# The Power of Mind Over Matter

By MARGARET C. DEVEAUX

At eighteen I was a delicate girl in the doctor's care for some nervous affection the nature of which seemed to puzzle him. During this time I visited a friend of mine who lived in a city. On my arrival I was shown to my room, the two rear windows of which looked down into a back yard, but there was a side window which looked directly into another side window of the next house, the interval between being but a few yards. My friend threw open all these windows and left me to make my toilet.

As soon as she had gone I went first to the rear windows and looked out, then to the side window. There, staring, looking at me, was my counterpart—indeed, myself. I started, and she started. Then, covering my face with my hands, I turned away and buried my head in the pillows on the bed.

How long I remained there I cannot tell. It was probably but a few minutes, but it seemed a long while. I was sure that my nervous affliction had produced the apparition. I had seen myself once before in a dream, from which I awoke with a violent heartbeat, but I had not considered that a matter of moment. But now I had appeared to myself in broad daylight. I had before me the frightful prospect of passing into insanity.

Not for the world would I have my hosts learn of my infirmity. Some persons must tell of all their aches and pains and forebodings if only for sympathy; I concealed mine. As soon as I had pulled myself together I arose and without looking at the window where I had seen myself went downstairs without having changed my dress. I told my friend that I was a poor sleeper and hoped that in the morning I would not be awakened by too much light pouring into my room. She said at once that she must put me into another chamber, since the one I occupied faced the rising sun. This was exactly what I wanted, and I slept that night in an apartment facing the west.

I intended to make an excuse to go away the next day; but, seeing no farther signs of myself, I was persuaded to remain. My friends, who knew that I was in poor health, were extremely kind to me, and nowhere else could I find rest and comfort as I could with them. As I grew stronger a desire came to me to look out of the window where I had seen my double and perhaps I would see her again. But so great was my dread that I dared not go into the room to make the trial. I made several attempts to conquer my fears, but they were failures.

My hosts had lived many years in the locality and knew several of their neighbors, all of whom owned their own houses. I was invited to different social gatherings among them and shortly before I left the place was asked to dine next door, in the very house where I had seen myself standing at the window. I scarcely dared accept the invitation, and yet how could I refuse, for those who had invited me were very dear friends of my hosts? I tried to think of some excuse that would not be considered such, but tried in vain. When informed of the invitation I pretended not to hear, and it was accepted for me, with other guests of my hosts, since we were all invited together.

As the time drew near I thought I should make pretense of feeling unable to go, but within me was a secret desire to see if the apparition would come to me there. Between this dread and desire I hesitated till it was time to dress for the evening, then went up to my room in such a state of indecision that when it was announced that it was time to be off I was but half dressed. Mechanically I completed my toilet and, going downstairs, suffered myself to be led out passively.

The room into which we ladies were shown to leave our wraps was on the opposite side of the house from that which stood beside the home of my hosts. This was a relief to me. There was no reason for me to dread the spot where I had seen myself; but, then, a nervous person is not amenable to reason, and I was in a condition of nervous weakness not far from a general breakdown.

With the exception of myself, there was a very homogeneous party, and even I after a glass or two of wine was sufficiently braced to enjoy myself. The dinner passed off so pleasantly and I felt so stimulated by the wine I drank that I began to have a desire to visit that part of the house in which I had seen my counterpart. When we went upstairs for our wraps I ran up ahead of the others and followed the hall in the direction of the place of the apparition. After turning at an angle I came to a door which I opened and walked into a bedroom. Facing a window which I knew looked out upon the side of the house of my hosts was a pier glass

Never in my life have I experienced such relief as when the fact occurred to me that I had mistaken my reflection in this glass for myself. No wonder my image started when I started. Closing the door, I darted around the hall, reaching the robing room just as the others came up the stairs.

This episode showed me the power of the mind over the body. I realized that much of my infirmity I had produced on myself and made a resolution to give up doctors and medicine and brooding alike. This I did and gradually became strong again.

### A Simple Little Car.

A simple little car
bought a motorcar.
ride in it was great.
He ran across some broken glass—
Bill, sixteen ninety-eight.

He took a friend out for a ride.
They both enjoyed it fine
Until a cylinder went bust—
Bill, thirty forty-nine.

He started on a country tour
And had a lot of fun
Until he ran into a ditch—
Bill, sixty thirty-one.

He took his wife downtown to shop,
As proud as proud could be,
And then he bumped a trolley pole—
Bill, ninety eighty-three.

And when he found himself flat broke
In tearful rage he cried,
"I'll rob the children's savings bank
And have just one more ride!"
—Sacramento Santinel.

### Exoneration.

An old gentleman, always very polite to ladies, was asserting one day that he had never seen a really ugly woman. A lady with a flat nose, overhearing him, said:

"Sir, look at me and confess that I'm truly ugly."

"Madam," he replied, "like the rest of your sex, you are an angel fallen from the skies, but it was your misfortune rather than your fault that you happened to alight on your nose."—London Tit-Bits.

### Long and Short.

The longest hour of all my life
I never, never shall forget.
It was an hour of painful strife.
Remembrance of it grieves me yet.
'Twas not where mighty armies clashed,
With shells exploding in the air,
Nor where wild billows madly splashed—
'Twas in a heartless dentist's chair.

The shortest hour that I recall
Was not an hour I spent alone
Beside the fairest girl of all
On whom the sun has ever shone;
It was the hour when she was late
And, while she made herself superb,
Allowed the taxicab to wait
At my expense beside the curb.
—S. E. Kiser in Chicago Record-Herald.

### An Outrageous Insinuation.

An attorney was cross examining a witness.

"You say you left Boston on the 16th?" queried the lawyer.

"Yes, sir," replied the witness.

"And returned on the 28th?"

"Yes, sir."

"What were you doing in the interim?"

"I never was in such a place!" he replied indignantly, with heightened color.—Pittsburgh Chronicle-Telegraph.

### The Auto in Society.

The motorcar of late has come
To be a social sign,
And if you wish to have a place
Among the superfine
You've got to pay the highest price
And drive the finest car
Or never, never in your life
Be quite a social star
And yet,
Dear friends, do not forget,
Though you rise with your automobile
Or fall,
The gasoline smells
Just the same in them all.
—William J. Lampton in Judge.

### Taking Precautions.

"I wish," wished the man who was always wishing for something or other—"I wish I knew the exact spot where I'm gonna die."

"You're crazy," said his friend, "to make a wish like that. Why, man, you'd worry and fret all your life if you knew where you are going to die."

"I would not. Gee whiz! I'd never go near the place."—Boston Post.

### Why.

I loved her not because she was
A heart disturbing beauty. No,
I did not lose my heart to her
Because her voice was sweet and low

If you must know the reason why—
To give the answer here I pause—
She never piped that stereotyped,
That noncommittal "just because."
—Will Herbert in Pittsburgh Press.

### Now, It's Downright Cruel!

"Mamma," queried little Tiny Toddles, "what is 'single blessedness?'"

"'Single blessedness,' my dear," replied Mrs. Toddles, "is a bouquet a bachelor hands himself when he wants to get married, but can't find a girl foolish enough to accept him."—Dayton Herald.

### Self Importance.

The man who gets before the crowd
And talks about himself—
He is indeed a very proud
And independent elf
He loves to pose from day to day
Where every one may see
And by his manner seems to say,
"Good people, look at me!"
—Washington Star.

### Out of the Beaten Path.

"You have produced a play without a single suggestive line or situation in it!"

"Yes," replied the theatrical manager with pardonable pride. "The public wants novelty nowadays."—London Opinion.

### When I Get Rich.

When I get rich, oh, many things I'll do!
For all poor folks whose lives are full of care
Their days, now drear, I'll make so sweet and fair
They'll know no grief, no sorrow, no despair
—St. Louis Globe-Democrat.

### Living Up to Expectations.

Starcraze—In my coming tour I am going to be supported by my wife.

Criticus—That's exactly what her family told her she could expect if she married you.—Baltimore American.

### Why She Bought It.

She didn't need the elephant.
But 'twas a bargain great.
It was a thousand dollars, marked
Down to nine ninety-eight.
—Cincinnati Enquirer.

### Wow!

Wife—Yes, in a battle of tongues a woman can always hold her own.

Husband—Perhaps she can, but she never does.—Denver News.

# THE ONLY ONE LEFT

By M. QUAD

Copyright, 1913, by Associated Literary Press.

I was only fourteen years old when I made the voyage from London to Rio on board the Duchess, having a crew of fourteen, all told. At Rio we loaded green coffee for Australia. We got away with a fair wind and everybody in perfect health, and our run to the east, until we had sighted inaccessible island and left it a hundred miles astern, was something to boast of. Then came a dead flat calm, which lasted for eleven days. On the fifth day of the calm two men were suddenly stricken with a strange ailment. They were reported sick at 8 o'clock in the morning; by 2 p. m. both were dead; at 6 o'clock a third man was taken down and lived only two hours.

Green coffee will sometimes breed fever on a long, hot voyage, but the symptoms of these men were so strange that some other explanation had to be looked for. No one was attacked on the sixth day, but on the seventh the captain, second mate and a common sailor all came down at once. The first complaint was dryness of the tongue. That was followed in half an hour by loss of sight and other senses and before noon all were dead. On the night of the seventh day a sailor who had lain down on the deck in perfect health and soundly slumbered for three hours awoke with a parched tongue. He did not wait to die as others had done, but groped his way to the ship's side and dropped from the rail into the sea. He was the sixth who had died, and the living were panic stricken.

We had now lost nearly half our crew, and the ship lay heaving on the glassy sea without sign that the calm was ever to be broken. On the morning of the eighth day there was a better feeling, however. At noon every man ate a hearty dinner. An hour later four men were taken down at almost the same moment, and the symptoms were more violent than in any of the preceding cases. There was no burial of the bodies; they were simply thrown overboard as soon as life had departed. When this had been accomplished, the mate called the living around him and said there was no longer any hope that any man would be spared. The captain's gig could be got at handily, and in case we wanted to take it and pull away from the ship he would help to get her in the water. The two sailors were eager to get off, but my mind was quickly made up to remain with Mr. Merwin.

When the mate and I were left alone he wrote up his log book and also prepared two statements, which he sealed up and cast overboard. That night when I went to sleep the bark was heaving about on the ground swell in the same monotonous way, and Mr. Merwin sat at the table in the cabin reading a book. I slept the night through without a break, and it was sunrise when I turned out. I looked into the mate's stateroom, but saw that he had not been to bed. I ran on deck, but he was nowhere to be seen. I called him and began a search, and it was a full hour before I gave up and realized that he was not in the ship. What had happened during the night I could only surmise. He had not wakened me nor left a message.

When I fully realized that I was alone aboard of the ship I was so terrified that I hid away in the cabin for several hours.

Things were not at all clear to me until the morning of the eleventh day of the calm. Then I awoke to find myself feeling as well as ever in my life and ran on deck to find signs of change in the weather. I knew how to make a signal of distress of the English flag, and, although there was no wind, I ran the bunting aloft.

It was 8 o'clock in the afternoon before the first catspaws began playing over the glassy surface of the sea, but in the course of half an hour a steady breeze set in from the north, and the bark went drifting away before it. During the next five days and nights the breeze blew from every point of the compass except the east, but did not rise to a gale nor create a heavy sea. I had little to do except to cook my meals and go aloft to look for sails, but I made as much work for myself as I could and did not permit my mind to dwell on the present or future. On the seventh or eighth day of my loneliness at 1 o'clock in the afternoon and while the bark was drifting to the east under a light breeze I went aloft and made out a sail to the north, a second to the south and a third to the west. The first two were too far away to hope for assistance. The third was coming up and must pass me close. She was but a speck on the horizon when I made her out, but two hours later I had her in plain sight, and at 5 o'clock she was up with me. She proved to be the ship Amazon of Liverpool, bound for the Cape with soldiers and emigrants, and a crew was put aboard of the derelict, and she headed for that port in company. Ship and cargo were worth a big sum of money, but I was not entitled to a dollar of salvage. There were those who even said I ought to be thankful over my escape from the epidemic, let alone the question of a reward. I had to tell the story over and over again, make affidavits, go into court and sign papers and I may tell you that before I got through playing the hero I was disgusted with the whole business and hoping nothing of the sort would ever occur again.

# ROUND THE WORLD

In 1912 751 ocean vessels were built a German yards.

World's stock of money is estimated it $12,792,000,000.

Cabs are cheap in Naples, where a short ride costs only 10 cents.

In the Falkland Islands there are five times as many men as women.

Sweden is said to be the foremost nation in the knowledge of personal hygiene.

Furnace refuse from ocean steamers is now discharged from an opening below the water line.

Cleveland has a city ball complaint bureau. Over 10,000 kicks were registered there in the past twelve months.

The largest motor vessel in the world s the Siam, recently built at Copenhagen, with a displacement of 18,200 tons.

The Turkish government is seeking ew ways and means to check the steadily increasing emigration to North and South America.

A powerful searchlight on top of the tallest building in Indianapolis is a valuable adjunct to both the police and fire departments.

The seventh centenary of Roger Bacon's birth will probably be celebrated in England next year by the erection of a statue in his honor.

New English eyeglasses are so formed that when not in use and folded they resemble a locket and may be worn on a chain for an ornament.

A youth named Abdul Latiff was arrested at Calcutta for having climbed up a waterpipe 120 feet long in order to hold converse with his sweetheart.

Russians buy a good many hats that are made in Germany or Austria despite the fact that they bear a printed label "New York," "Chicago" or "Boston."

It was an American missionary who was responsible for the introduction into Shantung of many varieties of California fruits to displace the poor native products of China.

According to two French bacteriologists, modern ventilators are dangerous to human health, as they distribute disease germs in places where otherwise there would be comparatively few.

It costs twenty-five typical American cities an average of less than a dollar a year to each pupil to provide free textbooks, according to W. E. Deffenbaugh of the United States bureau of education.

Dr. W. E. Scripture of New York city says that ambidextrous persons never dream, while right handed persons dream with the right half of the brain and use the left brain lobe for conscious thinking only.

In Maskat, Arabia, a sewing machine agent rented the best stall in the bazaar, placarded the town with tin signs, trained women as demonstrators in the harems and made presents of machines to high personages.

Colonel Goethals' private car, which he uses in his work of directing construction on the Panama canal, is an odd affair, having a powerful gas engine, with a hood like an automobile and a cowcatcher like a locomotive.

By an ingenious arrangement of reflectors a thirty candle power incandescent lamp recently mounted on a lightship off the Virginia coast is made to give flashes of more than 100,000 candle power in certain directions.

The excavation of the numerous prehistoric sites in the island of Malta is being actively prosecuted under the direction of Professor T. Zammit. Skeletons with pottery lamps, spindle whorls and a circular bronze mirror have been unearthed.

In line with scientists' recommendations that a series of stations be established in Europe from which balloons can be regularly liberated for air current study, Germany has opened more than fifteen such stations, and Russia plans to establish fifty.

While, as a rule, land may be had cheaply in Central America except on the canal zone and settlers' effects may be brought in free of duty, the problem of clearing and putting the land in cultivation is a serious one and calls for considerable money.

London's proposed postal tube is to be nine feet in diameter and six and a half miles long. It is to be fitted for two tracks, each two feet wide, carrying steel trucks operated by motors. The line proposed will be constructed throughout in the London clay.

Said to be the first stone arch bridge erected in this country, the "Choate Bridge, Built by Town and County, 1764," as the inscription states, still stands, a monument to the builder, Colonel John Choate, at Ipswich, Mass. It is seemingly as strong as ever.

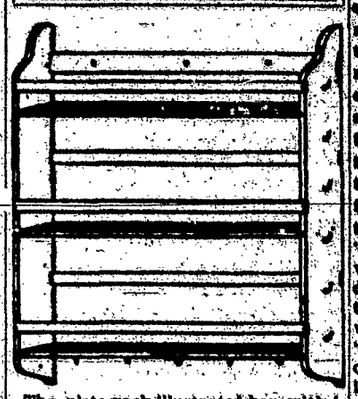
During the coronation of King Edward VII., in 1902, Westminster abbey was temporarily equipped with electric lights. Again electric lights were used at the coronation of King George V. Now the temporary installation has been enlarged and made permanent.

More than $100,000,000 has been spent on the scheme to make Russia independent of American cotton imports. All efforts to enlarge the area of cultivation of cotton in Turkestan and the transcaspian territories in Asiatic Russia have turned out perfectly useless.

The popularity of whale flesh in Japan is steadily increasing. For several years past this meat has been used both fresh and canned very extensively in that country, and there are now in active commission a number of whaling steamers hunting in the waters of Korea and southern Japan.

# HINTS FOR THE BUSY HOUSEWIFE

## Homemade Plate Rack For the Dining Room.



The plate rack illustrated herewith is built on the following dimensions: Its length is twenty-eight inches, height of side thirty-two inches, space between bottom and middle shelf twelve inches, between middle and top ten inches. A strip an inch wide is placed in front of each shelf and about two inches above the shelf itself and on the back, six inches above the lower two shelves, similar stripes are placed for the plates to rest against. About four inches above the top shelf a two inch strip is placed as the support for the frame. Through this three long screws are driven preferably into the scantlings of the wall; all the strips are let into the side frames and so are the shelves and then screwed. Each shelf is provided with several grooves an inch apart in which the plates may rest to prevent slipping. At each side and on the bottom shelf several hooks are placed for hanging cups and little pitchers.

### Mutton With Quinces.

For this recipe use any cut of mutton suitable for stewing and twice its weight of raw quinces. Cut the meat into small pieces and brown them either in mutton fat or butter. Cover with boiling water, add salt and cook slowly until tender. Pare and quarter the quinces and cook them in a small amount of water until tender. Combine the meat with the fruit and cook slowly for ten or fifteen minutes. Serve with rice. Variety may be obtained by making a brown gravy with the fat in which the meat is fried and cooking the meat in that. In the above recipe sour apples may be substituted for quinces.

### Haricot of Mutton.

Two tablespoonfuls butter or drippings, two tablespoonfuls chopped onions, one and one-half pounds lean mutton cut into two inch pieces, two cupfuls water, salt and pepper, lima beans, chopped parsley. Fry the onions in the butter, remove the onions, add the meat and brown. Cover with water and cook until the meat is tender. Serve with a border of lima beans, seasoned with salt, pepper, butter and a little chopped parsley. Fresh, canned, dried or evaporated lima beans may be used in making this dish.

### Cranberry Pie.

Mix together one cupful of sugar, two level tablespoonfuls of cornstarch and one saltspoonful of salt, add one cupful of boiling water, stir and cook for five minutes, then add one and a half cupfuls of chopped cranberries and one-half cupful of chopped and seeded raisins and let simmer fifteen minutes. Turn into a baked pastry shell, cover with the white of one egg beaten until stiff and sweetened with one tablespoonful of sugar and brown lightly in the oven.

### Cream Whipping Hints.

Cream to be whipped should be one day old. No sugar should be added either before or after it is beaten. The sweetening should be in the pudding or cake with which it is served. A tablespoonful of gelatin dissolved in a tablespoonful of hot water and added to two cupfuls of thin cream will make it whip successfully, or add the white of an egg, or a pinch of salt before beating.

### Icing For Cake.

When in a hurry for your cake, make the icing this way: To the white of an unbeaten egg add one and a quarter cupfuls of pulverized sugar and stir until smooth, and add three drops of rosewater, ten of vanilla and the juice of half a lemon. This icing will at once become very white and will harden in five or six minutes.

### Boning a Boiled Ham.

Before a boiled ham has had a chance to cool carefully cut out the bone, then fill the hollow left by the bone with trimmings made by the cutting. Tie the whole up tight and let it grow cold. It then slices readily and without the waste and annoyance occasioned by cutting around the bone.

### Softening Putty.

If a pane of glass has to be removed cover the putty which holds it in place with soft soap, leaving it on for some hours. The putty will then become soft and can be scraped away and the glass taken out easily.

### Rancid Butter.

To sweeten rancid butter melt the butter, skim it, then place a piece of light brown toast in it, and in a few minutes the toast will have absorbed the unpleasant taste and smell.

# FOR THE CHILDREN

### A Laughing Game.

This foolish game has for its object to keep a "straight face" when every effort is made to produce smiles. Any number of persons may play. Sitting in a row with the leader at one end. He begins by saying to his next neighbor, "I have a hen," and must in turn must repeat the words to his next neighbor. When this has reached the end of the line the player at that end asks of the one next him, "What are feathers?" and when [illegible] has traveled back to the leader he repeats the answer, "Hen's feathers." The following in the same manner there are questions and answers: "Can she walk?" "She can walk." "How does she walk?" "Wiggledy-waggledy, wiggledy-waggledy." (As each player says this he imitates the walk of a duck with his hands.) "Can she crow?" "She can crow." "How does she crow?" (Each then imitates the crowing of a rooster.)

Any one who laughs or makes a mistake in repeating the questions and answers must pay a forfeit, to be redeemed after the game is over.

This play is popular with [illegible] children and is called "[illegible] kaufen" (duckling buying).

### About Poplar Trees.

Poplar trees are, like the withered [illegible] of either dry or wet ground, and [illegible] two trees often grow together. [illegible] like the willows, their flowers appear early, growing in long, drooping [illegible] kins, and a brisk spring wind will [illegible] these to pieces, scattering the [illegible] with their long white silky hairs in every direction.

Poplars are also called aspens, [illegible] cannot help noticing how their [illegible] quiver with the least breath of [illegible] This is because of the long slender [illegible] stems which are slightly pressed [illegible] ways and so cannot hold the [illegible] quiet.

We have in North America the [illegible] ing aspen, balm scented aspen; the [illegible] sam or balm of Gilead, said to be [illegible] "largest tree of northwestern [illegible] ica;" two cottonwoods, one, of [illegible] is also called the "necklace [illegible] and the white, and the Lombardy [illegible] lar, which holds up its [illegible] and straight.

### Hidden Flowers.

Mother was a stern parent who [illegible] did anything wrong.

The ribbon you gave Hilda is [illegible] as lemon skin.

I know which pans you like [illegible] fudge.

Draw this T leaning over the [illegible]

A soldier who has a sore [illegible] bring its remedy.

In the circus one Ralph [illegible] in the animals.

I saw the lady slip. Perhaps [illegible] hurt.

Cousin Lil, you are a bright girl.

To King Oscar nations were a [illegible] consideration.

The foreign lathes sent a [illegible] our president.

Answers.—Aster, daisy, peony, [illegible] tie, scarlet sage, heliotrope, lady [illegible] per, lily, carnations, rose.

### Robins Fly.

All who take part in the game [illegible] around a table, and each person [illegible] his two forefingers on the table [illegible] inches from the edge. The leader [illegible] "Robins fly!" and lifts his fingers [illegible] the table in imitation of flying. [illegible] the other players must do the [illegible] and must also lift their fingers [illegible] time the leader calls out some [illegible] which really flies, but must be [illegible] not to lift them when he names [illegible] thing which does not fly. His [illegible] is to entrap some of the others [illegible] raising their fingers at the wrong [illegible] so he lifts his fingers every time [illegible] calls out. For example, he [illegible] idly: "Robins fly! Pigeons fly! [illegible] rows fly! Horses fly!" In the [illegible] est of the game some are sure to [illegible] their hands at the wrong time [illegible] must pay a forfeit.

### Conundrums.

When is a bar of iron like a [illegible] When it is forged.

When are two kings like three [illegible] When they make a league.

Why are fowls the most [illegible] live stock? Because for every [illegible] they give a peck.

What does a stone become in the [illegible]

What is it that never was and never will be? A mouse's nest in a cat's ear.

Why is a locomotive like a [illegible]? She scatters the sparks and transports the mails.

Why is a comet more like a dog than the dog star? The comet has a tail, and the dog star hasn't.

In what part of a church do they ring the belles? At the altar.

### How Many Miles to Babylon?

How many miles to Babylon?
Threescore miles and ten.
Can I get there by candlelight?
Yes, and back again.

How shall I go to Babylon?
Who will tell me true?
Oh, there are trains and there are boats
And automobiles too!

And one may ride a bicycle
Or go in a balloon,
Or one may travel on his feet
And get there 'most as soon.

For trains go off the track, you see,
And boats go down below,
And automobiles go to smash
In ways that none may know.

And tires of bicycles go pop,
Balloons will go mis[illegible]
So taking [illegible]
If I were you I'd walk.