

Good Colors For Houses.

It is not generally known—not even among painters—why certain tints and colors wear much better than others on houses, and the knowledge of just what tints are best to use is, therefore, rather hazy.

One writer on paint, in a recent book, says that experiments seem to show that those colors which resist or turn back the heat rays of the sun will protect a house better than those which allow these rays to pass through the film.

Thus red is a good color because it turns back, or reflects, the red rays, and the red rays are the hot rays.

In general, therefore, the warm tones are good and the cold tones are poor, so far as wear is concerned. In choosing the color of paint for your house, select reds, browns, grays and olives which, considering the various tones these tints will produce, will give a wide range from which to choose.

Avoid the harsh tints, such as cold yellows (like lemon), cold greens (like grass green, etc.), and the blues.

It must be understood that no virtue is claimed for tints in themselves, irrespective of the materials used in the paint. Any color will fade, and the paint will scale off, if adulterated white lead or canned paint is used, but if one is careful to use the best white lead—some well-known brand of a reliable manufacturer—and genuine linseed oil, the warm tints mentioned above will outwear the same materials tinted with the cold colors.

Afraid of Fresh Air.

People who were born and bred in the country and who still live there are, as a rule, curiously afraid of fresh air. From their living rooms, especially the "parlor," they rigidly exclude every approach of outdoor air except at housecleaning time, and they are more cautious still as to sleeping rooms. The farmers, in spite of their outdoor employment, suffer not a little from consumption. It seems a pity when these country dwellers might have their lungs filled with pure, fresh air day and night, sleeping or waking, that the poisoned air they breathe at night should be allowed to offset the good effects obtained through the day's work in the field. If the enlightened visitors, paying guests and summer boarders, who have learned that one's manner of life rather than one's place of living may be depended upon to prevent consumption would but circulate their knowledge in a practical way in country places their vacations would accomplish something besides a refreshing of their own health.—Boston Transcript.

American Mineral Water.

In 1890 about 47,000,000 gallons of mineral waters from springs in the United States were sold; in 1900, 59,000,000 gallons, and in 1905 about 75,000,000. The value at the point of shipment now reaches \$12,000,000 a year, and taking into account the expense of transit, bottling and the profits of retailers, \$20,000,000 must be expended each year for American mineral waters. The productiveness of the mineral water springs of the United States is practically unlimited, and at the rate at which the product is increasing it cannot be long before the amount sold each year will reach 100,000,000 gallons, about a gallon and a quarter per capita a year.—Mineral Water News.

Sunday Rest in France.

The action of the French Parliament in passing a bill with little opposition making Sunday a day of obligatory rest has given very wide satisfaction in that country. A special clause of the law authorizes the ministers interested to suspend 15 times a year a day of rest in establishments under State control or private establishments where work is going on in the interest of national defense. The bill allows masters and employers in cases of bakeries, hotels, restaurants and such places to so arrange their work that employees who work on Sunday shall rest on some other day of the week.

SALLOW FACES.

Often Caused by Coffee Drinking.

How many persons realize that coffee so disturbs digestion that it produces a muddy, yellow complexion?

A ten days' trial of Postum Food Coffee has proven a means, in thousands of cases, of clearing up bad complexions.

A Washn. young lady tells her experience: "All of us—father, mother, sister and brother—had used tea and coffee for many years until finally we all had stomach troubles more or less.

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

"We didn't realize that coffee was the cause of the trouble until one day we ran out of coffee and went to borrow some from a neighbor. She gave us some Postum and told us to try that.

"Although we started to make it we all felt sure we would be sick if we missed our strong coffee, but we were forced to try Postum and were surprised to find it delicious.

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



New York City.—Young girls are always ready to seize upon any satisfactory novelty in dress, and the Peter Pan shirt waists have met with hearty approval. This one has the two tucks in each front that provide becoming fulness, and can be made



Jaunty Bathing Kerchief.

There's a way of tying the kerchief worn over the hair while bathing so that it gives a very jaunty rather than grotesque appearance which is so general when one is really ready for the water. The back of the hair is covered, but the pompadour is left out and the silk kerchief is tied just back of it in a sort of ascot knot, the short ends falling to the sides.

Simple But Beautiful Sunshades.

Most of the parasols carried in Newport have been simple in style. Few have had frills or ruffles. But the sunshades are of beautiful tints that match the costumes or contrast with them. The handles make up for the simplicity of the tops, and some are elaborate and costly. Several seen recently had handles of birdseye maple, with cut glass ends of various shapes, some of which resemble de-canter stoppers. The head of a frog and that of a peacock were reproduced on two handles seen recently. Jewels formed the eyes. Only elderly women carry the small carriage parasols, for though they are convenient, they are not at all pretty.—New York Press.

Breakfast Kimono.

The simple breakfast jacket possesses a great many advantages and this one can be utilized both for mornings at home and for negligee wear. In the illustration it is made of a pretty dotted chaille with bandings of plain washable silk and in addition to being extremely dainty is eminently practical, inasmuch as the materials can all be washed read-

either from thin lawns, batistes and the like or from the slightly heavier Madras, linen and French pique. In this instance white mercerized batiste is worn with a pretty blue tie and belt, but in addition to the plain materials there are many dotted ones that are much liked. Pin dotted lawn with collar and cuffs of plain color, matching the dots is a favorite and the coin dotted wash silks are exceedingly smart.

The waist is made with the fronts



and the back. The back is plain but the fronts are tucked at the shoulders and are finished with hems at their edges. The patch pocket is arranged over the left one and the collar is attached to the neck. The sleeves are comfortably full and can be made either with or without openings. In either case they are gathered into bands to which the cuffs are attached.

The quantity of material required for the sixteen year size is three and a half yards twenty-one, three and one-eighth yards twenty-seven or one and seven-eighths yards forty-four inches wide.

Crisp Tulle Bow.

Nothing could be more charming than the revival of the crisp little bow of white cambric or tulle under the chin. This is a fresh, dainty mode of neck dressing, and looks particularly well with the spring tailored suit. The ties, when of cambric or lawn, are long enough to go twice around the neck and tie. They must, of course, be immaculately crisp and fresh, or their charm is lost. The dainty, ethereal whisp of tulle, such as girls wore a year or more ago, has again been adopted by those who find it becoming.

Embroidering White Belts.

The work of embroidering white belt and collar to match to wear with shirt waist suits is employing the spare moments of many young ladies who are energetic in spite of the extreme heat.

Quill For Lingerie Hat.

The quill has found its way to the lingerie hat, and its pert style is much more appropriate among the bows than are more pretentious forms of decoration.

Vesuvius, the New Color.

A London authority states that a deep yellow, with a shot of flame red in its lights and shades, is the latest fashionable color. It is known as "Vesuvius."

ily and with success. It would, however, be equally attractive in cashmere, in French flannel and all simple materials and also in the cotton ones that now are being shown and in which so many garments of the sort are sure to be needed.

The kimono is made with the fronts and the back and is finished with the big and becoming collar over the shoulders while the sleeves are made in one piece each and cut on pointed outline.

The quantity of material required for the medium size is four and one-quarter yards twenty-seven, three



and three-quarters yards thirty-six or three yards forty-four inches wide with four yards of banding.

Plaid Wash Tie.

The fancy for bright plaid wash tie and belt has not yet been very widely adopted here, though it is a pretty idea for younger women especially, the best effect being obtained when the tie is worn over a white stock and the edges of both tie and belt bound with white.

Which to Believe.

The Eastern tale is generally a compound of that humor, simplicity and imagination that we associate, rightly or wrongly, with the Irishman, just because Ireland is the nearest country to our own that is not aggressively Saxon. What could be more Irish, for instance, than the behavior of the great Turkish hero of so many stories, Nasr-ol-Din Hodja, when a neighbor came to borrow his donkey. "My donkey is not here," he said. The words were scarcely out of his mouth when the animal brayed loudly. "But your donkey is here, I can hear him!" cried the neighbor. "What!" shouted the enraged Turk; "do you mean to say you believe my donkey before you believe me?"

The Berkshire.

The land of magnificent estates, picturesque farms and comfortable summer homes and camps—the Berkshire Hills! Here in Western Massachusetts—only a few hours from all the large cities of the East—is a country that, for years, has attracted to it both the wealthy and the middle classes; the one to spend the summer months upon extensive estates; the other to occupy farmhouse, cottage, or tent.

The charms of the Berkshires have been told in story and poem. Many of our most famous authors have found there the rest and quiet that enabled them to give us masterpieces that will live as long as the old hills among which they were inspired and written.

The New York Central Lines extend directly through the hill country and make this fascinating region easy of access to the traveler from East or West. There are few vacation spots in the world more attractive than these beautiful Berkshire Hills on "America's Greatest Railroad."

Vacation Time.

The great American vacation is on tap. A man leaves his comfortable office and takes up his abode at Mosquito-bay-by-the-Lake. He fishes under a violent sun and drinks road-house whisky that is used in the winter, when the summer trade is dull, to tan leather. Sometimes he arises at 5 a. m. to fish. He chases the golf ball till his suspenders wilt. Worn by the experience, he returns reluctantly to the city and it takes until fall to get back his repose and make up for sleep. Did you ever debug four acres of potatoes with the mercury at 92 degrees? It has a vacation skinned. P. S.—We can't get away this summer.—Minneapolis Journal.

BABY COVERED WITH SORES.

Would Scratch and Tear the Flesh Unless Hands Were Tied.—Would Have Died But For Cuticura.

"My little son, when about a year and a half old, began to have sores come out on his face. I had a physician treat him, but the sores grew worse. Then they began to come on his arms, then on other parts of his body, and then one came on his chest, worse than the others. Then I called another physician. Still he grew worse. At the end of about a year and a half of suffering he grew so bad I had to tie his hands in cloths at night to keep him from scratching the sores and tearing the flesh. He got to be a mere skeleton, and was hardly able to walk. My aunt advised me to try Cuticura Soap and Ointment. I sent to the drug store and got a cake of the Soap and a box of the Ointment, and at the end of about two months the sores were all well. He has never had any sores of any kind since. He is now strong and healthy, and I can sincerely say that only for your most wonderful remedies my precious child would have died from those terrible sores. Mrs. Egbert Shelton, R. F. D. No. 1, Woodville, Conn., April 2, 1903."

Submarine Cables.

There are about 225,000 miles of cable in all at the bottom of the sea, representing \$250,000,000, each line costing about \$1,000 a mile to make and lay. The average useful life of a cable nowadays is anything between 30 and 40 years, according to circumstances. About 6,000,000 messages are conveyed by the world's cables throughout the year, or 15,000 a day, the working speed of any one cable being up to 100 words a minute under present conditions. About 90 per cent of these are sent in code or cipher.

One on the Century.

Certainly no one would think of reading a dictionary for amusement or pleasure—as the Irishman said, he would lose the thread of the story in the great mass of detail. No one would expect to find jokes in such a book, barring Mark Twain's about the carbuncle. But that learned and otherwise serious dictionary, the Century, contains at least one laughable entry. Under the word "question" is the following: "To pop the question—see pop."—Catholic Mirror.

America Has Gas to Burn.

A statistician announces that the United States produces 90 per cent. of the entire world's known production of natural gas.

COULD NOT KEEP UP.

Broken Down, Like Many Another, With Kidney Troubles.

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

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



His Modern Wit.

A contemporary states that while a wedding breakfast was being held in a restaurant at Fresno, les Rungis, a naval officer uniformed entered the room, and was invited to preside over the feast. He made himself very agreeable, sang songs and delivered speeches. He was proposing the bride's health when two policemen rushed in and arrested him as an escaped lunatic from a neighboring asylum. It is further asserted that he thereupon politely turned to the officers and said: "I think you have made a mistake, gentlemen. There"—pointing to the bridegroom—"is the man you want."—London Chronicle.

Horses and Dogs as Food.

German government statistics show that 43,421 horses and 2,151 dogs were slaughtered for food under government inspection during the first three months of 1906. This was an increase of 7,522 horses and 366 dogs over the number slaughtered during the same time in 1905. And it is only accounts for the dogs and horses killed under government supervision. It is estimated that among the poorer classes, forced to resort to dog and horse meat by the exclusion of American and other foreign meats from the country, the consumption of this sort of meat was much larger than the official records show.—National Provisioner.

Cholera in Manila.

The outbreak of cholera in Manila revives memories of the terrible epidemics of the past, especially the one of 1902, when there were recorded some 83,000 deaths out of 130,363 cases. Last year there were 713 cases reported, with 553 deaths. Since 1902, the health officers have entrenched themselves behind a system of inspection and sanitation that should prevent the recurrence of the scourge on a great scale, but they are often hampered by those ignorant natives who regard health laws as oppression, and who hide from the authorities cases that occur in their families.—Springfield Republican.

A Crushing Retort.

Senator Bard of California, was once conversing with a Jesuit brother at the Georgetown University, when he told this story illustrative of the fine humor of Archbishop Ryan, of his State.

The archbishop had rebuked a priest for wearing a most disreputable-looking hat.

"I would not give this hat for 20 new ones," said the priest. "It belonged to my father who fell in the rising of '48."

"Ah," was Archbishop Ryan's retort; "evidently he fell on the hat!"—Harper's Weekly.

In Perfect Style.

The proprietors of a Siamese newspaper have distributed handbills containing the following notice: "The news of English we tell the latest. Write in perfectly style and most earliest. Do a murder, get commit, we hear of and tell it. Do a mighty chief die, we publish it, and in borders of somber. Staff has each one been colleged, and write like the Kipling and the Dickens. We circle ever town and extortionate not for advertisement. Buy it. Tell each of you its greatness for good. Ready on Friday. Number first."

How They Progress.

The way that they are holding up trains and looting stores and banks in Russia suggests that, after all, and in spite of the grinding effect of the grinding effect of the autocracy, the lower classes are, in their crude way, making some progress toward the higher civilization.—Indianapolis News.

FITS, St. Vitus' Dance, Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. \$2 trial bottle and treatise free. Dr. H. R. Kline, M.D., 939 Arch St., Phila., Pa.

A large shipping company is organizing at Cardiff to establish a new line between Great Britain and her colonies.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

Infant Class on Congress.

Of a legislator's moral texture the most unmixt test was probably the pure food bill. A handful of men could be found who would vote against it on doctrines of State sovereignty, but in almost every case a vote in the negative was cast for a specific money interest against the people's health.—Collier's Weekly.

WINTER Wheat, 60 Bushels per acre. Catalogue and samples free. Salszer Seed Co., Box A. C., La Crosse, Wis.

Thompson's Eye Water

Chickens Earn Money!

If You Know How to Handle Them Properly.

Whether you raise Chickens for fun or profit, you want to do it intelligently and get the best results. The way to do this is to profit by the experience of others. We offer a book telling all you need to know on the subject—a book written by a man who made his living for 25 years in raising Poultry, and in that time necessarily had to experiment and spent much money to learn the best way to conduct the business—for the small sum of 25 cents in postage stamps.

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MISS LEOPOLD, SECT'Y LIEDERKRANZ,

Writes, "Three Years Ago My System Was in a Run-Down Condition. I Owe to Peruna My Restoration to Health and Strength."



MISS RICKA LEOPOLD.

MISS RICKA LEOPOLD, 137 Main street, Menasha, Wis., Sec'y Liederkranz, writes: "Three years ago my system was in a terrible run-down condition and I was broken out all over my body. I began to be worried about my condition and I was glad to try anything which would relieve me.

"Peruna was recommended to me as a fine blood remedy and tonic, and I soon found that it was worthy of praise.

"A few bottles changed my condition materially and in a short time I was all over my trouble.

"I owe to Peruna my restoration to health and strength. I am glad to endorse it."

Peruna Restores Strength.

Mrs. Hettie Green, R. R. 6, Juka, Ill., writes: "I had catarrh and felt miserable. I began the use of Peruna and began to improve in every way. My head does not hurt me so much, my appetite is good and I am gaining in flesh and strength."



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Enable you to enjoy your meals without having to spend half your time between them over a hot cook-stove.

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P. N. U. 34, 1906.

Thompson's Eye Water

Thompson's Eye Water