

WOMAN'S REALM

Plan to Reduce Weight.
Let the maiden inclined to embonpoint follow this advice and her form should become as willow as she could wish: Rise early and take a cold bath, rubbing vigorously afterwards with a coarse towel or flesh brush. Drink a cupful of water before breakfast, some dry toast, broiled fish or a small omelet and a baked apple or a little fruit. At dinner, which should be at midday, take whitefish or meat, dry toast or stale bread, vegetables or fruit, either fresh or stewed. For supper, toast, salad, fruit and six ounces of water. Hot water, with lemon juice in it, is also good for supper.

Reading Aloud.
Reading aloud is something at which mother and children should take turn about, doing it as a "favor" to each other. Older stories in which the child cannot master the difficulties of the printed page should be chosen by the mother, and they will take just as readily to the little book friends known by the older world as the reading bill of fare in which they are fed entirely in the little nonentities of their own books. A girl of ten whose mother has been reading "Great Expectations" aloud to her and her brother couldn't get over her delight that the visitor who came knew Pip and Estella and acknowledged them as special friends of her own. Of course, a little judicious skipping here and there was indulged in, but it was soon found that vivid imaginations supplied details even when the words were inadequate. It is at this stage of the imagination when the happy habit of making book companions as real as those of daily life can be learned; and while it is important to select those which are "right and proper" for little folks to know, it is still more so to choose those which are not colorless.

The more childish story book of his own also contains the little acquaintances which the child himself picks out as favorites, and which he loves for a short time. The earlier he can be taught to master the difficulties of the page enough to read them aloud, the better, as if it is something he is interested in he can be taught to read it as simply and naturally as he speaks. This is harder after he has been to school or has heard a "reading lesson," for then he will have acquired artificial intonation and the strained voice and unnatural pitch which brings his paternal listeners to confusion and a state of chills.

A natural and spontaneous way of reading is one of the prehistoric accomplishments that can be had, and it can be taught as easily as spontaneous speaking if affected ways are not allowed to creep in. One mother whose little folks went to school were always sent home before the reading class. They did this lesson at home, and were never allowed a chance to imitate the class reading of the other children.

Slaves of Matrimony.
One must admit at the outset that the American husband often puts his own nose to the grindstone through a blindly misplaced generosity. We have no marriage settlements, yet the American bridegroom's version of "with all my worldly goods I thee endow" is often "Dearest, you may have all my salary." Here in New York seven instances have recently been brought to my notice in which the husband hands over to his wife his entire stipulated income, an average salary of \$3000 a year.

In three of these cases the wives allow their respective husbands enough for a new suit of clothes each year and for carfare and a twenty-five-cent luncheon each day. Clothing in excess of one suit per year and any extra expenses incurred must be paid for by extra money made. All three meet these demands by night work; one of them manages, in addition, to carry \$5000 worth of life insurance. In a sixth case the husband must not only "find" all his clothes, his carfare and luncheons, but the wherewithal to pay various and sundry bills that exceed his wife's "allowance." In no one of these cases does the wife save a penny for any emergency whatsoever. In two families there is a child each to be provided for; in four the wife alone is considered.

Now, in a seventh case the wife, after providing for herself, two children and her household, places to her husband's bank account enough to pay for all his clothing, carfare, luncheons, club dues and payment on \$8000 life insurance. Man number seven also works at night when he feels disposed. As "by-products" he has published two successful books, the proceeds from which are never touched. That sum, the wife will proudly tell you, is invested for "a home of our own by and by and for a college education for the children."

This last case, you may say, is not a grindstone case. It is cited here to show that the abuse of generosity in the other cases is not unavoidable. When six women tell you with tears, "I can't live on my allowance," not knowing the amount of the allowance and conscious only of the tears, you are very apt to jump to the conclusion that there are six stings, brutal husbands cumbering the earth. If the seventh woman did not step in to tell how gladly and proudly she has planned—"skimped and saved," the others call it—live on a like "allowance," you might imagine that it is impossible to live in New York on \$3000 a year. The seventh woman, more-

over, is the happiest one of the lot.—Elizabeth A. Cuppy, in Public Opinion.

Woman's Greatest Task.

"The man, woman or child who will instruct womankind how to put on a pair of rubbers and retain, at the same time, a semblance of dignity, is deserving of a monument," said the strictly modern girl as she struggled with a pair of storm rubbers. "We are told how to walk like fairies or queens; how to sit down like a dream and rise like a swan; how to eat and how to sleep prettily, but never a word do we hear about putting on our rubbers. If there is any ordinary task more trying to a woman, I don't know what it is. I have tried all sorts of ways, but I always make a spectacle of myself and I never saw the woman who didn't. My skirts flop up disgracefully, or I get red in the face, or I make a conspicuous noise stamping.

"I find the easiest way is to place my foot on a chair, but this is not convenient or proper in public places. Sometimes when no one is looking I swing my foot up sideways at an angle of forty-five degrees with my body, and sometimes I can manage that stunt even in the theatre; but I know if anybody saw me they'd think I was a contortionist. Then I've tried standing on one foot and slipping my rubbers on, but I invariably lose my balance and teeter around disgracefully.

"Of course, I can sit down and pull them on; but that makes my face grow red almost into purple, and no woman likes to make a guy of herself. Besides, I got so dizzy standing on my head like that that my skirt gets tucked down into my rubbers and I am all fingers and thumbs."

Ninety-seven Years Old.

Nearly ninety-seven years old and able to write an eight-page letter to a friend in Boston without an error is a condition to which few people would ever dream of aspiring, but such is the remarkable ability of Mrs. Abbie J. Stone, of New Britain, Conn.

Mrs. Stone is ninety-seven years old, and is already planning how to celebrate the event. She is believed to be the oldest person in New Britain, now that "Grandma" Bassette is dead. Mrs. Emeline Eno Bassette, who died a few months ago, lived to be a little over ninety-nine years old. Mrs. Stone lives with her son, Dr. E. L. Styles, of Court street, where everything is done to make her comfortable.

She wrote the letter referred to a few days ago, and handed it over to the doctor to look at. She said she was not as young as she used to be and asked him to look through it to see if it was all right. There were eight pages written in a fine hand, and he found the wording, spelling and punctuation correct. When Rev. L. S. Johnson came in to call a little later, the doctor handed him the letter, and said, "I will give you \$50 for every mistake you can find in it." Rev. Mr. Johnson took it and went through it carefully, but he failed to earn the \$50 for the first mistake. Mrs. Stone is a well read woman and she can converse intelligently on most any topic. Her mind is as clear as a bell, and she likes to laugh and joke with the rest of the family. She enjoys excellent health, and her only physical impairment seems to be a slight deafness. She reads the print with the aid of her glasses, and she peruses the newspapers closely.

She is as young in heart as any one in the family. She likes to read the Bible, and is greatly pleased when she receives visits from Rev. L. S. Johnson, who calls occasionally. One of her chief diversions last winter was to feed the sparrows through the window of her room. No matter how cold the morning, she would reach out through the snow on the sill and watch the birds come. They became quite tame, and she enjoyed their company. She is a great hand at needle work, and almost every member of the family has some of her handiwork. Last year, on her birthday, she made a birthday cake, and many of her friends called to congratulate her. Her celebration this time will be much the same.

Mrs. Stone was born in Danville, Vt. She was twice married. She has six sons, Dr. E. L. Styles, of New Britain; William Styles, of Glover, Vt.; Dr. Charles Styles, of Boston; Dr. M. P. Styles, of Westboro, Mass.; James Styles, of St. Johnsbury, Vt., and Mark P. Styles, of Roxbury, Mass., and a daughter, Mrs. Amelia P. Rowell. She has twenty-five grandchildren, twenty-six great-grandchildren and three great-great-grandchildren.

Make Salt From the Ocean.

All the salt produced in California is obtained by evaporation from ocean water, there being but few salt springs or wells. Probably not less than twenty-five large salt plants are in operation around the lower arm of San Francisco Bay. It is estimated that the total output of salt per year in Alameda County alone reaches 100,000 tons, while not less than 50,000 tons are annually produced in other parts of the State. The salt produced from sea water has no superior in world, in strength and purity. There is every grade produced, down to the very finest table salt, by certain refining processes. The salt output of California is shipped to the Northern States of the Pacific coast, British Columbia, Mexico, Central and South America, Hawaii, Japan, Russia, and even the Philippine Islands.

Fashion Notes

New York City.—The jacket suit has come to be an accepted costume for girls from twelve to sixteen as it is for their elders and some very charming and attractive models are shown. This one is quite sufficiently simple to

Require Elaborate Coiffures.
Many of the hats require elaborate coiffures for their best effect, and the brown bandeaus built up and supplement the hair in exactly the right fashion.



be really girlish in effect, while it is absolutely smart and suits almost

Misses' Tucked Blouse.
The simple blouse is always the one most becoming to young girls, and in this model is to be found one of the best of the season. The tucks are laid on lines that give the most desirable possible effect to the figure, while the sleeves can be made in full length or cut off below the elbows, as occasion requires, and the general style is one that is thoroughly becoming. In the illustration white taffeta is simply stitched with bedding silk, the collar being trimmed with lace, but if a more elaborate effect is desired insertion can be introduced between the groups of tucks at the front, medallions can be set in or horizontal rows of insertion can be applied below the tucks and the material cut away beneath. In fact, the model is one of those eminently satisfactory ones that allows much scope for individual taste and that can be utilized in a variety of ways. All reasonable materials are appropriate, while also the design is much to be commended for the washable fabrics that wise women are already making up.

The waist can be made either with or without the fitted lining and itself consists of front and backs. The sleeves are full above the elbows and plain below and the closing is made invisibly at the back.

The quantity of material required for



Fancy Yoke Waist Tuck Skirted Skirt with Flounce.

every reasonable material. In the illustration it is made of ruby red chiffon broadcloth with trimming of banding, but with the coming of spring such lighter colors, as blue in its varying shades, green, gray and the lovely tan and champagne shades may be looked for, while again there are mixtures galore that are, perhaps, a bit more youthful than the plain cloth.

The suit consists of the coat and the skirt. The coat is made with the fronts and back that are fitted by means of shoulder and under-arm seams and is finished with a flat collar, and is closed by means of buttons and button holes worked in the fly. The sleeves are in coat style, but generously full at the shoulders and finished with roll-over flare cuffs. The skirt is made in three pieces and is laid in inverted pleats at the back.

The quantity of material required for the medium size (fourteen years) is six and three-quarter yards twenty-seven and four-fifths yards forty-four or four and an eighth yards fifty-two inches wide with eight and one-half yards of banding.

New Hats Brought.
The new hats button—the foundation, and can be taken off and put on with ease. The ribbon band and how conceals the buttons perfectly. The danger is that the hats will become too common, as the machine-embroidered ones are very cheap.

The Cornet.
One of the favorite novelties is called the cornet, and is shaped something like the twisted cornucopias used sometimes to hold confectionery.

the medium size (fourteen years) is three and a half yards twenty-one,



three yards twenty-seven or two yards forty-four-inches wide.

Lace Very Popular.
There never was such a lace season, and the fashion is most prominently displayed in waists. Venetian and Irish crochet are undoubtedly the favorite laces just at present, but almost every kind is seen. Even the old-fashioned Spanish lace has been revived.

The Correct Shoe.
Low shoes of tan, calf or suede are the correct thing for wear with tailor gowns. The stockings to match them are certainly pretty.

The Right of Interpretation.
Somebody suggests that the boy who ran away from home because he didn't get enough pie has the instincts of a great politician. Wrong. The politician would have stayed at home, stolen the pie and made his mother think she had eaten it herself.—Philadelphia North American.

Cataract Cannot Be Cured
With local applications, as they cannot reach the seat of the disease, cataract is a blood or constitutional disease, and in order to cure it you must take internal remedies. Hall's Cataract Cure is taken internally, and acts directly on the blood and mucous surfaces. Hall's Cataract Cure is not a quack medicine. It was prescribed by one of the best physicians in this country for years, and is a regular prescription. It is composed of the best tonics known, combined with the best blood purifiers, acting directly on the mucous surfaces. The perfect combination of the two ingredients is what produces such wonderful results in curing cataract. Send testimonials, free.

J. J. Cusack & Co., Props., Toledo, O. Sold by druggists, price, 75c. Take Hall's Family Pills for constipation

Morley's Epigram.
The following comment on President Roosevelt is reported to have been uttered by John Morley soon after he had visited the White House: "What do I think of your President? Well, he is a sort of cross between St. George and St. Vitus."—New York Press.

Mrs. Winslow's Soothing Syrup for Children
Soothing softens the gums, reduces inflammation, always pain, cures wind colic, etc. a bottle

The Vienna police are about to experiment with a phonograph.
A Texas correspondent tells how an obstinate jurymen was circumvented by his fellow judges of the facts. The offense charged was assault with intent to murder. After the jury had been out about two hours it returned the following verdict: "We, the jury, find the defendant guilty of aggravated assault, and assess his punishment at \$25 fine and he forthwith pay the fine." On inquiry as to the meaning of the last clause of the verdict it came out that 11 of the jurors had agreed that the defendant was not guilty, but the twelfth doggedly hung out for a conviction for aggravated assault and would not consent to a punishment less than a fine of \$25. Finding it a hopeless task to bring over the obstinate one to their way of thinking, the eleven finally decided to agree with him and "chipped in" enough to pay the fine.—Law Notes.

To Keep a Man Interested.
You can't really expect a man to be terribly interested in the general small talk of the home, and no woman would want her husband to take part in these trivial affairs. When Mr. Man speaks of the incidents of the day at his office let Mrs. Woman listen attentively. It is easier for her to be interested in his affairs than it is for him to become enthusiastic over hers. One of the pleasantest ways of spending an evening is to read a good book aloud. Make your home cozy and inviting by having nice, comfortable lounging corners and providing good reading material and good music.—Chicago Record-Herald.

Radium for Hydrophobia.
Experiments conducted by Italian professors give hope that radium may be useful in the cure of hydrophobia. So far experiments with cancer have given little encouragement.

Wire Fencing in Rolls.
Wire fencing is now made in continuous rolls instead of in sections, as heretofore. Galvanized wires at the intersections, fed automatically from reels, are welded by means of small transformers.

Never Judge a Woman's Love for House-Cleaning by Her Dislike for Dirt

Indelible Blue Ink.
The French scientific papers give these directions for a blue ink that will resist not only water and oil, but alcohol, oxalic acid, alkalis, and chlorides. It is prepared by means of four parts of shellac, two parts of borax, two parts gum arabic, and sufficient indigo to give the desired color. The whole is dissolved in 40 parts of pure water. Commence by putting the shellac and the borax in 36 parts only of the water in a closed receptacle and boiling until completely dissolved. Filter, and then dissolve the gum arabic in the remainder of the water. Mix the two solutions and heat for five minutes, stirring from time to time. Add the indigo after the liquid is cool. When the preparation has settled for a few hours, decant in order to separate the ink from the sediment.

Japan's Largest Industry.
The largest industry in Japan is textile, there being some 4,377 factories of various sizes engaged in this trade, the majority being centered in and around Osaka. These are mostly worked by steam power.

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Kidney and Bladder Treatment. Dr. R. H. Kline, Ltd., 931 Arch St., Phila., Pa.

"Penny Post" in France.

France now joins the "Penny Post" community, and will presently be carrying letters all over the republic and to all her colonies for the equivalent of two cents of our money a letter. In that she is following the example of the United States and the United Kingdom, which have long successfully practiced such a system. Such transportation of letters certainly seems cheap enough at present, and there may not soon be any effective call for further changes in that direction. But a lesson which America may well learn of other countries is that of the parcel post, and it may be that some day there will be devised a practical means of establishing an international postage stamp system.

Growth of Fletcherism.
It is diverting and instructive to read in an Eastern magazine of the growth of what is called "Fletcherism." This doctrine, in brief, has for its fundamental idea, simplicity in eating; it contends that a human being should eat only when and what his stomach craves; it opposes three hearty meals a day, unless, perhaps, the system demands them each day. And what one eats should be eaten deliberately and chewed thoroughly.—Louisville Courier-Journal.

Chinese Horses.
There is one respect in which, according to a correspondent, the Japanese can teach the Chinese nothing in a military way, and that is in regard to the cavalry. The Chinese have horses as good as any known in the world, and are born horsemen, who have nothing to learn from Europe or America. The Japanese are notably deficient in horsemanship.

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A COLD BROUGHT IT ON.

Severe Congestion of the Kidneys Cured by Doan's Kidney Pills.
Richard M. Pearce, a prominent business man of 231 So. Orange St., Newark, N. J., says: "Working nights during bad weather brought on a heavy cold, aching of the limbs and pain in the back and kidneys. Severe congestion of the kidneys followed. Besides the terrific aching there were whirling headaches, and I became exceedingly weak. My doctor could not help me, and I turned to Doan's Kidney Pills, with the result that the kidney congestion disappeared, and, with it, all the other symptoms. What is more, the cure has lasted for 8 years."

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

Way of the Debtor in India.

They had a peculiar way of going into bankruptcy among the Marwaris in India now unhappily giving way to the less picturesque method of the white man. When a man could not pay his bills he would summon his creditors. They were ushered into a room in which the Thakur or household god was enshrined, but covered up with a cloth and with the face turned to the wall in order that it might not witness the scene that was to follow. The insolvent would then, in garb of mourning, lie on the floor, presenting his back to his creditors, who, on a given signal, would fall on him with shoes and slippers and exhorted him till their wrath was exhausted. The beating finished honor was declared to be satisfied all around.—New York Tribune.

Ducks Roasted on the Fly.

"It is an ill wind that blows nobody any good," say the residents in the vicinity of the burning gas well at Caney, and well they might, for as long as the well burns and duck continue to fly, they are prospering over others' misfortune. The heat rising from the fire extends to a great height, and since the beginning wild ducks have played the game of the moth and flame, much to their sorrow and distress. No sooner does a duck fly across the forbidden territory than it is caught and baked by the torrid winds. The neighbors have caught onto the fact and near meal time gather near the well and wait for the fall of the baked duck, which, of course, saves a great deal of time and trouble otherwise necessary in the kitchen.—Kansas City Journal.

Weed Fighters.

The problem of weed destruction is perennial in every land. Indeed soil culture may be called a never ceasing war against weeds. Of the birds that aid the farmer in this struggle the bob white, the native sparrows and the mourning dove are the most efficient. They attack weeds at that vital stage, the seed period; hence their work, especially against the annuals which depend on seeds for perpetuation is of enormous practical value.—S. D. Judd.

Mosquito Has Parasites.

They have discovered that even the minute mosquito is a badly infested with destructive parasites as other animals, and the question arises whether a cultivation of these parasites may not be useful in mitigating the pest.

The Coffee Debate.

The published statements of a number of coffee importers and roasters indicate a "waspy" feeling towards us, for daring to say that coffee is harmful to a percentage of the people.

A frank public discussion of the subject is quite agreeable to us and can certainly do no harm; on the contrary when all the facts on both sides of any question are spread before the people they can thereupon decide and act intelligently.

Give the people plain facts and they will take care of themselves.

We demand facts in this coffee discussion and propose to see that the facts are brought clearly before the people.

A number of coffee importers and roasters have joined a movement to boom coffee and stop the use of Postum Food Coffee and in their newspaper statements undertake to deceive by false assertions.

Their first is that coffee is not harmful.

We assert that one in every three coffee users has some form of incipient or chronic disease; realize for one moment what a terrible menace to a nation of civilized people, when one kind of beverage cripples the energies and health of one-third the people who use it.

We make the assertion advisedly and suggest that the reader secure his own proof by personal inquiry among coffee users.

Ask your coffee drinking friends if they keep free from any sort of aches and ails. You will be startled at the percentage and will very naturally seek to place the cause of disorder on something aside from coffee, whether food, inherited tendencies or something else. Go deeper in your search for facts.

If your friend admits occasional neuralgia, rheumatism, heart weakness, stomach or bowel trouble, kidney complaint, weak eyes, or approaching nervous prostration induce him or her to make the experiment of leaving off coffee for 10 days and using Postum Food Coffee, and observe the result. If you will startle you and give your friend something to think of. Of course, if the person is one of the weak ones and

says "I can't quit" you will have discovered one of the slaves of the coffee importer. Treat such kindly, for they seem absolutely powerless to stop the gradual but sure destruction of body and health.

Nature has a way of destroying a part of the people to make room for the stronger. It is the old law of "the survival of the fittest" at work, and the victims are many.

We repeat the assertion that coffee does harm many people, not all, but an army large enough to appall the investigator and searcher for facts.

The next preparation of the coffee importers and roasters is their statement that Postum Food Coffee is made of roasted peas, beans or corn, and mixed with a low grade of coffee and that it contains no nourishment.

We have previously offered to wager \$100,000.00 with them that their statements are absolutely false.

They have not accepted our wager and they will not.

We will gladly make a present of \$25,000.00 to any roaster or importer of old fashioned coffee who will accept that wager.

Free inspection of our factories and methods is made by thousands of people each month and the coffee importers themselves are cordially invited. Both Postum and Grape-Nuts are absolutely pure and made exactly as stated.

The formula of Postum and the analysis made by one of the foremost chemists of Boston has been printed on every package for many years and is absolutely accurate.

Now as to the food value of Postum. It contains the parts of the wheat berry which carry the elemental salts such as lime, iron, potash, silica, etc., etc., used by the life forces to rebuild the cellular tissue, and this is particularly true of the phosphate of potash, which is found in Grape-Nuts, which combines in the human body with albumen and this combination, together with water, rebuilds the worn out gray matter in the delicate nerve centres all over the body, and throughout the brain and solar plexus.

erily educated physician, chemist and food expert.

Please remember we never say ordinary coffee hurts everyone.

Some people use it regularly and seem strong enough to withstand its attacks, but there is misery and disease in store for the man or woman who persists in its use when nature protests, by heart weakness, stomach and bowel troubles, kidney disease, weak eyes, or general nervous prostration. The remedy is obvious. The drug caffeine, contained in all ordinary coffee, must be discontinued absolutely or the disease will continue in spite of any medicine and will grow worse.

It is easy to leave off the old fashioned coffee by adopting Postum Food Coffee, for in it one finds a pleasing hot breakfast or dinner beverage that has the deep, brown color, changing to a rich golden brown when good cream is added. When boiled long enough (15 minutes) the flavor is not that of rank Rio coffee but very like the milder, smooth and high grade Java, but entirely lacking the drug effect of ordinary coffee.

Anyone suffering from disorders set up by coffee drinking (and there is an extensive variety) can absolutely depend upon some measure of relief by quitting coffee and using Postum Food Coffee.

If the disease has not become too strongly rooted, one can with good reason expect it to disappear entirely in a reasonable time after the active cause of the trouble is removed and the cellular tissue has time to naturally rebuild with the elements furnished by Postum and good food.

It's only just plain old common sense. Now, with the exact facts before the reader, he or she can decide the wise course, looking to health and the power to do things.

If you have any doubt as to the cause of any ache or all you may have remember the far reaching telegram of a hurt nervous system travel front heel to head, and it may be well worth your while to make the experiment of leaving off coffee entirely for 10 days and using Postum in its place.

You will probably gather some good news, for health can make good news. You will probably gather some good news, for health can make good news. You will probably gather some good news, for health can make good news. You will probably gather some good news, for health can make good news.

There's a reason for POSTUM Postum Cereal Co., Ltd., Battle Creek, Mich.