Don't sleep on your left side, for it causes too great a pressure on the hear! Don't sleep on your right side for it in terferes with the respiration of that lung.

had "caught on."-Tampa News.

Don't sleep on your stumach, for that interferes with the respiration of both lungs and makes breathing difficult. Don't steen on your took

Don't sleep sitting in a chair, for your body falls into an unnatural position and you cannot get the necessary relaxation.

Don't sleep standing up, for you may topple over and crack your skull. Don't sleep .- Puck.

"What beautiful children's books they are getting out!" said the shopper. "Yes, answered the shopkeeper, "the best way to sell a child's book is to get up something that will interest and amuse the parents."

"I say, old man," whispered a young fellow who found that the conversation of his new acquaintance was highly agreeable, "let's come and smoke

digar in the garden. That woman's squalling gets on my nerves."

"Thanks," was the quiet reply, but as it is my wife who is singing, perhaps it would hardly do.

"Yes," said the Suffragette on the platform, "women have been wronged for ages. They have suffered in a thousand ways." "There is one way" in which they never suffered," said a meek-looking man, standing up in the rear of the hall. "What way is that?" demanded the Suffragette. "They have never suffered in silence."

A little boy was once taking a ride in a tramcar with his mother. He was kneeling on the seat looking out of the window, when he was heard to exclaim, "Haw, maw, look at the wee dug!" "It's not a wee dug," said his mother, correcting him "it's a little dog." "Oh, well," replied the youngster, "it's awful like a wee dug".

hanned at 1 place where work was hard and wath man had plenty of it. The youngest partner, having been recently married, invited the employees to a "musical evening." "Oh, John, exclaimed the bride, "you will come won't you?" We shall have selections from Hande'. Beethoven, and all the best composers. This will be the best music you have ever heard." "Well thank 'ee, mum," replied the ancient one; "I'll come an' I don't know much about handle and 'beefovens,' and all the rest of 'em; but it'll have to be pretty good music if it beats the sound of our old 'buzzer' when it whistles to knock off work."

St. Patrick is gradually becoming Americanized.

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