An Old Painter's Ideas.

The Autumn season is coming nore and more to be recognized as a est suitable time for house-paint-

There is no frost deep in the wood to make trouble for even the best job of painting, and the general seasoning of the Summer has put the wood into good condition in every way. The weather, moreover, is more liketo be settled for the necessary length of time to allow all the coats to thoroughly dry-a very important recaution.

An old and successful painter said to the writer the other day:

"House owners would get more for their money if they would allow their painters to take more time, especially between coats. Instead of llowing barely time for the surface to get dry enough not to be 'tacky,' several days (weeks would not be too much) should be allowed so that the coat might set through and through. It is inconvenient, of course, but, if one would suffer this slight inconvenience, it would add two or three years to the life of the

"All this is assuming, of course, that the paint used is the very best be had-the purest of white lead and the purest of linseed oil, unmixed with any cheapener. If the cheap mixtures, often known as White Lead' and oil which has been doctored with fish oil, benzine, cornoil, or other of the adulterants known to the trade, are used, all the precautions of the skilled painter are seless to prevent the cracking and peoling which make houses unsightly in a year or so and, therefore, make painting bills too frequent and costly.

'The house owner should have his painter bring the ingredients to the premises separately-white lead of some well-known, reliable brand and linseed oil of equal quality - and mix the paint just before applying

Painting need not be expensive and unsatisfactory if the old painter's suggestions are followed.

THE CHICAGO WOMAN'S CLUB. For one thing, it did away with child labor in the State. Eight years ago, although Illinois was the third manuacturing State in the Union, its child labor laws were a disgrace. Hull House bore the brunt of the fight which put proper legislation on the statute books. but it was the Woman's Club which made the fight possible. The Woman's Club was instrumental in organizing the first Juvenile Court in America. Formerly tried in the same dock and in accordance same standards of justice as criminals. Now every year hardened criminals. 2,000 boys and girls who have broken the law (technically called delinquent) pass under the jurisdiction of this special ourt, and the court establishes guardianship over a thousand more who are nomeless or without proper care (technically called dependent). One who watches a single session of the Juvenile Court has the belief forced upon him that it does more to reduce crime in the city than any dozen of the other ourts together. The city owes to the Woman's Club the beginning of the agitation for the system of small parks which now distinguish Chicago. acation school movement also was due the efforts of the Woman's Club. ther organization of women in the world can be compared to it in the matter of civic usefulness, in the intimacy of its relation to the life of a great city.-World's Work.

IF THE SUN WERE BLUE.

It is amazing to consider the p results if our sun were green, blue or red, instead of what it is. If it were blue there would be but two colors in the world—blue and black. If it were red, then everything would be red or black. If it were yellow, everything would be yellow or black. The light of our sun, of course, consists of several olors, and the reason things are different hues is that some swallow up the other colors and reflect only one. In the event of the sun being, red, roses, red ink and all other things that are now ted would reflect it. So also would snow, the lily, and all things that are miw white, but these would of course, be red, everything else would swallow up the red light and appear quite black. Grass, for instance, would be black as ink, and so would the blue of the sky, but the white clouds would be red. The same kind of thing would happen if the sun were blue. Everything now blue or white would be blue and everything else black. The whole sky, clouds and all, would be blue. The grass this time would be blue, not black, for it reflects both blue and yellow. If the sun were green we would still be yellow, things that are blue would still be blue, and that are green would still be green, but there would be no reds .-Indianapolis Star.

#### A WINNING START. A Perfectly Digested Breakfast Makes Nerve Force For the Day.

Everything goes wrong if the breakfast lies in your stomach like a mud pie. What you eat does harm if you can't digest it-it turns to poi-

A bright lady teacher found this to be true, even of an ordinary light breakfast of eggs and toust. She BRYS:

"Two years ago I contracted a very annoying form of indigestion. My stomach was in such condition that a simple breakfast of fruit, toast

and egg gave me great distress. "I was slow to believe that trouble could come from such a simple diet, but finally had to give it up, and found a great change upon a cup of hot Postum and Grape-Nuts with cream, for my morning meal. For more than a year I have held to this course, and have not suffered except

when injudiciously varying my diet. "I have been a teacher for several years and find that my easily digested breakfast means a saving of neryous force for the entire day. gain of ten pounds in weight also causes me to want to testify to the value of Grape-Nuts.

"Grape-Nuts holds first rank at our table." Name given by Postum Co., Battle

"There's a reason." Read the littie book, "The Road to Wellville," in



Shampooing Children's Hair.

Once a month is considered often for shampooing a child's hair, and then it should be thoroughly done. Do not use borax or ammonia as they are destructive in their effects upon the hair, although very cleansing.

#### To Produce Sleep.

A sudden and startling awakening in the night, apparently due to to a physician who has specialized no particular cause, often leaves the along these lines. sufferer so wide awake that sleep afterward is almost impossible. in such a case an excellent remedy is to take 100 sips of cold water very

#### Her Costume.

The Toledo Blade tells this story: She was a plump figure and was dressed extremely decollette as she sang at the concert that beautiful little song, "I'm Wearin' Awa'," An old lady who had been invited was heard to remark: "Well, if she's wearing away, that's about all she is wearing."

#### Notes on Headwear.

A wonderful use of buckles has been revived for hats-buckles plain or fancy, some of them even glowing with richly colored stones. A straw of ecru, with a strong yellow tinge, was trimmed with the blue and green Scotch ribbons so popular in Paris this spring. Right in front was an oddly shaped buckle, encrusted with stones like miniature editions of the eyes in a peacock's tail.

Feminine Authors "Best Sellers." Merely as a matter of statistica, without attempts to draw any deductions, the Bookman has discovered that of the twenty-nine books which have appeared in its list of to be properly rested. best selling books during the year 1905, thirteen were written by men, eleven by women, three were collaborations in which husband and wife worked together, and one was a collaboration of three women.

#### A Chance For the Girls.

poultry raising. mind two ladies living near him who of exercise. are in partnership in the poultry business, and by the way they live they must surely make in the neighborhood of \$1000 a year each. Of business thoroughly, and are very poultry keeping a most profitable as well as independent vocation .-New York Witness.

#### Wise Girl.

But she frowned upon his to him. suit. The second wooer said she was the sun, moon and stars to him, but she bade him be on his way.

"To me," said the third, "you are a young woman of agreeable manners, with eyes that might be a little bluer, with a nose that is a wee bit puggy, and with a few freckles, and an annoying habit of blurting out your thoughts.'

She married the third wooer. Being pressed for an explanation of her conduct, she said:

"My goodness! I think I was sensible. I married the only one that had courage enough to tell me of my faults before marriage, instead of waiting to throw them up to me afterward."-Life.

The Face as an Index.

Deep wrinkles and lines, flabby skin, emaciation of the face, and by one large button are useful. deep, sunken black lines under the early age of twenty-one can be due in the same ware are pretty ornaonly to ill health. In such a case ments, internal treatment is needed, and occupation and diet and exercise are all to be considered. The cause may be either indigestion on imperfect circulation. Girls of twentyone do not look "old and worn out" if they are in good health. With regard to the hair of such a young girl, an excessive fall may result in consequence of a debilitated state of the system. In that case rub the following lotion well into the roots of the hair every night: Sulphate of quinine, twelve grains; vinegar of cantharides, six drachms; glycerin, two drachms; spirits of rosemary, two ounces; rosewater, seven ounces. round gold rings with tiny gold roses.

## Have You a Back Porch?

When a girl with the artistic sense and a little money becomes possessor of a back porch she can orate and pretty that ladies are work wonders of beauty and com-

plain porch about six feet wide and gowns. ten long into a delightful little bower, and in consequence her cava-Hers are becoming so numerous that she is almost ill from too much ice cream soda.

First, she painted her floor dark red, then she varnished and waxed it and covered it with a small rug made by her from ccraps found in

She has a sofa, a great bo: affair, covered with Turkey red calico, with cashions by the dozen. Frames for prints were made out of birch bark, d these hung zigzag over the wall add greatly to the effect.

Three rustic chairs are fitted into nooks against the railing and a few Japanese parasols hang from the eiling. It is an ideal place to watch the moon, talk nonsense, imbibs cool of every 100 patients.

drinks, and, best of all, pity the benighted folk who leave home to have a good time in the summer.

Nervous Women Need More Sleep. How long a woman should sleep each night depends upon the kind of work she does, and upon temperament. If she is' nervous more rest and sleep are required than for one of a phiegmatic nature, according

"The number of hours of sleep a woman or man gets is usually habit governed by their mode of living," she says, "and for this reason one can easily regulate the time to have sufficent rest.

"The accepted time for sleep is eight hours, and for the average individual this is enough, but if less is needed, then the extra time can be spent in some profitable way, while if nine or ten hours are required they should be taken, even if the recreation period has to be cut short. For a woman who does not get enough sleep is not only never a success in business, but is irritable in her home and undoubtedly is encouraging mental breakdown and nervous prostration, either of which is bound to follow in time.

"The amount of sleep needed depends largely upon the work done during the day. If it is mental more rest should be taken, for with the physical labor the body may be more wearied, but it recuperates much more quickly than the brain. A woman who is nervous needs from two to three hours more each night than one who is not, especially if her business keeps her working at high tension, yet few excitable persons ever get enough sleep, for it seems almost impossible for them to stay quiet a sufficient length of time

"On the other hand, there are a few women who get more sleep than they really need, and as a result are always sort of stupid and indolent, taking no interest in their work or social life, but dragging out an existence that seems a burden to them, and all because they rest so long There are a great many women that the organs of digestion grow who are making a great success of defective from lack of proper care The writer has in and the absence of the right kind

Give All Foods Hot. The temperature of the body in the old is lower than in the middle course these women know their aged. This loss of heat is a symptom of lessened vitality. But when shrewd judging from a business it has been produced it works misstandpoint, and are exceptions in chief of itself. Keep up the warmth their line; but nevertheless they of the aged. Get a clinical therhave proven that some women can mometer and test the temperature make big money with hens. Now in the arm pit. If it is below ninetyif the girls on the farm would only seven degrees do all in your power see their way clear for them to take to raise the general body heat by up the poultry as their own there one and a half degrees, and to keep is no doubt whatever but what the it raised. Hot water bottles to the greater majority of them would find feet and warm blankets rolled round the body when in bed are of service. Don't weight the bed with clothes, but make it very warm. Give all foods hot. Warm milk is excellent. An old person needs direct sun heat Now, there was a certain girl, and while quite sheltered from the draft, she had three wooers. The first says an exchange on health. Keep wooer said she was the whole world old folks warm, and you have a good chance of keeping them alive Gentle massage is excellent for the aged. Always rub from extremities toward the trunk. A ball of warm flannel makes an excellent rubbing medium.



The new mohairs are beautiful, and come in plaids of all colors. Square sofa pillows in dark green plush, perfectly plain, are very at-

tractive decorations. Black kid false uppers to use for long gloves, fastened at the bottom

Small grandfather's clock in plain, eyes are conditions which at the bright silver and small square ones

> Dress suit cases with extension bellows sides, which, when not in use strap tightly into the case are convenient.

Not only laces but batiste and the batiste embroideries are dyed to match the frock material where one tone is desired.

A straw-colored hat in small round shape with little pink roses and pink satin ribbon bows at the back is a charming style for the blonde who looks pale in blue.

A necklace of a number of gold chains in which at intervals were hanging from which were pendants of pearls is the latest fashion.

The white petticoats to be found in the shops this season are so elabbuying them quite as much for wear with dainty matiness in their rooms Such a maiden has converted a as to wear beneath their dressy

When the skirt of light weight wool is finished with wide tucks, a satin ribbon a bit wider than the uck sewed underneath and showing selow adds to the decorative effect of the tuck causing it to set out somewhat and furnishing an effec-

tive border, pany the corselet skirt is a short and tucks agreeing with the skirt decoration. This ttyle of cape, while it has no sleeves, is semi-fitted at the back and front. The figure being thus somewhat defined, and has a belt that holds the back in place.

Ping at its worst, kills eight out

#### \*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\*\* Household Matters.

Paper Napkins.

A very exquisite housekeeper will put at each plate a damask napkin and a paper napkin. At this season of the year so many fruits make stains upon linen this seems an admirable idea. Children especially can be taught to use the paper napkins for wiving the tiny fingers, covered with peach juice or the like.

#### To Whiten Steps,

It is very often a difficulty to restore steps, which have become green. to their original whiteness, but a few applications of the following should prove perfectly efficacious: Wash the steps well with cold water, then, with a thick woolen cloth, rub in powdered "free sand," and leave them till quite dry, when the powder must be brushed off with a whatebone broom. If very bad, it is a good thing to shake a little common sait is with the "free sand,"

Rose Jar That Will Last. Gather the rose petals in the moreing; let them stand in a cool place for one hour to dry. Toss them lightly, then put them in a large covered dish in layers, sprinkle each layer freely with salt. Add to this several mornings, until you have enough stock. Shake up, or stir, every morning, and let the whole stand ten days after the last petals are added. Transfer to a glass fruit jar, in the bottom of which you have placed two ounces of whole alispice, crushed; two ounces stick cinnamon. broken coarsely Let stand six weeks, closely covered, when it is ready for the permanent jar. Add now one orris root bruised and ounce shredded, two ounces lavender flowers and a small quantity of any other sweet scented, dried leaves. Mix all together and put in the rose jar in alternate layers, with the rose stock and a few drops of oil of rose and pour over the whole a quarter of a pint of good cologne. This will last for years, though from time to time you may add a little lavender or orange flower water, or any nice perfume, and some seasons a few fresh rose petals.—The Housekeeper.

#### French Cooking Terms.

Aspic-Savory jelly for cold dishes. Au gratin-Dishes prepared with sauce, cheese and crumbs and baked. Bouchees-Very thin patties or cakes, as name indicates-mouthfuls.

Bisque-A white soup made of shell-Bouillon-a clear soup, stronger than

broth, yet not so strong as consomme, which is "reduced" soup. Braise-Meat cooked in a closely-

covered stew-pan, so that it retains its own flavor and those of the vegetable and flavorings put with it. Cannelon-Stuffed rolled-up meat. Consomme-Clear soup or bouillon

sumed. Croquettes-A savory mince of fish or fowl, made with sauce into shapes, and fried.

bolled down till very rich, i. e., con-

Croustades-Fried forms of bread to serve minces, or other meats upon. Entree-A small dish usually served

between the courses at dinner Fondue-A light preparation of melted cheese.

Hollandaise Sauce-A rich sauce, something like hot mayonuaise. Mayonnaise-A rich salad dressing Meringue-Sugar and white of egg

beaten to sauce. Miroton-Cold meat warmed in various ways, and dished in circular form. Purce-This name is given to very thick soups, the ingredients for thick ening which have been rubbed through

a sieve. Ragout-A rich, brown stew, with mushrooms, vegetables, etc. Piquante-A sauce of several flavors,

acid predominating. Remoulade-A saind dressing differing from mayonnaise in that the eggs are hard boiled and rubbed in a mortar

with mustard, herbs, etc. Sauter-To toss meat, etc., over the fire, in a little fat. Souffle-A very light, much whipped-

up pudding or omelette. Timbale-A sort of pie in a mould.

Vol au vents-Patties of very light puff paste, made without a dish or mold, and filled with meats or preserves, etc.



Strawberry Farina-Cream together the yolks of four eggs and onehalf cupful of sugar, add a teaspoonful of baking powder and a teaspoon ful of vanilla. Beat the whites and add to the mixture, alternating with one-half cupful of farina. Cover with whipped cream and sweetened straw-

Black Current Fool-Pick the currants off the stems, wash, drain and put in a stew pan with sugar to Stir and cook until the sugar is dissolved and the currants soft. Press through a fine hair sieve, return to the saucepan and cook until reduced to the consistency of thick cream. Leave on the ice until cold, turn into a glass dish and serve with whipped cream.

Maryland Chicken -- Got large spring chickens and put them in the oven until tender. Then make a rich batter, dip each piece in and drop into a deep kettle of hot fat till brown. Serve this with a rich cream sauce, with mashed potatoes browned in the oven, and pass baked egg plant. The very newest wrap to accom- For this halve the vegetable lengthwise- and salt, turning each piece cape trimmed with stitched bands down under a weight for an hour. Then remove all the pulp from the shell, crumb it up and mix with half as much bread crumbs; put a bit of onion in the frying pan with a large tablespoonful of butter and mix all together, and cook till tender and slightly brown. Refill the egg plant shells and heap we'l, and put in the oven till a light crust is formed. Serve on a platter with a spoon.

# Bopular Science

The sound of a bell which can be heard 45,000 feet through the water can be heard through the air only

The Chinese Government has ordered the immediate establishment of a department of mines in each of the seventeen provinces.

Pani J. Rainey, a wealthy New Yorker, is having a wireless system of telegraphy installed on his yacht, Anona, which will be the first American steam yacht thus equipped.

The pyromosa has just recently been discovered. It was found off Avalan Bay. It is about a foot long, with an opening at the end. It emits a faint glow until touched or frightened, whereupon it blazes out in a vivid blare of green light.

Butter with a fishy taste has aroused complaint in Australia. where investigation has shown that the flavor has no connection with fish, but is due to one or more of four micro-organisms. The rusty iron of cans was found to have a bad effect on milk and cream,

The newly patented electric cooking stove of Professor Elihu Thomp; son is heavily jacketed outside with n layer of asbestos, fire-clay or mineral wool, and is provided with a lid of the same character. Inside is placed a mass of refractory substance, within which is embedded a granular resistance material. Silicon is recommended as a resistance material, as it has a high specific resistance, and acquires a suitable temperature without fusing or oxidizing. The whole interior of the stove can be kept red bot, and it is anticipated that the running cost for cooking through the day will not be exces-

Curious figures are obtained by Dr. W. J. Russell when magnesia dust or other fine powder is sprinkled over a plate of glass, copper, ebonite, cardboard or other material, the plate being about twelve degrees C. warmer than the air. The best results are obtained when the dust gently settles over the plate during cooling. The figures vary with the shape of the plate, usually showing radiations from the angles, and they are affected also by any neighboring object, such as an upright pin at the edge of the plate, or a piece of glass over it. After a week or a formight the dust figures become so adherent that they can be brushed gently without injury.

Is the earth made up of three concentric spheres? A physicist says that such is the case. The solid nucleus he supposes to be between 3000 and 7000 miles in diameter and this is surrounded by a liquid substratum. outside of which is the crust, variousestimated at seventy to 200 miles in thickness. More than two centuries ago a similar theory, including the slow rotation of the inner solid sphere on a different axis from that of the entire globe, was held by Dr. Edmund Halley to account for the changes in the earth's magnetism. The axis of the nucleus was thought to have been originally that of the entire globe and to the change of its course was attributed the deluge. The earth's internal heat, it is now pointed out, may be accounted for by the friction of the differently rotating bodies.

The Uses of Oil.

Every person requires a certain amount of oil in his food in order to be healthy. Our ancestors lived to a large extent on olives, peanuts. chestnuts and other nuts containing oil. The present generation use too little oil in its diet. This can be taken in the shape of the pure expressed olive off, as an emulsified saled dressing, or by eating nuts, olives, etc. It may be a matter of choice how the system gets its oil, but a certain amount is essential to the enjoyment of good health. The good results of the habitual use of the above articles in the diet are soon shown, especially where persons are inclined to colicky indigestion and constipation.

Doctors will do well to instruct their patients to use pure olive oil in moderate doses, also as a dressing for various salads. Various kinds of nuts have a high dietetic value, because of the oil which they contain, and be used to advantage. When patients incline to consumption, pure cod liver oil ranks at the head of oily substances, but the lesser oils can also be taken inmoderation.

Nature furnishes us many cures for the successful treatment of diseases, if we will but study her meth ods instead of following fads. The result will be greater progress in building up-resistance and immunity to disease.

Fate's Vagaries.

Kubelik, the noted violinist, was once playing by request before some inmates of an insane asylum, the superintendent of which believed that music was a fine medicine for unbalanced minds. He played a brilliant Slav composition, thinking that was surely of the cheerful character wanted. As he finished a very pretty young woman arose and beckoned to him. He thought, artist like, that she wanted an encore, and go said to the doctor: "Ask her what she desires?" He rose to his feet and was about to question her, when she exclaimed: "To think of the likes of me being in here and he being at large in the world!" -- Argouzut.

No Setting For Jewels. Pointing to her sons, Cornelia had just exclaimed, "These are my jew-

"Then," replied the heartless janftor, "you'll have to keep them in the safe. As children they ain't al-lowed in this apartment house."--Harper's Bazar.

HERITAGE OF CIVIL WAR.

Thousands of Soldiers Contracted Chronic Kidney Trouble.

The experience of Capt. John L. Ely, of Co. E. 17th Ohlo, now living at 500 East Second street, Newton, Kansas, will interest the thou-

sunds of veterans who came back from the Civil War suffering tortures with kidney complaint. Capt. Elysnys: "I contracted kidney troubleduring the Civil War, and the occasional attacks finally devel-

oped into a chronic case. At one time I had to use a crutch and cane to get about. back was lame and weak, and be sides the aching, there was a distressing retention of the kidney secretions. I was in a bad way when I began using Doan's Kidney Pills in 1901, but the remedy cured me, and I have been well ever since."

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

ETHER AS A FERTILIZER.

A rage for experimentation that seems hardly scientific, since there is often no theory which the experimenter seeks to prove, is producing results all the more emarkable because unexpected. would have thought of etherizing plant a few years ago? Yet the plant is start accomplishes by slow process of selec-tion is accomplished by ether in a few days. Flowers are made to bad and open before others in uneiterized pots make their appearance; rhubarb is mor-than doubled in size and weight an-is ready for pie several days before th-indoed plant; lilaes are in bloom of days earlier for their dose of eth and various plants intended for Chri mas and Easter decoration can brought to their best by this process 'doping." Indeed, there seems to be a reason why the owners of extensi able to keep the market suppliwith whatever the public needs at all seasons of the year. Etherized strawberries, melons, corn and turnips would seem to be possible in midwinter. All, if we could only etherize some of our railroad plants and gas plants, as we duall etherize our potato plants, what gladuess !-- Brooklyn Eagle.

THE PRIZE.

"Ready for that stroll on the heach, Miss Summergiri?" asked the young "Miss Flirthy is-er-going to accoun-

pany you," answered the young lady,
"My engagement was with you,"
"I know," was the disconsolate response, "but she won you tast evening at bridge,"-Louisville Courier Journal.

# DOCTOR CURED OF ECZEMA.

Maryland Physician Cures Himself-Dr. Fisher Says: "Cuticura Remedies

Possess True Merit." "My face was afflicted with eczema in the year 1897. I used the Cuticura Remedies and was entirely cured. I am a practicing physician, and very often prescribe Cuticura Resolvent and Cuticura Soap in cases of eczema, and they have cured where other formulas have failed. I an not in the habit of endorsing patent medicines, but when I find remedies possessing true merit, such as the Cuticura Remedies do, I am broad-minded enough to pro-claim their virtues to the world. I have been practicing medicine for sixteen years and must say I find your Remedies A No. You as at liberty to publish this let-ter. G. M. Fisher, M. D., Big Pool, Md., May 24, 1905."

HONEST AUTIONEER

Lawyer-My wife bought this rug in ny office at an ametica sile Client-Slie paid a big price for Lawver-How do you knew?

Client-I sold it to her.-Detroit Free

FITS, St. Vitus Dance: Nervous Diseases per-manently cared by Dr. Kline's Great Nerve Restorer. \$2 trial bottle and treatise free. Dr. H. R. Kline, Ld., 931 Arch St., Phila., Pa. A prayer that is long-drawn-out it ipt to be rather narroy

Mrs. Winslow's Soothing Syrup for Children teething, softens theguns, reduces inflamma-tion, allays pain, cures wind colic, 25c a bottle Misers get more out of the world than they put in it.

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the only successful Dropsy Specialists in the world. See their liberal offer in advertise-ment in another column of this paper. Senator Nixon, of Nevada, was once telegraph operator.

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"No wonder she is discontented."

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YOU CANNOT

nasal catarrh, uterine catarrh caused by feminine ills, sore throat, sore mouth or inflamed eyes by simply losing the stomach.

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produced. Thousands of women testify to this fact. 50 cents at druggists. Send for Free Trial Box

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