

OPPOSES USE OF OPIUM

China Awakened Throws Off Deadly Habit

SMOKING PROHIBITED

Sale of Pipes, Lamps and Other Appliances Must Cease Within a Year—Vigorous Measures to Dispel Legacy Forced Upon It by Christian Traders.

China, awakening from her torpor of centuries, is attempting to cast off the slavery of opium smoking forced on her by the Christian traders.

The situation is not conceivable to an American. The problem is more serious than the slavery or trust question in the United States.

In the tropical meadows of India, in Persia, Turkey, and Egypt are great fields of poppies—red, purple and white.

Curiously enough, the story of opium in China is a record of official condemnation and individual abuse.

As early as 1796 edicts of the Chinese Imperial Government declared the traffic in the drug to be illegal.

In August 1896 China asked the Government of British India to consent to the annual reduction of the importation of opium into China.

The imperial edict, made public on September 21, expressed the determination of the Throne to eradicate the evil effects of the widespread use of opium.

The regulations for the cure of those addicted to the vice apply to several classes. All under 60 years of age must reduce the amount of opium consumed 20 percent yearly.

All places for smoking the drug must be closed within six months. Smoking is prohibited in places of public resort.

A large part of the credit for this great reform is given to Wang-Ta-seth, the Chinese Ambassador to Great Britain, a reformer who recently formulated a Constitution for China.

It is not what an advertiser pays for the ad, but what the ad pays him, that constitutes the criterion of its value.

SCOPE OF THE APPLE.

Many and Appetizing Dishes Can Be Made from this Fruit.

The apple is in its glory. Its possibilities in the matter of appetizing dishes "to set before the King" are almost endless.

To make apple float take a tablespoonful of red apple or crabapple jelly to each of white egg and whisk until the mixture is quite light and foamy.

For ginger apples takes some hard, smooth-skinned apples and cut them into quarters. To every pound of apples allow a quarter of a pint of water and half a pound of sugar.

For apple snowballs, boil one-quarter pound of rice in water until perfectly tender. Pare and core a few apples, replace the core by two cloves, brown sugar and a squeeze of lemon juice.

Pare and remove the core from seven large apples and place in a pudding dish. Put in each apple one teaspoonful of sugar and a little grated lemon rind.

To stew apples in port wine pare and core two pounds of sweet apples, put them into a stewpan with three wineglassfuls of port, one and one-half pounds of sugar, the rind and juice of two lemons, and cinnamon to taste.

To prepare pink apple snow, pare core and boil six large apples to a pulp, and press them through a sieve. Sweeten to taste, and then to every tablespoonful of apple add a teaspoonful of currant jelly.

For fried apples, slice some apples, dip them in a batter made of one egg, sugar, milk and flour enough to thicken. Fry a golden brown, sprinkle with lemon juice and serve very hot.

Apple skin jelly does not sound attractive, but it is good as jelly made from apple juice. So much juice is left in the parings that if these are boiled down and strained one will find they have as good a grade of jelly, and a few extra tablespoonfuls.

HOUSEHOLD SUGGESTIONS.

If you heat your knife you can cut hot bread easily. A teaspoonful of turpentine added to a pail of warm water is excellent for all cleaning purposes.

Straw matting should never be washed in anything but warm water and salt.

Angel cake can be cut easily if knife is wet in cold water.

To polish floors rub them once a week in beeswax and turpentine.

To test eggs, drop eggs in dish of cold water; if they sink they are fresh.

On Reading Newspapers.

"I can always tell whether a woman is accustomed to reading newspapers by the way she holds one," remarked an observing business man recently.

When Giving Children Powders.

A novel way of giving children powders is to cut open a chocolate cream, insert the powder and close up again. It is even better than putting it in jelly.

EVIL OF FOOTBINDING

FAST DISAPPEARING THROUGH AMERICAN INVASION.

To the Practice Is Attributed the Extreme Nervousness from Which Chinese Women Suffer—Various Methods in Force.

There are different methods of footbinding, just as there are different styles in small feet. It all depends on the section of the country. In the northern part, around Peking, the standard of excellence is a club-shaped foot with the big toe extending something like the index finger from a clenched fist.

To attain this ideal, the four smaller toes are bent back diagonally under the sole, the big toe protruding. The foot is then crushed from the front backward until the ball touches the heel and the instep bulges up and out, the effect of the whole being a club-like thing resembling a cow's hoof more closely than the delicate, graceful lines of a human foot.

A bandage of heavy, unbleached muslin about an inch and a half wide and from a yard and a half to two yards long is bound snugly around and over the foot to hold the strained and twisted muscles firmly in place.

One of the first results of the tremendous pressure of the bandages is to check the circulation. The feet become numb and lifeless, as if frost-bitten. In fact, Chinese women often do freeze their feet and never know it, because there is no difference in the feeling.

Bound feet are not only misshapen feet—they are very small feet. Binding first retards, then stops the growth. A grown woman of thirty will have the feet of a child of five.

Where the parents are very ambitious that their daughter shall contract a grand alliance when she grows up, binding begins as soon as the child has learned to walk with confidence. If it is begun before she can balance herself she will probably never learn to walk at all.

Sometimes the mother, remembering the agonies she herself endured, and flinching from the idea of inflicting them upon her beloved baby—for binding usually begins between two and three years of age—will weakly put off the evil hour.

The process of foot binding begun, say, from two to four, is generally maintained till the girl has attained her full growth. Every day the bandages are removed, the feet washed, lotions, powders and scents are freely applied to keep down perspiration and swelling, then fresh bandages are bound on. Little by little the bandages are tightened.

Not infrequently it will happen, when the ambition of the parents is of the ruthless sky-vaulting type, that the terrible pressure of the tightened bandages becomes too heroic for flesh and blood to bear. Then the feet suppurate and the flesh drops off, leaving only the bones. Women may be seen hobbling about on skeletons of feet, and others whose feet could best be described as stumps.

Even where binding is a complete success the pain and discomfort entailed by it are something awful. In hot weather bound feet ache intolerably. To them is attributed the extreme nervousness and irritability from which many Chinese women suffer, not to speak of other grave maladies.

With the very young all that is necessary is to remove the bindings and the toes will straighten out of their own accord. In the case of full grown women a trifling surgical operation is necessary, followed by vigorous massage and manipulation and the strapping of the feet to flat boards until they regain their normal shape.

No sooner had the American missionaries in China convinced themselves that unbinding was entirely feasible than they proceeded to form an anti-binding crusade by making unbinding obligatory on all women and girls who attended or desired to attend any of their groups of schools. The movement was later strengthened by a body of native preachers who passed a resolution to unbind the feet of their wives and not to betroth their sons to girls with bound feet.

Suggestions for the Sick Room.

When fanning an invalid if a few drops of aromatic spirits of ammonia be sprinkled upon the fan it will be found very refreshing.

OBSERVING STREET ETIQUETTE.

A Few Suggestions Which Are Always Worth Bearing in Mind.

In no place are good manners more important than on the street. Strangers must, of course, judge you by what they see in passing. A loud, boisterous manner will necessarily cause those who do not know you well to regard you unfavorably and imagine you at least be lacking in the necessary refinement and courtesy of a gentlewoman.

If you are indifferent to the opinions of mere strangers and allow yourself to become careless in your public conduct you may unexpectedly be observed by some one whose opinion you respect and whom you particularly wish to please.

Therefore, the best plan to follow is to always act with dignity and reserve on the street.

When you pass and re-pass acquaintances several times it is not necessary to exchange greetings after the first recognition.

Avoid mentioning names as much as possible when talking to your friends or acquaintances in public, and never exchange confidences when strangers are around.

Remember, much harm is done by the gossip which is started by the rattling of a conversation accidentally overheard.

Do not block up a passageway or the sidewalk by stopping to talk to a friend. If you must stop for a chat, step to one side or walk along together in some place where you will not interfere with passersby.

If a man wishes to talk with a woman whom he may meet on the street he should turn and walk with her; never stop her and expect her to stand and converse with you.

Never stare at people as they pass, and above all remember not to do so if the person has any peculiarity or physical deformity; it is the very height of ill-breeding to do this.

Never point to objects in passing, and do not inconvenience pedestrians by walking abreast on a crowded sidewalk.

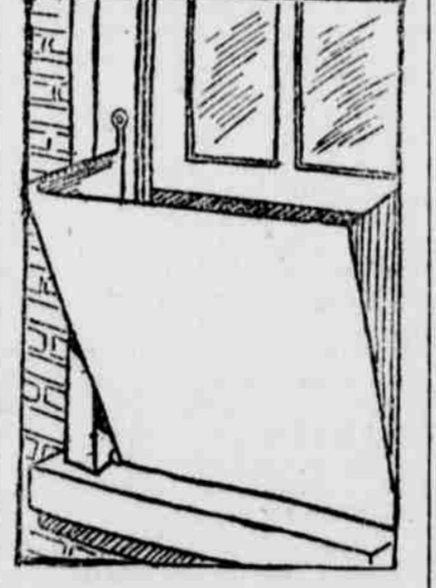
It is a woman's privilege to bow first when passing a man, but under no circumstances should she show any recognition of a man whom she may see standing in a club window.

In fact, courtesy and dignity of manner is always a sign of good breeding.

Let me advise you to make it a study, and if you do I can promise you that you will never regret it.

Window Ventilator.

Fresh air cranks have been endeavoring the past few years to educate the public in the proper use of fresh air. As a rule people are not averse to plenty of fresh air, but they are strongly opposed to drafts. To properly ventilate a room so that all drafts will be avoided is a difficult problem. To successfully do so means the purchase of costly apparatus. A very simple arrangement has recently been patented by a Pennsylvania inventor, as is shown



Ventilation Without Drafts.

In the accompanying illustration. This ventilator was designed to admit the entrance of any amount of fresh air, but at the same time to prevent the air from flowing in gusts. When a window is raised, the wind blows directly into the room. This is impossible with this ventilator, the front serving as a shield. All air must come down through the open top, any force which it may have being broken before it reaches the room. The ventilator is supported on hooks on the outside of the window frame, the amount of ventilation being regulated by raising and lowering the window the distance desired.

About Colors.

The study of color will be one of the sciences of the future. Experts say that every known shade has its effect on health and character, and the most valuable are the primary hues—red, blue and yellow.

It is worthy of note that all women who have made history clothed themselves brilliantly. Cleopatra—the "serpent of old Nile"—loved yellow; Mme. de Pompadour invented the charming mixture of pink and blue, and the ill-fated Empress Josephine used to wear black and white and emerald green—that smartest of all color combinations.

And in these days some of our great actresses know the value of color; among others, Mrs. Patrick Campbell and Mme. Sarah Bernhardt.

Two wire hairpins used together make a good substitute for a button hook when one is not to be had, for when two are used they will not be bent out of shape.

Advertisement for Castoria, featuring a product image and text: 'CASTORIA For Infants and Children. The Kind You Have Always Bought Bears the Signature of Dr. J.C. Fletcher In Use For Over Thirty Years CASTORIA THE CENTAUR COMPANY, NEW YORK CITY.'

Britons Seldom Mutiny.

The British army and navy being the best disciplined and the most content in the world, mutinies among our forces have happily been very rare. Previous to the recent outbreak at Portsmouth the last British mutiny of note occurred on July 7, 1896, when the 2d Grenadier Guards, then at Wellington Barracks, refused to turn out on parade, only about six men of the whole battalion answering bugle call.

Leaving the mercantile marine out of the question, the last British naval mutiny of note occurred as far back as December 1801. This was the famous mutiny of the Bantey Bay squadron, the seriousness of which may be judged from the fact that seventeen of the mutineers were condemned to death and all the rest sentenced to receive two hundred lashes each.

Portsmouth has been the scene of a serious mutiny before. In 1797 the whole fleet stationed there "struck" for the advance of wages. The Admiralty appeased the men by a promise, which, however, was not quickly fulfilled, whereupon a second mutiny broke out. Admiral Colpoys and his captain ordered the marines to fire, and as some of the men were killed, these two officers were arrested for using unjustified harshness. Eventually the men's wages were raised and the mutineers were all pardoned.

Think for Yourself.

There is nothing which adds so much to the treasures of the mind and increases its power as its own thinking. Learn to think for yourself. It is all very well to hear and to read the wisdom of others. But one should not let this take the place of one's own thoughts. Many persons are like cisterns; they are good to hold the thoughts of others. But when the time comes that they are forced to rely on themselves they have no power to do so. The outside supply is cut off and the cistern runs dry.

No Faith in Him.

"Guess that freckled daughter of Thompson's must have a steady young man." "What makes you think so?" "The old man was in here yesterday to buy one of these newfangled contrivances that make a big saving in the gas you burn." "I don't believe the young man's a steady. If he was they'd save all the gas."—Cleveland Plain Dealer.

The best training for the golden streets is cleaning earth's alleys.

Leather is a skirt facing. Leather is used by some women as a skirt facing. It has the advantages of shedding dust and being readily cleaned if soiled by mud. In a skirt of walking length which rubs over the shoe tops, it has the disadvantage, however, of being hard on the leather of the walking shoes, the friction between it and the latter wearing off the outer finish and polish.

One Way to Save Stockings.

If stockings are put through the wash before wearing it will tighten the threads, and they will wear twice as long.

The New Spring Shirt-Waist.

Broader shoulders characterize the first of the spring shirt-waists. The smartest design for a linen shirt-waist is made with three deep plaits on each shoulder, front and back. At the back the plaits taper toward the waist. The pattern provides for a high band turn-down collar, but the waist is also finished with a neck-band, so that it may be worn with a stiff linen collar if preferred. The regular shirt-waist sleeve is used, finished with a straight cuff. The fastening of the waist is in the front through the center box plait. The stitched plaits and the broad shoulder line gives this shirt-waist an air of newness and smartness. Though this spring the lingerie waist will be more in vogue than ever, yet the tailor-made linen waist will also be much in demand.—Grace Margaret Gould in Woman's Home Companion for February.

The great and growing popularity of Dr. Pierce's Golden Medical Discovery is due both to its scientific compounding and to the actual medicinal value of its ingredients. The publication of the names of the ingredients on the wrapper of every bottle sold, gives full assurance of its non-alcoholic character and removes all objection to the use of an unknown or secret remedy. It is not a patent medicine nor a secret one either. This fact puts it in a class by itself, bearing as it does upon every bottle wrapper The Badge of Honesty, in the full list of its ingredients. Many years of active practice convinced Dr. Pierce of the value of many native roots as medicinal agents and he went to great expense, both in time and money, to perfect his own peculiar processes for rendering them both efficient and safe for tonic, alternative and rebuilding agents.

The "Golden Medical Discovery" cures weak stomach, indigestion, or dyspepsia, torpid liver and biliousness, ulceration of stomach and bowels and all catarrhal affections no matter what parts or organs may be affected with it. Dr. Pierce's Pellets are the original little liver pills, first put up 40 years ago. They regulate and invigorate, stomach, liver and bowels. Much imitated but never equaled. Sugar-coated and easy to take as candy. One to three a dose.

Uneasy lies the head that rests on its laurels.

ONLY A LITTLE COLD in the head may be the beginning of an obstinate case of Nasal Catarrh. Drive out the invader with Ely's Cream Balm applied straight to the inflamed stuffed up air-passages. Price 50c. If you prefer to use an atomizer, ask for Liquid Cream Balm. It has all the good qualities of the remedy in solid form and will rid you of catarrh or hay fever. No cocaine to breed a dreadful habit. No mercury to dry out the secretion. Price 75c., with spraying tube. All druggists, or mailed by Ely Bros., 56 Warren Street, New York.