

DEVELOPING THE ARM

HOW THE SLIM ONES CAN BE MADE ROUND AND PRETTY.

The Proper Exercise to Develop Muscles in Forearms, Fingers and Hands Which will do Much to Beautify Them.

There is really no excuse for having thin and scrawny arms, unless one has a natural deformity...

In making thin arms round exercise is the best treatment for proper development of the muscles...

This change, however, does not come in a week, nor in a month...

In treating the forearm finger work will be beneficial. For this the sleeves should be rolled up...

Pulling of any kind is desirable for shaping the arms. As long as the article which is grasped is so firm as not to give...

SwEEPING IS one of the best exercises for making the arms pretty. The grasp of the broom being reinforced by the stroking motion...

HOME COOKING

Boston Brown Bread.

Mix 1 cup yellow corn meal, 1 cup graham flour, 1-2 teaspoon salt...

Apple Sauce Cake.

One cup apple sauce, 1 cup sugar, 1 cup raisins, 1-2 cup butter melted...

Baked Codfish and Egg.

Make some rich creamed codfish, using about 3-4 pound of fish. Have 4 eggs boiled hard and chopped fine...

Potato Biscuit.

Sift together 2 cups of flour, 1 teaspoon salt and 3 teaspoons of baking powder; rub in three tablespoons of lard or butter...

Not for the Poor Man.

The girl who doesn't take care of her clothes is no wife for the poor man; she needs some one who can give her an unlimited dress allowance and a maid to look after her, says Home Chat.

There is another point. If it is too much trouble to take care of her clothes before, it will be too much trouble to take care of her house-keeping stores after marriage...

Woman's Idea of an Angel.

A man's idea of an angel is a woman who doesn't talk about her neighbors. A woman's idea of a male angel is a man who does not talk about himself.

THE BUSY AMERICAN BEE.

His Honey Sells for Enough to Pay Interest on the Public Debt.

The value of \$25,000,000 placed on the annual output of honey puts this farm crop only slightly behind raw cane sugar...

The bee in effect, pays the interest on the public debt—\$24,316,326. Shall not the insect which Napoleon made an imperial emblem have some state recognition...

At least the bee deserves a share in the national affection which is lavished on the hen. This industrious worker maintained its reputation during the year by giving poultry products a value of \$600,000,000...

Hole in the Watch Key.

"The queerest patent," said the attorney. "Well, the queerest patent I know of, was the patent of a hole."

"An old farmer out St. Louis way, patented a hole, and what is more, he made a lot of money on it."

"The farmer one morning in the dim past went to wind his big silver watch and found the key stuck full of dirt."

"He patented that hole. He built a factory, bought millions of keys and made holes for them."

"In fact, all the world used the farmer's watch keys, which were the only kind that would keep clean, and the old fellow got rich."

"That of course, was in the dim past. The hole factory is only running on half time now."

Malaria and Degeneration.

A bold and interesting generalization concerning the vast effects which malaria may have produced on the history of great and famous nations and people has recently appeared in England...

Fruit and Sugar for Horses.

Grain is not the only fruit on which the horse thrives. In Egypt the Khedive's best mares are fed largely on currants...

Figs, during the fig harvest, form the food of the horses of Smyrna; they turn to it from oats or hay.

The green tops of the sugar cane are fed to the horses of the West Indies, and for long weeks in many parts of Canada...

In Tasmania peaches and in Arabia dates take the place of the usual hay and oats, corn and bran.

A Successful Marriage.

An old farmer was once asked the question, "Is marriage a failure?" and his reply was, "My missus minds the house, tends the children, milks the cows, feeds the poultry, looks after the pigs, make the bread, churns the butter and other odd jobs, and all for nothing a week, and what could be cheaper than that? No, marriage isn't a failure down my way."

A New Word.

The latest expression in the word crop of 1908 is "notel." It was first used in Cincinnati and means a person who has no telephone.

ROMANCES OF MINES.

Discovery of the Rich Coolgardie—Unsuccessful Prospector's Find.

In the history of gold digging and gold finding many a romantic story is to be found. Few of these stories, however, possess more interest than that of how the famous Coolgardie mines, in Western Australia...

In April, 1892, two Victorian miners named Bayley and Ford struck out for the northeast of Australia, but after traversing 250 miles they lost their horses and had to turn back. Equipped with fresh horses they started again on what proved to be a long, tedious and futile journey...

First that found that which to them was more precious than gold—namely, water. They found a natural well, known to the scattered tribes of that far away country as "Coolgardie." Pitching their camp beside the well they turned their horses out to feed and started prospecting the country around.

Within a few days of their return they happened upon the reef that made Coolgardie. Beginning with a "slug" weighing 50 ounces, they picked out from a cap of that reef in a few hours upwards of 500 ounces of gold.

Almost as sensational as Coolgardie were the Londonderry and Wealth of Nations finds. The Londonderry was discovered by a party of unsuccessful prospectors on their way back to Coolgardie. Two of them picked up some rich gold bearing specimens.

Harvest Time in Kansas.

Those unfortunate people who have never enjoyed the hospitality dispensed by a Kansas farmer's household during harvest time have yet to learn the choicest pleasures of gastronomy.

Catch Trout in Orchards.

Game Warden Thomas Mullen of Yakima county, has called the sportsmen of this district together to devise some way of protecting the game fish which are now being slaughtered in thousands by being dished up in the orchards and alfalfa fields from the irrigation ditches.

It is computed that the English language is spoken by 350,000,000 people.

THE WAR ON RATS.

Damage Wrought by American Rodents Something Astonishing.

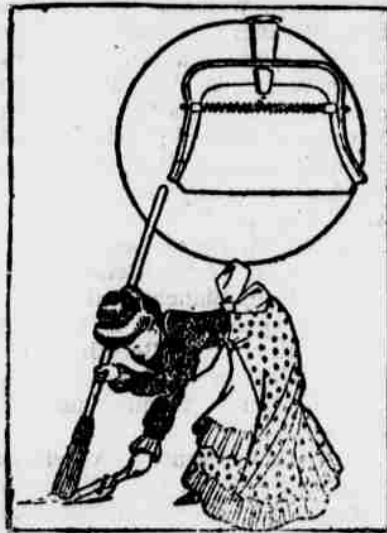
The United States is now stragglant with a rat plague which has grown to such proportions that the Department of Agriculture has found it incumbent to prepare a bulletin setting forth extermination remedies for the benefit of the assailed farmers.

The war against rats, though fiercely waged at the present time, is by no means a series of victories for mankind, for the rodent is one of the most foulest pests with which humanity is afflicted.

A slight calculation will demonstrate precisely what this means and how serious the situation has become to farmers and others, for, if three litters of ten each, are produced every year, a single pair if permitted to breed unchecked...

Dust Pan Attachment.

In the illustration below is shown an attachment that can be easily applied to an ordinary dust pan for the purpose of serving as a comb to remove threads, hair, etc., from a broom when used in sweeping dust upon the pan.



DUST PAN ATTACHMENT.

patented by an Iowa man. The attachment comprises a coil of spring wire having a hook at each end. The coil is of such length that when the hooks are attached to the sides of the pan the coils of spring will stand apart far enough to admit the straws of a broom or the bristles of a brush...

Fact or Principle.

Half the confusions of thought in the world, not excepting the world of political discussion, have arisen because men have not stopped to ask themselves whether the issue is one of fact or of principle.

On Yawning.

I have come to the conclusion that if a man yawns, and you don't want to yawn too, the only way to prevent it is to blow your nose.

Ex-Prizefighter a Preacher.

"Kid" Wedge, until recently a prizefighter, has been appointed pastor of the First Presbyterian church in Barnston, Neb.



The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

Castoria is a harmless substitute for Castor Oil, Paregoric, Drops and Soothing Syrups. It is Pleasant. It contains neither Opium, Morphine nor other Narcotic substance. Its age is its guarantee. It destroys Worms and allays Feverishness. It cures Diarrhoea and Wind Colic. It relieves Teething Troubles, cures Constipation and Flatulency. It assimilates the Food, regulates the Stomach and Bowels, giving healthy and natural sleep. The Children's Panacea—The Mother's Friend.

GENUINE CASTORIA ALWAYS Bears the Signature of



Where Eels Come From.

The public just learns, it does not know where eels are bred, but it seems the problem long has puzzled biologists. Danish marine investigators have completed researches proving that so far as the European eel population is concerned the creatures spawn at a depth of 5550 fathoms in the Atlantic Ocean, contiguous to the British Isles, and southwest of Europe.

The eels then migrate in countless swarms to the shores of Western Europe, traveling in columns sometimes several yards wide and miles long.

Elgin Butter.

Prof. O. F. Hanziker, head of Dairy Division of Purdue University has the following to say regarding Elgin Butter: "Elgin butter is supposed to come from Elgin, Ill., and it is claimed by butter merchants that butter made in Elgin territory is of superior quality, because of more ideal climatic conditions, better cows, and better pastures."

Sand. Sand is used at the seasons as material for levers to sit on and by wholesale grocers. It is also useful in proposing and driving away creditors.

Sand is present in almost every locality. It can be heard on the vaudeville stage during the clog dance, can be tasted in strawberries, and can be seen in choice New England farm lands, shortly after they have been purchased.

Sand is composed of a large number of individuals. When the waves come up and wash these individuals about maybe they protest (who knows?—human beings do), but the wave doesn't care. The wave would be glad of it, if it knew.

Sand is often used as a foundation for houses. The people who build the houses on sand do it because they like to save up for a rainy day.

Sand is also used for scenery in deserts. Indeed, without sand, no desert would have any scenery at all.

Sand sometimes makes storms. When there is a sand storm, it is hard on the eyes. But this is good for oculists, thus proving that all things have a use.

Mexican Proverbs.

He who never ventures will never cross the sea. There's no gain without pain. Files cannot enter a closed mouth. Behind the cross is the devil. A cat in gloves will never catch rats. To the hungry no bread is dry. A book that is shut makes no scholar. A good laundress washes the shirt first. No evil will endure a hundred years. When the river is passed, the saint is forgotten.

Dining Late and Lank.

In Sir Algernon West's early days society often dined late and long, and the once Lord Cornwallis once told him of one occasion when he dined at a friend's villa near Putney and the meal did not begin until 8 o'clock.

Billions Guarded.

The value of property guarded by the London police is estimated at \$4,500,000,000.

The worries of a weak and sick mother are only begun with the birth of her child. By day her work is constantly interrupted and at night her rest is broken by the wailing of the peevish, puny infant.

Hoax—"I see the vegetarians are beginning to eat grass." Hoax—"I wonder how it is served." Hoax—"A la mowed, I suppose."

Do THE RIGHT THING if you have Nasal Catarrh. Get Ely's Cream Balm at once. Don't touch the catarrh powders and snuffs, for they contain cocaine. Ely's Cream Balm releases the secretions that irritate the nasal passages and the throat, whereas medicines made with mercury merely dry up the secretions and leave you no better than you were.

Nell—"Yes, indeed, she is a very intelligent woman. Her ideas are quite in advance of the times." Belle—"What difference does that make? Her clothes are away behind."

Advertisement for Ely's Cream Balm, featuring the product name, a list of ailments it treats, and the manufacturer's name: Ely Brothers, 56 Warren Street, New York.