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