

THE PATH TO THE PASTURE.

The narrow path that we used to tread
Led straight away from the farmyard
gate,
And down the lane to the pasture lot,
Where for our coming the cows would
wait.
Between its borders of grass and weeds
It bore the prints of our restless feet,
That stepped so blithe through the early
dews,
Or lagged along in the pulsing heat.
Above our heads curved a roof of blue,
Where oft we saw the ghost of the moon
Do drifting by with the sun tipped clouds
That sailed away to the port of noon.
From nodding thistles and mullen stalk
The meadow larks through the summer
sang,
And from the stubble of harvest fields
The bob white's call through the still-
ness rang.

—Adella Washer, in the New York Sun.



"Hey, Billy! let me have a ride?"
cried a boyish voice, and Billy pulled
up his handsome roan mount to speak
to his friend, who came running down
the dusty country road very hastily
to meet him.

"I'm afraid I can't, Hal," Billy an-
swered regretfully, sorry that he
could not oblige his friend in this re-
quest. "I've just had him down to the
blacksmith shop at the cross-
roads, and must get home and feed
him and rub him down before the
doctor comes in with the machine.
He wants to drive the horse this af-
ternoon, out somewhere where he
can't go in the automobile, on ac-
count of the bad, sandy roads."

Hal was stroking the smooth side
of the fine horse while Billy talked.
Now he looked up and persisted in his
request.

"But I won't hinder you. Just
take me up behind, for a ride, and
I'll walk back," he said.

Billy saw that he would have to
be quite frank with Hal. "No. Doc-
tor Barnes said, when I first went
to help around the stable, that I
should never let any one else ride
Arrow. So you see I really can't. I'd
like to let you have a ride, but I must
get him home as soon as I can, now.
Good-bye," and Billy was off at a
trot, while Hal stood at the gate and
watched horse and rider until they
were out of sight.

Billy was thinking deeply as he
rode along. The subject was one that
often occupied his thoughts, when he
had the horse out for exercise, or was
busy with his work about the stables
at the doctor's home.

"Too bad that Hal can't have my
place at the doctor's, and I have what
I want. I think this is a mixed up
old world anyway. We get the things
we don't care a snap about, and the
things we'd give our heads for, al-
most, don't come our way." "Get
along, Arrow, old fellow. I can't wait
for you to eat grass to-day," and he
urged the horse into a trot. Some-
times Billy had time to let him crop
a particular fine bunch of grass, and
Arrow remembered it.

Into the village street they turned
from the country road in a few min-
utes, and trotted down the long,
straight thoroughfare. He rode past
the post-office and general store, with
its porch decoration of idlers; past
the pretty notion store windows, and
the town hall; and on toward the
doctor's home, at the extreme other
end of the street.

But they did not get home without
an interruption. As they went on
down the street, and past several
houses, Billy saw ahead the familiar
automobile of his employer standing
in front of a house.

"Wonder who is sick at Harris'?"
he thought, and glanced again at the
car as he neared it. "Hello, doctor
has Myrtle out with him," he added
as he saw the golden head of the
doctor's little girl over the back of
the seat.

Myrtle saw him at the same in-
stant, turning around at the sound
of hoofs in the street. She smiled
and waved her chubby hand as he
passed, and he waved back, for they
were very good friends.

Almost as soon as he had gone
past the car this happened. He heard
it start and looked back, expecting
to see the doctor in his seat, with his
hand on the lever, but he saw instead
Myrtle, grasping it with chubby fig-
gers, laughing mischievously, her
curls tossed back and her face alight
with daring.

Bill gave one gasp, and pulled the
roan around so suddenly that he
wheeled on two feet. Even as he
did so, the big car gained headway,
and the child in it, realizing some-
thing of her danger, but ignorant
how to avert it, or stop the car,
screamed helplessly, "Oh, Billy, come,
make it stop, quick!"

Even as she spoke the machine
passed the boy and horse, running so
smoothly and swiftly that he paled
at the danger before the child. The
thought came: "If he had made me
chauffeur, instead of stable boy, as
I wanted him to do, this would not
have happened." For only the day
before, the man who had held that
position—the place Billy wanted with

"A Small Thing."

Do you believe in progress? Do
you believe that all the wonderful
achievements of the nineteenth cen-
tury—the railroad, the telegraph, the
telephone, electric light, kerosene,
sewing machine, agricultural machin-
ery, steamships, trolley cars, etc.—
have made life easier and better
worth living? I do. I believe that a
man who lives forty years under
modern conditions has experienced
more life and better life than Mathu-
salem, though he had lived twenty
centuries of his time.

The triumphs of the nineteenth
century were triumphs of human ser-
vice—the placing of knowledge and
the fruits of knowledge within the
reach of the common man. Every
man's life is better, happier, more se-
cure because of them. We live more
comfortable, more sociable lives in
better and more comfortable houses
because of them. Even the hopeless
dweller in the worst city slums is
more comfortable in his physical con-
ditions than the middle-class citizen
of the days of George Washington.

In little things as in great, comfort
and convenience have been the leg-
acy of the "Century of Improvement."
Paint, in a certain sense, is a
minor matter, yet it gives beauty,
healthfulness and durability to our
dwellings. Fifty years ago painting
was a serious proposition, a luxury
for the owners of stately mansions
who could afford the expense of fre-
quent renewals. To-day ready mixed
paint is so cheap, so good and so uni-
versal that no house owner has an
excuse for not keeping his property
well painted.

A small thing, indeed, yet several
hundred large factories employing
thousands of chemists and skilled
workmen, are running every day in
the year to keep our houses fresh,
clean and wholesome.

A small thing, yet a can of good
ready mixed paint, such as one may
buy from any reputable dealer, em-
bodies the study of generations of
skilled chemists, the toil of a thou-
sand workmen in mill, laboratory and
factory, and the product of a long
series of special machinery invented
and designed just to make that can
of paint and to furnish us an infinite
variety of tints, colors and shades.

It was a wonderful century, that
nineteenth of our era, and not the
least of its wonderful gifts was that
same commonplace can of paint.

L. P.

High Collars and Headaches.

That high collars tend to produce
nervous headaches among men and
women is the most recent discovery
of a well-known Viennese physician.
Quite accidentally the doctor's at-
tention was directed to the very high
and very tight style of collar worn
by a patient who was always com-
plaining of headaches and dizziness.
The collar was laid aside, thus re-
moving the compression of the neck,
and the patient's headaches and diz-
ziness disappeared. Struck by this
result the doctor paid particular at-
tention to the kind of collars worn
by his "headache patients," and in
very many instances the change to
lower and easier fitting collars
brought immediate relief. In the
case of women wearing high stiff
neckbands it was found that doing
away with these had a similarly ben-
eficial result. The doctor declares
that nobody with any tendency to
headache should wear high collars.—
Pall Mall Gazette.

Scientific Discovery.

The sun has revealed an interest-
ing scientific discovery which will de-
light the archaeologists of the entire
country. At Castle park, Colchester,
as elsewhere, the great heat of the
last few weeks has considerably mod-
ified the natural greenness of the
grass. But in one place there were
noticed parallel and transverse bands
of grass which were much browner
than the surrounding verdure. Closer
examination showed that the brown
bands formed the ground plan of a
spacious Roman villa. The shallow
soil over the ruined walls of the villa
had been dried more thoroughly than
the deeper soil on either side of them
and thus the sun had made a tracing
of the villa for the edification of
scientists.—Dundee Advertiser.

LOOSE TEETH

Made Sound by Eating Grape-Nuts.

Proper food nourishes every part
of the body, because Nature selects
the different materials from the food
we eat, to build bone, nerve, brain,
muscle, teeth, etc.

All we need is to eat the right kind
of food slowly, chewing it well—our
digestive organs take it up into the
blood and the blood carries it all
through the body, to every little nook
and corner.

If some one would ask you, "Is
Grape-Nuts good for loose teeth?"
you'd probably say, "No, I don't see
how it could be." But a woman in
Ontario writes:

"For the past two years I have
used Grape-Nuts Food with most ex-
cellent results. It seems to take the
place of medicine in many ways,
builds up the nerves and restores the
health generally.

"A little Grape-Nuts taken before
retiring soothes my nerves and gives
sound sleep." (Because it relieves
irritability of the stomach nerves, be-
ing a predigested food.)

"Before I used Grape-Nuts my
teeth were loose in the gums. They
were so bad I was afraid they would
some day all fall out. Since I have
used Grape-Nuts I have not been
bothered any more with loose teeth.

"All desire for pastry has disap-
peared and I have gained in health,
weight and happiness since I began
to use Grape-Nuts." Name given by
Postum Co., Battle Creek, Mich. Get
the famous little book, "The Road to
Wellville," in pkgs. "There's a reason."

DON'T CUT YOUR SLEEP SHORT.

British Scientists Frown On the Wellington Rule.

The papers read in the physiologi-
cal section of the British Association
for the Advancement of Science dis-
cussing sleep and rest were all op-
posed to the old idea that mankind
should be content with short slum-
ber. The Duke of Wellington's dic-
tum of six hours for a man, seven
for a woman and eight for a fool
went by the board.

Francis Dyke Acland urged the
necessity for plenty of sleep for the
young as necessary to their bodily
and mental development. He said
that most of a boy's growth was done
in bed. He quoted a letter from the
head master of a large school, where
the breakfast hour had been changed
from 7 to 8 o'clock, as saying that
the whole school was brighter and
doing better work.

Dr. Gotch said that the healthiest
sleep was dreamless. He mentioned
Lord Kitchener's faculty of being
able to go into dreamless sleep at any
moment.

Professor Lewis said that the nor-
mal sleep of a laboring man during
the first half hour was very deep and
then grew shallower.

Professor Meyers related his own
experience with a German doctor. He
arranged to be awakened after a
half hour to see what his mental
condition was. He set himself several
problems in arithmetic. The next
day he was awakened after an hour's
sleep, and so on, increasing his time
for sleep by an hour a day until he
got six hours. He found his ability
in connection with arithmetic as
great after an hour's sleep as after
six hours. When, however, he came
to try another test this one com-
pletely broke down. In trying to
test his memory he found it grew in
proportion to the number of hours
of sleep he took.

British Scientists Frown On the Wellington Rule.

Bootjacks Among the Sunflowers.

It is popularly supposed that the
bootjack has disappeared from the
common articles of household use as
completely as the candle snuffers and
the warming pan. But this is not
true in some parts of Kansas. In
Smith County they are numerous.
Why they should still continue in ex-
istence in the vicinity of Smith Centre
while at Mankato not one is to be
found is explained by the prevalence
of the old fashioned custom of wear-
ing boots at the former place. Many
bootjacks may be found hanging be-
hind the kitchen stove in the farm-
houses in that vicinity. The oldest
one was made in Wisconsin in 1851,
and is owned and used by G. W. Sage,
of Smith County.—Smith Centre Pio-
neer.



New York City.—The jaunty Eton
promises to continue its favor indefi-
nitely and will be as much worn dur-
ing the warmer weather. This one
includes a vest that is exceedingly
chic in effect and also is made with
a girdele to match. In the illustration



chestnut brown chiffon broadcloth is
trimmed with a simple banding and
with large ornamental buttons, the
vest being of the material, but when
liked this last can be of silk, of vel-
vet or of some contrasting color.
Cloth is always handsome for cool
weather suits, but Panama cloth,
cheviot and homespuns all are equal-
ly correct, while the models also can

Colored Lace Scarfs.

Scarfs of lace dyed to match the ac-
cessories of the gown are one of the
season's most attractive fancies. Im-
agine such a scarf in pale lilac with
a gown besprinkled with delightfully
natural wisteria blossoms.

Embroidery on Boleros.

One of the bolero coats seen with
a dull blue linen skirt was fashioned
entirely of English eyelet embroidery
lined with the blue linen, the edges
turned in and given a frill of Valen-
ciennes lace. Another modish bolero
is fashioned of huntsman's pink tafa-
ta in four pointed tabs, with the
seams left open from the bottom for
three inches to show a bit of pretty
butter-colored lace.

Fancy Blouse.

Such a fancy blouse as this one is
much to be desired for informal din-
ners, the theatre and all occasions of
the sort, and will be found effective
made from any of the pretty soft silk
and wool materials of the season. In
the illustration silk velveteen is com-
bined with lace and touches of vel-
vet, but there is almost no limit to be
set to the possibilities of the model.
The lines of the front give the be-
coming tapering effect, while there is
also a deep girdele that can be of the
material or of some soft silk in the
same shade as may be preferred. Ra-
dium silk, chiffon, messaline, crepe
de Chine and silk all are suitable and
in every way to be desired, whether
the model is used for the separate
waist or the entire gown.

The foundation is a fitted lining
and on this lining are arranged the
chemisette, the full fronts and the

TIRED BACKS.

The kidneys have a great work to
do in keeping the blood pure. When
they get out of order it causes back-
ache, headaches, dis-
tressing urinary
troubles. Keep the
kidneys well and all
these sufferings will
be saved you. Mrs.
S. A. Moore, proprie-
tor of a restaurant at
Waterville, Me., says:
"Before using Doan's
Kidney Pills I suf-
fered everything from kidney trou-
bles for a year and a half. I had
pain in the back and head, and almost
continuous aching in the joints and
felt weary all the time. A few doses
of Doan's Kidney Pills brought great
relief, and I kept on taking them un-
til in a short time I was cured. I
think Doan's Kidney Pills are won-
derful."

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

His Pious Motive.

Cyrus Townsend Brady, the novel-
ist, was for a number of years a
clergyman on the Western frontier.
"I was discussing Western life," he
said recently, "with a friend of mine,
a missionary. This missionary told
me how he once asked a Dakota tav-
ern keeper for a subscription toward
a Sunday school. There was no Sun-
day school in the neighborhood, and
the missionary laid before the tav-
ern keeper a number of strong argu-
ments. The man listened in silence.
He thought a while. Then he gave
to the missionary a \$10 bill.
"Goodness knows," he said "we
are wicked enough around here, and if
anything can be done to raise the
price of land, I'm for it."

Phonograph Post Card.

An ingenious device is at present
all the rage in France. It is neither
more nor less than a talking post-
card. The cards are about three
times the thickness of an ordin-
ary card, and are fitted with phonogra-
phic discs. Instead of writing your
communication in the ordinary man-
ner you make it verbally at the office
where you purchase the card. It is
recorded, the address is written on
the other side, and it is then posted.
The recipient places it in an ordinary
phonographic machine and hears the
voice of his or her friend. The cost,
including taking the record of the
voice, the card itself and the post-
age to any part of France, is half a
franc.

A Poet's Curious Compliment.

It was the habit of the late Richard
Henry Stoddard, the poet, to always
speak well of everyone. No matter
how bad the character of a person,
the good gray poet invariably found
some trait to praise. One day, in his
office on Park Row, some friend en-
tered and asked him whether he knew
so and so, and if so, what was the
man's reputation. It happened that
the man had a shabby reputation, and
was well known as a "gold-brick"
operator. The aged poet lighted his
pipe and answered:
"Yes; I know him. He is the most
energetic, progressive, irrepressible,
good-natured, artistic kind of an un-
mitigated rascal that I ever met!"—
Leslie's Weekly.

Sleep and Intoxication.

According to Prof. Minnot, of Paris
sleep may be defined as a sort of in-
toxication caused by carbonic acid.
Experimenting with animals that hiber-
nate in winter, such as the mar-
mots, for instance, Prof. Minnot has
found that during the progress of
hibernation there is an accumulation
of carbonic acid in the blood of the
unconscious animal. Further study
has convinced him that the "winter
sleep" of hibernating animals does
not differ, as far as its causes are
concerned, from the ordinary sleep
which, for shorter periods, kills the
senses and restores the strength of
all animals, including man.—Philadel-
phia Record.

Height of Women.

After taking measurements of the
height of women in France, England
and America, a doctor announces
that an English woman is the tallest,
and the American woman comes next.
The average height of the French
woman is 5 feet 1 inch. The American
woman is nearly two inches taller,
and the women of Great Britain half
an inch taller than the latter. Ameri-
can women, however, weigh slightly
more than either of the others, their
average weight being about 117
pounds.

Horseshoes are sometimes made in

Sweden of cowhide instead of iron.

be used for between seasons wear if
made from the lighter fabrics, such
as mohair and taffeta.

The Eton is made with fronts and
back and the vest portions. The vest
portions are joined to the fronts on
indicated lines, and the neck edge is
finished with the shaped roll-over
collar. Darts successfully effect the
fitting but are concealed by the trim-
ming. The sleeves are comfortably
full, gathered into bands and finished
with deep roll-over cuffs. The girdele
is made in sections and fits the figure
with perfect smoothness and snug-
ness and can be either entirely sepa-
rate or attached to the jacket at the
back, as preferred.

The quantity of material required
for the sixteen year size is three and
three-eighth yards twenty-one, two
and three-quarter yards twenty-seven
or one and three-quarter yards forty-
four inches wide with nine yards each
of plain and fancy braid.

Heavy Silks Coming In.

The stiff, heavy silks, the kind
which grandmother used to wear, and
which would "stand alone," are com-
ing in in obedience to the new prin-
cess and Empire modes.

Electric Bulb Fan.

A new fan for the theatre, says
Style, has a tiny electric bulb in the
handle, enabling one to read one's
program while the house is in dark-
ness.

New Street Hats.

Many of the new street hats are
turned up sharply on the left side
and are set squarely on the head.

LUMBAGO AND SCIATICA

ST. JACOBS OIL

Penetrates to the Spot
Right on the dot.

Price 25c and 50c

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