

Health & Beauty Hints

By Katherine Morton

The most scrupulous cleanliness is needed for the health and beauty of the feet, and so a daily bath and a comfortable supply of stockings are required. The best results are obtained by putting on a fresh pair of stockings every day, and in case of profuse perspiration they should be changed at least twice a day. If the stockings are washed out immediately upon being taken off, six pairs would make an adequate summer supply. Silk is undoubtedly the best stocking material for hot weather, this being cooler to the feet than cotton and permitting the shoes to slip on more easily. Gauze cotton is the next best thing in point of softness to the foot, and three pairs of quite fine stockings in this material can be had for one dollar. Lisle, even in the finest qualities, is to a certain degree rasping to the foot, causing often, besides, a most disagreeable burning.

Women in the smart set go to the pedicure for the removal of corns and callouses, but these afflictions can be treated at home and there are special baths for softening the horny places and for resting all the feet. One is made with ordinary washing soda—about a half cupful to a gallon of water—this being for softening the callouses preparatory to their removal with a knife or file or pumice-stone, for all of these tools are used. A bath with a pound of sea salt will harden and strengthen the feet. Camphor is useful for massaging, thus reducing swelling, while massaging the feet and ankles every night with olive oil, will, as the beauty saying is, keep them young. All care lavished upon the feet tends to keep them in good condition, even if the work consists only of a dainty polishing of the toe nails. When these are neglected they harden and coarsen, sometimes changing their nature and shape entirely.

Before ministering to tormenting corns, bunions and callouses the feet must always be soaked in a softening bath, after which they should be scrupulously dried at every point—particularly between the toes—and then powdered. A good and cooling foot powder, by the way, is one of the greatest comforts one can have in summer, and there is scarcely a drug store that does not keep several brands of it. A foot powder which can also be used to advantage on perspiring hands, and which is very convenient for gloves, is made after this formula:

Phenic acid.....10 grams
Alcohol.....20 grams
Starch.....200 grams
Florentine orris.....150 grams
Essence of violet.....2 grams

Dissolve the acid in alcohol; add the violet essence, then the starch and orris root.

A special powder for perspiring feet is made of one ounce of alum, two ounces of powdered orris root and five ounces of rice powder. Where the perspiration has an unpleasant odor, however, a powder with lycopodium is better than any other, and such sorts are kept at all drug stores of any size, this condition being recognized as something of a disease.

After the bath, attend to the corns or callouses at once, trimming the nails only as often as is needed. They should be cut square across and left a little longer than the flesh. If there are soft corns, several foot baths a day are needed, also larger shoes, and in extreme cases it may be necessary to place bits of absorbent cotton wet with some healing lotion or salve between the toes. For relief from blisters the excessive pain of corns and other callousities, this simple pomade is highly recommended:

Melted mutton tallow.....1 1/2 ounces
Mergol, freshly gathered and bruised.....3 drams

Mix thoroughly and rub the whole foot with it, massaging it well into the skin.

A good bunion lotion is made of two drams each of carbolic acid, glycerin and tincture of iodine.

Flatfoot is a condition much recognized just now, and in severe cases it is as deforming as leprosy. It is not always recognizable at first, only the pain and difficulty in walking being perceptible; but after a while the arch of the foot breaks down and then the beauty of it is gone. So when feeling a definite pain in the instep it is wise to wear strong-soled shoes with a stiff spring in the instep, as these will counteract the weak tendency of the arch. Inner soles with high arches are also sold for the purpose, while doctors recommended foot exercises for strengthening the muscles of the arch and its supports.

But, to go back to the mere comfort of summer time, the simple things one may do to have more ease with feet whose only failing, maybe, comes with hot weather, extreme cleanliness and proper dressing are the things of vital importance. All exercise upon the feet, too, will improve their condition and beauty, while the mere heat of the hands, while massaging with some unguent or other, will be an immediate relief to strained and tired muscles.

Social Forms and Entertainments



Queries From "a Young Wife."
I am very interested in your page and will be thankful to you for answering my questions.

I am going to give a linen shower for a girl friend of mine and would like to get a few suggestions on house decoration.

I have a reception hall, living room, dining room and music room. How should I decorate each room, and which will be the best for the bride to be in when she is receiving her gifts? As I expect to have from forty to fifty guests, I can not seat them at the table. Should cards of any kind be used when passing the refreshments?

What would be a pretty way in bringing the gifts to the bride? I have a little girl two years of age, with long golden curls, whom I thought could help in this, or is she too small? If not, how should I have her dressed?

Please excuse my many questions, but I have another one which has puzzled me.

When you have been introduced to a friend and when you or they are ready to part and they say, "I am glad I met you," what is the correct answer to give them? I hope you will have my answers in the paper soon.

A Young Wife.

You need no decoration save the flowers in season, and if you have potted plants place them where they show the best. Arrange the flowers simply, in vases, bowls and baskets; place them on the mantels, in front of fireplaces, on the piano and on the porches. I should say that the living room would be the best place for the bride and the guests, as it is doubtless the largest. You do not need place cards unless you seat the guests at small tables and serve all at once. I am afraid the little two-year-old will be too young to assist. When you wish to reply to the remark mentioned, just say, "I am sure the pleasure is mutual; I'm glad I met you, too." There are no set phrases for certain occasions; just be your own natural self. Perhaps you could place all the parcels in a flower and ribboned the basket and let the wee daughter drag it in by white ribbons to the bride-elect.

From an Old Subscriber.

Having enjoyed reading your department ever since it began, I now seek your advice.

About a month or more ago I met a lady who lives not far from us. Later, mother met her. The lady has lived in the neighborhood several years longer than we, but hasn't called on us yet. She has a daughter whom I have never met and who has been away to school and recently returned.

As I would like to meet the daughter, should I call on her first or wait for her to call on me in a case like this?

Is a girl of eighteen too young to have visiting cards, and if she is the only daughter how should they be engraved.

A Subscriber.

If you have been reading our department all these years you certainly deserve to have all your questions answered and I invite you to come as often as you choose.

Seems to me I would run in to see the daughter informally, if you are neighbors; it does not pay to stand too much on ceremony. A girl of eighteen is not too young to have her own cards and they should be engraved just "Miss Smith," no initial and no name. This shows that she is the only or eldest daughter.

For a Lawn Party.

Will you suggest something entertaining for a lawn party for boys and girls between the ages of twelve and fifteen? Our club of seven wishes to entertain as many boys. The decorations are pink and green; flower, pink carnation. We have small funds to work with, but will be ever so much obliged for any help.

I am sure you can arrange a beautiful time. Have the ice-cream in pink and green, with small cakes frosted in the same colors. Give each one a pink carnation to wear. Then have a match game of croquet, and if you are very good, won't "mother" see to having a prize ready for the winners? Perhaps you have a tennis court; if so, a game could be arranged. All outdoor sports are in favor, including the good old game of archery.

Soup Course at Dinner.

I have the soup course in a "progressive" dinner party. Kindly tell me if soup is the only thing included in this course or if celery, olives or bread is served with it?

A Reader.

Serve wafers or bread sticks or the little dinner biscuit with the soup, also olives, radishes and celery if you can get it small and tender.

MME. MERRI.

INTERNATIONAL SUNDAY SCHOOL LESSON

(By E. O. SELLERS, Director of Evening Department, The Moody Bible Institute of Chicago.)

LESSON FOR JULY 21

THE GROWTH OF THE KINGDOM.

LESSON TEXT—Mark 4:26-32, Matt. 13:33.
GOLDEN TEXT—"Thy kingdom come, thy will be done, as in heaven so on earth."—Matt. 6:10.

Last week we observed the fact that the genesis of this new kingdom Jesus came to establish was to be the life, his life, when was as seed. The reception of the seed in various sorts of soil, however, made a vast difference as to the ultimate outcome. Today we may observe from these words of the Master what are to be the processes of the establishing of the kingdom, for we do not read into this parable a record of the final consummation, but rather that these parables reveal different aspects of the same general process.

While it is true that this first parable is only recorded by St. Mark it is in reality a complement of these parables about the kingdom found in the thirteenth of Matthew and elsewhere. We have already noted that the seed is the word, Luke 8:11, and that the soil is the hearts of men, but here Jesus tells us that in the spiritual as in the material universe man "knoweth not how" the life principle propagates itself. It is a helpful thought to every Christian worker that he is not to be held accountable for that part of the process; his part is to be that of the man who shall cast the seed into the ground. Not upon, but "into." (v. 26). Having thus planted the seed let him "sleep and rise again" e. g., let him trust a wise God to see to it that the seed germinate and bring forth. All of your worrying and mine cannot hasten the process nor change the result once the seed is sown, so let us be careful to sow them right and as far as possible be sure we plant it in properly prepared soil.

Process is Gradual.

Again let us beware of presumptuousness "the knoweth not how." Can you, my reader, define life? Can you explain the transmission, the development, the propagation of life? We accept the results of these things in nature without questioning, why stagger at similar things in the spiritual realm? Why question the reality of the Christian life when we see all about us its results? In verses 22 and 23 of this same chapter we are admonished that if we have ears "let him hear" (a positive injunction) and almost the very next word tells us to "take heed what we hear." Going on down to verse 28 of the lesson we see clearly the reason for these words, for our lives will grow and will reproduce each after its own kind. If we allow tares to be sown in our lives we shall reap tares.

The process is a gradual one, but a sure one. "First the blade, then the ear, and then the full corn in the ear." The harvest will not take place until the process be completed. It is not till the fruit is ripe that the husbandman puts forth his sickle. We are not to bother ourselves so much with the process as we are to guard the source. Sow good seed and God will see to it that it shall bring forth. Let us not expect the "full corn" of ripe experience from the "tender blade" of early Christian life. Let us have patience till these young Christians have time to reach the full maturity of their powers. Jesus the harvester of this parable knew when to put in the sickle, viz., when the fruit is "ripe," (v. 29, R. V.)

The Main Truth.

Looking back over history his was indeed "less than all the seeds in the earth," yet he set into motion those principles and powers that have caused his kingdom to become great in the earth (Isa. 9:7.) Under the branches of this kingdom have lodged the weary and the stricken ones. The birds of the air symbolize the gathering together of the nations of the earth that they may take refuge under the shelter and shadow of the kingdom of God, see Ezek. 17, Daniel 4, etc. We must beware of fanciful interpretations or applications. The main truth is that almost without exception the beginnings of all great movements in the kingdom of God have been like mustard seed, small but exceeding great in their growth. Witness such moral developments as the slavery question. Compare the present day temperance agitation with what it amounted to one hundred, yes, twenty-five years ago. The same can be said of countless other "movements."

For the third parable that of the leaven which a woman hid in the three measures of meal we need to refer to Paul's inspired words as recorded in 1 Cor. 5:6-7 and Gal. 5:8-9. Here Paul explicitly tells us that leaven is a type of sin. That we who are in Christ are a new lump, unleavened. That the old leaven is that of malice and wickedness, but that we who have put away leaven are the bread of sincerity and truth. What do we therefore infer? Viz., that as growing up alongside the good seed shall also grow the tares with fruitage of death and decay.

WAR REMINISCENCES

IN PURSUIT OF HOOD'S ARMY

Member of Minnesota Regiment Gives Details Leading to Capture of Pointe Coupee Battery.

A sketch of the incidents leading to the capture of the Pointe Coupee Battery at Nashville is given by Theodore G. Carter, captain, Co. K, 7th Minnesota, in the National Tribune as follows:

"At Nashville the 5th Minn. was on the left of the Second Brigade, First Division, Sixteenth Corps, front line, its left flank resting on the Granny White pike. The Pointe Coupee battery was in front of my company. On Dec. 15th we had charged and driven the enemy's forces from two forts or redoubts, without stopping to place guards over the guns, colors and other captured property. Our colonel, W. R. Marshall, was in command of the Third Brigade on the 16th, and



"Lay Down Your Arms and Surrender."

he was the only brigade commander who led his brigade in that charge of the Sixteenth Corps, and he was on horseback at that. A lane ran along the front of and below the high woodland upon which the Pointe Coupee battery was, and the Confederates took the inside fence rails and placed them on top of the outer fence, with the ends resting on top of the fence and sloped towards us, the lower ends covered with dirt to keep them in place. They were laid close together, and it was difficult to climb them. A shell had knocked out a part of the obstruction. As I was looking towards the battery (it was pouring grape, canister and shrapnel at us all the time), I did not notice the movement of the regiment to the right; consequently when I saw it there was a break in my company of some 75 or 100 yards. I told the remaining eight or ten boys that we would go to that gap and go over. The boys "boosted" me up, and as I gained the top I saw Col. Marshall come galloping down from the right. He rode out into the crowd of fleeing Confederates, calling out: "Lay down your arms and surrender." I jumped down, and telling the boys to follow the same call. There were apparently thousands of them trying to get over the hills to the Franklin pike. Our left claimed the capture of that battery, too, yet we had been in possession quite awhile before their line had fairly started."

Sykes' Dog and Hood's Army.

After the battle of Nashville a friend asked President Lincoln if he expected any more trouble from Hood's army. He replied:

"Well, no, Medill; I think Hood's army is about in the same fix of Bill Sykes' dog, down in Sangamon county. Bill had a long, yellow dog that was forever getting into the neighbors' meat houses and chicken coops. They had tried to kill it a hundred times, but the dog was always too smart for them. Finally one of them got a small bag and filled it up with powder, tying a piece of punk around the neck. When he saw the dog coming he fired this punk, split open a hot biscuit and put the bag in, then buttered it and threw it out. The dog swallowed it at a gulp. Pretty soon there was an explosion, and pieces of the dog fell all around. Bill Sykes came along, and, seeing the scraps lying around, said: 'I guess that dog, as a dog, ain't of much more account.' There may be fragments of Hood's army around, but I guess his army, as an army, ain't of much more account."

Didn't Worry Grant.

General Sherman used to say: "I know more tactics and strategy than Grant, and have just as good a mind and a better military training. But what the other fellow is doing when Grant can't see him doesn't worry him a bit, while it worries me like thunder."

What's a Fortification?

A recruit being asked what constituted a fortification answered: "Well, I guess two twenty-fortifications make a forty-fortification."

HERE AND THERE IN THIS BUSY WORLD

Many Royalists were killed in a battle at Chaves, Portugal, with the Republican troops. The Republican forces also lost heavily.

Mrs. J. F. Howard, who has one of the largest bee ranches in Wisconsin at Norton, was nearly stung to death. Baron Jerry G. Prochaska, an exiled Austrian army captain, who is charged with embezzling \$15,000 from the Franklin Savings & Trust Co., Pittsburgh, has been caught in Vancouver, B. C.

THE MARKETS.

(New York Wholesale Prices.)

MILK.—The wholesale milk price is 3c a quart in the 25c zone or \$1.31 per 40-quart can, delivered in New York.

Butter.
Creamery extras.....27 @ 27 1/2
Firsts.....25 @ 25 1/2
Seconds.....24 @ 24 1/2
Thirds.....23 @ 23 1/2
State, dairy first.....25 @ 25
Good to prime.....24 @ 23
Common to fair.....22 @ 23
Process, extras.....22 @ 23
Butter, dry packed.....23 @ 24 1/2
Seconds.....22 @ 22 1/2

Eggs.
State, Pa., and nearby, hennery, white, fancy, new laid.....26 @ 27
State, Pa., and nearby, selected white, fair to good.....24 @ 25
State, Pa., and nearby, selected whites, common to fair.....22 @ 23
Brown, hennery, fancy.....23 @ 24
Gathered, brown, mixed colors.....22 @ 23
Western, gathered, white.....22 @ 23

Fresh Killed Poultry.
Chickens—Barrels:
Philas & other nearby squab broilers, per pair.....69 @ 70
Phila. & L. I. fancy, per lb.....82 @ 83
Pa. broilers, fancy.....28 @ 30
Western, dry packed.....23 @ 24
Western, scalded.....23 @ 24
Turkeys.....
Old hens and toms, mixed.....16 @ 17
Old hens—dry Picked:
Wn. bxs, 60 lbs & over to.....16
Wn. bxs, 48 to 52 lbs to.....15 1/2
doz dry pick, fancy.....15 1/2 @ 15 3/4
Wn. bxs, 48 lbs & under to.....14 1/2
doz d p.....14 1/2 @ 15
Fowls—live:
North & Cen Wn 5 lbs and over.....15
North & Cen west n 4 to 4 1/2 lbs each.....14 1/2 @ 14 3/4
Southern & southwestern av. best.....14
Ohio & Mich, per bbl, dozen.....14 1/2 @ 14 3/4
Other Wn scalded west n 4 to 4 1/2 lbs small.....13 @ 13 1/2
Other Poultry.....
Old cocks, per lb.....11
Spring ducks, L. I. and east n.....19
Spring ducks, Pa.....18 1/2 @ 18 3/4
Squabs, pr white, 10 lbs to.....23.50
doz dr pick, fancy.....1.50 @ 1.75
Squabs, pr white, 6 @ 6 1/2 lbs.....1.50 @ 1.75
Squabs, dark, per dozen.....1.25 @ 1.50

Vegetables.
Asparagus, dozen bunches.....50 @ 4.00
Beans, Maryland, per basket.....29 @ 1.00
Jersey, per basket.....25 @ 1.00
Long Island, per bag.....40 @ 1.00
Virginia, per basket.....50 @ 1.00
Carrots.....
Per 100 bunches.....1.00 @ 2.00

Cabbages.....
Nearby, per barrel.....50 @ 75
Baltimore, per crate.....50 @ 75
Virginia, per crate.....50 @ 75
Cauliflowers, Jersey, per barrel.....2.00 @ 2.50
Broccoli, Jersey, per dozen.....1.00 @ 1.50
Corn, North Carolina, per crate.....75 @ 2.00
do, Jersey, per bag.....1.50 @ 2.00
Cucumbers, per basket.....50 @ 1.00
Per barrel.....1.25 @ 1.75
Eggplants, Fla., per box or basket.....1.00 @ 2.50
Lettuce, per basket or crate.....1.50 @ 2.50
Lima beans, Southern, per basket.....1.50 @ 3.50
Onions.....
Jersey, per basket.....50 @ 1.00
Virginia, per basket.....60 @ 1.00
New Jersey, per basket.....50 @ 1.00
Rhubarb, per 100 bunches.....50 @ 1.00
Spinach, per basket.....50 @ 1.00
Squash.....
White, per bbl or bbl crate.....1.00 @ 1.75
Cooke-neck, per bbl or bbl crate.....1.00 @ 2.00
Marrows, per bbl crate.....1.00 @ 1.50
Tomatoes, per box.....1.00 @ 2.00
Per carrier.....25 @ 1.00
Turnips, rutabaga, per bbl.....1.25 @ 1.50
Turnips, white, per 100 bunches.....1.00 @ 1.50
Turnips, white, per barrel.....50 @ 75
Watercress, per 100 bunches.....1.00 @ 1.50

Southern white, especially attractive.....2.50 @ 3.00
Southern, new white, No. 1, per barrel.....2.00 @ 2.37
New red, No. 1, per barrel.....2.00 @ 2.12
Southern second, per bbl.....1.50 @ 1.75
Southern culls, per bbl.....1.25 @ 1.50
Domestic, old, per bbl or bbl crate.....1.25 @ 1.50
Sweets, Jersey, No. 1, per bskt.....1.50 @ 2.00
Sweets, Jersey, culls, per bskt.....75 @ 1.00

Fruits and Berries.

Apples—Southern, new.....1.25 @ 3.00
Basket.....50 @ 1.50
N. J. 4-bbl.....1.25 @ 1.50
Currants, per qt.....7 @ 10
N. J. Raspberries, qt.....6 @ 7
N. J.5 @ 8
Del.4 @ 6
Mich.5 @ 6
Blackberries, per qt.....8 @ 12
Del. & Md.7 @ 12
N. C.8 @ 12
Huckleberries, per qt.....14 @ 15
Pa.14 @ 15
N. C.8 @ 12
Cherries, per 3-lb basket.....40 @ 75
Up R. black.....40 @ 75
Up R. red.....40 @ 75
Up R. white.....30 @ 50
Sour.....35 @ 50
Gooseberries.....
S. G. green.....50 @ 10
Plums, crate.....1.00 @ 2.00
S. C.1.00 @ 2.00
N. C.1.00 @ 2.00
Peaches, per crate.....1.00 @ 1.50
Ga. Elberta.....1.00 @ 1.50
Ga. Carmen.....1.00 @ 1.50
Cal. 48s.....1.00 @ 1.25
Ga. E. Bell.....1.25 @ 1.50
Strawberries, per qt.....12 @ 13
W. N. Y.7 @ 14
Up R.7 @ 14
S. I.7 @ 14

Meats.

Muskmelons, crate.....1.25 @ 1.75
N. C. 45s.....1.50 @ 1.75
Ga. 45s.....1.25 @ 1.50
Cal. 36s.....1.25 @ 1.50
Cal. 48s.....1.25 @ 1.50
Irregular.....1.00 @ 1.50
Watermelons.....
Fl. 100.....35.00 @ 50.00
Fla. car.....35.00 @ 50.00

Live Stock.

BEEVES.—Steers sold at \$6.95 per 100 lb.; no prime dry fed beefs offered; hogs, \$4.25 @ 4.40; cows and heifers, \$2 @ 6.25. Dressed beef steady at 12 @ 14c per lb for native sides.
CALVES.—Common to prime veals, \$6 @ 25 per 100 lb; culls, \$5 @ 5.50; no buttermilks. City dressed veals firm at 11 @ 14c per lb; country dressed do, 9 @ 12c.
SHEEP AND LAMBS.—Common to choice sheep, \$2.50 @ 4.50 per 100 lb; ordinary to prime lambs, \$6 @ 8.37 1/2; culls, \$5. Dressed mutton at 7 @ 10c per lb; dressed lambs at 11 @ 15c.
HOGS.—Prime state hogs sold at \$3 per 100 lb.
HAY AND STRAW.—Hay, large bales, timothy, prime, 100 lbs, \$1.45; No. 3 to No. 1, \$1 @ 1.10; shipping, 90c; clover, mixed, light, \$1.05 @ 1.10; heavy, \$1 @ 1.10; long rye, 60 @ 80c; oat, 45c.
Spot Markets at a Glance.
Wheat, No. 2 red, elev.1.14 1/2
Oats, standard,53 1/2
Flour, spring patent, barrel5.50
Corn, steam, yellownom.
Flaxseed, spot,21 1/2 @ 22
Al. 48s, per 100 lbs1.50 @ 1.75
Tallow, city, hhd.63 1/2 @ 64
Pork, mess, barrel20.50
Cottonseed oil, lb6.75
Coffee, Rio No. 7, lb14 1/2 @ 15
Tea, Formosa, lb14 1/2 @ 15
Sugar, fine gran, lb5.00 @ 5.25
Butter, extra firsts21 1/2 @ 22
Cheese, specials15 1/2 @ 16
Eggs, extra firsts21 1/2 @ 22
Cotton,12.15 @ 12.50
Havana, R. D.50
Cann. wrapper50

The value of forethought is often demonstrated by the after effects.

Garfield Tea is a pure laxative being composed wholly of fine, health-giving herbs.

It's easier to lead some men to drink than it is to drive them away from it.

A better thing than tooth powder to cleanse and whiten the teeth, remove tartar and prevent decay is a preparation called Paxtine Antiseptic. At druggists, 25c a box or sent postpaid on receipt of price by The Paxton Toilet Co., Boston, Mass.

Its Advantages.

"I think the pillory ought to be revived as punishment for this frenzied financing."
"Why so?"
"Because it provided a fitting penalty in stocks and bonds."

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it

Bears the Signature of *Dr. J. C. Fletcher* In Use For Over 30 Years. Children Cry for Fletcher's Castoria

The Heirloom.

A Pittsburg drummer in a small town dropped into a place to get a bite to eat. The place looked familiar, but he didn't know the proprietor.

"Been running this place long?" inquired the drummer.

"No; I just inherited it from my father."

"Ah, yes. I knew him. I recognize this old cheese sandwich on the counter."

Simple Explanation.

To illustrate a point that he was making—that his was the race with a future and not a race with a past—Booker T. Washington told this little story the other day.

He was standing by his door one morning when old Aunt Caroline went by.

"Good morning, Aunt Caroline," he said. "Where are you going this morning?"

"Lawzee, Mista' Wash'ton," she replied. "Ise done been whar Ise gwine."—Kansas City Star.

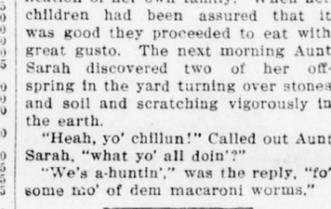
Good Bait.

Aunt Sarah, cook in a Richmond family, took home a dish of macaroni from her mistress' table for the edification of her own family. When her children had been assured that it was good they proceeded to eat with great gusto. The next morning Aunt Sarah discovered two of her offspring in the yard turning over stones and soil and scratching vigorously in the earth.

"Heah, yo' chillun!" Called out Aunt Sarah, "what yo' all doin'?"

"We's a-huntin'," was the reply, "fo' some no' of dem macaroni worms."

EFFECTIVE.



First Waiter—Did that Arizona ranchman give you a tip?

Second Waiter—I should say he did! He told me if I didn't step lively he'd blow off the top of my head!

SALLOW FACES

Often Caused by Tea and Coffee Drinking.

How many persons realize that tea and coffee so disturb digestion that they produce a muddy, yellow complexion?

A ten days' trial of Postum has proven a means, in thousands of cases of clearing up a bad complexion.

A Washn. young lady tells her experience:

"All of us—father, mother, sister and brother—had used tea and coffee for many years until finally we all had stomach troubles, more or less.

"We all were sallow and troubled with pimples, bad breath, disagreeable taste in the mouth, and all of us simply so many bundles of nerves.

"We didn't realize that tea and coffee caused the trouble until one of us 'ran out of coffee and went to borrow some from a neighbor. She gave us some Postum and told us to try that.

"Although we started to make we all felt sure that we would be fine if we missed our strong coffee, but tried Postum and were surprised find it delicious.

"We read the statements on the package and in a month and a half you wouldn't have known us. We were able to digest our food with no trouble, each one's skin became clear, tongues cleared off, and we were in fine condition. We never use anything now but Postum. There is no ink like