

GOING IN SAME DIRECTION

One Fact Doctor Was Willing to Admit to Hypochondriac Patient Who Had Become a Bore.

Once there was a hypochondriac who used to think that he was dying about three times a week. One day he was driving out in his automobile, and one of these spells came over him. On the road ahead of him he happened to see his family doctor speeding along in his roadster. He felt so sick that he applied all his power in order to catch up with the doctor as soon as possible.

But the doctor saw him coming and he used all the gas he had to get away from him. For about three miles they had a close race. Finally, however, the doctor had some tire trouble, and the hypochondriac drew up alongside.

"Doctor," he shouted, "stop a minute! I am dying. Darn it all! I'm dying!"

"You must be," grunted the physician. "I never saw anybody going so fast as you are!"

Abe Martin on Spring Fever.

Abe Martin, the famous Indiana funny man, writes an amusing piece about spring fever. Following is an extract:

"When a feller gets spring fever he don't rush t' a doctor. He knows what t' do. He knows he needs rest an' quiet. He don't pay somebuddy t' tell him t' cut coffee and terbacker, an' he don't take t' his bed. He takes t' a settee or a bread box. Spring fever don't require no dietin' an' ther' hain't no habits t' eliminate but workin'. If ther's urgent plowin' t' be done th' patient has th' cool hours before th' sun rounds th' K. of P. hall an' after it sinks majesticly behind th' tile mill.

"In a little town where you don't have t' pay \$60 for a cotton an' wool fiber business suit an' \$50 per month for one-half o' a double house, with your choice o' any three-cent wallpaper, a feller kin afford t' take advantage of spring fever."—American Magazine.

Art for Art's Sake.

Our friend Reginald was telling about an artist of his acquaintance. "Why," said he, "the fellow painted cobwebs in all the corners of his studio and made the things so natural that the servant girl worked for all of two hours trying to get rid of them."

"Ridiculous," said Ermyntude, "perfectly ridiculous. I'm quite willing to believe the artist is as clever as you say. But I know there was never a servant girl so industrious."

One Way to Kill Ants.

Take a ham bone, from which the meat has not been entirely removed, and place it on the lawn. The ants will gather on the bone from about a hundred feet surrounding. The bone can then be doused into hot water and the ants killed.

One Name for It.

"That fellow from the backwoods is as bashful as can be, isn't he?"
"Yes. Sort of forest reserve, eh?"

WRONG BREAKFAST.

Change Gave Rugged Health.

Many persons think that for strength, they must begin the day with a breakfast of meat and other heavy foods. This is a mistake as anyone can easily discover for himself.

A W. Va. carpenter's experience may benefit others. He writes:

"I used to be a very heavy breakfast eater but finally indigestion caused me such distress, I became afraid to eat anything.

"My wife suggested a trial of Grape-Nuts and as I had to eat something or starve, I concluded to take her advice. She fixed me up a dish and I remarked at the time that the quality was all right, but the quantity was too small—I wanted a saucerful.

"But she said a small amount of Grape-Nuts went a long way and that I must eat it according to directions. So I started in with Grape-Nuts and cream, two soft boiled eggs and some crisp toast for breakfast.

"I cut out meats and a lot of other stuff I had been used to eating all my life and was gratified to see that I was getting better right along. I concluded I had struck the right thing and stuck to it. I had not only been eating improper food, but too much.

"I was working at the carpenter's trade at that time and thought that unless I had a hearty breakfast with plenty of meat, I would play out before dinner. But after a few days of my 'new breakfast' I found I could do more work, felt better in every way, and now I am not bothered with indigestion."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs. "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

TAFFETAS ALL LOVELY

DESIGNERS WOULD SEEM TO HAVE WROUGHT WONDERS.

Easily the Favorite Material for Calling Gowns and Deserves All the Popularity Which Has Been Accorded It.

Some of the most effective summer calling costumes show a combination of taffeta with chiffon and odd touches of embroidery, writes Lillian Young in a letter from Paris to the Washington Star. As the embroideries come mostly in strange, even garish, colors, they have, of course, to be used with discretion even in this season when delicate, harmonious colorings have given place to bolder treatments.

And as for the taffetas—all that the designers promised of them has been fulfilled, and more. They have never been so lovely. Delightful things that were never thought of in the old days of this material are accomplished, and its popularity is increasing every day.

The silks themselves are so beautiful that even a moderate amount of ingenuity is sufficient to transform them into ravishing frocks, suits, or hats, or coats, for they are put to many purposes. No other fabric lends itself with such grace to unique trimming effects



Taffeta is the Favorite Material for Calling Gowns.

or unusual designs. With no other material has originality such free play. Each individual maker works out her own schemes, as she would not feel inclined to take the liberty of doing with satins or worsteds.

A charming idea was developed in the model sketched, which reproduces a calling costume of hydrangea blue taffeta and chiffon to match. The latter made its appearance only in the second flounce of the tunic, which, with the skirt proper, was mounted to a hip-length foundation of china silk, this, in turn, being covered by the interesting upper tunic flounce of taffeta. It was laid in box folds under the belt, with the spaces between slightly gathered and the end of each box fold was oddly scalloped and effectively, though simply embroidered in blue and rose colorings.

The blouse was cut with elbow sleeves and in front and back the material was gathered a little on the line of the shoulders, then covered with a scalloped and embroidered medallion of the taffeta, repeating the design of the tunic border. The V-neck was filled in with white chiffon ruffling, and a crushed girde of black satin drew the fullness of the blouse in at the waist line and was caught up under the bust in front and tied in a flat bow, the space just below being filled in with a section of embroidered taffeta.

Silver and Gold Laces.

Silver and gold laces, woven with an extremely open mesh and showing large flower designs, are favored for trimming the evening frocks of the more expensive class.

Tassels of silk or beads of unusually large proportions appear on suits, afternoon frocks and evening costumes. The latter are adorned with handsome white silk tassels.

Buckles play an important part in trimming the pretty frocks. They are jeweled with brilliants or colored stones and enameled in designs which suggest the dainty Dresden china patterns. Other buckles are embroidered with heavy silk or braid, or fashioned of silk in odd design.

BABY'S NEEDS IN SUMMER

Lightness of Clothing is One of the First Requisites During the Hot Weather.

Warm weather is a dangerous period for children, and all mothers dread the summer for their little ones. As the weather grows warmer and warmer, fewer and lighter clothes should be worn by the baby. So many mothers have a mistaken idea that flannel bands must be kept around baby's abdomen, next to the skin, no matter what the weather. The treatment is not only wrong, but actually cruel.

To keep flannel next to the young sensitive skin when the weather is so hot that every turn of the little body against the flannel causes severe irritation is almost barbarous. Yet how many mothers believe in it! There are fewer each year, for which we should be grateful, but still there are left a large enough number of such deluded mothers to keep a great many babies in comparative torture during the summer time.

The little body should feel nothing but the sheepest, softest materials next to it. When it is very hot the young baby may be totally undressed, except for his little shirt. During the hottest hours of the day the little one should be placed on a wide bed dressed in this garb, or rather lack of garb, and allowed to play or sleep until the sun is setting.

TO DECORATE DINING ROOM

Pottery and Chinaware Should Be Selected With a Good Deal of Taste and Discretion.

If you have a blue dining room and have some really good Japanese or Chinese porcelain, or china in blue and white, use it, and use nothing else, unless it be some interesting little Japanese or Chinese knickknacks in brass—a gong or a tiny idol perhaps.

Wedgwood is a beautiful plate-rail decoration if it is used alone; but unfortunately, there are few who possess enough of it to furnish a whole plate rail.

If modern pottery is used, it is well to choose the whole furnishing of the plate rail at once. There is a certain brown and cream colored ware in the market now that could be used effectively in the room where yellow or brown predominates. The ware is decorated with peasant scenes.

There are many good designs in royal doulton of various sorts that can be chosen. Only they should be selected with a definite idea in mind of the other pieces with which they are to rank and of the room they are to decorate.

Smartening Black Frock.

To brighten and smarten a black frock in satin or crepe de chine, there is nothing equal to golden-colored material on the collar, the cuffs and the sash end. Depending entirely upon the age of a woman and the occasion for which she needs the frock, these golden touches must be applied. The collar, the cuffs and the sash end may be wholly of gold lace veiling cloth of gold; the satin or crepe may have gold motif and medallion incrustations, applique, or there may be merely bands of gold cloth.

On Summer Days.

A sweater coat and cap that are lovely, and seem exactly planned for the outdoor girl or woman in the summer are knitted of silk in mauve and silver-gray. The coat is gray with a belt at the back, and cuffs, neck and front border in the mauve. The gray cap has a deep round band of mauve with the points of the square crown caught down on the band by mauve silk buttons. The colors reversed would be good, too.

SUMMER BAG



White moire with clusters of opalescence.

MANY USES FOR MINT

VARIETY OF WAYS IN WHICH IT MAY BE EMPLOYED.

Valuable as a Flavoring, Where It Is Not Desired in Quantity—As a Sherbet—Proper Method of Drying.

Mint in Soups, Salads and Vegetables.—Cucumber salad, or an apple and celery salad, is greatly improved by a sprinkle of fine, chopped mint leaves. Just a suspicion of mint with cooked peas, or a cream of pea or potato soup, is a great addition to a lamb or veal salad.

Mint Jelly.—This is also an approved accompaniment for lamb or mutton. To make it pour a pint of boiling water over a bunch of fresh bruised mint leaves and simmer gently ten or fifteen minutes; strain, and to a pint of the hot liquid allow one package of currant, lemon or any of the quick process acid jellies or half a package of gelatin soaked half an hour in cold water to dissolve; add sugar to sweeten and lemon juice to make acid as desired. Stir until thoroughly dissolved, then set away to cool. As it begins to stiffen stir in two table-spoonfuls of capers, pour into one good-sized mold or tiny individual ones and set away to harden. When cold and firm turn out and garnish with tiny sprigs of fresh mint.

Mint Vinegar.—Put crushed mint leaves in a wide-mouthed bottle, then fill up with good cider vinegar. In three weeks pour off clear into another bottle. This is fine for flavoring purposes when fresh mint cannot be had, and almost a sure cure for a headache when bound upon the forehead.

Currant-Mint Sauce for Game.—Separate a glass of currant jelly into pieces, but do not break; add two table-spoonfuls of fine chopped mint leaves and the thin shavings from the yellow rind of a half orange.

Mint Sherbet.—Bruise a heaping cup o. mint leaves slightly, pour over them a pint of boiling water and steep, covered, for 20 minutes. Add a cup of sugar and the grated yellow rind or the juice of a lemon, cover again and leave until cold. Strain and pour into the freezer can, pack with equal quantities of salt and ice and freeze to a mushlike consistency. Scrape off the sides and dasher and cover until ready to serve. For state occasions this same sherbet may be enriched by adding the juice of three oranges, the same amount of pineapple juice and when half frozen the whites of two eggs beaten stiff. A wineglass of any preferred wine may also be added if desired.

In Drying Mint.—In drying any of the mint family for winter use, pick before blossoming time, hang in the garret heads down or on sheets of paper spread on the floor of an unused room. When quite dry put into paper bags again with heads down, fasten tightly and suspend from a beam for future reference.

Substitute for Butter.

An economical substitute for butter, especially for use in seasoning vegetables, etc., is made by frying out ham, bacon or poultry fat, either raw or cooked, also the drippings from soups, or the fat skimmed from soup or gravy, allowing to each half pint a small onion, a little thyme, a teaspoonful of salt and a little pepper. Try out at a low temperature, strain through cheesecloth and keep in a cold place.

Spiced Halibut.

Boil two or three pounds of halibut in salt and water about half an hour, drain, then put into a stone crock, with half a teaspoon each of cinnamon, cloves, nutmeg and allspice. Cover with vinegar and cover it up. When cold, it is a nice relish for supper.

Lambed Mutton.

Take a leg or shoulder of mutton and boil it in salted water for one-half an hour; drain off this water and cover with fresh boiling water and simmer until tender. Remove the meat and wipe dry. Cover with flour, season with pepper and salt and bake in the oven until crisp, basting with the first water in which it was boiled. Cool the first water and remove the fat. The remaining water can be used for gravies or broths. Serve with mint chow-chow or mint jelly.

Honey on Grapefruit.

A novel way of sweetening grapefruit is the use of honey in place of sugar. If the fruit is to be used for breakfast prepare it the night before, loosening the pulp from the skin and membrane; then pour over it enough honey to cover. In the morning the flavor will be found excellent.

Hairpin Case.

Why has no one ever thought of this before—a dainty little linen bag, scalloped and embroidered, to hold the sunny of hairpins?

COULD NOT STAND ON FEET

Mrs. Baker So Weak—Could Not Do Her Work—Found Relief in Novel Way.

Adrian, Mich. — "I suffered terribly with female weakness and backache and



got so weak that I could hardly do my work. When I washed my dishes I had to sit down and when I would sweep the floor I would get so weak that I would have to get a drink every few minutes, and before I did my dusting I would have to lie down. I got

so poorly that my folks thought I was going into consumption. One day I found a piece of paper blowing around the yard and I picked it up and read it. It said 'Saved from the Grave,' and told what Lydia E. Pinkham's Vegetable Compound has done for women. I showed it to my husband and he said, 'Why don't you try it?' So I did, and after I had taken two bottles, I felt better and I said to my husband, 'I don't need any more,' and he said 'You had better take it a little longer anyway.' So I took it for three months and got well and strong."—Mrs. ALONZO E. BAKER, 9 Tecumseh St., Adrian, Mich.

Not Well Enough to Work.

In these words is hidden the tragedy of many a woman, housekeeper or wage earner who supports herself and is often helping to support a family, on meagre wages. Whether in house, office, factory, shop, store or kitchen, woman should remember that there is one tried and true remedy for the ills to which all women are prone, and that is Lydia E. Pinkham's Vegetable Compound. It promotes that vigor which makes work easy. The Lydia E. Pinkham Medicine Co., Lynn, Mass.

Correct.

"One touch of nature makes the whole world kin," quoted the sage.
"Yes, but 90 per cent of us continue to be poor relations," added the fool.

LADIES CAN WEAR SHOES

One also smaller after using Allen's Foot-Powder, the Antiseptic powder to be shaken into the shoes. It makes tight or new shoes feel easy. Just the thing for dancing. Refuse substitutes. For FREE trial package, address Allen S. Unwin, Ltd., London, N. Y.

A woman likes to see something nice about her husband in the papers so that she can ask him for a new dress and get it.

Don't be misled. Ask for Red Cross Ball Blue. Makes beautiful white clothes. At all good grocers. Adv.

An eminent surgeon is one who can open a man's anatomy and relieve him of a bank balance.

For sore or weak eyes, use DICKY'S OLD RELIABLE EYE WATER. 50c per bottle. Adv.

It may be to a man's credit to forget a lot that he knows.

It takes a brave man to fight a battle that he is almost sure of losing.

Throw Away

your complexion troubles with your powder puff—no need of either when you use pure, harmless

Zona Face Pomade
"The ALL DAY BEAUTY POWDER"
At all dealers or by mail 50c.

Zona Co., Wichita, Kansas.

DEFIANCE STARCH

Is constantly growing in favor because it Does Not Stick to the Iron and it will not injure the finest fabric. For laundry purpose it has no equal. 16 oz. package 10c. 1-3 more starch for same money. DEFIANCE STARCH CO., Omaha, Nebraska

Certainly.

"Does your wife believe every word other people tell her about you?"
"Always, unless it happens to be complimentary."

Cures Old Sores, Other Remedies Won't Cure.

The worst cases, no matter how long standing, are cured by the wonderful, old reliable Dr. Porter's Antiseptic Healing Oil. It relieves Pain and Heals at the same time. 25c, 50c, \$1.00.

Whither Are We Drifting?

She—Man will wake up some fine morning and find the universe ruled by women.

He—Just like a woman to take advantage of a man while he sleeps.

How To Give Quinine To Children

FERRILINE is the trade-mark name given to an improved Quinine. It is a Tasteless Syrup, pleasant to take and does not disturb the stomach. Children take it and never know it is Quinine. Also especially adapted to adults who cannot take ordinary Quinine. Does not nauseate nor cause nervousness nor ringing in the head. Try it the next time you need Quinine for any purpose. Ask for genuine original package. The same FERRILINE is blown in bottles. 25 cent-

About 55 per cent of all criminals in prison are between the ages of twenty-one and forty.