

**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.



By Cora S. Day.

"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 fin-  
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.

**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.

**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.

**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 rea-  
son."



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 girle 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 taf-  
feta 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 girle 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



**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 girle  
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.

**Full back, the closing being made invisibly at the back. The sleeves are in three-quarter lengths, shirred in a decidedly novel and most effective manner, and are finished with frills of the material.**

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



**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-  
ziness, languor and  
distressing 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 woman, however, weigh slightly  
more than either of the others, their  
average weight being about 117  
pounds.

**Horseshoes are sometimes made in**

...of cowhide instead of iron.

**LUMBAGO AND SCIATICA**

**ST. JACOBS OIL**

Penetrates to the Spot  
Right on the dot.

Price 25c and 50c