

Norr.—The following article has been widely published and is one of the most remarkable illustrations of the value of careful marshalling and analysis of facts in presenting a subject to the public.

LEVELERS.

The Mission of Whisky, Tobacco and Coffee.

The Creator made all things, we believe. If so, He must have made these.

We know what He made food and water for, and air and sunshine, but why Whisky, Tobacco and Coffee?

They are here sure enough and each performing its work.

There must be some great plan behind it all; the thoughtful man seeks to understand something of that plan and thereby to judge these articles for their true worth.

Let us not say "bad" or "good" without taking testimony. There are times and conditions when it certainly seems to the casual observer that these stimulant narcotics are real blessings.

Right there is the ambush that conceals a "killing" enemy.

One can slip into the habit of either whisky, tobacco or coffee easy enough, but to "untangle" is often a fearful struggle.

It seems plain that there are circumstances when the narcotic effect of these poisons is for the moment beneficial, but the fearful argument against them is that seldom ever does one find a steady user of either whisky, coffee or tobacco free from disease of some kind.

Certainly powerful elements in their effect on the human race.

It is a matter of daily history testified to by literally millions of people, that Whisky, Tobacco and Coffee are smiling, promising, beguiling friends on the start, but always false as hell itself in the end. Once they get him low enough to show their strength, they insist upon governing and drive the victim steadily towards ill health in some form; if permitted to continue to rule, they will not let up until physical and mental ruin sets in.

A man under that spell and "under the spell" is correct, of any one of these drugs, frequently assures himself and his friends, "Why, I can leave off any time I want to. I did quit for a week just to show I could." It is a sure mark of the slave when one gets to that stage. He wiggled through a week fighting every day to break the spell, was finally whipped, and began his slavery all over again.

The slave (Coffee slave as well as Tobacco and Whisky) daily reviews his condition, sees perfectly plain the steady encroachments of disease, how the nerves get weaker day by day and demand the drug that seems to smile and offer relief for a few minutes and then leave the diseased condition plainer to view than ever and growing worse. Many times the Coffee slave realizes that he is between two fires. He feels bad if he leaves off, and a little worse if he drinks and allows the effect to wear off.

So it goes on from day to day. Every night the struggling victim promises himself that he will break the habit and next day when he feels a little bad (as he is quite sure to), breaks, not the habit, but his own resolution. It is nearly always a tough fight, with disaster ahead sure if the habit wins.

There have been hundreds of thousands of people driven to their graves through disease brought on by coffee drinking alone, and it is quite certain that more human misery is caused by coffee and tobacco than by whisky, for the two first are more widely used, and more hidden and insidious in the effect on nerves, heart and other vital organs, and are thus unsuspected until much of the dangerous work is done.

Now, Reader, what is your opinion as to the real use the Creator has for these things? Take a look at the question from this point of view.

There is a law of Nature and of Nature's God that things slowly evolve from lower planes to higher, a sturdy, steady and dignified advance toward more perfect things in both the Physical and Spiritual world. The ponderous tread of evolutionary development is fixed by the Infinite and will not be quickened out of natural law by any of man's methods.

Therefore we see many illustrations showing how nature checks too rapid advance. Illinois raises phenomenal crops of corn for two or three years. If she continued to do so every year her farmers would advance in wealth far beyond those of other sections or countries. So Nature interposes a bar every three or four years and brings on a "bad year."

Here we see the leveling influence at work.

A man is prosperous in his business for a number of years and grows rich. Then Nature sets the "leveling influence" at work on him. Some of his investments lose, he becomes luxurious and lazy. Perhaps it is whisky, tobacco, coffee, women, gambling, or some other form. The intent and purpose is to level him. Keep him from evolving too far ahead of the masses. A nation becomes prosperous and great like ancient Rome. If no leveling influence set in she would dominate the world perhaps for all time. But Dame Nature sets her army of "levelers" at work. Luxury, over eating and drinking, licentiousness, waste and extravagance, indulgences of all kinds, then comes the wreck. Sure, Sure, Sure.

The law of the unit is the law of the mass. Man goes through the same process. Weakness (in childhood), gradual growth of strength, energy, thrift, probity, prosperity, wealth, comfort, ease, relaxation, self-indulgence, luxury, idleness, waste, debauchery, disease, and the wreck follow.

lows. The "levelers" are in the bushes along the pathway of every successful man and woman and they bag the majority.

Only now and then can a man stand out against these "levelers" and hold his fortune, fame and health to the end.

So the Creator has use for Whisky, Tobacco and Coffee to level down the successful ones and those who show signs of being successful, and keep them back in the race, so that the great "field" (the masses) may not be left too far behind.

And yet we must admit that same all-wise Creator has placed it in the power of man to stand upright, clothed in the armor of a clean cut, steady mind and say unto himself, "I decline to exchange my birthright for a mess of pottage."

"I will not deaden my senses, weaken my grip on affairs and keep myself cheap, common and behind in fortune and fame by drugging with whisky, tobacco or coffee; life is too short. It is hard enough to win the good things, without any sort of handicap, so a man is certainly a 'fool trader' when he trades strength, health, money, and the good things that come with power, for the half-sleep condition of the 'drug-god' with the certainty of sickness and disease ahead."

It is a matter each individual must decide for himself. He can be a leader and semi-god; if he will, or he can go along through life a drugged clown, a cheap "hewer of wood or carrier of water."

Certain it is that while the great Father of us all does not seem to "mind" if some of his children are foolish and stupid, He seems to select others (perhaps those He intends for some special work) and allows them to be thrashed and castigated most fearfully by these "levelers."

If a man tries flirting with these levelers awhile, and gets a few slaps as a hint, he had better take the hint or a good solid blow will follow.

When a man tries to live upright, clean, thrifty, sober, and undrugged, manifesting as near as he knows what the Creator intends he should, happiness, health and peace seem to come to him. Does it pay?

This article was written to set people thinking, to rouse the "God within," for every highly organized man and woman has times when they feel a something calling from within for them to press to the front and "be about the Father's business;" don't mistake it; the spark of the Infinite is there and it pays in every way, health, happiness, peace, and even worldly prosperity, to break off the habits and strip clean for the work cut out for us.

It has been the business of the writer to provide a practical and easy way for people to break away from the coffee habit and be assured of a return to health and all of the good things that brings, provided the abuse has not gone too far, and even then the cases where the body has been rebuilt on a basis of strength and health run into the thousands.

It is an easy and comfortable step to stop coffee instantly by having well-made Postum Food Coffee served rich and hot with good cream, for the color and flavor is there, but none of the caffeine or other nerve destroying elements of ordinary coffee.

On the contrary, the most powerful rebuilding elements furnished by Nature are in Postum and they quickly set about repairing the damage. Seldom is it more than two days after the change is made before the old stomach or bowel troubles or complaints of kidneys, heart, head or nerves show unmistakable evidence of getting better and ten days' time changes things wonderfully.

Literally millions of brain working Americans to-day use Postum, having found the value and common sense in the change.

C. W. POST.

Royal Fads.

The rulers of Europe at present are not so much engrossed in ruling that they have not time to indulge with the rest of the world in "fads." King Carlos of Portugal is said to be specially fond of the camera, and spends a considerable part of his royal leisure in taking "snap shots" of things. King Emmanuel of Italy has a particular fancy for automobiles, a liking shared also, it may be added, by President Loubet of France, the Shah of Persia and Prince Ferdinand of Bulgaria. The Queen of Roumania is a great collector of rare books, as well as being a poet herself. The Prince of Monaco is an expert in deep sea life and phenomena, and Queen Wilhelmina of Holland boasts the finest collection of old lace in Europe. But most curious of all, is the specialty of the venerable King of Denmark, the collection of bird's eggs. His present collection is said to be worth \$75,000, and it may in time go to some museum.—Leslie's Weekly.

Blame the Parents.

It has long been a debatable question whether heredity or environment is responsible for the depravity and degeneracy of children. In either case it is the parent and not the child upon whom the responsibility should rest. If the Iowa juvenile court law will compel parents to look after their children better, instead of hauling them into court on the least provocation and asking that they be sent to jail or the reform school, it will have done such a great and good work that all the omissions of the legislators in the framing of the law will be forgiven and forgotten.

About thirty thousand horses are said to be slaughtered for their meat in Paris each year. The carcass of a good horse yields about 300 pounds of meat which can be eaten by those who do not care what they do.

Interesting TO WOMEN

Putting Children to Bed Early.

Don't let your children sit up late. You need and ought to have some time to yourself, and it will be bad for the children, as well as for you, if you don't get it. Get your thoughts directed into fresh channels, or in time you will find it difficult to talk of anything except the house the children.—American Queen.

New Feature in Belts.

The newest in belts and neckwear is white linen or canvas, embroidered in gold and silver threads, the quaint designs embossed by means of padding. All this is the finest hand work and is correspondingly expensive.

An odd feature of the belt is its buckle, which closely resembles a photograph frame, being exceedingly large, oblong and covered in the embroidered linen.

For the Hands.

The exigencies of domestic life make many people treat their hands as if they were insensitive things. The following simple rules may bring each sufferer some comfort. The hands are to be rubbed at night with a mixture of lanoline, one part, and sweet almond oil, three parts. Large gloves of kid or leather are then to be worn, says the Kansas City Journal.

For washing the hands the best soap and warm water must be used, and it is preferable to employ a lather. Rinsing should always follow a lather.

Dressing Saucy Parties.

The bachelor girl gives little dressing saucy parties. Her guests come in shirtwaists and separate skirts, but the bachelor girl wears a dressing saucy and silk petticoat. This sounds odd. But, really, the dressing saucy is a marvel in frills and is made of the finest lawn and needlework and the silk petticoat is a wonderful thing in ruffles and lace. It can cost anything up to \$50. Of course, with the silk petticoat the bachelor girl wears a bewitching pair of French-heeled slippers and her hair is done low, in girlish fashion, with a bow of ribbon at the back.

The Too Kind Mother.

Too little selfishness on the part of a mother is apt to beget too much of it in her children and her husband, says The California Ladies' Magazine. Perpetual surrender of her rights and privileges breeds corresponding indifference and neglect from the family without their realizing it. She has so long yielded all the new dresses to her daughters that they think anything will do for her.

About French Beauty.

Marcel Prevost, the well known French novelist and dramatist, has raised a storm of protest in Paris by making the following assertion: French women are never beautiful now. Many of them are pretty, and one never sees a plain Parisienne, but their prettiness is due to their toilets. They have engaging looks that are well manipulated. Color comes and goes, but their maids can fetch and carry it.

M. Prevost declares that there is no such thing in Paris as masculine beauty. He says he agrees with Talne, that men are extremely ugly nowadays, and that if in an assemblage of men a really handsome Frenchman were to appear it would cause unpleasant comment, and the man would have to go home and disfigure himself in order to retain a good reputation.

Jewel Don'ts.

Don't set sapphires in gold if your hair be black or gray—try silver, ivory, green, gray or white enamel. Don't grudge the expense of an experiment—look upon it as the price of a lesson. The best lessons are those we give ourselves.

Don't fail to seek the sapphire if your eyes approach the "violet" of romance—the association with the same will make the eye seem deeper and more gem-like.

Don't think that stones and colors must "match" to harmonize. Find a variety of tone in variety of stones. Study sapphire, jade, and lapis-lazuli together for example, and then try for a background of brocade that will carry the harmony still farther.

Don't wear your mistakes after you know them, even though they "cost money." You will always feel dissatisfied and uncomfortable while they are on your person.

Color and Weather.

The woman who is always tastefully dressed considers the weather when choosing which gown to wear. Of course the weather may change suddenly, but a general observance of the effect of weather upon color is usually possible.

Red, pink or any color largely made up of rose is not pretty when worn in the sun on a hot day, says the Pittsburgh Press.

Green and white in combination are prettiest on warm days. Pale blue and white, pale blue, violet shades largely of blue, cream color and soft white materials are attractive on warm days.

In winter time or during the fall months or even on a cold summer evening nothing is prettier than red. Its very warmth adds to its beauty. At evening coolness makes the color attractive. The pink shades are always effective when under the shade of trees. Therefore pink gowns are pretty at lawn parties.

We seek what charms us, whether it be color or personality. If women wish to appear at their best they will observe little things. The big things will take care of themselves.

Teach Girls to Cook.

Let girls learn to cook, and let them learn to do it well. No girl has a right to marry and go into a house of her own until she thoroughly understands how to superintend every branch of housekeeping, and to do this she must have a practical knowledge of how to do things herself. Let girls have a part of the home housekeeping before they marry, says the Philadelphia Public Ledger. It does not take half the time nor such great exertion to see that the house is properly swept and dusted and put in order, to prepare cakes and puddings and make dainty mixtures to tempt the appetite, as it does to follow a golf ball for a morning or to fly around a tennis court. It is all very well to say that men need an intellectual companion, and one who enters into and is interested in all their pursuits. So they do, and the fact is that, as a rule, men marry without thinking whether the woman chosen is capable of preparing a meal or not. It is a pity that they are so short-sighted, as not only a man's health and cheerfulness, but, in a measure, his success in life depends very much on the kind of food he eats—in fact, the whole household is influenced by diet.

First Aid at Home.

It is wise to have in the earliest household accumulations means for quickly relieving the pains of scalds and burns which are inseparable from household duties. If such injuries are severe one should not rely upon home treatment, but send for a physician at once, for the patient will undoubtedly require an anodyne as well as medical treatment for the nervous shock sustained, says the Portsmouth Herald. While waiting for the doctor, dip a clean white cloth in sweet oil and lay over the burn to exclude all air. If sweet oil is not at hand, use melted lard, pure beef or mutton tallow melted, or vasoline. If the patient is faint, give a stimulant and apply smelling salts to the nostrils. In cases of slight burns prompt home treatment will suffice. If the blister is only slight, quickly apply cold water and then dust the spot thickly with flour or make a batter of flour and water and the one with a cloth. A solution of bicarbonate of soda, one teaspoonful to four parts of water, will relieve the stinging of even a deep burn. In half an hour after this application carefully press out the accumulated fluid from the blister and apply an oil dressing. Equal parts of linseed oil and lime water make an excellent dressing; it is used by the profession and should be kept in every home for emergencies.

Fashion Notes.

A return to black for evening wear is predicted. Silver ornaments set with opals are among the jewelry novelties.

Scarfs of gypure or chantilly take the place of the old-time boa.

The vogue of fringe for skirt and waist trimmings is on the increase.

Java linen in white and blue shades is a favorite material for morning gowns.

A novelty in braided used for edging the seams of a gown gives the appearance of piping.

White alpaca embroidered in blue and scarlet and finished with sash or Liberty silk makes an effective bathing suit.

For the fair automobilist the newest cap is of a heavy grade of khaki, with peak of Chinese goatskin, in dark green flecked with gold.

Many of the new gloves are lined with contrasting colors or have a fringe of lace set on with shirred ribbons and falling over the glove tone.

Gold and mother of pearl trimmings have had a long day, but they will be used as much as ever next season for the decoration of evening gowns.

Large hats are much to the fore at summer festivities. They are worn very much uplited on one side and low on the forehead after the fashion of the Gainsborough and Reynolds.

Quaint little jackets of the fine crimson cloth, or cashmere, made in the semi-sacque shape and finished with black silk fringe, lace, or passementerie, are being worn in Paris as supplementary wraps, and are particularly effective with white dresses.



Use of Screens.

Where two persons use the same sleeping apartment one great inconvenience is the lack of privacy. Every room used by two persons should have a large screen as part of its furniture, says the Brooklyn Times. The frame can be purchased for very little money and is easily filled in with silkoline or cretonne. Or a bamboo porch screen may be suspended from the ceiling by inserting screw eyes into the plaster and dividing the room into two parts. Where a room is bedroom and sitting room also this convenience shuts off the bed and washstand, and if the screen is stained green or brown it is not at all unsightly.

How to Select Good Prunes.

Prunes should be large and solid and have the surface unbroken if one wants them worth the cooking. Take one in your hand, pull and flatten it out. If it leaves the skin unbroken and shiny you may feel safe that you have the proper article.

After washing them and allowing them to stand in clear, cold water over night, allow them to cook over a slow fire for an hour. To two pounds of the fruit, add one pint of water, stew slowly for one-half to a full hour. When putting in the sugar, a rich flavor can be added by slicing a lemon and grating the rind into the prunes. Let them stew until there remains just enough water to cover the fruit and make a rich juice. —What to Eat.

Furnishing a Long Parlor.

In discussing color as affecting room proportions, the upholsterer gives the following general rule for the treatment of the long, narrow parlor met with in the average city house: "Do the room in harmonies of analogy or related colors of a light tone, and, moreover, receding colors." Receding colors are those which contain blue in the ascendancy, while advancing colors contain red and yellow in the ascendancy. The article further states that even in a small or narrow room with northern exposure it is inexpedient to use warm colors, says The Brooklyn Times. Such a room should be treated in light tones, gray preferred, and the deficiency in the light should be supplied through a warm tone in the curtains.

Coffee and Tea Making.

Do not forget that, to have the best results, your tea kettle must be often cleaned out, and filled with water freshly drawn; soft water is best but whatever kind you have, it must be fresh. Bring the water quickly to a boil; have the pot made hot by rinsing with boiling water before the coffee or tea is put into it. Allow one tablespoonful of coffee to each cup of the beverage wanted; allow to boil from three to five minutes, and the finer the coffee has been ground, the finer the flavor will be. If ground very fine, it will be better to tie it in a little sack, in order that the coffee may be clear. Give just time for the coffee to get well settled before serving—about 10 minutes. Dashing a little cold water into the coffee-pot just before removing it from the fire will aid the settling process.

Do not boil tea-gounds, but be sure the water to be used is fresh-boiling; and pour it boiling hot over the grounds; stir the tea just once after pouring the water on it. Let stand about 10 minutes—perhaps less—to settle before serving. If the tea has to stand any length of time before using, it should be drawn off the grounds into a hot earthen pot; if allowed to stand on the grounds, the tannin will be extracted, rendering it bitter and unfit to drink. Do not begrudge the little extra pains which is necessary to have a delicious beverage.

Recipes.

Golden Cream Toast—Cut slices of stale bread into diamonds and toast to a pale brown, drying slightly in the oven before browning. Make a rich white sauce of a pint of milk, three tablespoonfuls of butter, two tablespoonfuls of flour, half a teaspoonful of salt, a dusting of mace and a light dusting of pepper. Cook until smooth, add the grated yolks of three hard-boiled eggs and pour over the toasted bread.

Baked Squash—Stewed plain with salt and pepper they are not to be despised, but they make a splendid treat when baked with spaghetti. Arrange in alternate layers, beginning with the latter, and sprinkle bread-crumbs which have been moistened with cream upon the top dressing of squash. Bake a light golden brown. It must be understood that spaghetti must previously have been boiled in salted water and the squash mashed with plenty of butter.

Sweet Pickled Cucumbers—Select seed cucumbers not too ripe, pare and cut in pieces two inches long and one inch wide. Sprinkle with salt in the proportion of one cup of salt to six quarts of cucumbers. Let stand overnight, drain and cover with boiling water in which has been dissolved a teaspoon of powdered alum. Let stand five or six hours. Heat two quarts of vinegar, five cups of sugar and one ounce each of whole allspice, cloves, cassia buds and peppercorns tied in a little muslin bag. Drain the cucumber slices and simmer in the prepared vinegar until clear.

New Ideas in TOILETTES

New York City.—Tucked coats worn with belts that confine them at the back and sides are exceedingly becoming to young girls and are among

hat. Cream-colored felt hats are handsome thus trimmed with two shades of brown ribbon or with cream and deep leaf brown.

A swirling plume of white cock's feathers, poised slightly to the left of the front, falls down over the broad belt of double quillings.

"Knicker" For School Girls.

For school girls plain serge and Scotch plaids will be the favorite materials. Up to fourteen years the choice of make is between the sailor suit and the Russian-blouse frock. Girls from eight to fourteen years wear knickerbockers for school and play-time instead of petticoats under their dress skirts now; the practical side of this fashion has recommended it to most mothers who have the comfort of their children at heart. These knickerbockers are made to match the dress; in winter of serge, in summer of gingham or linen.—Fashion Number of Harper's Bazar.

Kilted Skirt With Round Yoke.

Skirts that are pleated below a smooth fitting yoke are among the smartest of all smart things for the coming season and will be worn for all street costumes. This one is peculiarly chic and attractive and is so arranged as to give a plain effect at the front, which is always desirable. As illustrated, it is made of cheviot in mixed shades of brown and tan,



MISSIE'S TUCKED COAT.

the latest and most attractive models shown. This very excellent example is adapted both to the costume and to the general wrap and to the many

A Late Design by May Manton.



materials of the season, but is shown in a mixed brown velvet edged with fancy braid. The long lines of the front, provided by the tucks which pass over the belt, add greatly to the style and make a specially noteworthy feature. The sleeves are the new one that are full at the shoulders and are finished with roll-over cuffs.

The coat is made with fronts, back and under-arm gores, and is finished at the neck with a simple roll-over collar. The sleeves are full and are pleated into bands that are concealed by the cuffs. The belt is adjusted over the back and fronts to the centre tucks, where it passes through openings left for the purpose and is closed invisibly.

The quantity of material required for the medium size is five yards twenty-seven inches wide, two and three-fourth yards forty-four inches wide, or two and one-eighth yards fifty-two inches wide, with one-half yards of velvet and one and three-fourth yards of braid to trim as illustrated.

Double-Quilled Crown Band.

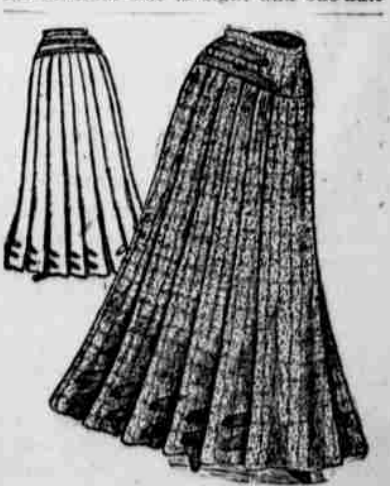
The crown bands on hats intended to be worn on cool mornings in the mountains are quite different than anything seen before.

To begin with, they resemble a cartridge belt more than anything else, and have a double tier of quillings of ribbons around the crown. The lower quilling is of light-colored ribbon, the upper one a very dark shade of the same color or of black if white be used for the lower tier. The ribbon used is of a heavy, handsome quality. The quilling is stiff enough to stand up like a stockade around the crown. The light-colored tier comes up outside of the lower edge of the dark quilling, and is also broad enough to lie out flat for a little on the brim of the felt

trimmed with handsome brown braid, but is suited to all reasonable materials. As a matter of course the trimming can be varied to suit individual taste, but the little straps coming from beneath each pleat are eminently stylish and attractive.

The skirt is cut in seven gores and is laid in backward turning pleats which meet at the centre back, where the closing is made. The yoke is circular and is stitched to the skirt with corded silk, the trimming straps concealing the seam at sides and back. As illustrated, it is made in instep length, which is the prevailing one for the incoming season, but can be made still shorter whenever desired.

The quantity of material required for the medium size is eight and one-half



KILTIED SKIRT WITH ROUND YOKE.

yards twenty-seven inches wide, five and one-fourth yards forty-four inches wide, or five yards fifty-two inches wide.