

HEARTH & BOUDOIR

Necessary to Retain Beauty

HEALTHY SLEEP AN ALL-IMPORTANT FACTOR.

Complete Rest is a Requisite if One Would Have Bright Eyes, Clear Skin, and a Cheerful Mind—How to Procure It.

A woman who leads an active life, yet gets very little sleep, cannot hope to retain her beauty or health for any length of time. A complete rest



Hot Milk as a Night Cap.

For from seven to eight hours nightly must be cultivated until it becomes a fixed habit. Have a regular hour for rising and retiring and do not deviate from it unless forced to.

Bright eyes, clear skin, cheerful mind, muscular tone and nervous energy are among the good conditions promoted by sleep of the right kind, while broken and insufficient sleep will tend to produce the very opposite states. If a woman would have the rosy beauty of the dairymaid it is quite necessary to obtain the same health conditions enjoyed by the dairymaid. So, if the sleep is broken or insufficient, a certain amount of muscular work should be gone through with each night before retiring. Tax endurance, says a well-known nerve specialist, but do not tax strength.

The very latest cure for sleeplessness was thought out by a celebrated French doctor, who came to the conclusion that most insomnia was due to over-fatigue or over-excitement of the nerves. To counteract this the doctor believes in a series of muscular exercises warranted to relax the tension of the nerves and bring about that delightfully drowsy sensation—the forerunner of refreshing sleep.

Annie Payson Call says there are five things to remember if you want to rest an over-tired brain. "1. A healthy indifference to wakefulness. 2. Concentration of mind on simple things. 3. Relaxation of the body. 4. Gentle rhythmic breathing of fresh air. 5. Regular nourishment."

That really covers it all. When Belinda comes home feeling "too tired to sleep" there is no use her trying to go to bed at once. Let her take a warm bath, letting the cold water run in until the water becomes cool, then let her slowly go through the many different points of the toilet, manicuring and hair brushing, for instance, so often done in a rush. These help relax and quiet the nerves and can take up an hour's time. Last of all a cup of warm milk with a pinch of salt. Many people, this applies particularly to men, suffer from sleeplessness because they are not properly nourished. Exhausted or irritated and excited nerves need nourishing. A bite of light and easily digested food will not keep one awake—on the contrary, it is often just what is needed to induce sleep.

Sleep will not come to the brain that is worrying or even to the brain that is busy with the thoughts of "How shall I make myself fall asleep?" Here is where our French doctor comes to the rescue for his muscular exercises. Take the mind off the desired outcome and center it on directing the bodily movements which the doctor advises, inducing bodily fatigue by tiring the muscles. It sounds as if it would take forever, but it doesn't. Just try it. Stretch the limbs in different directions. Lie on your back and pull the knees up. Inhale deeply while doing this. While the breath is retained stiffen and stretch the muscles, making the body as tense as possible. Now relax slowly and thoroughly, beginning with the muscles of the neck arm, and back; exhale at the same time. It is usually the neck that is so tense and rigid that very nervous people



Avoid Exciting Reading.

as if they were holding their heads on by main force. These stretching exercises will speedily teach one how to relax one's hold on one's own tense muscles, which is the very first thing to learn for those who suffer from insomnia.

White Jewelry to Be Popular

That is the Prophecy Made by European Authorities.

A white year in jewelry is prophesied by European authorities on fashions. Pearls are to hold the first place, followed by moonstones, white coral and white sapphires. All the glittering stones—diamonds, rubies, emeralds—are regarded as too unrefined, too obtrusive for the cold harmonies that are to prevail in the coming winter costumes. Much attention is to be devoted to the artistic forms

of jeweled ornaments. These will take the form to a large extent to flowers on stems. Blossoms of pearls, for instance, with leaves of green enamel, will be popular as hair ornaments.

In spite of the superstition regarding them, opals are to be much worn, and ball costumes will be adorned with turquoises and coral. Silver will be much used as a setting for pearls. Another style of headdress will consist of gold or silver lacework set with pearls.

In New Shapes and Designs

Some Pin Cushions Are Peculiarly Attractive—Pretty Laundry Bag.

Pin cushions of all shapes and designs always make acceptable presents, and those patterned like apples, peaches, plums, carrots and various other garden vegetables in natural colors are particularly attractive, for they are so different from the stereotyped forms of hearts, squares, ovals and even dolls clad in befruffed frocks that have been previously used.

These fruit pin cushions in rich red silk or cut carmine velvet have stems of twisted silk, a wood color, or a composition stem with copies of natural green leaves, that at a distance look

real. Flower-like pin cushions, duplicates of roses, apples and peach blossoms and pond lilies, are also new and can be easily made by a woman who has any knack in cutting original patterns.

Made on the same lines as the laundry bag, with the addition of a lid that closes over the top and keeps out dust and, incidentally, any view of soiled handkerchiefs, is a small bag that, if fashioned of silk, is an adornment to a chiffonier or bureau. With two ribbon bows holding up the ends, the bag is really pretty, for over the top, finished with one oval embroidery ring, the shaped lid, covered with the material, is held in place with ribbon bows.



Pompadour ribbon continues to be used for girdles on the handsomest gown.

Among the most fashionable plumage is that of the owl in natural colors.

Instead of an all-white gown many of the lace and chiffon dresses are made with little boleros of bright colored silk or satin.

Both high collar and cravat make the neck finish that best suits high waisted gowns.

Silk and wool waistings come in very pretty designs. There is one in tiny corded stripes showing white and a color just a trifle wider than pin stripes, and over all this are sprinkled pompadour flowers.

Another waistings of silk and wool has clusters of black stripes (very narrow) on a white ground, with a tiny green vine and pink buds running in between each cluster of the black. While the length of short sleeves falls about midway the lower arm, long gloves are still necessary to wear with them.

Among the darker waistings are shown some very pretty invisible plaids in green or navy blue. These look well worn with a plain skirt of the same color as the prevailing hue in the waist.

FARMER AND PLANTER

SELLING COTTON AHEAD.

The Farmer Gets the Worst End of the Bargain.

For several years some farmers have been selling their cotton in winter or spring for fall delivery. Many who would not gamble in cotton futures would sell their cotton ahead and thus help the gamblers. In some way their figure every year that an enormous crop is going to be made and that the price of cotton will go down to five or six cents, and that by selling at about ten cents, they will get ahead of their neighbors. Ten cents is the price usually paid for cotton sold this way. It is true that some of this cotton has been delivered when the price was under ten cents, and then the farmer feels good about his trade, but for the past few years the average price has been above ten cents, so that selling ahead is a losing business. If cotton did not range most of the time above ten cents the mill men and merchants would not engage cotton ahead at that price. The speculator, the cotton mill man and the merchant plan the game from carefully-prepared statistics and the farmer bets on their game. A safe rule to follow all through life is never to bet on anybody else's game. Another good rule to make is not to sell anything which you do not possess and do not know that you ever will have as yours. The farmer who sells cotton in winter or spring to be grown that year does not know, and cannot know, just what he is doing. More cotton was engaged from this crop than from any crop in the past. In our opinion, this was one of the reasons why it went so low in September. Hundreds of thousands of bales were delivered on contracts by men able to hold their cotton and who would have held it but for the fact they had it sold and wanted to fill contracts. This cotton coming on the market at that time lowered the price. It was figured that enough cotton had to be delivered under contracts to run the mills, and therefore it was not important to put the price up. We think that but for the storms in the far south and the wet weather here which greatly decreased the number of bales of good cotton, the price would have remained low, largely on account of the contracted cotton. —Smithfield, (N. C.) Herald.

To Prepare Poultry For Shipment.

There is room in every section for some one to make something by learning how to prepare and ship poultry. Getting your stuff to market in the best shape is an art and an art that pays well. To ship poultry you want to kill and scald simply enough to remove the feathers. You do not remove the heat, feet or entrails. After you have removed the feathers you lay out, until the animal heat is all gone, then you pack nicely in a barrel. In the winter you do not need any ice, but in summer ice would be necessary. If you wish to get all out of your poultry that there is in them, get in connection with some good dealer in your nearest city and get him to keep you posted. When the demand is good you can send them in thus packed at cheaper express and get more for them, as you can sell by the pound. We must learn to put up all our produce in the most saleable form. Ascertaining and packing are where the money is made these days. When you get a trade built up, you can then buy and handle for your neighbors. This is the way to realize the most for your chickens and turkeys.

Cowpeas Are Great Stuff.

It is said that it is impossible to get from land something for nothing, but one crop proves that this is not strictly true. Cowpeas will more than maintain the fertility of the soil. Grow cowpeas on piece of land and let land by the side of it lie idle; and next year the crop will be better where the cowpeas grew than on the ground that went uncropped. Cowpeas will grow on land too poor to grow clover or any other crop that I know of. They will stand more drought than Kaffir corn. No hay is better winter feed for milk cows, calves and horses than cowpeas, since they are both grain and hay; and never did our chickens lay more eggs than when we put a stack of cowpeas where they could run to it. When stacking it, the stacks should be covered with hay of some kind, cane hay being the best, for cowpea hay, like clover, will not turn water.

To Young Men.

Young men who go away from their parents and home to work for wages on other farms should select places where the manager will be an educator to the young man. Select a farm where the family read, where there are agricultural papers to be read, where there is taste and ambition to excel in farming. A young man should not make money the main idea, but should seek to improve his mind and qualify himself to manage a farm on a higher basis.

Feeding Cottonseed Meal.

Cottonseed meal is a valuable feed for steers and dairy cows. It is a good supplement with corn. When fed in not too large quantities it can be fed for a long time, but large feeds sometimes prove fatal. Some feeders do not use it longer than three months for a herd of cattle. But on grass it can be fed for a much longer time. Cottonseed meal has never given satisfaction as feed for hogs or for young growing stock. It will often kill this stock or else stunt them so as to make them unprofitable.

PRUNING GRAPES.

All Systems Are the Modification of Two.

The great majority of growers prune their grapes in one way, without reference to the fruiting habit of the variety. Probably the most common method of pruning is to cut the new wood back to short spurs of two or three buds, leaving one spur at a place, and distributing these at approximately regular intervals along the vine. Another very common style of pruning is the Kniffin system, in which the main vine is carried without branches to a wire six feet from the ground, where two arms are formed, and the lowest shoot on each arm is cut back to 8 to 12 buds, the arm being cut off just beyond this shoot, thus leaving two long canes, which are tied to the wire right and left. When the buds push in the spring the new growth, which bears the fruit, is allowed to hang down, thus checking wood growth and having a tendency to increased size of fruit. All systems of grape pruning are modifications of one or the other of these.

A Money Making Farmer.

Mr. G. W. Baker, who owns four acres of land in the suburb north of Gaffney, says the Cherokee, (S. C.) News, last year rented two acres from a neighbor and went to work, and from these six acres, after supplying his rather large family bountifully from his farm, he sold from one and two-thirds of an acre, 340 bushels of sweet potatoes for \$275. From two acres of land in cotton he sold \$98 worth, and from his snap-bean patch he sold \$35 worth of beans, making a total of \$415 in cash received for the surplus products made on this small farm. Besides the above, Mr. Baker made 50 bushels of corn and killed 500 pounds of pork, which he grew at home and fattened with the products of his farm. During last year Mr. Baker worked much away from home. Among other things, he earned enough by work to pay for a one-horse wagon and mule, with which he made his crop. We had often heard about Mr. Baker's crop, and a few days ago asked him about it. The above facts were obtained from him, and no one who knows him will doubt any statement he makes about his work or anything else.

Mississippi Labor Troubles.

The labor situation in the Mississippi valley is one of the serious problems confronting not only planting, but manufacturing interests, and the courts are being called upon to close up all dives in the cities and drive all loiterers therefrom, in order that there may be enough help to gather the cotton crop, and carry on manufacturing industries, says a Memphis Tena. dispatch to the New York Commercial This step has been taken in Memphis, and reports from Jackson, Miss., are to the effect that the proprietors of manufacturing establishments have appealed to the courts to shut up all the low dives and stop the illicit sales of whisky, declaring that if this is not done, the manufacturing plants will have to be closed down. At Vicksburg, Miss., efforts have been made to drive all unemployed negroes out of the city, and recently one of the judges was asked to adjourn court and let the negroes who were on trial go to the cotton fields and help gather the crops, a request with which he readily complied.

To Kill the Peach Tree Borer.

Many things have been recommended, such as ashes and lime to be placed around the peach trees in order to kill the borer, but the authorities say no external application will kill the borer, since he is hid under the bark and the severe freezes of the north do not even kill them. Hence they claim the only effectual way is to take a knife and go after them. However, we know by personal observation, says a correspondent in Georgia, that where the dirt was removed from around the peach trees in September, the borers were either killed or made no sign of being there, while around every one that the dirt was left up around the trunk, the borers were plentiful. If you want to fertilize your trees, scatter your fertilizer around for two or three feet; do not put it in a hole right near the tree.

Spreader a Great Help.

A manure spreader may be used on the farm every week of the year. It is the most valuable machine that any farmer can buy. The spreader does the work better than it is possible to do it by hand. It makes an even job of the spreading, does the work quicker than by hand and saves the labor of from one to two men. The spreader put the manure on the ground in any desired amount without stopping the team to make changes, or if you wish to skip a small strip of ground that does not require fertilizing, the spreading can be shut off, and started again at place desired without stopping the team.

Delaying Peach Blooms.

Late frosts in the spring are dreaded by all horticulturists in the south. Experiments have been made in Missouri that have worked admirably in delaying the bloom on peach trees. This was done by whitewashing the trees in the fall—the whitewash was put on the trees with a sprayer, so as to touch all the limbs. The trees absorbed less heat on sunny days during the winter and the buds and blossoms remained perfectly dormant. The whitewash delayed blooming about one week.

To Save Historic Church

PLACE WHERE WASHINGTON WORSHIPPED.

Historic Meeting House Made Sacred by Memories of Distinguished Americans to Be Preserved.

There is increasing disposition on the part of patriotic Americans to preserve historic buildings and places, and mark them with suitable memorial tablets, or turn them into museums and parks. It is but recently that the body of James Wilson, one of the signers of the Declaration of Independence, was disinterred and placed in the burial ground of Christ church, Philadelphia, under the very shadow of the hall where the document was signed, and now there is active movement on foot to discover the graves of every one of the signers and to mark them with suitable tablets. Everywhere through the eastern part of the country where the early history of the nation was made there is a growing tendency to discover new and interesting places that were interwoven in the lives of the early patriots, and the latest development in this direction has been the efforts of Rev. G. S. Somerville, of Falls Church, Va., to obtain means to restore the historic Falls church, of which he is rector.

This old building is one of the landmarks of the country, and its early history is intimately associated with that of Augustine Washington, George Washington, George Mason and other distinguished Americans. Rev. Somerville, because of his official connection with the church, was familiar with its early history and realized its value as one of the historic spots of the nation. He became active in efforts to interest others in preserving the building and made a trip to Washington where he presented the matter to the trustees of the American Scenic and Historic Preservation society.

The importance of his suggestions were instantly recognized and a resolution was passed indorsing his efforts to obtain means to restore the building to its old time condition, and undoubtedly the money for this purpose will be forthcoming.

Falls church is situated not far from Mount Vernon, about six miles from Washington and ten miles from Alexandria. It is an oblong structure of brick, laid up in Flemish bond, and is an interesting specimen of colonial architecture. Its two rows of windows were evidently designed to illuminate an interior gallery, but no gallery was built. The walls, two or three feet thick, are crumbling at the top; the cornice is rotting and the interior is sadly dilapidated. This condition is a mortification to the rector and parishioners, whose meager resources have been exhausted, and they are appeal-

ing to patriotic sentiment in the north to help them put their house of worship in creditable condition for Virginia's tri-centennial year, 1907.

Falls church—so called from the neighboring Little Falls of the Potomac—was built about 1734. George Washington and George Mason were among its vestrymen. Augustine Washington, father of George, nominated to the vestry its first rector, in 1736.

One hundred and fifty yards from the church tradition points to the site of a tavern where Gen. Braddock rested while his troops occupied the church and grounds on their ill fated march to Fort Duquesne.

In the revolutionary war, it is said, the church was recruiting headquarters of Col. Charles Broadwater, one of Fairfax county's first patriots. From here marched Capt. Henry Fair-



Old Falls Church.

fax with his Fairfax volunteers to the Mexican war, and thither his body was taken back and laid to rest. During the civil war the church was in the pathway of the contending armies, to whom it became a landmark. It was used as a hospital for United States troops and then as a stable. The government spent \$1,300 on its repairs after the war. In the war with Spain a large body of the American army camped near by on grounds which is thus associated with five American wars.

When in England last summer, the secretary of the American Scenic and Historic Preservation society saw still standing in the village of Washington, in Sulgrave and in Brighton, well preserved stone buildings in which Washington's ancestors were born and lived before America was settled by Englishmen. Yet the house in which George Washington was born in Virginia has disappeared. The scenic society earnestly appeals to patriotic Americans not to let this old Falls church, so intimately associated with the religious side of Washington's character, crumble for want of a few thousand dollars.

Cup for Long Sea Race.

BENNETT TROPHY FOR POWER CRAFT ON LONG COURSE.

Prize Which is to Be Contested for by Small Boats in Race From New York to Bermuda.

Forty years ago, when James Gordon Bennett was a contestant in the transatlantic mid-winter schooner race for a \$90,000 stake, he represented the vanguard of deep sea racers. Today he has come forward as a patron of another kind of deep-sea racing, in which the sail gives way to the internal combustion engine, by giving a cup valued at \$1,000 for a race of power craft from New York to Bermuda.



JAS. GORDON BENNETT. Donor of \$1,000 Cup for New York to Bermuda Race.

ing a cup valued at \$1,000 for a race of power craft from New York to Bermuda.

The offer is one of the notable sporting acts of the closing year in yachting, and forecasts an event next June which will take an historic place in the records of the sport.

There has never yet been contested a successful deep water race for power craft. The French tried one two years ago in the Mediterranean from Algiers to Nice, and made a failure of it.

Too Bad to Be True.

The hall-bedroom boarder, who had been recently married, rose screaming from his nuptial couch.

"What in the world is the matter, dearest!" exclaimed his bride.

"I dreamed," and he shuddered almost to the swooning point at the memory; "I dreamed that I saw a forest scene like the one in the home-made oil painting in my room at the boarding-house."

Reminding him of the impossibility

it, as their boats were not of the seagoing type, but thinly disguised cruisers, which a storm scattered in disaster.

We have had on this coast two successful longshore races, one from New York to Marblehead in 1905, and one from Marblehead to New York last summer. These were promoted by one man, Thomas Fleming Daly, of New York, who also has the credit of inaugurating long-distance racing on blue water for small sailing craft.

When Mr. Day started his deep-water racing idea, as a result of many years of deep-water cruising, the press of New York, with few exceptions, assumed an attitude equivalent, in the language of the street, to "handing him a lemon."

In this the New York Herald was no exception, and when Mr. Day started his little squadron of racers for Bermuda last May that paper showed but a lukewarm interest in the venture, and printed considerable about the dangers of the undertaking.

On the arrival of the racers at Bermuda it chanced that the steam yacht Lysistrata, with Mr. Bennett on board, steamed into the harbor.

Mr. Bennett was at once impressed with the true sporting spirit of the men in the little racers, and cabled the Herald a few pointed remarks, which resulted in a great change of heart in that paper toward Mr. Day and his deep-water ideas.

Now Mr. Bennett's offer of a cup for a power race to Bermuda is made through Mr. Day, and the Herald naturally views the situation with enthusiasm.

The conditions for the race are not all prepared as yet, though the main one is that the boats shall not be over 60 feet nor under 40 feet overall length. The race will be started June 8.

With this ample notice given, it is expected that boats will be built specially for the race.

of such a thing, the young woman managed to quiet the terrified man—Judge.

Primitive, But Normal.

"Why does the czar employ a fortune teller?"

"It is the instinctive desire for prediction," answered the man who always has an explanation. "After his government has progressed further, he will dismiss his fortune teller and employ weather prophets and statisticians."