

NEWS AND NOTES FOR WOMEN

LEARN TO REST PROPERLY.

It is very necessary to learn how to rest properly. Do not insist that change of occupation is rest; there is no greater delusion. To acquire perfect rest, settle yourself in a corner, arrange your feet and arms, and, indeed, your whole body, until you feel comfortable from head to foot. Sit in this position for five minutes, motionless. Don't move, don't do anything, but take long, chest-developing, easy breaths. Whether you close the eyes or leave them open does not matter, but don't move.

At the end of five minutes you will feel very much rested. If it is possible, take these rest treatments two or three times a day. At any rate, force yourself to observe the treatment at least once every day. You will be surprised at the amount of good it will accomplish for you.

The nervous woman who feels inclined to scream if the door bangs or any one drops a fork, the girl who is not in the least cross, though all her family think she is, but who cannot help being irritable, needs ten minutes of absolute relaxation at least once a day in a quiet, darkened room. She is simply overworked and run-down—a victim of nerves.

On nervous days, when you feel like flying out of the window, when from sheer irritability, stand erect hands clasped in front and head bowed, having expelled all the breath from the lungs. Now slowly lift the head and shoulders until the head is very erect and inhale deeply through the nostrils.

This exercise will, in a few minutes, cause the nervous feeling to completely subside, and, incidentally, is an excellent way of reducing a double chin.—New Haven Register.

In the rearing of a child, as in any other business or vocation, we must have an ideal, lay our plans and map our course by which that ideal is to be attained. Hence, consciously or unconsciously, your own ideals and purposes in life are bound to affect those of the child thrown in your constant society. One generation of intelligent and efficient mothers with high ideals, who are willing to make the necessary effort during the formative years of childhood, can do more to purify politics, overcome the materialism that is crushing the best out of our lives and to solve the social questions that oppress us than five generations of school teachers, philanthropists and civic clubs, etc. Educators and others who are working with the young tell us that many of the problems that confront them are the result of the failure of the home to do its part in rearing the child. With this accusation before us, as well as the oft-expressed opinion of foreigners as to the faults of the American child, it is time for every mother to arouse herself.—From "Motherland," by Mildred Smith in Pictorial Review.

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FIRST OF THE WAITRESSES.

In Boston, where there are so many white capped waitresses in every restaurant, it seems odd to find the first waitress in any public eating house in that old city still living. Her name is Rose Carey, and she is now more than 90.

She was only 11 when she started serving oysters in a little restaurant, at the corner of Marshall lane and Union street. She had great difficulty in getting a start, because the restaurants and hotels were full of men waiters, mostly negroes, who served the patrons. Even the guests seemed suspicious of the innovation and eyed her closely as she fitted about her work.

But finally the "oyster house with the girl waiter" became as popular as the old-fashioned beereries which used to be the delight of Boston. Miss Carey subsequently became an expert with the pots and pans, and her fame rests upon the fact that she handed down the art of scalloping oysters.

SHOULD GIRLS WHISTLE?

Were such a question to have been put to our grandmothers, their answer certainly would have been a most decided negative, for they thoroughly believed the old and the oft-quoted saw, "A whistling woman and a crowing hen are neither good for God nor men."

Nowadays, mothers have generally no objection to their girls whistling, provided they can do so prettily; but whistling when it necessitates the screwing up of the mouth looks ugly, and, moreover, is likely to spoil the shape of that feature, says Home Notes. Whistling has, however, a strong advocate in the "muscular Christian," petticoated and otherwise, for it adds to cheerfulness—at least, on the part of the whistler—and its practice has an excellent effect in the development of a robust physical frame. Whistling about the house may be put down as a nuisance, but whistling out of doors in quiet country lanes may well be permitted to the youngsters of both sexes, for it adds to their present happiness and helps to make them grow up strong.

THE ART STUDENT.

There is a very significant deduction to be drawn from the introduc-

tion of the industrial arts into the art schools, says Mary Heaton Vorse in the Delineator.

There is today in this country an ever-increasing demand for beautiful objects of individual designs, and beautiful objects of all kinds, so that any student capable of learning the elements of design in any one of the many crafts now taught (crafts which include ceramics, wood-carving, weaving of fabrics, rug-making, basketry, every form of metal work, etc.) and capable of executing these designs, is practically sure of a market for his work.

WHY ORANGE BLOSSOMS?

Dozens of different stories are told as to why orange blossoms have been adopted as the universal bridal flower. A Spanish gardener's daughter is said to have started the fashion.

She was in despair of marrying a poor lover, because she had no dowry to bring him. Nevertheless, she was coquettish enough one day to deck her lovely hair with sprays of orange blossoms.

Meeting her father's employer, he was so struck with her beauty that he at once offered to supply the necessary dowry.

Out of gratitude for the "luck" they blossoms had brought her, the bride wore a profusion of them at her wedding—and set the fashion.—New Haven Register.

WOMAN SUFFRAGE IN ENGLAND.

As far as the question of military service is concerned, a woman taxpayer does what a man taxpayer does—she sends a substitute. And the substitute, who does the fighting, has no vote.—Correspondence of the London Spectator.

THE INDEPENDENT GIRL BACKLOR.

The girl who has good looks and personality finds the whole field of life open to her, but usually she prefers to enjoy it without the life-long interference of a man.

FASHION NOTES.

A "bow and garter" as decoration are made of velvet the same color. A woman should select the shade of her parasol as carefully as she does that of her hat.

It is noticeable that the much-battered parasol has not come to life again. A lovely day gown is of voile ninon rose praline, with an Empire coat of tulle and chiffon with incrustations of real lace.

A single field of white crepe, just at the upper edge of the crown, is a simple relieving note for a mourning toque of crepe, with veil.

There is no prettier arrangement of the hair for evening than the low coil.

The new fashionable tints, like mals, copper and leather are more than likely to be found trying.

Dull jet buckles and beads are considerably used for mourning hats and bonnets. Handkerchiefs are feeling the influence of fashion, and microscopic affairs are used with hems and embroidered designs to match the frocks in color. Barred patterns are again worn.

Allover tucking makes dainty unbuttoned blouses to be worn with skeleton vests.

Blue, black and white combine nicely for afternoon gowns, foundations of white foulard with rings and dots of blue being most effective with white lace and black velvet ribbon trimmings.

Pale lemon moire embroidered in blue and silver is a perfect choice for the vest of a steel blue broad-cloth costume.

Accordion-plaited linings, of which the rounded fronts give more than occasional glimpses, make delightfully feminine the enveloping wraps for dressy occasions.

Antique buckles are having quite a run in popular favor this season for the decoration of fine millinery.

A Missouri County's Good Record.

Missouri's State Auditor, W. W. Wilder, points with great pride to the record of his home county, Ste. Genevieve, which has not had one of her citizens as a convict in the penitentiary for a period of forty years. Year before last the entire criminal cost of Ste. Genevieve county totaled \$38.40. Last year the criminal cost bill of the county ran up to something like \$75. This is explained on the ground that three tramps passing through the county broke into a slaughter house near the ancient city of Ste. Genevieve, the oldest settlement in the State, and stole some hides.—Louisiana News.

A Suffragette Passive Resister.

A crowd of more than 5,000 people witnessed the sale at Market Cross, Edinburgh, of certain furniture, the property of Lady Steel, wife of the late Sir James Steel, former Lord Provost of the city. Lady Steel refused to pay house and property tax as a protest against women not having the vote. The amount of the tax was £18 9s., and the first article put up, a handsome oak sideboard, realized nearly double that amount.—From the London Graphic.

FARM AND GARDEN



MODERN APPLIANCES AFFECT AGRICULTURE.

Judging from the following remarks the strenuous life has got the rural population in its grip:

"About five years ago the old cook stove got so unpopular with women folk that we simply had to buy one of those big steel ranges that set us back \$60.

"When this great bakery was installed it made some other things in the kitchen look like three dimes. A lot of modern steel and tin ware had to come soon afterward, the old things wouldn't work on that new range.

"Then a neighbor just the other day telephoned a testimonial about an oil stove, just the thing for the kitchen in summer time, so we have got to buy one.

"When the women got the kitchen work lessened they had more time for other parts of the house. Of course one of the daughters in the family had taken some music lessons. She butted in and urged the purchase of a piano.

"That piano of ours drew a new centre table into the parlor, then a new-fangled lamp, and Lord knows how the endless chain is going to drag out.

"Two years ago these busybodies, these women, took up the bathroom proposition. Now we have a bathroom with a big porcelain tub in it; but before we got that outfit we had other rivers to cross; we had to drill a well, put in a windmill, construct a tower, and build a reservoir.

"Then there was a lot of piping and plumbing to do. And while we were at it we put in a lighting plant, acetylene gas. The windmill got lazy on still days, on which there seemed more than wind enough so we had to buy an engine to do its work.

"Then there was more trouble. This engine was hard to keep in business—it cleaned up all the work we could find for it, so we had to get busy and devise new chores for it.

"Why not buy a cream separator to run with the engine? Why not buy a feed grinder to work it? Yes, get a fanning mill, a new meat chopper, a sheep-shearing machine and a few other tools to work this devilish gasoline engine.

"Now, efficient farm labor is getting scarce, and we are trying to reduce our requirements for it, so we purchased some two-row cultivators. Wanting to get the most out of our corn crop we have built a silo; that will call for a silage cutter, also a corn binder.

"As hal is a short crop we are going to bale a lot of oat and wheat straw—this will compel us to buy a baling press. New ideas as to corn culture have caused us to invest in surface cultivators and one-horse harrows to use at the last cultivation.

"Of course, we must keep peace in the family, or, in other words, the women folk demand an appropriation for their department every year, and it is increasing right along. But the best of it is that the more things we buy the more money we can make, and the better we can live, so I guess we are coming out all right after all.

"Our women folk get to town more than ever before, read more, and plan more. The men also get out and mix with one another and with business men. This broadens us and makes us want some of the things city people heretofore have had as their exclusive possessions. We are using printed stationery, operate a typewriter, and have a copy press."—Agricultural Advertising.

THE ILLINOIS GAME FARM.

While the lawmakers are wrestling with the problem of how best to prevent further indiscriminate slaughter of game, Dr. J. A. Wheeler, State game warden of Illinois, is pointing out the way to repair the ravages of the past in some measure—the way that most States have long since taken to restock streams—by propagation. Backed by an organization of 100,000 owners, each of whom has paid one dollar toward the work, Dr. Wheeler has established the greatest game farm in the country in Sangamon county, where he is now raising something like 5,000 of the most beautiful varieties of quail, prairie chickens, partridges, wild turkeys, wild geese, ducks and other game birds. The work, started two years ago on a small scale because of its uncertainties, has proven so successful that there is no longer any question of its feasibility, and already delegations from other States are beginning to visit it to get pointers for similar enterprises. Next year Dr. Wheeler expects to enlist the aid of the farmers of the State on an extensive scale by sending them pheasant eggs to be set under hens, the young birds to be liberated in adjoining territory when they are old enough to take care of themselves. In this manner, as well as by growing them in much larger numbers in his preserves, he expects to add greatly to the game bird population of the State within a few years. It is not unlikely that the Wheeler method will ultimately prove the way to continue fair hunting indefinitely.—Out-caller's Book.

FEED WHEAT OR SELL IT?

"Mill feed? Yes, it's a great thing," said a farmer who raises cattle. "Have to feed it to my cows to get the standard quality of milk. Why don't I feed wheat? At these prices? No, thank you," and the farmer drove on toward home, twenty miles north-west, with a ton of mill feed.

He had got up at 4 o'clock that morning and had started to town with a load of good wheat, about a ton, thirty-three or thirty-four bushels. The morning was cool and the air crisp. When he got to the mill he was pretty well chilled. He sold his wheat, said he'd be back for a ton of feed, went uptown for dinner, got his load of mill feed and was at home again in time for supper.

Let's see: Wheat at local flour mills is 75c. a bushel, sixty pounds to the bushel. This makes flat \$25 a ton. Mill feed sells at \$21 to \$22.50 a ton, the higher price being for smaller quantities.

Mr. Farmer brings in whole wheat and gets back husks, so to speak, the bran, and \$2.50 to \$4 in cash. That \$2.50 to \$4 is his pay for a day's work for himself and his team. He left with the miller, for that \$2.50 to \$4 a ton, the best and richest part of the wheat. Why shouldn't his live stock have the benefit of it? A few days ago wheat was bringing at the mills only 73c. a bushel. Figure that out in feed.

On farms in the State not near milling centers wheat is worth 65c. to 70c. a bushel. Farmers say it pays to feed 70c. wheat to \$7 hogs, and many are doing it.—Indianapolis News.

THINNING STRAWBERRIES.

At the recent Ohio fruit growers' meeting W. W. Farnsworth, one of the largest western fruit growers, urged severe thinning of strawberries and the suckering of raspberries. He had wheel cutters on his cultivators and kept the strawberry row within narrow limits; then with a hoe cut down to four inches in width, had the rows thinned crosswise by chopping across. The rows looked pretty ragged, but the process proved, when the spring growth came, to be exactly the thing, and the berries were larger and firmer. Of course it would be better to go over the rows with a foot-rule and thin the rows carefully with a knife to an exactly uniform plan, but this could not be done on a twelve-acre patch. With the hoe, a man would do half an acre a day, and it proved satisfactory.

Raspberries were allowed to produce too many canes. With the root-spreading sorts, he would not have more than twenty-five stalks to the rod. Treat the plants which were not wanted as weeds, not letting them grow all summer to cut out the next spring. By keeping all suckers not wanted hoed up, the strength would go into the growing canes, and they would become bushy plants with large producing capacity.

PROFIT IN EGGS.

The cost of keeping a hen will be almost as much when she does not lay as when she is producing eggs, because the food may be devoted to the storage of fat on the body or to provide animal heat in winter. It is also possible to feed the hens on foods which will not provide the constituents of the eggs. The failure to procure eggs may be because one essential substance is lacking. An egg contains everything that enters into the body of a chick, which contains bones, and hence if the food does not contain sufficient lime to form the bones, the eggs cannot be complete. To induce hens to lay, therefore, the food must be of the proper kind. Quantity of food will have no effect if the food is unsuitable. There being a certain cost for keeping a hen, it is evident that the more eggs the larger the profit will be, because the first cost always must be met—that of sustaining the hen. A dollar expended for the proper food is better than fifty cents for food that is not really needed, as the larger sum will at least result in the hens being more productive, while the smaller amount may be a total loss. Feed for eggs, not for fat, and do not attempt to be economical by withholding foods that are apparently costly but essential.—Weekly Witness.

A POPULAR DRAUGHT HORSE.

The Clydesdale breed of horses seems to be constantly growing in favor with Americans, notwithstanding the introduction into this country of many Percherons and other horses for draught. According to the report of the American Clydesdale Association, "The Clydesdale is the best type of an attractive and serviceable draught-horse;" and it is said to be "a matter for congratulation that there are more Clydesdale horses born each year in America than of all other draught breeds of horses combined."

There is a birth in New York City each five minutes in the day and a death rate seven minutes.

In 1901 not a single passenger was killed by train accidents in all the railways of the United Kingdom.



With the Funny Fellows

"THE MARRYING SQUIRE."

Justice Geo. E. Law, of Brazil, Ind., has fairly earned the title "The Marrying Squire," by which he is known far and wide, having already married some 1400 couples. Ten years ago he was Deputy County Treasurer. "At that time," said Justice Law, "I was suffering from an annoying kidney trouble. My back ached, my rest was broken at night, and the passages of the kidney secretions were too frequent and contained sediment. Three boxes of Doan's Kidney Pills cured me in 1897, and for the past nine years I have been free from kidney complaint and backache."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Two Oklahoma Statesmen.

"Demolite" Jones will be a Democratic candidate for senator in the Cordell senatorial district.

President Bill Murray is finding it hard to adjust himself to the quiet of farm life after playing the role of "Alfalfa Bill," the politician, at Guthrie. Since the convention refused to adopt alfalfa as the state flower, Murray has been nicknamed "Cocklebur Bill," and there is a possibility that the cocklebur will be nominated as the State floral emblem.—Kansas City Journal.

Argo Red Salmon is an Ideal Food.

Thompson's Dietetics, one of the standard works on foods, gives Scamell's tables as follows: The per cent of muscle building material in beef is 19 per cent; eggs, 13 per cent; salmon, 20 per cent. As a brain food, beef, 2 per cent; eggs (white), 2 1/2 per cent; (yolk), 2 per cent; salmon, 6 and 7 per cent.

The hillocks of white ants in Ceylon contain chambers about as large as cocoanuts, which inclose spongelike nests, each occupied by thousands of ants. The "termites truffles" described by Dr. Doffin, of Munich, are pin-head nodules of white fungus, cultivated in these nests as food.

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials. Address F. J. CHENEY & Co., Toledo, O. Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

The coal miners' strike in the district of Alberta, Manitoba, is becoming serious, and although President Mitchell has ordered the men back to work, it is said they will refuse to obey.

The Argo Red Salmon of Alaska has the deepest red color, and the finest flavor of any Salmon packed. It is packed entirely by machine, and not touched by the human hand. One trial makes a customer.

The Emperor of Japan has joined in the popular welcome of General Booth, of the Salvation Army.

For more reasons than one, Garfield Tea is the best choice when a laxative is needed; it is Pure, Pleasant to take, Mild and Potent. Guaranteed under the Food and Drug Law.

As a knocker opportunity cannot compete with the strenuous end of a mu

Itch cured in 30 minutes by Woolford's Sanitary Lotion. Never fails. At druggists.

Men who whistle at their work seldom work any better than a whistler.

The Farmer's Wife

Is very careful about her churn. She scalds it thoroughly after using, and gives it a sun bath to sweeten it. She knows that if her churn is sour it will taint the butter that is made in it. The stomach is a churn. In the stomach and digestive and nutritive tracts are performed processes which are almost exactly like the churning of butter. Is it not apparent then that if this stomach-churn is foul it makes foul all which is put into it?

The evil of a foul stomach is not alone the bad taste in the mouth and the foul breath caused by it, but the corruption of the pure current of blood and the dissemination of disease throughout the body. Dr. Pierce's Golden Medical Discovery makes the sour and foul stomach sweet. It does for the stomach what the washing and sun bath do for the churn—absolutely removes every tainting or corrupting element. In this way it cures blotches, pimples, eruptions, scrofulous swellings, sores, or open eating ulcers and all humors or diseases arising from bad blood.

If you have bitter, nasty, foul taste in your mouth, coated tongue, foul breath, are weak and easily tired, feel depressed and despondent, have frequent headaches, dizzy attacks, gnawing or distress in stomach, constipated or irregular bowels, sour or bitter risings after eating and poor appetite, these symptoms, or any considerable number of them, indicate that you are suffering from biliousness, torpid or lazy liver with the usual accompanying indigestion, or dyspepsia and their attendant derangements.

The best agents known to medical science for the removal of the above symptoms are contained in Dr. Pierce's Golden Medical Discovery. That this is absolutely true will be readily proven to your satisfaction if you will mail a postal card request to Dr. E. V. Pierce, Buffalo, N. Y., for a free copy of his booklet of extracts from the standard medical authorities, giving the names of all the ingredients entering into his world-famed medicines and showing what the most eminent medical men of the age say of them.

AUTO-BIOGRAPHY.

An autoer in an autoer
Wailed: "Oh, this vehicle auto start! My auto type of the guarantee Reads 'automatic,' I plainly see. And if 'automatic' were the name here Have auto do with the running-gear, I'd not be wasting an autumn day." In such a nonautomatous way." But he sat and sat, in the frosty fall, Till an autopsy was the end of all.
—Edwin L. Sabin, in the Reader

ONE THING CERTAIN.

Bacon—Noah had his troubles, I suppose?
Egbert—Oh, yes; but he didn't have to bore an artesian well to get fresh water!—Yonkers Statesman.

WHAT, INDEED?

"Miss Mugley says she paid eighteen dollars a dozen for those photos of herself."
"But they don't look like her."
"Of course not. What do you suppose she paid eighteen dollars for?"
—Philadelphia Ledger.

HE HAD THE 9.

Yeast—The population of the United States on Sept. 1 was estimated by the treasury department at 84,879,000, and the money in circulation per capita \$32.59.

Crimsonbeak—Wonder where my \$32.59 is?—Yonkers Statesman.

COULDN'T BE AN EMPLOYE.

"That fellow over there acts as though he owned this hotel."
"Insulted you?"
"No. He asked me if anything could be done to make me more comfortable."—Cleveland Press.

TO BE EXACT.

"This meat," protested the boarder, "is overdone."
"Not exactly, it ain't," replied the waitress; "it's done over."—Philadelphia Ledger.

LOOKS THAT WAY.

"He who borrows an automobile borrows trouble," remarked the Observer of Events and Things.—Yonkers Statesman.

WILLING TO CUT.

"I'm de man what cut your grass once, ma'am," said the tramp at the back door.

"Yes, I remember you," replied the woman of the house.

"And I once cut some wood for you, ma'am."

"Yes, I know; but I've got nothing for you to cut just now."

"Ain't yer got a stray pie around what needs cuttin', ma'am?"—Yonkers Statesman.

VERY FRANK.

Guest (studying bill of fare)—Waiter, I have fifty hellers (ten cents); tell me what you recommend.

Waiter—Try another restaurant.—Wiener Caricaturen.

MAY HAVE DIED OF OLD AGE.

"They say Miss Allingham's mother used to be a grand opera chorus girl."
"Used to be? Why, isn't she yet? Did she meet a Pittsburgh millionaire?"
—Chicago Record-Herald.

ZERO.

Gunner—Is there an exclusive circle in this town?
Guy—I should say so. The members are as cold and distant as the north pole.

Gunner—Ah, it must be something of an arctic circle.—Chicago Daily News.

PERHAPS HE WILL DO BETTER LATER.

Proud Father—John wrote home from the city last week that he is making good money now.

Cynical City Man—Yes. It's only four dollars a week, but it's real, genuine money.—Somerville Journal.

HE WASN'T ALL THERE.

Chapleigh—I was all bwoke up ovah a girl once, doncher know.

Miss Knox—Ah, I see! And some of the pieces were lost.—Chicago Daily News.

A LIFE PRESERVER.

By-Stander—You have certainly shown wonderful bravery in saving that man's life. Is he a relative of yours?
Hero—Relative? Oh, no. But he owes me \$400.—Somerville Journal.

GOT THE CROWD.

Rev. Sixthly is always thinking up some way to fill the church with women," says the friend. "He argues that if he gets them to come they will bring their husbands with them."
"Not bad reasoning, that."
"No, indeed. Why, last Easter he had nearly the whole town to hear him preach."
"He did?"
"Yes. He announced that instead of passing the usual plates for the collection, pattern bonnets from the leading milliners would be substituted."—Life.