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Helpful **Beauty Hints** lise Figure-The Croper Way to Sit is a Chair and Its Practice-

How to Prevent Wrinklas - About Warts-Avoid Chemical Lotions. The ungraceful way many woman sit is frequently the cause of ungalo-ly figures, for unless the weight is properly poised the lower organs are thrown out of gear and shapellnoss

is impossible.

is impossible. To avoid ruining the figure every woman should regard her spins as an upright post, the shoulders being a cross ploce. And this structure sh-must guard so it will not bend, an i as soon as a bend is permitted the balance is destroyed. Sitting is a bala scenar a simple

Bitting in a chair seems a simple matter, yet rarely is it done properly. I do not now mean crossed feet and other ungraceful positions, but the fact that the spine is usually be it. Let the woman who is reading this see, at the moment, if she cannot push further back into the sect—not with her alcoulders, but so the end of, her spine is nearer the chair back. If the can accomplish this she will find herself involuntarily sitting straight-er, because a kink has been removed from her vertebrae. In my opinion no one position does more to make or present a good fig-

In my opinion no one position does more to make or present a good fig-ure than to practice correct sitting for at least five minutes three times a day. For this I would use a chair with a straight back and got on to it, leaning forward a little and pushing back until the spine, about three inches from the Up, feels the chair back. Then, with the shoulders thrown back, a position is attained which is best for all proportions and will some be held unconsciously. When this is accomplished the danger of protruding abdomen and large hips is greatly leasened.

greatly lessened. Besides this straight spine move ment chest expansion should be cul-tivated. This is difficult for an older woman, yet worth any effort. One such exercise is to try repeatedly to make the elbows touch each other behind the back. The longer one tries and the more

The longer one tries and the more strength put into the muncular exer-tion the better will the figure be-come. Incidentally, one must take cars to stand straight while exercis-ing in this way, or she will simply in-crease any "stooped shoulders." Another good and by no means diffi-cult movement is to straighten the arms out at the sides and, withhout bending the shows, put them back as far as they can be made to go. Deep breathing has much to de with having a good figure. If the chest is far and contracted, as must be if the ings are not filed, a woman cannot make a good appearance.

lungs are not filled, a woman cannot make a good appearance. It is astonishing that, with wearing very tight stays, the disphram may be expanded when the lungs are filled to the lowest depth. That is, in spite of lacing, there is still room for the lungs to be inflated. To breathe deep-ly does not mean a large waist line, and such practice may reduce the hig measure. The lower lungs cannot be inflated unless, one is standing cor-rectly.

rectly. I think that each night before go ing to bed a woman should try to touch the floor with her finger tips without bending the knees. If she can accomplish this the exercise will keep her supple and if she cannot do It she certainly needs practice. For this movement the hands are held high above the head and brought down high above the need and brought down, with a sevening motion while the knees are kept stiff. Should they bend there is no benefit to be darived. By their remaining rigid pull is made from the walst and hips and long and

constant practice will reduce the measurement there. The work must never be done while wearing tight bands.--Margaret Mixter.

CROSSING CONTINENT BY BOAT. Canoe May Traverse South America from Ocean to Ocean.

An official of the Geological Survey at Washington, is describing the gold Belds of Westers. Colombia, has inci-dentally pointed out a route by which, a cance from the Atlantic to the Pacific across the northwestern part of South America. The proposed routs follows the riv-

The projugate for the former to the pro-er Afrain to the divide, which lies in a series of swamps, and then, by way of one or two smaller streams, reaches the river Ban Juan, which empties into the Pacific.

Eastern Highbinders.

An ordinance just passed in Java fails heavily upon Chicese secret so-cieties in the Dutch East Indies. A fine of 100 guilders or three months' aprisonment is the penalty for every Chinaman found in possession of se-tret society documents or emblemen or

mucht wearing the distinguishing marks of these organizations. Those who preside over the meet-Those who preside over the meet-inm of such societies, allow meetings to be held in their houses or fail to inform the authorities of such gather-lar, being held incur similar penal-ties. The latter also fail upon China-mea who recruit for these societies, supply them with money or give them held in any way help in any way.

More Derful.

The president of an ocean steam ship company was taking a journey across the water. When the ship was in a dangerous channel he became enpaged in conversation with the pilot, an elderly man, who had spent most of his life on the water. The presi-

of his his on the water. The presi-dent of the company remarked: "I suppose you know all about the dan-gerous places in this channel?" "Nope," replied the plot. "You don't!" exclaimed the president. "Then why are you in charge of the wheel?" Because I know where the bad

places ain't."

Kissing the Book.

in England and all the English peaking countries the kissing of the book before the oath comes from the practice of touching a "halidame," or sacred object, as the old Roman touch-ed the altar or Harold the casket of relics. The form, "So help me God." is inherited from ancient Teutonic-Scandinavian law, under which the old Northmen, touching the blood-daubed ring on the altar, swore, "So help me Frey, and Niordh, and the Al-mighty God" (that is, Thor). The first and last of these are the two old English gods, whose names up in Friday and Thursday.

The height of the atmosphere above the earth has never been ascertained, because no one has ever been able to get far enough out to determine where it ends. But it certainly apreads far more than fifty miles from the solid surface of the earth and from the liquid surface of the sea. The quan-tity, therefore, that rests upon an orce of ground presses down upon that space with a w-ight of not less than 12,000 tons. Fifteen pounds of it are sustained upon each square inch of the land that is near the level of the sea. Hef. sea.

Scientific Training

Scientific education in the schools and colleges of this country may be said to date from the year 1862. The said to date from the year 1862. The bill for scientific and technical studios was put through Congress in that year by the Honorable Justin 8. Mor-ril, of Vermont, and received the President's signature at once. The bill received its main inspiration at the International Exhibition at Lon-for in 1961 and any proposed by don, in 1851, and was proposed as sarly as 1857, but owing to the high party spirit engendered by the slavery tiscuar ion was delayed till the date given.

Contains a Chamber Where Meal is

AN INNOCUOUS SMOKE. By Means of a Holder, Some Cotton

and Chioride of Iron. in an article on the hygime of , amolding published in the Munich Med-ical Wookly, Dr. J. Bamberger says that the fajury which may follow the nor of smolting. score who use a mouthpiece, or if not are careful not to keep the end of the right saturated with sativa, are much loss apt to suffer from the oducts of the burning tobacco. "Dry smokers" on much less risk of harming themselves that those who chew the suit of their eigens. Dr. Banabeger nongents that a bit of absurbent cotton saturated with chlor-ids of iron be pinced in the holds-and he claims by doing this some of the harmful proucts of combustion are rendered innocuous.

Weighing Touch.

A wonderful instrument has recent-been invented for the purpose of by beau inventor for the purpose of mensuring the some of touch. The device counists of a series of little disks, numpended by fine, delicate threads from wooden handles, the 1 as being stuck into holes around a block. being stock into holes around a block. The lightest disk is inken out and brought into centact with the skin of the subject, the latter having closed his syss. If nothing is felt a beavier disk is employed, and so on till the pressure becomes noticeable. A touch of a disk weighing three-one-hundred his of a grain was observ-able on the termine, one work when the

able on the temple; one weighing five one hundredths on the nose or chin, and one weighing nine-one hundredths on the inside of the finger.-The Path-finder.

Just Cause for Pride.

The man admired his wife just about as much as any man can admire a wife, nevertheless when he saw that she was devoting more and more time each day to mirror gazing he de-termined to take her down a peg. Said he, brutally:

"I wouldn't be so stuck on myself If I were you, just because people happen to police you when you at out. It han't you they're admiring its your clothes. I beard a banch o For an instant the shock to the woman's vanity overpowered her, then, quickly recovering the said: "In that case I am provider than ever. Nature is responsible for mo, but I designed the dothes myself." And then the man shut up.

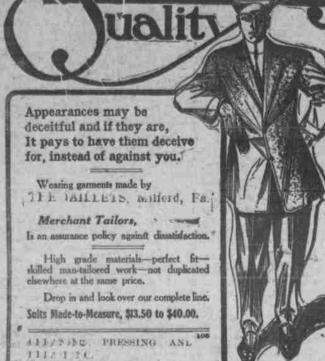
Ambergris and Amber.

There is some popular confusion of ambergrin with amber; in fact, how ever, there is no relation between them. But for a long time the nature of ambergris was hidden in mystery of ambergris was hidden in mystery In ancient days it was commonly be-lieved that it flowed up from the bot-tom of the sea. Sinbad the Saller tells of a spring of ambergris that be found; but it was in a crude state. The fish swallowed it, and then dis-gorged it in congealed form, and in this condition it floated on the sur-face of the sea. This story harmon-izes perfectly with the old Arabian be-lief.

Tommy Atkins. The term arose from the little pocket ledgers served out at one time to all British soldiers. In these manto an original solution. In the name, ago, date of sulisiment, length of service, wounds, medals, and so on, of each individual. The War Office sent with each little book a form of fill's

and the hypothetical name instead of John Doe and Rive (of the lawyers), or M. Church), was "Tommy Atkin every British soldier became my Atkins."

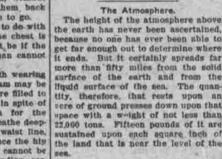
Deceptive Artificial Pea According to the Daily Mail ingham, the centre of Eng'm. elry manufacture, says that in now made many imitation which look so like the real thi they dessive exports. They are by means of a transparent glas a little glue, and some essence

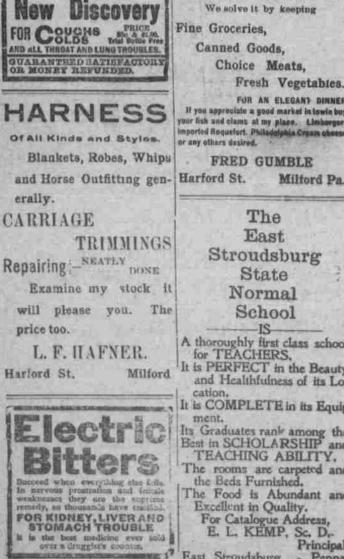






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To Provent Wrinkles. A French beauty of mature age A preach beauty of mature age claims that wrinkles can be provented for many years by washing with barley water night and morning. It is made as follows: Holl three ounces of pearl barley in a pint of water, up of pearl barley in a pint of water, us til the gluten is extracted; strain and add 35 drops of tincture of benzoin. If wrinkles have already appeared and are not too deep this, pomade, applied every other night, will improve them: Hote Fomade.-Julce of Illy bulbs, 60 grams; Honey, 15 grams; White war, 20 grams; Hose water, 12 grams Melt the wax and honey together; add the Illy julce to the rose water.

and stir slowly into the honey and Note that the above calls for grams and not grains.

Alcohol Distillation. The government distillery for maing denatured alcohol from corn an polatoes and the explanation of it use in very interesting. Dr. Sawye of the United States department of agriculture says that the magazin and newspaper articles concerning de natured alcohol have all, so far as hcan recall, given misleading impres-sion. He says there is no question

sion. He says there is no question that the use of denatured alcohol is going to be of great sorvice, but that so far the department has been un able to build machinery simple enoug-sand chasp shough for the ordinary farmer to use. This problem, Dr. Saw yer says, is receiving a great deal of attention.

eignrettes to women this year than it did last. Among recent purchasers

Regularly Provided.

are told of poor people to whom the ham or the leg of mutton has been

given being awakened in the night by

strange rappings on their doors and windows, and even by demands in a

grim voice for a portion of the foo which has been distributed. As a con

sequence and probably for another and reason, it has come to be the prac-tice to consume the food immediately

stantly present .- Dundee Advertisor.

Morocean Red Tape.

Regularly Provided. One of the most suffices tombs in the United Ministom is in County Wes-ford. In R is laid the body of one of that eurious body-the resurredion-ists. One pertion of the tomb is a furnished chambes, with a table and a few chairs. On the table will be found at any time a dainty meal of considerable dimensions, with a fowl, a ham, a leg of mutton and the neces-sary drinkables. The departed resur-rectionist provides by his will that this meal shall be hid each fortnight, and "If the ment is untouched in the Orient, a silvery, penriv subri, composed of fine scales rubbel from a small fish called the "bleak" or Nag athlete." 17,090 of which require rub bing to get a poind. For Future Dreadnoughts.

That the German government ! lieves ships of war will be much bli ger in the future is shown by the si largement of the Kaiser Wilhelm nal, which is to be deepened at one to 36 feet, with provision for a late this mean must be usin each forthight, and "If the mean is untouched in the meantime, it shall be given to the peor and a fresh meal laid." So far the mean has been untouched, though several rumors spread round the disdeepening, if necembry to 45 feet The width of the canal is to be dou bled. The new dimensions of the locks will considerably exceed thes at Panama.

trict from time to time that in spirit form the gentleman has appeared and has enjoyed his meal. Curious stories Consider the Difference. Statisticians inform us that the cost of living has increased 350 per cent. during the last 100 years. Still, it will have to be admitted that living is worth a good deal more than it was 100 years ago.

As the Twig is Gent. There is some hope for the boy who has to be drived not the bathtub, but there is mining fills hope for the boy who has to be driven isway from the mirror. Atchinod Globii. It is brought home. It is the only way to counteract the envy of the spirit, with whom, apparentiz, hunger is con-

"The Captain year flight-During the recent financial depres sion in England Pat and Mike enlist

Official correspondence in Morocco ed in the British army. After their ed metho Brilish army. After Oalt drill the cantain, thinking the dryum-stances opportune for a little issuare on patriotim, demanded abqueatly "Soldiers, why should a man die for his sens and construit?" This struck Fat is a proper ques-tion. Termine to Mile, he sold: "Farte, Molte, the captain is reight. What?"- Sverybedy a is conched in a very flowery and flam-boyant style. It is intersponsed with a variety of meaningless adulatory phrases that tend to confound the real meaning of the spisile. For example, an order to the minister of finance to

an order to the minister of finance to contract a loan begins thus: "In our present letter (God increase his power and make the glorious sun and his moon glitter in the firmament of his feid(iy), we have authorized our incorrupible servaot (here foi-lows name), to contract in the anne and behoof of the breasury (heaven fill it), a ioan of — " etc. it it still Hurt Him? A moderit missorie is explained by a writer in the London Opinion as nothing on very wonderful. "Owd George's woodin leg bean within the same basis." fail it), a ioan of ----" est. Considering that the "incorruptible servant" is fliching as much as he pos-sibly can from the treasury it is cer-tably necessary to gray that "heav-ca fill it."

giving him pain lately." "Don't you be inlini" so foolish.

Willum." "It's sore end gh. 'Is owd woman been a whoppin' him wi' H."

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