

IT IS WORTH CULTIVATING.

Women and Girls Without Graceful Physique Can Never Hope to Be Attractive.

Nothing can make a lounging standing position excusable. Walls, railing, posts and door frames were never intended for human beings to prop themselves up against—the doing so does not rest the weary or lessen fatigue in the least. On the contrary, it rather increases it. Besides, the habit soon becomes chronic, and a general shiftless, "loppy" appearance is the vitality. A correct position promotes vitality, and is an aid to correct breathing and good circulation of the blood throughout the system. Work with Nature, and she works for you.

The woman who flattens her entire The woman who nattens her entire body, head, shoulders, hips and heels, against the wall in a crowded room is another offender. To stand with hips and heels against the wall is perfectly allowable in a crowded room, but to rest the shoulders and head against it is to be unnecessarily ungraceful. Unless the upper portion of the torso is free how can you possibly bow to your acquaintances? You don't suppose a nod is a bow, do you? Well, it isn't. The in-clination is always made from the hips. It is generally a very slight movement but it carries forward the "heart line. The head is not bent, save when one wishes to pay reverence or homage, then the crown of the head is presented. Otherwise, to be in "good form," bend over so slightly at the hips and keep the eyes on a level, or as nearly so as possible, with those of the one saluted. Don't on any account bend at the waist This is permissible only in exercise work. A nod of the head is taught in the best schools of physical expression to be curt and indicative of critieism; it also implies an affirmative.-Housekeeper.

ORNAMENT YOUR OWN LAMP

A Dainty Bit of China Decorating Which Can Be Kept in Evidence the Year Around.

One of the most satisfactory objects for the china decorator to expend her labor upon is a porcelain vase to serve as the foundation of a parlor lamp.

This is something which, unlike the decorated punch bowl or soup tureen, is constantly in use and in evidence It is something thoroughly worth while, and for which a somewhat dis proportionate price is usually paid in the shops.

The motive we give for the decora-tion of a porcelain lamp vase may, if desired, be easily adapted to a taller vase by lengthening the flower-stalks. The curious plant depicted (sarra-cenia) is well known with us under its various names of the pitcher plant side-saddle flower and trumpet leaf.



HAND-PAINTED LAMP BOWL.

In Europe it is known as huntsman's horn and Indian cup.

The flower has five outer leaves (dark red on the outside, and green, edged with red, on the inside) five petals of a brighter red, and a yellow green umbrella-shaped center formed by the spread of the pistil.

Use red brown for the petals, a light wash of the same color for the inner side, and shade with violet-of-iron.

Use violet-of-iron for the dark red portion of the outer leaves of the flower and shade with the same.

For the green parts of the flower

and for the leaves of the plant add yellow and brown green to apple green and shade with brown green.

The flower-stalks are green near the base and red near the flower. For the blades of grass use a light wash of brown green. A suitable background be silver yellow or celadon.-St. Paul Globe.

Improvised Clothes Closet.

As my sleeping room had no clothes closet, I obtained a board 12 inches wide and four feet long. This was fastened securely to the wall by means of brackets, just high enough for me to reach conveniently. Into the board I screwed about two dozen hookskind made to fasten into the under side of shelves. This made ample room for the clothes that were needed most, and has an advantage over hooks put up against the wall, in that the clothes do not crush nearly so badly. Some pretty curtains reaching from the shelf to the floor were used to drape the closet .-Woman's Home Companion.

How to Serve Cranberries. Cranberries are more tempting if strained before sweetened, made into a jelly and cut into cubes when cold, be just the right size and free from than in the ordinary form of sauce. | crust-

PRETTY HOME-MADE GIFTS

Pincushions Made of Doll Umbrellas and Hand and Work Bags of Handkerchiefs.

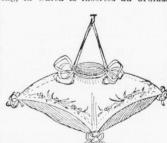
Pincushions and pretty bags always find a welcome, no matter how many already may be possessed. The convenience of a pincushion which can be hung at the side of a mirror, or in some similar position, is self-evident. A novel and useful one can be made from a large size doll's parasol. To get the best results, one of some bright colored silk should be used. It must be closed and the cover tacked to the stick at each rib; then each of the sections become separated from every other, and can be fitted at the top and stuffed either with bran or wool wadding picked into bits. When the cushions are slipped into place, they can be tacked firmly to position and the



DOLL UMBRELLA PIN CUSHION.

parasol further ornamented with bows of ribbon tied on whatever fancy indicates. To make the best foundation the parasol should have a hooked handle by which it can be hung, but should such not be obtainable, a ribbon loop can be attached to a handle of any

Handkerchiefs seem ever to be servng some new use. One of the latest is the making of dainty bags for fancy work and the like. A particularly pretty bag of this sort requires two pretty bag of this sort requires two handkerchiefs, the size used by men, or small mufflers. They should be of fine linen. The upper handkerchief, embroidered with a border of forgetme-nots within the hem, is cut at the center to form a circular opening, the edge of which is faced to form a casing, in which is inserted an ordinary



COLLAPSIBLE WORK BAG.

wooden embroidery ring as narrow as obtainable. The embroidered handkerchief is then laid over the plain one, and the two are stitched together on the line of the hem. Ribbon bows are attached to each of the four corners, and a ribbon hanger to the edge at the

opening with full bows at each end.

Another equally charming gift that can be made from handkerchiefs is the bureau cover. For this three or four are required, according to size, and they can be as simple or elaborate as desired. White embroidered kerchiefs are always dainty, but there are also many novelties in color that can be utilized with good effect. But to get the best results, the edges should be

Whatever the number and whatever the style, each handkerchief should have lace insertion at the ends, and then all be joined together to form a strip by means of beading. Around the entire edge of the cover is a frill

of lace, which forms a finish. A still further decorative effect can be gained by threading all the beading with colored ribbon, terminating in bows of many loops. Fine plain handkerchiefs with embroidery of small flowers in color are excedingly dainty and atractive, and many other varia-tions can be made.—Kansas City Star.

Brown or White Sandwiches.

Any kind of finely-chopped nuts, beat-en to a paste with a small quantity of mayonnaise, will make a delicious filling for either brown or white bread sand-wiches. Waldorf sandwiches are made of white bread and butter spread with a mixture of equal parts of sliced apple and celery, a sprinkling of sliced walnuts, all moistened well with mayon-naise. Chicken sandwiches are made in the same way, omitting the nuts and apple. The ripe olive sandwich was very popular last season for afternoor teas. For one loaf of gluten bread use z pint of ripe olives, one breakfast cheese one tablespoonful of mayonnaise dressing and one tablespoonful of cream; stone and mince the clives; cream the heese, adding first the cream and then the dressing, and, lastly, the minced olives. Stir to a smooth paste and spread on thin slices of buttered bread .-

Combination That Never Fails. Equal parts of ammonia and spirits of turpentine will take paint out of clothing, no matter how dry or how hard it may be.

Bread for Sandwiches.



A SUCCESSFUL FODDER TIE.

Handier Than Twine Strings and Will Last for Years, If Properly Taken Care Of.

The following illustration shows a handy fodder tie. It is easily and quickly made thus. Take a piece of light timber 1x1½ (Blackgum preferred), saw about 20 or 22 inches long. Then lay the stick down on the flat side, bore a hole in one end one-half inch from the end, large enough to admit a large white twine. Put the end of the twine through the hole and tie



a knot in it to hold it there, now saw a notch in the opposite end of the stick as shown in the illustration so that when the string is drawn tight around the fodder one of these knots on the other end of the string may be adjuststring should be about three feet long. When the bundles are in their proper place in the mow, release the tie and the tie is ready for use again. If several of the ties are used a person can put away a wagon load of fodder at one time. If the ties are taken care of properly they will last for several years, then new strings may be needed. We have used these ties for several years and find them handler than twine strings.-Walter E. Reed, in Epitomist.

SQUASH CROP FOR MARKET.

Hints About Best Soil, Best Fertilizer, Best Location and Best Method of Culture.

The kind of soil best suited to the growth of a squash is deep, rich and mellow; a gravelly clay also gives good results. I would not advise a sandy loam if very dry for squashes, as they require considerable moisture. If not too dry there is a good prospect of growing a paying crop of winter squashes on run-down loam deficient in vegetable matter. In the first place plow deep, and harrow well. Check off the rows five feet apart each way, leaving two vines to each hill, the object being completely to cover the soil with vines. On richer soil they would need to be planted farther apart. Dig out large round hills 15 to 18 inches across and three to 31/2 inches in depth, in which scatter well a handful of high-grade fertilizer containing not less than 4½ per cent. of ammonia, ten of available phosphoric acid and five to six actual potash. At least two per cent. of the ammonia should be in the form of nitrate, remainder from dried blood and pure raw bone, or high-grade tankage. The phosphoric acid should be at least six per cent. from bone; the potash should be from nitrate or muriate, or both. Mix the fertilizer well with the soil in the hill, then cover three-quarters to one inch with clear soil, drop about four seeds and cover with about one inch of moist soil (if soil is very light and dry cover a little deeper than this), firming down well on the hill. As soon as the plants are well up, start the cultivator and go over the ground every week or oftener until the vines commence to run, then apply 800 to 1,000 pounds per acre of the same fertilizer broadcast which should be well cultivated and hoed in; this would probably be the last cultivating The ob the fertilizer is that the Hubbard and similar varieties of squashes send out roots at every joint and broadcasting the fertilizer places it where all these roots can feed on it. On sour soil, or heavy soil, lime would be a benefit, but not or a very dry or sandy loam.—E. E. Burwell, in Rural New Yorker.

Good Cream Is Necessary.

It was once supposed by a few progressive creamery men that a first-class buttermaker ought to be able to make good butter from half-rotten cream Later on experience taught us that there is no method by which we can renovate old, over-ripe cream or milk, and make a desirable product from same. Therefore, it is of utmost importance that the milk cream furnished the creamery be in a clean and sweet condition and free from all foreign odors. In order to reach this result it is necessary for the buttermaker to gain some influence over his patrons so that they will receive his instructions and feel that they are benefited .- M. Mortensen, in Farmers' Review.

Two Statues in Butter. One of the Indiana commissioners to the St. Louis exposition has planned two pieces of statuary that will be of special interest to farmers and dairy-men, and, indeed, to the average visit-One of the pieces will be modeled from the mass of butter that a full-blooded Jersey cow will produce in one year, and the other from the butter produced by a "scrub" cow during the same period. As the butter modeled Jersey will be about four times as large as the butter modeled common cow, the comparison will serve as an object lesson, especially as it costs no more to keep the Jersey than it costs to keep the "scrub."

FLOWERS FOR WOMEN.

Michigan Rgilway Company Gives Thousands of Boutonnieres Away at Niles Every Year. Over 500,000 women annually get

free boquets in Niles, Mich., where a railroad company has just rebuilt its hothouse on a scale that doubles its former capacity. It matters not whether it be midwinter or the blis-tering months of summer, there is a fragrant shower of cut flowers at this pretty country station as soon as a train comes. The new building is one of the most

extensive and substantial that has ever been erected for the purpose. It not only holds a never-failing supply of flowers for the tiny boquet for the women folks, but in it are stored thousands of plants that in the spring are shipped to every part of the system to be used in beautifying station

In different parts of the roomy structure are found snowy oleanders, yellow asters, purple phlox, heliotrope, tiger lilies, dahlias, azaleas, coleas and everything to delight the gaze of everyone fortunate enough to behold the sight.

More than a decade ago the officers of the road conceived the idea of raising enough flowers to enable them to throw in the lap of ach woman passenger, be she of high or low degree, a boutonnier of cut flowers. An employe in uniform bearing a basket filled with the favors passed through the train distributing the fragrant bunches. The men do not count in this matter and must be contented to see the women enjoy the

MARRIAGES EQUAL DEATHS.

Richmond, Ind., Reverend Officiates

at 170 Weddings and at the Same Number of Funerals.
Rev. J. P. Chamness, pastor of the Fifth Street Methodist Episcopal church, Richmond, Ind., since April 19, 1900, when he took up the pastorate of the local church, has officiated at 170 marriages and an equal num-ber of funerals. When the first year of his service at the church was finished and Rev. Mr. Chamness made out his statistical report the number of marriages and funerals were the same, just 34. The next year the funerals led by four, his marriage amounting to one fewer than those of the former year. Fifty-one mar-riages to 47 funerals was the balance that presented itself when another 12 months had rolled around.

Doctor Who Cures Sick Gems.

There is a jeweler in New York city who makes a specialty of curing sick and sulky gems. All jewels except diamonds, he says, are liable to maladies. Rubies, sapphires and pearls have their separate allments, but diamonds have their separate allments. have their separate ailments, but diamonds are immune from their great hardness. Precious stones are all af-fected by surrounding conditions. The general cure is the application of acids, but it requires an expert to de it. Pearls suffer most. They age early and lose all their value in reflection of beautiful colors.

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Strong and Vigorous at the Age of

Rev. J. N. Parker, Utica, N. Y., writes:

"In June, 1901, I lost my sense of hearing entirely. My hearing had been somewhat impaired for several years, but not so much affected but that I could hold converse with my friends; but in June, 1901, my sense of hearing left me so that I could hear no sound whatever. I was also troubled with rheumatic pains in my limbs. I commenced taking Peruna and now my hearing is restored as good as it was prior to June, 1901. My rheumatic pains are all gone. I cannot The spring is the best time to treat catarrh. Nature renews here

speak too highly of Peruna, and now when 88 years old can say it has invigorated my whole system. I cannot but think, dear Doctor, that you must feel think, dear Doctor, that you must feel very thankful to the all loving Father that you have been permitted to live, and by your skill be such a blessing as you have been to suffering humanity,"—Rev. J. N. Parker.

A Bishop's Letter.

The spring is the best time to treat catarrh. Nature renews here self every spring. The system is rejuvenated by spring weather. This renders medicines more effective. A short course of Peruna, assisted by the balmy air of spring, will cure old, stubborn cases of catarrh that have resisted treatment for years. Everybody should have a copy of Dr. Hartman's latest book on catarrh. Address The Peruna Medicine Co., Columbus, Ohio.



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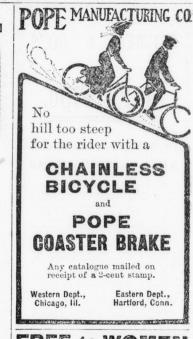
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