

COULD NOT KEEP UP.

Broken Down, Like Many Another, With Kidney Troubles.

Mrs. A. Taylor, of Wharton, N. J., says: "I had kidney trouble in its most painful and severe form, and the torture I went through now seems to have been almost unbearable. I had backache, pains in the side and loins, dizzy spells and hot, feverish headaches. There were bearing-down pains, and the kidney secretions passed too frequently, and with a burning sensation. They showed sediment. I became discouraged, weak, languid and depressed, so sick and weak that I could not keep up. As doctors did not cure me I decided to try Doan's Kidney Pills, and with such success that my troubles were all gone after using eight boxes, and my strength, ambition and general health is fine."

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

TIN FOIL'S INVENTION.

The foil, or silver paper, which is used for wrapping cigars, chocolates, cakes of soap, etc., owes its origin to the telephone, to America. A New York man, over 50 years ago, gave a good deal of time to an unsuccessful attempt to cover iron bolts with copper. Such bolts would have taken the place of the costly ones of pure copper. The man, though, could not make them.

But in the beating out of the copper he hit on the idea of beating out tin. He beat it out between sheets of lead, and the beautiful, flexible silver paper that he obtained achieved an instant popularity.

BABY TALK BAD.

"If parents would begin to speak English to a child as soon as he can talk, instead of some absurd 'baby talk' lingo, the work of a primary school teacher would be lightened by half," said one of them recently.

"Half the children who start going to school don't understand what you are saying to them, and it adds to their terror in their strange surroundings and to the work of their instructors. One little boy whom I have just transferred impressed me at first appearance here as one of the dullest children I had ever encountered. I soon found what the trouble was. The boy was the only child of a widow, who made him her constant companion, and never spoke a word to him that was intelligible to anyone else. All food was known to him as 'dobby,' chairs as 'bakkey,' and money as 'kip.'"

SEEDLESS APPLES.

Rumors of the existence of a seedless apple have raised the hopes of the lovers of the king of fruit for several seasons past, and the famous orchard at Grand Junction, Col., which, it is expected, will revolutionize the apple industry, as the famous seedless orange cutting from Bahia has revolutionized the citrus industry, is now well established and in full bearing, so that unless some catastrophe overtakes it the Spencer seedless apple promises to become a national byword.

The American Agriculturalist vouches for the fact that the orchard now contains about 50 trees, ranging from 6 to 14 years. While the variety is not absolutely free from seeds, it is practically so, and there is only a semblance of a core. It is quite fortunate that the Spencer seedless is of very good quality and flavor, of large size and an excellent keeper, in this respect being equal to the Baldwin.

ORIGIN OF "BLACK MARIA."

"Black Maria" is a familiar term, with an origin more or less mysterious. It has been suggested that "Maria" really represents the old word "marinated," which meant transported, or "married," a slang expression formerly applied to persons chained or handcuffed together on the way to jail. But more attractive is the story that in the old colonial days a gigantic and brawny negro kept a sailors' boarding-house at Boston and frequently lent some strength to the cause of law and order. Once she took three sailors to the lockup unassisted. "Send for Black Maria," it is said, became a regular way of hinting that a man ought to be jailed.

SALLOW FACES.

Often Caused by Coffee Drinking.

How many persons realize that coffee so disturbs digestion that it produces a muddy, yellow complexion? A ten days' trial of Postum Food Coffee has proven a means, in thousands of cases, of clearing up bad complexions.

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

"We didn't realize that coffee was the cause of the trouble until one day we 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 it we all felt sure we would be sick if we missed our strong coffee, but we were forced to try Postum and were surprised to find it delicious."

"We read the statements on the pkg. got more and in a month and a half you wouldn't have known us. We were all able to digest our food without any trouble, each one's skin became clear, tongues cleaned off and nerves in fine condition. We never use anything now but Postum. There is nothing like it." Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville." "There's a reason."

Woman's Realm

Force of Habit. Entertaining is not only a "habit," but has become "second nature." Nothing will cure us of it—not even the determined efforts of unmanly guests.—Lady Pictorial.

Duty of "Making-Up." A reasonable amount of vanity is a virtue, not a fault. Some people seem to think that they owe nothing to society, and if nature has not gifted them richly with good looks, give it up, and do nothing to supply the deficiency.

Women Who Hunt. The number of hunting ladies is each season increasing. This may be because of the fact that while the boys of country families are away at school the girls are galloping about on ponies with the one desire of ere long riding to hounds. Boys become knights of the gun instead.—Madame.

Poison in the Rouge. Dr. Millan, at a recent congress, said the adulteration of cosmetics was a serious matter. Rouge, for example, was harmless, if it was colored with carmine, but carmine was expensive, and cheap substitutes were commonly employed, often with disastrous results.—From the British Medical Journal.

Vanished Milkmaids. From many parts of the country it is reported that there is great and increasing difficulty in getting farm hands who can, or will, milk the cows, and the problem of mechanical milking will have to be faced as a much more serious affair in the future than it has been in the past.—Creamery Journal.

Practical Suggestions. Is a lace gown lacking and a silk one hopeless? Combine the two, taking as a model one of the Paris creations shown at the best shops, that one cannot tell how to characterize whether as a lace dress silk trimmed or a silk dress lace trimmed. Anything is possible to clever adapters this season, but be sure the work is done neatly and that it shows none of the clumsiness that we associate with the term "home made."

A Menu Suggester. A California housekeeper has adopted a novel idea she calls a "menu suggester." It consists of several sheets of cardboard tied loosely together. Each card is devoted to a certain class of food. No. 1 contains a list of the family's favorite soups, each name written by the number of the recipe in the cookery book where the recipe is to be found. She says this save her a great deal of time and worry hitherto caused in hunting up a recipe, and as it is easy to tell at a glance what is generally liked in all kinds of dishes it adds a great deal of variety to the meals.

The Cure For Scandal. It is told of Hannah More that she had a good way of managing tale-bearers. It is said that whenever she was told anything derogatory of another her invariable reply was: "Come, we will go and ask if this be true." The effect was sometimes ludicrously painful. The talebearer was taken back, stammered out a qualification, or else begged that no notice might be taken of the statement. But the good lady was inexorable. Off she took the scandal-monger to the scandalized to make inquiry and compare accounts. It is not likely that anybody ever a second time ventured to repeat a gossip story to Hannah More, says Modern Women. One would think her method for treatment would be a sure cure for scandal.

An Avaricious Woman. The modern woman is often accused of extravagance, but when accused of extravagance of over-liberality in every-day life it is as well to remember that her over-carefulness in money becomes just as reprehensible as over-extravagance.

A woman who carried love of money to an incredible extreme was Lady Margaret Jardine, sister of the first Duke of Queensbury. Although her husband was a rich man, Lady Margaret would actually carry foot passengers across the Little River Annan for a half-penny, and when there was a fair or market day she would sit on the banks of the stream all day long waiting for customers, says Home Notes.

She usually wore rags to save her clothes, but on the rare occasions when she visited anywhere she packed up a few decent garments which she slipped on before entering the house, exchanging them for her dirty ones when leaving.

On Dressing Little Boys. When the three-year-old child dons his infant skirts he dons a Russian-bouise suit. This consists of bloomer trousers, full in the seat and leg and gathered into a band below the knee, and a blouse made in one piece, long enough to reach from the neck to just above the knee, pleated, and belted at the waist. Sometimes the belt is of leather, sometimes of the same material as the suit. It never fastens in tightness, but droops to a point in front in the mode made familiar a couple of years ago by the extremists in the straight-front, long-waisted effects.

Although the general style of these suits is practically the same, the materials as well as the minor details leave room for variety. The suits

for dressy wear are usually white pique or duck—all white and trimmed occasionally with narrow bands of blue or red, or adorned with buttons. I speak of "trimming" and "adorning," but nothing must be allowed to detract from the severity of the style. Any garniture is in the shape of simple platings of the color preferred, and buttons are big pearl affairs that will stand a visit to the wash tub.—Harper's Bazaar.

One's Serene Little World. A woman I know is counted poor among her friends. She has little or no money, no health, much love, one sunny window, and a plant or two. Each one with whom she began life has grown rich, occupying great and important places, outstripping her like a gay procession that sweeps by one who has fallen discomfited by the wayside. Sometimes the woman has compared her lot and rebelled, as she herself has told me. She, too, has cried out for the meaning of it all, the secret of her own failure and their success. "Why, why, why?" she has moaned in despair. "What ought I to do, how ought I to have done?" The other day she came to see me. I saw a new light in her eyes, and saw that she had found strength.

"What is it?" I asked.

"Only this," she answered. "I've studied into it all and thought. Their world is not my world, nor my world theirs, and I can do nothing to change it. One thing, though, I can do. Small as it is, I can make my little world serene."—Lillie Hamilton French, in Harper's Bazaar.

For Proper Young Widows. A young widow, who if not herself sitting up and taking notice, yet fears that she may be the cynosure of critical eyes, sends the following appeal to Vogue.

"Please give advice for mourning for a young widow. What is the correct hat and veil? Are elbow sleeves good? What collar and cuffs are worn? What materials and trimmings? Give model for a traveling coat."

Here are the latest rules Vogue gives for the guidance of young widows desiring to mourn properly:

If you observe the strictest standards you should wear a crape bonnet and veil in town and a crape hat with crape or chiffon face veil in the country. There is only one correct way of draping a widow's veil. We do not care for any of the fancy drapings which are sometimes seen. These are not good taste.

Elbow sleeves are not good taste in deep mourning, as they make too much of an attempt at dressiness. Collars and cuffs of sheer white organdy are worn by widows. These have a deep hem and measure three inches or so in width. For materials use nun's veiling, Henrietta cloth, crepe de chine, chiffon, dull velvings or taffetas.

Lace and embroidery are not correct trimmings, but you can use dull-finished ribbon, net, footings and hem-stitched ruffles. All white can be worn for summer, as it is as deep mourning as all black for country wear. All your gowns should be simply made. For your coat use dull-finished pongee, with trimmings of stitched taffeta.

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