

Don't Let Fatigue Get You!

The fine art of discovering their physical limitations is something all women should strive to attain.

The sensation of fatigue is the indication of your physical limitations.

Any doctor in any city, town or country will tell you that what women need is not medicine but conscientiousness.

Not only women in the United States but in Europe and elsewhere are finding that the average woman is overworked.

It is not a message that really keeps a woman youthful-looking, it is nothing more than the relaxation that she is forced into by the temporarily superior power of the will of the one treating her.

Study relaxation in everything, how to walk without weariness, to sit without restraint and to live without haste.

Most of your losses have been just inconveniences, but you have turned them into tragedies and lasting griefs by the grip you have had upon them.

SONNY'S PLAY UNIFORM.

Loose, Warm and Durable Are These Knitted Suits.

Cap, sweater and knickerbockers to say nothing of two pockets, provide this favorite play uniform of the small boy.



ONE IN THREE. Such outfits come in warm gray, bright brown and navy blue in the shops, but enterprising mothers immediately with the knitting machine make them as fancy work.

SANTA'S TIRED!



When Jane Fixes the Knickknacks

I THINK to find in the kitchen where Jane is putting the dinner on the table, the coffee pot is overflowing.

A person does not ever take an afternoon nap. No, not the kind of nap that is so common to the average woman.

Highly! Well, a woman's change to the land to the man now goes.

ELECTRIC CHRISTMAS GIFTS.

Still New Enough to Have Novelty Element Dear to Americans.

Electric Christmas gifts still possess that element of novelty dear to the American heart and thus solve the problem of giving Christmas gifts that are different.

Woman's World.

During the last year there were 322 women studying medicine in the United States.

Short Stories.

Taffeta is so called after a street in Bagdad.

Still Bring in the Boar's Head. The ancient Christmas ceremony of bringing in the boar's head is regularly performed on Christmas afternoon in the hall of Queen college, Oxford, England.

SHORT AND SHARP.

Woman is the architect of her own fortune—and his.

Only a woman of wit can smile when she hears a rival praised.

The only thing that's cheap about the European war is talk.

Even if it does not gather moss the rolling stone can often stir up a lot of dust.

In some human relations the man higher up represents the lower order of morals.

Food speculation never becomes ominous until they begin to speculate where to get it.

Probably the secret of happiness is to convert yesterday's disgust into spiritual sunshine today.

If women know everything by intuition how does it happen they make so many matrimonial blunders?

It is becoming more and more difficult for the villain of a play to identify himself as the villain by smoking a cigarette.

In some churches they pray for the widows and the orphans, but it's a rule more wives are in need of prayers than widows.

Soldiers killed the man whose act helped to bring about the war which may be taken as an indication of how a good many persons in Europe feel about it.

The Royal Box.

King Constantine of Greece is an enthusiastic polo-player. He has trapped his polo through many of the countries in Europe.

Queen Mary of England is a practical housekeeper in every sense of the word. She is acquainted with each detail of the management of her household.

The king of the Belgians is the great estimator of the value of his subjects' opinions. His motto is: "I shall never be after any man in the morning before breakfast and in the afternoon."

The Grand Duchess of Luxembourg, the youngest sovereign in Europe, is so far famed for her talents. She is extremely beautiful, very talented, very intelligent, and possessed of a strong will. She is the richest heiress in Europe.

Echoes of the War.

When will Europe get weary of "filling up the gaps?" New York Sun.

The news from the belligerent nations is that the light must go on to the end. But what will be the end? Philadelphia Press.

All that is known of the condition of the "suffrag" of Turkey is that he does not yet feel like being moved to Washington Star.

It is estimated that the cost of war for another year will be about \$3,000,000,000 and almost as many heart-attacks.

Neither side in the horrible controversy in Europe must be allowed to destroy the laws for the protection of the lives and rights of neutrals and their side nor both together.—Chicago News.

Train and Track.

Buffalo is to have a new train shed for the Lehigh Valley road 347 feet in length.

Russian railways represent a mile of track just twice that of the railways in the United Kingdom.

Six per cent of the line of a railroad being built in Switzerland will be over bridges and 13.5 per cent through tunnels.

Power rails for passengers and power cars were used in a number of instances in 1911 that by 1912 were 1,000 miles on the way to 10,000 miles.

There are 10,000 women employed by the telephone systems in the United States, while woman telegraph operators number over 8,000.

Fifteen Japanese women newspaper and magazine writers of Tokyo are the first organization of its kind in the far east.

Nearly a quarter of Australia has not been visited by civilized man.

The value of the total mineral production of Alaska from 1880 to 1914 was \$298,151,000.

The average height of the male Japanese adult is five feet three and one-half inches, while that of the woman is six inches less.

There are shells on the seashore of Barbados so small that a hundred of them can be laid on a space covering only an eighth of a square inch.

What Others Eat at Christmas

EVERY one is familiar with the Christmas dinner of the English—turkey, goose, plum pudding and mince pie.

The Frenchman's Christmas bill of fare, for instance, is extensive and varied and in many respects quite different from our own.

In Russia the Christmas meal consists largely of two dishes—one of wheat porridge served with honey and the other a curious compound of stewed peas, apples, oranges, grapes and cherries, sweetened with honey and served cold.

Italians, too, are fond of rather sweet and indigestible dishes, especially at Christmas. One of their favorite combinations is that of oysters, perch and vermouth, while the inevitable macaroni and spaghetti form, of course, the principal articles of food at all times.

The German Christmas dinner offers as its principal attraction the goose, without which your true German would feel that he had not had a real holiday feast.

Notwithstanding the tendency in all countries to offer huge dinners at Christmas, a wretched meal that every



BRINGING IN THE PEACOCK IN OLDER TIMES.

nations holiday bill of fare is becoming simpler with the course of time.

An interesting comparison may be made of the Christmas dinners formerly served in England and in this country with those of today.

The forefathers of modern Englishmen had possessed magnificent appetites. Their hospitality was so different from the modern that it would make the bones of your stoutest grandpa shudder.

The Christmas dinner of the old times was a most elaborate affair. It consisted of a great number of courses, and the table was set with a variety of dishes.

The first course was a soup, and the second a roast. The third course was a great variety of meats, and the fourth a great variety of puddings.

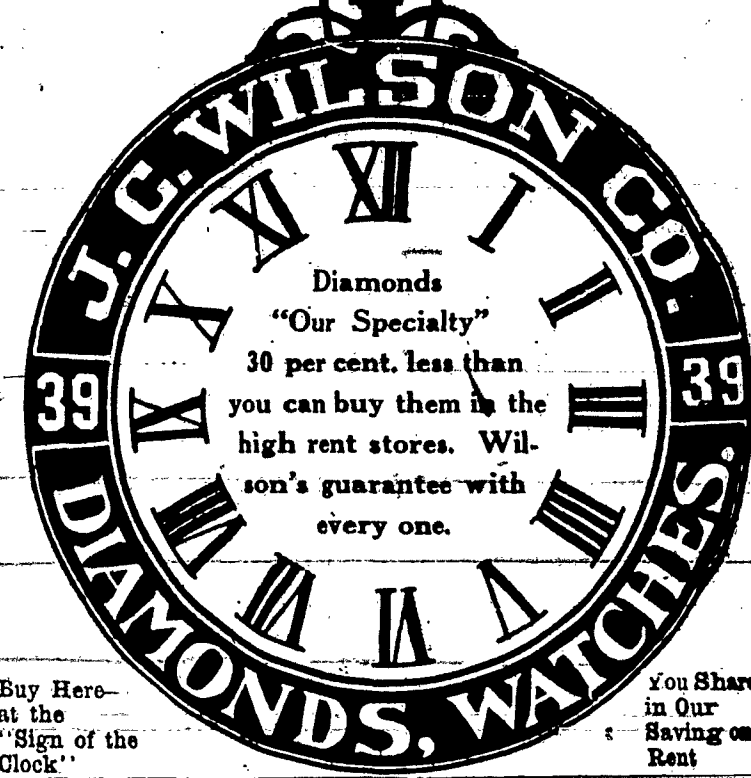
The fifth course was a great variety of fruits, and the sixth a great variety of nuts. The seventh course was a great variety of cheeses, and the eighth a great variety of wines.

The ninth course was a great variety of breads, and the tenth a great variety of desserts. The eleventh course was a great variety of fruits, and the twelfth a great variety of nuts.

The thirteenth course was a great variety of cheeses, and the fourteenth a great variety of wines. The fifteenth course was a great variety of breads, and the sixteenth a great variety of desserts.

Wilson's Motto

High Quality and Low Prices Everything in Jewelry Save 30 Per Cent.



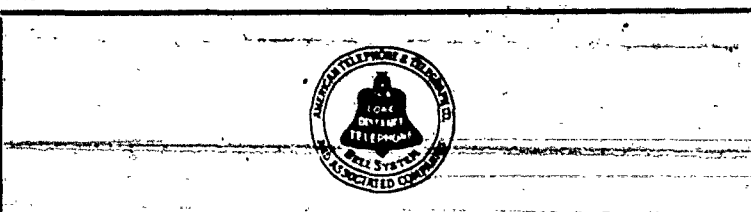
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39 MAIN STREET EAST



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Your Bell Telephone is the starting point from which your voice may travel to extend your greetings to your friends and relatives in nearby places or far-away cities.

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