

WOMAN'S REALMS

Returned From the Arctic.

Mrs. Emma Barry, of San Francisco, returned from a trip to the Arctic Circle, during which, it is asserted, she went further north than any other white woman. She accompanied her husband prospecting for gold, and after she lays in certain supplies she will rejoin him in Alaska.

A Filipino Winner.

Miss Olivia Salamanca, a Filipino girl of Cavite, P. I., won the Agnes R. Robinson-Mesner prize for anatomy at the Philadelphia Women's Medical College. The prize is awarded in competitive examinations to students in the second year. Another member of the class is Miss Ethel Das, who comes from Rangoon, a little town in the foothills of the Himalayas, near Lahore. Both will return to their native countries to practice medicine.—Chicago Daily News.

How to Get Thin.

When one has just begun to acquire surplus flesh complete abstinence from sweets and starches, a moderate amount of food at all times, and daily exercise either indoors or out, will effect a cure. The effort, however, must be persistent, and the watchfulness must continue even after the desired weight has been reached. Spasmodic efforts either at diet or exercise will be absolutely without lasting results. When one's weight has crept far beyond the normal amount the restraint in diet must be more strenuous and the exercise more violent.—Harper's Bazar.

Corn Muffins.

One cup of flour, four teaspoons of baking powder, two cups of cornmeal, three-fourths of a cup of sugar, half a teaspoon of salt, one egg, two cups of milk or one cup of milk and one cup of water, two tablespoons of butter (melted). Mix the cornmeal, sugar and salt. Mix the baking powder with the flour and add to the cornmeal. Beat the egg and add it to the milk. Add the butter. Bake in a hot oven about twenty minutes. This rule may be used also for cornbread.

The Waist Line of 1909.

"Most of the gowns bear a general resemblance to the late winter models. The novelties lie in the odd, the queer trimming schemes, and in a few really pretty new materials. There is talk of the restoration of the 'normal waist line,'" says the fashion editor of Harper's Bazar, speaking with her usual authority, "and I have seen two or three linen models which lend a slight support to a belief in it; but belated converts to the higher one are showing a great liking for it, so much so that the high waist line fashion, for the many at least, will surely be carried along for several months, possibly until the first autumn designs begin to appear."

Teaching Daughter.

Every reasonable and wise mother knows that it is never too early to teach her little daughter to sew. Of course, if, in her efforts at being a seamstress, she is likely to ruin her own clothes, then let her begin on the tiny garments of her doll. She will easily form the habit of mending torn places in dolly's clothes and replacing absent buttons. With this experience it will not be long before she will begin to take an interest in her own clothes, and so will not need to be warned that a button is coming off or that the hem of her skirt is coming out. But, of course, she could not begin to sew by patching her own clothes nor by mending intricate tears. First see that she sews on buttons correctly, and then let her do some basting. In time she will learn to hem, and very soon the wise mother will have at hand a helpful little seamstress who will take many cares from her over-burdened shoulders.—New Haven Register.

Hats Like Flower Pots.

Restaurants of the fashionable hotels at tea time nowadays seem veritable flower gardens, for the sudden mildness of the weather has caused an outburst of spring hats of all lines and descriptions. Perhaps it would be nearer the truth to say the hostesses resemble large green houses of potted plants, the majority of the hats worn certainly being of an inverted flower pot shape. Flowers for millinery trimming seem to be the key-note of up-to-date fashions, as practically every feminine head is buried in bright blossoms mixed with dull green leaves. One unusually effective hat seen in a Fifth Avenue tea place recently had a large round crown entirely covered with small pink moss rosebuds embedded in soft moss. Another was composed of green English ivy with clusters of tiny berries, while a third was built with variegated pansies laid over delicate lavender chiffon. One or two old-fashioned poke bonnets also were in evidence, and in their favor be it said they are more than becoming, always presenting an attractive frame for a fresh young face. The velvet ribbon ends, tied loosely beneath the chin, give a charming finish to the whole picture. A male observer, gazing curiously on the latest millinery effects, was heard to remark he "supposed all the women were covering their heads with mansard roof gables

The "Man Overboard" Signal.

Dramatic incidents of the great cruise, which has just come to the full stop in Hampton Roads, are beginning to be told at the banquet-board and in the magazines and newspapers. It will be remembered that several times during the cruise the newspapers reported a "man overboard" accident, but did not stop to dwell on the details. Just what it means to stop sixteen battleships to search for one lone seaman overboard, just how the information is spread from ship to ship, and the marvelous naval discipline which works like clockwork in the emergency, is described by Richard Barry in the Cosmopolitan. As he tells it:

One night, shortly after the deck-officers had gone on duty for the mid-watch, the four white ardois lanterns at the masthead of the Missouri were turned on. They fluttered for about half a minute. Then, with three rapid pulsations of the red light at the top, the signal went out and left the feet riding at before, like a trail of titan's phosphors through the tropic seas. "Z" it was; and "Z" means that a man is overboard. Instantly on sixteen bridges was sounded the cry "Man overboard!" and from sixteen annunciators "Slow speed" was rung to the engine-rooms. The Ohio, which was just ahead, and the Maine, which was just astern, flashed their searchlights on the waters about the troubled ship. From the quarterdeck and from the fore-castle of the Missouri copper life-buoys were hurled into the sea; these bore cans of calcium chloride which burst into flame as they touched the water—beacons for the lost sailor. There was a patter of bare feet on the superstructure of the Missouri, three or four sharp orders, a jangling of tackle, and the life-boat, which hangs ever ready on davits, swung clear of the ship's side, slipped into the water, and was rowed swiftly into the ever-widening white circle made by the neighboring men-of-war. In the stern-sheets of each life-boat are always provisions for two or three men, and a cask of fresh water, for frequently in a storm the big ship loses the little one for many hours, and it is always a question with the officer of the deck whether or not he should order away the boat.

At the same time a similar boat from the Kentucky, the eighth ship in the line, had cast off. These two boats, each manned by six ors and a coxswain, rapidly came together into the region of the life-buoys, which could be seen like stars jeweling the dusky sea. The Missouri and the four ships in her rear had veered out of column. Presently the three ships ahead veered, as well as the eight steaming a mile away on the starboard beam. For one man out of fifteen thousand the whole fleet was stopping. It seemed unfair; some strain of mercy, foreign to the storied business of war, was halting this world-tour.

Meanwhile, from all that two-mile square expanse of quiet sea cluttered with the speckle of searchlights, wonder on apprehension, apprehension on curiosity, and curiosity on laughter. Now ensued the quickest job an officer of the deck has to face. When a man falls overboard that officer has seven separate and distinct things to do, all at the same time; seven, count them.

(1) He flashes "Z" on the ardois; (2) he throws his helm three points and veers out of column; (3) he stops his engines; (4) he fires a gun; (5) he drops the life-buoys; (6) he orders away the anchor; (7) he shifts the anchor light, which has previously announced his peaceful progress at standard speed, to red light, which says he has stopped his engines, and then blinks it, which declares feverishly that he is backing.

From all over the fleet things were doing. Three-pounders were barking out rusty salute charges. Ardois Z's were caroling lusty staccato shrieks. The creamy surge that had been curving sea-shavings over direct bows now churned under the propellers, and flipped up foam into the searchlights. The entire first squadron, except the Connecticut, from the Kansas down the line, had come to a stop. Finally, the Connecticut, too, slowed her engines and gave to the captain came from his bunk, climbed to the bridge, and asked many questions that nobody could answer. The admiral was roused from his emergency-cabin and hurried out, lacking a coat and in slippers, but not before he had paused to lift a stogy from a drawer, had viciously bit off the end and thrust it into his mouth. Then he went about, from flag-lieutenant to yeoman, from yeoman to signalman, asking nothing about the accident, imploring only for a light. And between each irrelevant question he looked at over the rail of his bridge upon a rare sight. * * *

There was no temper lost. Everyone waited patiently. The life-saving machinery was at work, as provided in the regulations. There was no need to worry; the incident would take care of itself. We lay there becalmed, fumbling in the tepid dark. The searchlights played their stark wonder over the dancing nightcaps where the silly wares tried to hide their loquacious heads. Each described its twenty-degree arc of the circle and then began over again. The life-boats wandered aimlessly. The coxswains blew their whistles. The copper buoys were gathered in. No answer, no sign of life. The hope of a nation sat down on its course; the modern armada

waited. But we were obeying the law.

Finally the Connecticut grew petulant; she began flashing her interrogator. And the Minnesota became peevish; she blinked and sputtered with the ardois. The commander-in-chief must have been on the bridge; the other admirals, in their isolated grandeur, must have been aboard. When one of them talks it is not with human kind; he chatters with the elements, and gossips by electricity.

At length the Missouri's ardois came to life. It began winking and blinking that red-and-white, dot, dash, dot, dot, dash, dash, dot, dash; pulsating winking, still flashing on, a long, long message. A guffaw floated up from the deck. Some Jack who knew the code had caught the message. Whispering, chattering, laughing; a ripple of merriment went over the ship. Then the searchlights were shamefacedly doused. We heard the angry slap of the davit belt over the Missouri's side. They were buckling up the boat, and there was unmistakable disgust in that slap.

From the Kentucky, far down the line, came only blank and discreet silence; she was accepting her shame quietly. Then an orderly brought a transcript of the Missouri's message to the admiral.

"Happy to report," he read, and shrugged his shoulders. There is seldom editorial comment in the report of a junior officer. "Happy to report false alarm. Seaman sleeping in side hammock had nightmare and called out, 'Man overboard!'"

No, the Missouri was not reprimanded. The admiral and his captains only laughed and turned in.—Littell's Digest.

A BLUNDERING BEGGAR.

The Flaw in His Story Pointed Out to Him by the Critical Mr. Philhilly.

"Every man to his trade," said Mr. Philhilly. "It isn't for the carpenter to show the mason how to lay brick, nor for the paperhanger to show the blacksmith how to shoe horses; let the shoemaker stick to his last; and yet it might easily be that any of us could give to men of quite different callings pointers that would be valuable to them."

"For illustration, I might not be able to beg, but I could and did give yesterday to a beggar a helpful hint. He hadn't had anything to eat for four days, he said, and would I please give him a nickel. Sad his mien was, and shabby his apparel, and his manner was dejected and mournful; a beggar artistic and capable; but he had overlooked one small detail; there was wanted on his words as he told his tale, the scent of that odorous vegetable, the onion.

"Now, you know, this is a scent that remains with us commonly not more than thirty-six hours, and never more than two days; and he had said he hadn't had anything to eat for four, and I pointed out to him as gently as I could this flaw in his story, and he willingly corrected it; he said he hadn't meant four days, he meant two, but he said he didn't get half enough then."

"So I gave him the desired nickel; but I gave him my hint to heart, the significance of it being that a man out begging on the hungry lay should never eat onions.

"It is in so many ways and of many things, a man may easily find faults in things that he could not himself produce. You remember the familiar story of the tailor and the sculptor? The tailor couldn't sculpt at all; but he could point out to the sculptor the error in the number of buttons on the sculptured coat. I couldn't beg, but I could point to the beggar that trivial and yet in effect important oversight.

"Every man to his trade, but if we can't all be creators of all things we can all be critics in a way."—New York Sun.

Fortifying an Extinct Volcano.

The United States Army is fortifying the city of Honolulu, Hawaii, and the extinct crater of the great Diamond Head volcano is the centre of the operations. This crater lies to the east of the city, and its bowl, some twenty acres in area, is enclosed by abrupt cliffs from fifty to two hundred feet in height. Through this rim of cliffs, on the side farthest from the ocean, our army engineers are boring two large tunnels which lead from the great twelve-inch mortar batteries on the outer slope to the great cavity within the old volcano. Inside the mountain will be constructed ammunition magazines which should be exceptionally secure from chance of explosion. Erosion has deposited a layer of about six feet of earth over the floor of the crater, while a small lake forms at one side during the greater part of the year. Probably barracks for troops will be built in this enclosure, and a garden to furnish an adequate supply of vegetables for the soldiers might easily be planted in the fertile soil.

The strength of this novel scheme of fortifications may be recognized when we realize that the Diamond Head stands between the batteries and the sea, and would render effective battleship fire in an attack almost impossible. Since the mortars simply drop their shells upon the object of attack, the necessity of firing over the mountain does not interfere in the slightest with their accuracy. Electric indicators situated at some suitable point of observation will direct the aiming of the mortars.—Harper's Weekly.

The wire hairpin was first made in 1545, in England. Prior to that wooden skewers were used.

The Sunday-School

INTERNATIONAL LESSON COMMITTEES FOR MAY 2.

Subject: Paul's First Missionary Journey—Cyprus, Acts 13:1-12—Golden Text, Mark 16:15—Commit Verses 2, 3—Comments.

TIME.—45 A. D. PLACE.—Antioch, Salamis, Paphos. EXPOSITION.—I. Barnabas and Saul called by the Holy Spirit, set apart by men, sent forth by men and by the Holy Spirit, 1-4. The church at Antioch had five "prophets and teachers" worthy of mention by name. This early Gentile church became a fountain of light and life to many other places. The Holy Ghost spoke to them "as they ministered to the Lord and fasted." If we would spend more time and strength in ministering to the Lord and in fasting, we would have more frequent and clearer leadings of the Spirit. A Spirit-filled mind rarely accompanies an over-filled stomach. Greater simplicity in our living would be conducive to a clearer perception of the mind of God. It is not said how the Spirit spoke, whether in an audible voice, or in the inner recesses of the heart, but He spoke in an unmistakable way. It was no vague, uncertain impulse such as men sometimes call "the voice of the Spirit." He is ready to speak to-day, if we will supply the proper conditions and listen. It was the Holy Spirit's work to call; it was man's work to recognize the call, and set the called apart for the work. Those who ignore ordination by man are as unscriptural as those who ignore a call by God. But it was "for the work whereunto" the Spirit called that they were to be set apart. Too often we set men apart for a work whereunto the Spirit never called them. Spirit called men are a great need of our day. We have far too many men whom men have called; or, worse yet, who have called themselves. Every step in that early church was taken in prayer. It was prayer to which men gave themselves so heartily that they withdrew themselves even from their necessary sleep to pursue it (v. 3). The promptness with which this church obeyed the Spirit's command is worthy of note. He had demanded the best and they gave them up without a murmur. They would have liked to have kept Barnabas and Saul, but the Spirit called them elsewhere, and "they sent them away." But, while they sent them back of it all they were really "sent forth by the Holy Ghost." Wonderfully suggestive and inspiring words these. With what confidence a man can go forth when the Spirit confidently affirms, "I have been sent on the errand by the Holy Ghost!" He may not know just where he is going, or just what he is to do, or just what awaits him. No directions seem to have been given as to where they were to go; so they made straight for the nearest port and thence for the old home of Barnabas (ch. 4:36).

II. Triumph of Saul, filled with the Spirit, over Elymas, Full of all Guile and all Villany, 5-12. They were sent to their cut-throat, where he preached the word of God. "Many a man has been sent forth by the Holy Ghost who has afterward forgotten what he was sent to preach; and so a mission that was divine in its origin has come to nothing in its execution. If there was ever a day in which their example needed imitation, it is today, when men are preaching anything and everything but "the word of God" (comp. 1 Thess. 2:13; 2 Tim. 4:2). Opponents of the gospel, who make great pretensions and do amazing things, are not at all new. One need not be frightened because men who make astonishing claims, and who display extraordinary gifts, arise to lead men astray. It was so in the first days of the church's history, and yet the church went right on, in face of this apparently dangerous opposition. The "theosophists" and "Christian Scientists" of to-day are no more dangerous than the Simons and Elymas of early days. Spirit-filled men were needed to oppose and confound them then, and Spirit-filled men are needed to oppose and confound them now. The proconsul, Sergius Paulus, gave good proof that he was indeed "a man of understanding;" "he called unto him Barnabas and Saul, and sought to hear the word of God."

"A man of understanding;" "he called unto him Barnabas and Saul, and sought to hear the word of God." "If he is not desirous 'to hear the word of God,' Elymas did not give up without a fight. The devil never does (2 Tim. 3:3). His chief business is turning men aside from the faith (v. 8; cf. Cor. 4:3, 4; Luke 8:12). But the opposition of Elymas for all his marvelous powers were vain, for he had run up against a Spirit-filled man. Paul had been filled with the Holy Spirit soon after his conversion (ch. 9:17). But now a new emergency arises, and there is a new filling for the new need. We ought not to be content because we have once, or fifty times, known what he was to have the Spirit of God come rushing upon us and taking possession of our minds, and giving us words of wisdom, boldness and power to utter. As each new emergency arises we should cast ourselves upon Him anew. Paul's words are very severe and very searching. They expose the depths of the infamy of Elymas. Plainness and boldness of speech is a characteristic of a Spirit-filled man (Acts 4:31; Eph. 6:19).

It is a Cancer. The liquor traffic is a cancer in society, eating out its vitals and threatening destruction; and all attempts to regulate it will not only prove abortive but aggravate the evil. No, there must be no more attempts to regulate the cancer; it must be eradicated. * * * The most effectual remedy would be the passage of a law altogether abolishing the liquor traffic, except for mechanical, chemical, medical and sacramental purposes.—Abraham Lincoln.

VIRGINIA MERCHANT RID OF A VERY BIG GRAVEL STONE.

Another Remarkable Cure of Serious Kidney Trouble.

C. L. Wood, a prominent merchant of Fentress, Norfolk Co., Va., was suffering some months ago with frequent attacks of hard pain in the back, kidneys and bladder, and the kidney secretions were irregularly scanty, or profuse. Medical treatment failed to cure him. "At last," says Mr. Wood, "I began using Doan's Kidney Pills, and before one box was gone I went through four days of intense pain, finally passing a stone, one-half by five-sixteenths of an inch in diameter. I haven't had a sign of kidney trouble since."

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

A Lesson in Thrift.

Some time ago a Hungarian peasant named Jan Hirsch traveled to Budapest on business, and availed himself of the opportunity to order 100 visiting cards which would astonish his native village. When he returned home he found, to his dismay, that the cards bore the name of Vavisch instead of Hirsch. This meant a clear loss of 16 dollars he could make use of the cards. He accordingly wrote a petition on stamped paper, which cost 1s, asking permission to alter his name. His request was granted and now he is Jan Vavisch, with 6d saved.—London Express.

People Talk About Good Things.

Twelve years ago few people knew of such a preparation as a Powder for the Feet. To-day, after the genuine merits of Allen's Foot-Ease have been told year after year by grateful persons, it is indispensable to millions. It is cleanly, wholesome, healing and antiseptic and gives rest and comfort to tired aching feet. It cures while you walk. Over 30,000 testimonials. Imitations pay the dealer a larger profit, otherwise you would never be offered a substitute for Allen's Foot-Ease, the original foot powder. Ask for Allen's Foot-Ease, and see that you get it.

President Taft at Church.

Mr. Taft's arrival at church is an interesting ceremony to witness. At his entrance the whole congregation rises and remains standing until he is seated, and when the services are finished it again stands until he has left the church, the conduct of those present being a willing and agreeable tribute to his office. The president, by the way, will have at least one member of his cabinet with him at all Souls—Attorney General Wickersham, whose wife, when she was a resident of Washington, was one of the leading factors in the church and teacher in the Sunday school. There are a number of other notable people among the congregation over which Dr. Pierce presides. The late Senator Morrill of Vermont, from the time he came here in the late '50's until his death, was a worshiper at All Souls', and since his death his son, James S. Morrill, and his aunt, Miss Swan, occupy the pew that was his for more than a quarter of a century. Timothy Howe, who was the postmaster general in President Grant's cabinet, was always a prominent figure in the Unitarian congregation, and his place has been taken by his daughter, Mrs. Enoch Totten, and her children.—Washington Herald.

The Greatest Grafter.

People do not generally understand why it is that no nation wants Castro on its soil and why the whole civilized world holds him in such derision. It is because he is the greatest grafter of the age. That is the secret of all his inimitables and the starting point of all his quarrels. He grafted every enterprise that ever started up in Venezuela, whether it was native or foreign born. He began as president of Venezuela a poor man, and by using the power that the office gave him, in five or six years, he raked in twelve million dollars. This graft was really the beginning of his quarrels with other nations. It was what disturbed his friendly relations with this country; also with Holland, Germany and France. His ostracism is the opinion of civilization of the grafter. His selfishness destroyed him. What he has lost is more than he stole.—Ohio State Journal.

FOOD FACTS

What an M. D. Learned.

A prominent Georgia physician went through a food experience which he makes public: "It was my own experience that first led me to advocate Grape-Nuts food and I also know, from having prescribed it to convalescents and other weak patients, that the food is a wonderful rebuilder and restorer of nerve and brain tissue, as well as muscle. It improves the digestion and sick patients always gain just as I did in strength and weight very rapidly.

"I was in such a low state that I had to give up my work entirely, and went to the mountains of this state, but two months there did not improve me; in fact, I was not quite as well when I left home.

"My food did not sustain me and it became plain that I must change. Then I began to use Grape-Nuts food and in two weeks I could walk a mile without fatigue, and in five weeks returned to my home and practice, taking up hard work again. Since that time I have felt as well and strong as I ever did in my life.

"As a physician who seeks to help all sufferers, I consider it a duty to make these facts public."

Trial 10 days on Grape-Nuts, when the regular food does not seem to sustain the body, will work miracles.

"There's a Reason."

Look in pkgs. for the famous little book, "The Road to Wellville."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.