

A WOMAN FARMER.

Mrs. Alice H. W. Boucher Cultivates Ten Acres at Mattituck.—Receives Fancy Prices.

One of the most successful farmers on Long Island is a woman—Mrs. Alice Havens Worth Boucher, of Mattituck. Mrs. Boucher has been personally managing her farm here for about ten years, and she not only directs what is to be done, but she often does much of the manual labor herself, and is not at all afraid of rolling her hands by direct contact with mother earth.

Her husband is Manuel Boucher, an employee of the Long Island Railroad Company, but her neighbors have no hesitancy in saying that she makes considerably more money than he does.

Mrs. Boucher's farm consists of about ten acres. Truck farming is chiefly carried on, her garden "sass" finding a ready sale at fancy prices, for it is always of the best quality and has the reputation as such. Mrs. Boucher is a well educated woman. She thoroughly understands her farm and its needs and what it will best produce. In addition to this she can, if necessary wield the hoe, harvest the crops and then place them on sale.

Relation of Tonics and Health.

Health of body is directly dependent on obedience to natural laws and is not to be kept by any medicinal means when those laws are broken. The system may, however, be so "run down" that it is unable to use pure air, exercise and good food as a healthy system can use them. It then needs something which will enable it to derive from these things the benefits they can yield. The "something" is a tonic; but it should be given only until the natural means—air, food and exercise—are producing good results. Perhaps a familiar illustration will make things clearer. A man works the handle of a pump disused for many weeks during hot, dry weather. No water comes. He then pours water down the pump. This causes the sucker to swell and act. He does not need to pour more water. Unfortunately all tonics confer almost immediately an increased sense of well-being. And, if a person has fallen into ill-health by a badly regulated life, he will feel so happy under the tonic that he will be inclined to pursue the old course. Hence his health will be undergoing slow destruction, while he believes it to be gaining in strength. Then a time comes when the tonic fails and the exhausted system collapses.

To Wear With Separate Skirts.

It is hardly possible, in these days, to have too many of those dainty and useful little blouses to wear with separate skirts. Entirely apart from their fashionable significance—for the best of the Parisian couturieres make a specialty of them—they are a decided economy, in that they afford a change of toilette at a moderate expense. The little model shows one of the new mercerized linens in which a ruffled cape is simulated in the design. From the cut-out neck there is a long yoke, to which the blouse is shirred, and little embroidered founcies are posed upon the blouse. It is hardly necessary to indicate that



A Very Pretty Blouse.

There is carefully-fitted lining beneath. The ruffles are repeated across the puff sleeve, and a stole effect is traced around the neck, the ends hanging free in front.

Raw Eggs for Children.

The more thoroughly an egg has been cooked the more severe is the labor demanded of the stomach. If we would get from this article of food its utmost value it should be eaten either raw or underdone. Hard boiled eggs are suggestive of pnenia and dyspepsia. Raw egg is a splendid stimulant when one is exhausted from any cause whatever. It is by no means unpalatable when eaten with salt, pepper and a dash of vinegar. For weakly children raw eggs beaten with milk make a first-class food. The mixture may be sweetened with sugar, and it is best to give it in small quantities at short intervals.

The Health Value of Hot Water.

Cold blooded people, who have little thirst, will do well to make a business of drinking a certain amount of hot water every day. It lessens the tendency to take cold, improves the circulation and benefits coughs and insomnia.

Before going to bed is a very good time for this practice, as it warms up and relaxes the system, thus preparing the way for a good night's sleep.

Many cases of indigestion, head ache, neuralgia, cold hands and feet can be cured in half an hour by drinking slowly one or two pints of water so hot that it almost burns the throat.

A Most Valuable Agent.

The glycerine employed in Dr. Pierce's medicines greatly enhances the medicinal properties which it extracts from native medicinal roots and holds in solution much better than alcohol would. It also possesses medicinal properties of its own, being a valuable demulcent, nutritive, antiseptic and antiferment. It adds greatly to the efficacy of the Black Cherry-bark, Bloodroot, Golden Seal root, Stone root and Queen's root, contained in "Golden Medical Discovery" in subduing chronic, or lingering coughs, bronchial, throat and lung affections, for all of which these agents are recommended by standard medical authorities.

In all cases where there is a wasting away of flesh, loss of appetite, with weak stomach, as in the early stages of consumption, there can be no doubt that glycerine acts as a valuable nutritive and aids the Golden Seal root, Stone root, Queen's root and Black Cherrybark in promoting digestion and building up the flesh and strength, controlling the cough and bringing about a healthy condition of the whole system. Of course, it must not be expected to work miracles. It will not cure consumption except in its earlier stages. It will cure very severe, obstinate, hang-on coughs, bronchial and throat troubles, and chronic sore throat with hoarseness. In acute coughs it is not so effective. It is in the lingering hang-on coughs, or those of long standing, even when accompanied by bleeding from lungs, that it has performed its most marvelous cures.

Prof. Finley Ellingwood, M. D., of Bennett Med. College, Chicago, says of glycerine:

"In dyspepsia it serves an excellent purpose. Holding a fixed quantity of the peroxide of hydrogen in solution, it is one of the best manufactured products of the present time in its action upon indolent, disordered stomachs, especially if there is ulceration or catarrhal gastritis (catarrhal inflammation of stomach). It is a most efficient preparation. Glycerine will relieve many cases of peptic (heartburn) and excessive gastric (stomach) acidity."

"Golden Medical Discovery" enriches and purifies the blood curing blotches, pimples, eruptions, scrofulous swellings and old sores, or ulcers.

Send to Dr. R. V. Pierce, of Buffalo, N. Y., for free booklet telling all about the native medicinal roots composing this wonderful medicine. There is no alcohol in it.

Hetty Green and Old Maids.

Mrs. Hetty Green is one of sixteen of the most prominent women of America and England interviewed in the Housekeeper, on the question, "When is a maid an old maid?"

Within a steel "cage" in the Chemical Bank, in New York, an elderly woman stood as if personally guarding her millions that were stored in the vault behind her. That was Mrs. Hetty Green, and through the bars of her "cage" she said:

"Old maids! There should be none. Woman's place is the home—not the shop, not the office, not behind the counter. It is the shop and office and the counter that are today making old maids of our girls. I say to my daughter:

"Daughter, I want you married and in a home of your own. But I do not want you married to a foreign nobleman with nothing but a title. I want you to marry a poor man with good principles, who is making an honest living and an honest fight for success. I do not care whether he has money or not, so long as he is on the right track. Above all, I wish you to avoid the poor young men of society, the penniless loungers who have nothing to do. Stick to the poor man who is not in society, who is not too knowing to be energetic and who does not believe it vulgar to love one's own wife."

"The girl who goes contrary to the advice I give my daughter, had better be an old maid."

One Thing She Should Learn.

It is strange, but true, that the woman who has to count every penny over a dozen times before she spends it will go through life without learning how to buy the inexpensive cuts of meat, and how to cook them so that they will be as palatable and nutritious as the more expensive ones, yet here is a legitimate economy that would obviate the necessity of many other economies. Nor does the economy that consists in taking care of things appeal to women as strongly as it should. You will see the woman with whom a new dress is an event hack a nice tailor made suit around the house, or wad it up in a huddle on a crowded shelf, until its lines are lost and its set ruined.

The usefulness of any article of dress may be prolonged almost indefinitely by care, and yet for all of this the average bureau drawers are full of ripped gloves, and crumpled ribbon, and mussed veils, while she sits up scanning the newspapers for bargain advertisements of places where she can get new fripperies at marked down sales.

Tips for the Mending Basket.

In mending frayed collars and cuffs, wash out the starch, turn in the edges evenly, and stitch together.

Worn buttonholes should have a piece of the goods sewed neatly under and new buttonholes worked in.

When the binding is worn on blankets buttonhole the edges with Scotch yarn matching the border in color.

Frayed-out skirts may have the edges scolloped, and worked in buttonhole stitch with darning cotton.

Mountain Climbing Champion.

Mrs. Fanny Bullock Workman, who has held the world's mountaineering record for women for some years, broke her own record climb of Koster Gunge, 21,000 feet, recently, in the Himalayas, by the ascent of two great snow peaks in one day. The first of these is 21,770 feet high at the summit, the second 22,56 feet.

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