

MRS. BRYAN A WHEELWOMAN.

she believes the "Bike" Promotes Freedom From Nervous Disorders. The wives of American statesmen are apt to be interesting women, and the public likes to know all about them.



Mrs. Bryan and her Wheel. needs of wheelwomen to learn that Mrs. Bryan favors the wheel. She believes that many of the nervous disorders to which women are subject can be avoided through a judicious use of the bicycle.

Restless Convalescents. Some excellent suggestions are made by a writer in one of the magazines, who recommends various ways of being stilling the tedious hours of a child's convalescence.

Veranda Cosies. The wide veranda that sweeps about a summer home in the mountains shows what can be done with rustic materials.

A Remedy for Red Hands. Red hands are often benefited by being washed in oatmeal water—that is, take some fine oatmeal, boil it in water for about an hour, strain, then night and morning use the liquid to wash in; it, however, requires to be made fresh every day, as it so soon turns sour, and smells very disagreeable.

For Pillow Cushions. Japanese crepe is an admirable and inexpensive material for covering pillows. In dark blue, with large white conventional flowers wandering over it, it is most effective.

In Canning Time. At canning time the filling of jars may be greatly expedited by the use of a grocer's funnel, and a small milk dipper is the best thing for ladling out the hot fruit or syrup.

Green Corn, Maryland Style. Take ears of steamed green corn, when cool enough to handle, and cut off the husks. Cut one-quarter of a pound of fat bacon in little strips, then in very small dice, and fry them crisp.

Wrinkled Gloves. Women who care to preserve the whiteness and beauty of their arms and hands always wear loose gloves.

FASHION NOTES

The newest bicycle belt is made with a little pocket at the side. White pique shirt waists are smart when worn with linen or crash skirts. The old-fashioned silk Irish poplins have gained a great popularity for street wear and for summer calling gowns.

Every plume that can possibly be utilized for the purpose will appear in bonnets, which will be made of cut ostrich feathers, of the iridescent breast plumage of the Poland duck, of black and white feathers, and of anything else that any variety of bird may suggest.

Green will be popular, particularly the moss tones. Gray will be much worn, especially the silver grays. Deep violet will be a great favorite, and marine blues and neutral lilacs will be used, but black and white, separately and combined, will make the strongest appeal for approval.

Fashions in cycling hats follow closely upon the masculine modes. Pure white alpine shapes, made in strongly ribbed canvas and in soft felt, will be the fad par excellence.

For some time jet ornaments have been eclipsed by showy crystals, mock rubies, emeralds, topazes, pearls, etc. But they threaten to return in the fall in a series of new devices, taking the form of buckles, brooches, slides, and in numberless ways, declaring themselves quite the most useful and becoming millinery ornamentation.

Chaperonage in Dixie. The American chaperon is, as a rule, a much loved object and particularly in this so with the Southern woman. Attentions are always showered upon the youths and gallants of the South, and she remains always a desirable addition to any party.

Cleaning Woolen Garments. It often happens that woollen things, when wanted in a hurry are found to be soiled. It may be a shawl, blouse, or tennis flannels. What is to be done? Get one pound of fresh bran and put it in the oven on a large flat dish, to get as hot as can be.

Chicken Hash or Toast. Boil a chicken the day before, and with the broth prepare chicken soup. Next day cut the chicken into very small pieces. Cut into small dice two raw potatoes; put these into a frying pan with enough of the chicken broth to prevent burning.

Lettuce and Tomato Salad. Choose bright, firm tomatoes, peel them and place on ice; select the white inner parts of lettuce; wipe each leaf, fold in a wet napkin and place on ice. When time to serve arrange lettuce in groups of two or three leaves each to form cups; into each cup formed by the leaves put one heaping teaspoonful of the dressing. Then cut the tomatoes in halves and press the flat side of one half into each spoonful of dressing, so that the latter curls up over the edges of the tomato.

Wrinkled Gloves. Women who care to preserve the whiteness and beauty of their arms and hands always wear loose gloves. Ellen Terry has a large hand, almost maculine in the strength of its lines, though the fingers are well tapered, but she never seeks to disguise its proportions by compression in any direction.

It is a Local Paper

When a pastor wants an announcement he goes to the local paper. When the ladies want a notice of a church supper published they go to the local paper for a write-up. When a political party issues a call or holds a meeting it calls on the local paper for publicity.

Secretary of the Navy, Herbert, on his visit from Europe, said that in his return to the foreign gun and steel works he had seen nothing to excel American manufacture, and he was convinced that the vessels of the American navy were second to none in the world.

Biliousness

Is caused by torpid liver, which prevents digestion and permits food to ferment and putrify in the stomach. Then follow dizziness, headache, insomnia, nervousness, and, if not relieved, bilious fever or blood poisoning.

Hood's Pills

Hood's Pills stimulate the stomach, rouse the liver, cure headache, dizziness, constipation, etc. 25 cents. Sold by all druggists. The only Pills to take with Hood's Sarsaparilla.

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Wanted—An Idea. Who can think of some simple thing to patent? Protect your ideas; they may bring you wealth.

comes to stay

There is more than one food which will cause the body to increase in weight. A free supply of sugar will do this; so will the starchy foods; cream, and some other fats. But to become fleshy, and yet remain in poor health, is not what you want.

Scott's Emulsion

of Cod-liver Oil with hypophosphites, is pure cod liver in a digested condition. So that when a person gains in weight from taking Scott's Emulsion, it is because of two things: First, the oil has acted as a fat-producing food; and, second, it has restored to the body a healthy condition.

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Table titled 'THE MARKETS. BLOOMSBURG MARKETS. CORRECTED WEEKLY. RETAIL PRICES.' listing various commodities and their prices.

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