

BE KINDER TO YOURSELF

Women Are Often Victims of Nervousness Because They Don't Know How to Relax.

One of the important things to know in life, especially if you are a woman, is how to let yourself alone, writes Mary Carolyn Davies in the Mother's Magazine. The ability to relax, the art of being judiciously lazy, the tact to let herself alone has saved many a woman from a nervous breakdown.

Much of the blame for this state of affairs lies at the doors of the mothers. The mistake is in their training of their children, especially their daughters. They are taught from earliest infancy to be kind to others, to bear with them, to forgive them, to help them; but from birth to death no one ever tells them to be kind, also, to themselves.

The woman who nags herself can make herself more miserable than any one else possibly could. She can make her life more of a nightmare than any misfortune could possibly make it. If such women could learn to be kinder to themselves there is no doubt that their own lives would be lengthened; and not only that, but the lives of those with whom they come in close contact would be made far more pleasant.

What She Expected.

"Look at her," said the ironmonger, indicating a departing customer. "She sent her wringer here to be repaired. I promised it to her for this week, provided I could get a certain new part in time from the maker's. I couldn't get it. Now she wants me to pay a charwoman, who came unnecessarily, half a crown and twopence for the clothes."

The ironmonger paused to breathe heavily. "But that's not all. Her husband dines out on washdays, and as he dined out on a washday that wasn't a washday—you understand?—she says I ought to pay for his dinner. No, she doesn't ask anything else. And they call 'em the weaker sex."—London Tit-Bits.

A Jonah.

"There's a storm coming up," said the captain of the yacht, "and the boat is too heavily loaded. We'll have to lighten the ship somehow."

"That will be all right, captain," replied one of the gay party on board. "You have our permission to throw the chaperon overboard."

And So It Is.

"What do you consider the greatest human paradox?" "A secret session of a woman's club."

News of the Week Cut Down for Busy Readers

European War News

Nedjemken Effendi, Turkish minister of justice, accompanied by Fosun Effendi, are expected at Geneva for the purpose, it is reported, of opening separate peace negotiations with the triple entente.

Germany's heavy guns are bombarding the outer fortifications of Warsaw. The male population of Riga is in flight. Every man in Lublin is following on the heels of the retreating Russian army and the Lublin-Chelm railway is being demolished by shells, while German infantry is within eight miles of the tracks, says a London dispatch.

A systematic bombardment of Soissons by the Germans is again in progress, it is officially announced in a communique issued by the French war office at Paris.

The number of married men at present in the British army is approximately 843,000. The aggregate cost of separation allowances paid to wives and children of these men has been \$125,000,000, says a London dispatch.

Gaining ground through repeated bayonet charges and at a great sacrifice of men, the Italian troops seem slowly but surely to be closing in on Gorizia, the Przemysl of the Austro-Italian battle front, according to dispatches from Rome.

Complaints are beginning to be heard that Russia is being made to bear practically the entire brunt of the war, says a Petrograd dispatch. These complaints are not confined to the mass of the people, who are not in a position to judge what is really happening on any front.

The Austrian submarine which sank the Italian cruiser Giuseppe Garibaldi last Sunday in the Adriatic sea is an exact duplicate of the United States submarine C-1, one of the oldest and slowest of the American navy in commission, it was learned at Washington.

The Germanic armies, like a great pincer, are relentlessly closing in on Warsaw. The Germans have broken the Russian line west of the Polish capital, which had kept them at bay for months, and have reached the town of Blonie, just 17 miles west of Warsaw on the railroad to Lodz and Lodz, says a London cablegram.

Domestic

The cattle sanitary board at Albuquerque, N. M., has rescinded the order requiring the disinfection of cattle cars entering New Mexico.

One striker was killed and nine injured, numerous policemen hurt, and a horse shot under Police Inspector Cady in a battle between 1,500 Standard Oil company strikers, 75 special deputies and 50 policemen outside the company's plant at Bayonne, N. J., Tuesday night. Buildings were wrecked by the fighting mob and at least 500 shots were exchanged.

The Cunarder Orduna sailed from New York Thursday morning for Liverpool with a large cargo of munitions and 18 cabin passengers, including several Americans.

Daniel Belasco, prominent Chicago corporation attorney, was instantly killed and three other persons were injured, two of them women, when a five-passenger touring car, with Belasco at the steering wheel, rolled rapidly down a hill, two and a half miles north of Libertyville, Ill., and turned turtle at the bottom.

Ready for her trial trip the battleship Oklahoma was seriously damaged by fire of mysterious origin. The newest and most powerful of the dreadnaughts of the United States navy caught fire a few minutes after the workmen had left her decks as she lay at the yards at Camden, N. J.

President Wilson was endorsed for renomination by the Democratic national convention of 1916 by the executive committee of the Democratic party of Cook county at Chicago.

Ernest Emper, a wealthy rancher, is being held prisoner under a death threat by a lone bandit for \$6,000 ransom, is the word received from Emper's ranch, 35 miles east of Idaho Falls, Idaho. He was captured in the mountains, where he is held prisoner.

Two more mysterious fires on United States navy vessels, which were made public at New York, bringing the total of such fires to five within the last few days, have aroused officials of the navy yard to a keen sense of alarm.

Six persons were burned to death in a fire which destroyed a three-story brick tenement house on Beacon street in Chelsea, Mass. The victims were a man, four women and a twelve-year-old girl.

Steel county, Minnesota, voted wet in the option election by a large majority, according to returns completed. The state now has 46 counties dry.

One man was killed and \$100,000 loss was inflicted by fire which destroyed the repair shops of the Santa Fe railroad at Kansas City, Kan.

According to information reaching the Georgia prison commission at Atlanta, William Green, who attacked Leo M. Frank, is insane.

Foreign

A London dispatch says the British steamer Polish Prince from New York June 17 has been sunk in collision with the Lowther Range.

The strike of the 200,000 Welsh coal miners has been practically settled. The terms, which are favorable to the strikers, have been unanimously accepted by the workmen's council, subject to ratification by the miners.

Three bodies, believed to be those of Lusitania victims, were recovered along the Irish coast, one on Kerry coast and two on that of Clare, according to a Queenstown dispatch.

A dispatch from Durban, South Africa, says that the new peninsular and Oriental liner Benalla, from English ports to Australia, with 800 settlers on board is on fire at sea some 800 miles east of Durban.

England refusing or being unable to grant Sweden the necessary quantity of coal, Germany has permitted the export of 600,000 tons of anthracite, says a Berlin dispatch.

Grain crops in Italy and England promise to be greater this year than the last harvest, according to the International Institute of Agriculture at Rome.

The American liner St. Louis arrived safely at Liverpool. Among the passengers were Mrs. and Miss O'Donovan Rossa, en route to Dublin, to arrange for the funeral of O'Donovan Rossa.

Washington

The government is facing a strike of the machinists employed at the Washington navy yard. The workmen charge that a "black list" has been prepared that is to include every machinist who resigns to accept private employment, and they demand a restoration of the wage scale in force prior to July 1.

Attorney General Gregory at Washington is planning to put the 2,000 federal convicts in the Atlanta and Fort Leavenworth penitentiaries at work making munitions for war, except explosives, for the United States army.

President Wilson's note rejecting the conditions on which Germany is willing to accord immunity to Americans on the high seas was unanimously approved by the cabinet at Washington.

The people of the United States spent \$750,000,000 last year for educational purposes. This was less than one-third the amount they spent for liquors, says a Washington report.

Despite the strong note sent by this government insisting that American commerce shall be treated in accordance with international law, the state department at Washington is inclined to be pessimistic regarding the possibility of a satisfactory settlement of the issue between this country and Great Britain.

The gunboat Nashville was ordered to Santo Domingo City from San Juan, Porto Rico, to guard American interests in the event of political disturbances in the Dominican republic, says a Washington dispatch.

Personal

The body of Herbert S. Stone, who was a Lusitania victim, has come ashore at Ballybunnion, a small town at the mouth of the River Shannon on the west coast of Ireland.

United States Senator Albert Cummings of Iowa said in an interview at Pittsburg, Kan., that he will not be a candidate for president on the Republican ticket in 1916.

Henry S. Graves, chief of the United States forestry service, was at Seattle, Wash., Wednesday on the way to Alaska to collect data to support the forestry department in opposing the abolishment of any of the Alaskan forest reserves.

Harry K. Thaw is home at Pittsburg for the first time in nine years. A tremendous ovation was tendered him on his arrival at East Liberty as he emerged from the train which brought him from Philadelphia.

Prof. Augustine J. S. Bourdeau, a prominent Seven Day Adventist, and Edwin Andrews, fifteen years old, are dead as the result of a lightning stroke at Takoma Park, Md.

Mme. Tetrizzini, famous song bird, subscribed \$100,000 for the Italian war loan, it was officially announced at Rome.

Francesco Fanculli, former bandmaster of the United States Marine band at Washington, died in a hospital at New York.

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The Sphinx on Natation. The Sphinx propounded a riddle. "How many girls would swim out beyond the danger line if the life guard was a woman?" she asked.

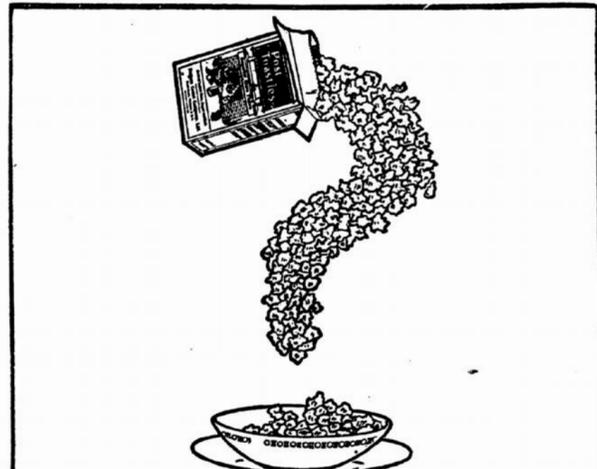
He Would Not Corrupt Him. Edmund had just begun to attend the public school, and had found a new friend, a child of whom Edmund's mother had never heard. "Who is this Walter?" she asked. "Is he a nice little boy?"

"Yes, ma'am, he is!" replied Edmund, enthusiastically. "Does he say any naughty words?" pursued his mother. "No," with emphasis, "and I'm not going to teach him any!"—Youth's Companion.

Life in London. On the day after the visit of the German Zeppelins there occurred in Southwark—so a wireless message from Berlin asserts—the following conversation:

"Betsy," whispered Mr. James, leading his wife into the darkest corner of the cellar, "here is a wallet. You will find in it all our valuable papers, the stocks and bonds, my will, my insurance policies, and the lock of baby's hair cut off on his first birthday. Good-by, Betsy. If I fail to return, bring up our children to be good English men and women."

"Oh, James, dear, you are not going on a dangerous journey, are you?" "Yes, dearest. I must go up to the first floor."—New York Evening Post.



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