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 Beautify Them.

There is really no excuse for having thin and scrawny arms, unless one has a natural deformity, for thinness of the fore and upper arms may be overcome by exercise and mas-

n making thin arms round exerr is is the best treatment for proper evelopment of the muscles, and rets in roundness and strength, and anot fail to benefit the entire sysm unless carried to the extremes. of this there is not the least danger. for no normal exercise will bring abnormal development. What it will do, however, is to strengthen cords as well as muscles, and as this proper growth of structure goes on under the skin the covering or outside takes on shapeliness and grace.

This change, however, does not come in a week, nor in a month, but if the effort is made persistently and intelligently the desired object is bound to be achieved.

In treating the forearm finger work will be beneficial. For this the sleeves should be rolled up to leave the arms free, and the hands are then closed tightly, curving the fingers under well into the palm. This done, the person tries to hold the fingers tighter, to squeeze them in, as it were, at the same time pressing the thumb tightly over the fingers. If the hand is held fist up, the squeezing will show directly to the centre of the forearm, where roundness is needed. There is no danger of doing this exercise too much or too often, and at first a woman whose arms are not strong will be obliged to stop the movement after a moment. With repetition the squeezing becomes less painful to the muscles and will not hurt as strength is acquired

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, the strain on the arms becomes developing. The difficulty, howe er, lies in finding the stationery object. For this purpose a bath tub would be available, for a woman could grasp the edge firmly and then pull with all her strength. Care must be given to this work that it is the arms and not the fingers which do the pulling, for the naturalclination is to let the hands do all

lifting any weight sufficiently avy to require what strength one i is the best treatment for the uparms. Any kind of housework s perfect suited to this although the fact is slighted by the inexperienced. Sweeping is one of the best exercises for making the arms pretty, the grasp of the broom being reinforced by the stroking motion necessary to accumulate dust on the floor. Gardening is helpful; so is hammering, although in the latter the hammer should be more than ordinarily

HOME COO'ING.

Boston Brown Bread.

Mix I cup yellow corn meal, 1 cup graham flour, 1-2 teaspoon salt, 1 cup rye meal and two teaspoons baking powder well together; then add 4-2 cup of molasses,, then 1 wellbeaten egg into whch put 1 pint of milk. Mix thoroughly to form a batter. Pour into well greased moulds and steam four hours.

Apple Sauce Cake.

One cup apple sauce, 1 cup sugar, 1 cup raisins, 1-2 cup butter melted. 1 teaspoonful of soda put into the apple sauce, 1 teaspoon cinnamon, 1-2 teaspoon cloves, 1-2 teaspoon nutmeg, pinch of salt, 1 3-4 cups flour. Frost with orange frosting: 1 cup powde.ed sugar, 2 tablespoons of milk, I teaspoon of orange flavor-

Baked Codfish and Egg. Make some rich creamed codfish. using about 3-4 pound of fish. Have 4 eggs bolied hard and chopped fine. Put in a baking dish alternate layers of creamed fish and egg, having fish for bottom and top layers. Sprinkle grated cheese thickly over the top and bake half an hour

Potato Biscuit

Sift together 2 cups of flour, 1 tesspoon salt and 3 teaspoons of baking powder; rub in three tablespoons of lard or butter; then add 2 cups of mashed potatoes; lastly about 2 cups of milk. Mix as ordinary biscuits and roll rather thin and bake in a guick over

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 housekeeping stores after marriage, with the result that a large part of them are wasted.

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 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, which had a valuation at the refineries of \$28,000,000. Comparisons with the output of the sixty-four beet-sugar factories, which have a capacity of 49,500 tons of beats daily, may seem odious, Yet the product of this coddled and fostered industry-\$45,000,000-was less than double of that of the busy

hive communities. The bee in effect, pays the interest on the public debt-\$24,310,326. Shall not the insect which Napoleon made an imperial emblem have some state recognition such as Massachusetts gives to the codfish in its legislative halls? As a matter of fact. the products of the New England fisheries which have been the subject of treaties and international convention, and occasionally raised the spectre of war, amount in value to only half the bee's product.

At least the bee deserves a share in 'he 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. exceeding that of the wheat crop. That the dairy products counted for more than any crop except corn testimes to the importance of another of the humbler farm industries. The great proportions to which the lesser agricultural products have grown, the orchards with their minor item 1,754.927 barrels of cider, the \$113,000,000 worth of miscellaneous vegetables, the 5,000,000 tons of cottonseed, once plantation waste, but now furnishing the equivalent in value of seven 20,000-ton battleships, make a nature wonder story of never-failing interest.

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. Now, though, it isn't worth the paper it is written on.

"The farmer one morning in the dim past went to wind his big silver turnip and found the key stuck full of dirt. He tried to dig the dirt out with a pin. No go.

'Consarn ye," he said, 'I'll fix ye.' "And he arilled a hole in the key. and with a single breath blew out every bit of the dirt.

"He patented that hole. He built factory, bought millions of keys and made holes for them His plant turned out 27,500 holes a day.

"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, for few persons to-day use any but the stemwinding or keyless watch."

Malaria and Degeneration.

A bold and interesting generalizawhich malaria may have produced on the history of great and famous nations and people has recently appeared in England in the form of a book by W. H. S. Jones, supplemented with an introduction by Major Ronald Ross. is suggested that the mosquito has been largely responsible for the decline of certain nations, as, for instance, Greece, in the character of whose peoples historians have recorded a great change during the fourth century before the Christian era. Major Ross's investigations suggest that malaria may have been introduced into Greece at that time. The conclusion is also drawn that malaria did not exist in Italy much before 200 B. C., and the suggestion is made that Hannibal's army introduced it. "Malaria," says Mr. Jones, 'made the Greek weak and inefficient; it turned the sterner Roman into a bloodthirsty brute-atra bills made its victims mad." The moral seems to be that nations like individuals, should beware of mosqui-

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, and these animals are noted for their endurance

and speed. 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 windfall apples

form the horse's only food. 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 i. to be found. Few of these stories, however, possess more interest than that of how the famous Coolgardie mines, in Western Australia were discovered in 1892-mines which have since yielded millions of pounds of gold. Luck played a great art in the discovery but it was the reward of perseverance.

In April, 1892, two Victorian miners named Bayley and Ford struck out for the northeast of Australia, destructive than any other known but after traversing 250 miles they lost their horses and had to turn eack. Equipped with fresh horses tney started again on what proved t. be a long, tedious and futile journey, for once more they were forced to turn back-this time for want of water. The third attempt won them fame and fortune 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 Coolgardle." Pitching their camp beside the well they turned their horses out to feed and started prospecting the country around. Ford ricked up a half ounce nugget and before night they had gathered in over twenty ounces of gold. Two or three weeks more surface prospecting was rewarded with over two hundred ounces. By this time food supplies had given out, so keeping their own council regarding their discoveries, they returned to civilization, laid in : fresh stock of provisions, and hastened back to their El-

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. Bayley carrying 554 ounces of gold, journeyed back to the nearest mining town, exhibited his find to the mining warden, put in a claim for the lease of the land on which this marvelous discovery had been made and hurried off to the field again with a party that numbered 150 men, besides coaches and borses and all the paraphernalia of prospecting and camping In their wake in course of time came gold seekers in hundreds and thousands. From Bayley and Ford's mine there was taken in the first nine years of its history 134,-000 ounces of gold, valued at £530,-

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 specimons. After a brief search the outcrop of a reef was exposed, from which in the course of a few days they took out from 4,000 to 5,000 ounces of gold. From the cap of the Wealth of Nations reef gold to the value of £20,000 pounds was secured in a few days-Tit-Bits

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 gastromony. To put it briefly the farmer's table is loaded with the best things to eat that grow on this earth, served "fresh off the bat," and the more you eat the better the farmer's wife likes it. Fresh eggs and crisp bacon such as only Kansas porkers can produce, fried spring chicken in milk gravy, with chicken pot lies as big as a hat, all the fresh vegetables just now in full season, flaky pies and berries and cream washing down with foaming pitchers of sweet milk or buttermilk of that delicious rang only to pe found in a western country farmhouse-these are but a few of the articles on the bill of fare during the Kansas harvest time No gilded restaurant in the land can equal it, and such a feast cannot be found outside of Kansas-Kansas City Journal.

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 duraped on the orchards and alfa fa fields from the irrigation ditches. The trout and salmon enter the ditches and then turn off into the laterals, finally ending their life in the grass where the water has played out and left them. Attorney Edvard Parker a few days ago caught a six pound rainbow trout in his pear orchard. Clinton Shannon found several trout in his orchard and numerous others have reported similar finds. Small boys catch long strings of small trout by scooping them from the pools with their hands. Game Warden Mullen says that in some sections of the valley the ranchers who want fish angle for them in the irrigation ditches in preference to the streams, the ditches being more accessible and the water slower and therefore better.—Seattle Intelligencer.

It is computed that the English language is spoken by 350,000,000 THE WAR ON RATS.

Damage Wrought by American Rodents Something Astonishing.

The United States is now confronted 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 asailed farmers. In France rats and mice are responsible for damages to the amount of over \$40,000,000 annually, this estimate being based in Jovernment reports. The rodent is more mammalian pest. A single rat will eat two ounces of corn a day, and will destroy and spoil more than it eat. The gravest indictment against that it is one of the most dangerous mediums for the dissemination of disease. This is due to the parasite with which its fur is thickly infested

The war against rate, though fiercely waged at the present time, is by no means a series of victories far mankind, for the rodent is one of the most fecund pests with which humanity is afflicted, and, as a resuit, there are always new hordes to take the place of the slain. They breed from three to six times a year and the females have their first litter when not more than three months old. The average litter numbers ten, but frequently it will aggregate

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 and no loses from death was experienced, would in three years have a progeny of ten generations, numbering 20,155,392; and the eleventh generation due at the beginning of the fourth year, would number of 100,000,000. These are absolutely appalling figures and show how necessary some united acton aganst the rodent has become.

But the rat is cunning as well as predatory, and the war of extermination seems likely to be along one; for man may decimate the ranks of the rodents with poison, but the gaps thus made will be filled up by the younger generation, and the contest renewed with new life and vigor.

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 lust upon the pan. This device has been



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 nooks 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 between them. The coils serve the purpose of removing threads, lint or hair from the broom or brush. If the lust pan becomes worn or broken the attachment is unhooked and placed on a new pan. In use the pan is held in the ordinary way. The spring preveents the broom from going too far back upon the pan and will in a way aid in retaining dust or sweepings upon the pan.

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. "Do I deny the facts or do I dispute the inference?" or in legal words, "Ought I to plead or to demur?"-Law Journal.

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. A man of my knowledge boasts that he can set a whole railway carriage full of people yawning by merely taking time over it himself. And I believe he can.-G. H. R. Dabbs, M. D., in Frye's Magazine.

Ex-Prizefighter a Preacher.

"Kid" Wedge, until recently orizefighter, has been appointed pastor of the First Presbyterian church in Barnston, Neb. He says that most critics of the ring have never talked with a fighter.

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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.

From innumerable eggs there appear tiny arvae called leptocephali, which are transparent, jelly-like, and flat, having something of the contour of a tail-less herring. It is not known how long the eggs take to develop the leptocephall, but the latter occupy six months in transition to the familiar elvers, which are about two inches long.

The - ers then migrate in countless swarms to the shores of Western Europe, trav-ling in columns sometimes several yards wife and miles long. Nothing stops their progress. If they encounter a ship they separate to the right and the left and rejoin in the vessel's wake.

They invade every river and water way along the coasts ascending stadsmall falls, penetrate streams and wriggle over swamp grounds into ponds and ditches.

Elgin Butter,

Prof. O. F. Hunziker, 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 Eigin territory is of superior quality, because of more ideal climatic conditions, better cows, and better pastures. The truth of the matter is that the Elgin region makes but very little butter. That section of the State of Illinois in which Elgin is situated is largely a city milk supply and milk condensing country. A large proportion of all the milk produced there sees into milk condensing factories and city milk plants.

"Though the consuming public may be ignorant of the fact, it is nevertheless true that most of the butter wrapped in Flgin wrappers and sold as Elgin butter, has never seen Elgin, Ill., nor any section of that region. It comes from any creamery or butter merchant that chooses to use the Elgin wrapper."

Sand.

Sand is used at the seashore as material for lovers to sit on and by wholesale grocers. It is also uneful in proposing and driving away cred. secretions that inflame the nasal

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 washes these individunls about maybe they protest (who knows !- human beings do), but the wave doesn't care. The wave would A Reliable (24% be glad of it, if it knew.

Sand is often used as a four lation 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

Sand sometimes maker storms. When there is a sand storm, it is hard on the eyes. But this is good for oculists, thus proving that all Taste and Smell. Full size 50 cts. things have a use.

Mexican Proverbs. He who never ventures will never

cross the sea. There's no gain without pain. Flies cannot enter a closed month,

Behind the cross is the devil. A cat in gloves will never catch

To the hungry no bread is dry. A book that is shut makes no

A good laundress washes the shirt first. No evil will en ure a hundred

years. When the river is passed, the saint is forgotten.

Dining Late and Lang.

In Sir Algernon West's early days society often dined late and long, and the sale Lord Cianwillian once told him of one occasion when he dined a triend's villa near Putney and the meat did not begin until \$

When they et had arose from the table and went to their room, Lord Conwilliam flung open his window and saw the navmakers coming into the fista. "I wonder," he thought, "what time they begin work," and on consulting his watch he found it was 8.30. The haymakers were returning to their work from their breakfast..

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 mothr are only begun with the birth of her child. By day her work is constantly interrupted and at night her rest s broken by the wailing of the peevish, puny infant. Dr. Pierce's Favorite Prescription makes weak women strong and sick women well. It lightens all the burdens of maternity, giving to mothers strength and vigor, which they impart to their children. In about forty years of practice Dr. Pierce and his associate staff of physicians have treated and cured more than half a million suffering women. Sick wom-en are invited to consult Dr. Pierce by letter free of charge. All correspondence is strictly private. Address Dr. R. V. Pierce, Inva'ids' Hotel and Surgical Institute, Buffalo, N. Y.

Hoax-"I see the vegetarians are beginning to eat grass." Joax-'1 won-der how it is served." Hoax-"A la mowed, I suppose."

DO THE RICHT THING if you have Nasal Catarrh. Get Ely's Cream Balm at once. Don't touch the catarrh powders and snuffs, for they contain co-caine. Ely's Cream Balm releases the ages and the throat, whereas medicines made with mercury merely dry up the secretions and leave you no better thon you were. In a word, Ely's Cream B Im is a real remedy, not a delusion. All druggists, 50 cents, or mailed by Ely Brothers, 56 Warren Street, New

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

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