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WOMAN'S REALM

Shampooing Children's Hair. Once a month is considered often enough for shampooing a child's hair...

To Produce Sleep. A sudden and startling awakening in the night, apparently due to no particular cause...

Her Costume. The Toledo Blade tells this story: She was a plump figure and was dressed extremely décolleté...

Notes on Headwear. A wonderful use of buckles has been revived for hats—buckles plain or fancy...

Feminine Authors "Best Sellers." Merely as a matter of statistics, without attempts to draw any deductions...

A Chance For the Girls. There are a great many women who are making a great success of poultry raising...

Wise Girl. Now, there was a certain girl, and she had three wooers. The first wooer said she was the whole world to him...

Have You a Back Porch? When a girl with the artistic sense and a little money becomes possessor of a back porch...

Such a maiden has converted a plain porch about six feet wide and ten long into a delightful little bower...

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

She has a sofa, a great box affair, covered with Turkey red calico, with cushions by the dozen. Frames for prints were made out of birch bark...

Three rustic chairs are fitted into nooks against the railing and a few Japanese parasols hang from the ceiling. It is an ideal place to watch the moon, talk nonsense, imbibe cool drinks...

Nervous Women Need More Sleep. How long a woman should sleep each night depends upon the kind of work she does, and upon tempera-

and sleep are required than for one of a phlegmatic nature, according to a physician who has specialized along these lines.

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

"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...

Give All Foods Hot. The temperature of the body in the old is lower than in the middle aged. This loss of heat is a symptom of lessened vitality...

Another illustration: When Peter said to Jesus, "Lord, what shall I do?" the Lord replied: "What is that to thee? Follow thou Me."

Small grandfather's clock in plain, bright silver and small square ones in the same ware are pretty ornaments.

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 round gold rings with tiny gold roses, hanging from which were pendants of pearls is the latest fashion.

The white petticoats to be found in the shops this season are so elaborate and pretty that ladies are buying them quite as much for wear with dainty matinees in their rooms as to wear beneath their dressy gowns.

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

The very newest wrap to accompany the corselet skirt is a short cape trimmed with stitched bands and tucks agreeing with the skirt decoration. This style 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.

THE PULPIT.

AN ELOQUENT SUNDAY SERMON BY DR. R. A. TORREY.

Subject: Resurrection a Fact.

New York City.—The Rev. Reuben A. Torrey, D.D., the celebrated evangelist, preached Sunday morning in the Fifth Avenue Presbyterian Church. There was a large congregation, consisting almost entirely of strangers...

Last Sunday morning we said that the resurrection of Jesus was the most important event in history, and we said that if it could be proved to be a historic fact that everything essential to Christianity was proved...

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and the grave in the supreme moment of the world's history, there was no hurry, no haste, no excitement, but that, with the same majestic composure, the same divine sublimity, the same majestic calm that marked Him in the storm on the Sea of Galilee, He rises from the grave...

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SABBATH SCHOOL LESSON

INTERNATIONAL LESSON COMMENTS FOR AUGUST 26.

Subject: The Rich Young Ruler, Mark x., 17-31—Golden Text, Matt. xvi., 24—Topic: Great Facts Connected With Salvation.

I. Jesus and the ruler (vs. 17-22). 17. "Was gone forth." From the house where He had blessed the children (vs. 13-16). He now starts again on His journey to Jerusalem. "Came one running." From this and parallel accounts we learn that this man was, (1) young, (2) rich, (3) a ruler—probably of a synagogue and possibly a member of the Sanhedrin...

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CHRISTIAN ENDEAVOR NOTES

AUGUST TWENTY-SIXTH.

Topic—Home Missions Among Our Island Possessions. Isa. 2: 1-12

If God, who sees all possibilities, and how far we fall short of them, is never discouraged, why should we be discouraged ever? The first thing all our island possessions have required of our Christian civilization is law, for law is the foundation of all comfort, beauty, and joy in life.

The various missionary societies at work in the Philippines have divided the territory among them, so that there may be no clash and no duplication of effort, and the natives may not be confused by diverse doctrines.

The population of Guam is about 10,000. The Congregational missionaries have organized a church among the natives, and a Christian Endeavor society.

Our Island Possessions. While the 30 Roman Catholic churches of Manila were celebrating Good Friday night with gorgeous ceremonies, 800 eager listeners were filling a mission church.

Worldliness. Alternate Topic: The Snare of Worldliness. John 14: 27; 15: 18, 19; 16: 33; Matt. 6: 19-34.

EPWORTH LEAGUE LESSONS

SUNDAY, AUGUST 26.

Filling the House of God.—Luke 14: 15-24. The Topic. This is the great practical question for everyone who hopes to see the kingdom of God established fully in the earth: How shall we fill the Lord's house? That is, how shall we multiply the number of members of the church? Not merely get people to "join the church," for there may be very little value in that, and perhaps real harm sometimes.

Jesus did not deceive his apostles, trying to make them content with their vocation by minimizing its difficulties and dangers. He told them that the world would do its best to destroy the good seed they might sow. The world's thorns, stones, cares, riches and pleasures are in a conspiracy against success. Indeed, the "world" is a mass of depravities, errors, immoralities and false doctrines. For it the follower of Jesus can have no approving love, however much he may love its welfare. And, besides, God is very much grieved with the world of sinners, and expresses himself as being angry, and that he will laugh and mock in the day of the sinners' calamity.

Drinking a Farm. My homeless friend, with the chromatic nose, while you are stirring up the sugar in a ten-cent glass of gin, let me give you a fact to wash down with it. You say you have longed for years for the free, independent life of the farmer, but have never been able to get enough of money together to buy a farm. But this is just where you are mistaken. For several years you have been drinking a good improved farm at the rate of 100 square feet at a gulp. If you doubt this statement figure it out yourself.

An acre of land contains 43,560 square feet. Estimating, for convenience, the land at \$43.56 per acre, you will see that it brings the land to just one mill per square foot. Now pour down the fiery dose and imagine that you are swallowing a strawberry patch. Call in five of your friends and have them help you gulp down that 500 foot garden. Get on a prolonged spree some day and see how long a time it requires to swallow a pasture large enough to feed a cow. Put down that glass of gin, there's dirt in it, 100 feet of good, rich dirt, worth \$43.56 per acre.—Robert J. Burdett.

Women to Vote. One of the bills that the Ohio Legislature will be urged to enact into a law will accord to women the right to vote at local option elections. It is a most righteous demand, and should succeed by all means. The saloons are the most defiant and woe-bringing enemy of women and children in the world.

Sunday closing in Minneapolis, the Mayor estimates, will save to the inhabitants \$250,000 a year, though it may lose to the city \$100,000.