AVOID FATIGUE.

Why Keep on Going Till You Actually Drop?

YOUR REST AND RECREATION.

The Human Mechanism Needs Oiling, Just as Do All Machines—Order Your Hours and Have Time Left For Play as Well as Work.

Fatigue of mind and fatigue of body are the two great causes of the housekeeper's unhappiness, and you cannot say that mind or body is sound if the energy has departed

Now, it does not go all at once, and it is your own fault if you do not lay a detaining hand upon it long before the final exit.

First we must realize that you are a machine which must be well oiled if it is to run smoothly Of course a machine will go on running if you don't oil it experiment if you date on your sewing machine but what happens? Instead of running smoothly and silently, it makes a grating, jarring noise, and then it stops altogether

The woman who goes on without oil does exactly the same. And it is her own fault, protest she ever so loudly

The oil, you will understand, is any thing which makes the wheels go easily, and the woman who doesn't avail herself of such is guilty of false economy Every day a little oil is needed, and two kinds are necessary, for two sorts of machinery are in use—the structure of the body and the mechanism of the mind The oil for the first is rest; for the second, recreation.

Then order is the first means to this end.

The woman who maps out her day gets everything done in time and has a little over

Efficiency is the next. efficient workers and efficient tools—don't keep a little maid about you who "makes more work than she does" And if you are not up to the mark yourself make haste and become so. There are always free cookery lectures to be had, and friends are usually ready to give tips, while the papers they are just bursting with household wisdom.

Last, but not least save every penny toward buying labor saving appliances A carpet sweeper, knife cleaner and sewing machine will cover their cost in a few months, while rugs instead of carpets will save hours of work Linoleum on the kitchen floor no need to sing its praises.

And so on, and so on—convenience makes labor light and is a real saving

Thus, working by order, efficiency and time, there is no worry, for everything goes smoothly, there are no miseries, for everybody has recreation and there are no breakdowns, for the worker is fit for her work

A HAT FROM LONDON.

Watteau Effect as Worn by the English Lassies

Tuscan straw in natural tones and tilting picturesquely is trimmed with

HER PORTRAIT

saxe blue ribbon velvet and pink tulle roses, streamers falling below the waist line. The effect is charmingly like a Gainsborough portrait.

For Rainy Days.

Children love to engage in the game of "playing school" They will cut out boys and girls for pupils and a few men and women for teachers. With crayons and paints they will color these nicely and faster them to empty spools with flat sticks so that they will stand upright The picture is first pasted to the stick and the stick is wedged into the hole in the center of the spool In this way the figures will stand or sit on the spool Then the teacher figures are supposed to march the children around and to teach them A single game of this kind will occupy all the children's spare time for a week

The Grinder.

When baking oatmeal cookies calling for raw rolled oats, either with or without nuts or raisins, if the rolled oats are run through a meat grinder (using the nut plate) the flavor of the cookies is greatly improved and they bake evenly. When using raisins and nuts mix with oats and then grind all together and put with your other ingredients.

DAMES AND DAUGHTERS.

Mrs. K. G. Warner is leading New York opposition to the sale of horse meat as food.

Miss Funk Hin Liu, a graduate of Wellesley college, is head of the only woman's college in China

Lavinia Magri, formerly Mrs General Tom Thumb at seventy four is living in Middleboro, Mass

Miss Alice Sherwin Coleman makes $300,000 worth of artificial flies a year She has been in business as a professional fly maker for more than ten years.

Tetrazzini, the famous prima donna has been paid as much as $2,500 for a single performance Mme Sembrich another of the older school of grand opera stars, possesses a fortune which is said to run into nearly seven figures.

Mrs Jennie Watkins is the only woman member of the exclusive $200,000 club of a leading New York life insurance company To qualify for membership it was necessary for her to write $200,000 worth of insurance in one year

Fashion Frills.

There are doubtless corsets in abundance for men but there is a notable lack of men for corsets Chicago News

One advantage man has over woman is that he isn't required to don his straw hat until June Detroit Free Press

Why describe the fashions for women of the coming season as "wearable and sensible?" They are always that —Philadelphia Ledger

Another thing you have to give the new styles credit for—they've shown that all the family skeletons are not in closets Columbia State

The General Federation of Women's Clubs had better stick to the easier task of getting votes for women than to tackle the job of regulating styles for women. Indianapolis News

SHORT AND SHARP.

Properly fortified any person can be an optimist

Those silver linings do not always make up for the cloudy coverings

In these days of combines made up of just one detail situation after another.

If a man is the architect of his own fortune some of his work is to have been badly in need of a repair

Much discontent comes of the mental habit to believe that something different would be some day better

A shortage of [illegible] has been announced [illegible] with that other shortages would [illegible]?

Little by little [illegible] convincing that the well being of a people depends in a large degree upon the food it eats

Greece is said to be [illegible] debt. But, then, [illegible] European nations seems to be getting more spare cash by

The actress who [illegible] the opinion that Americans are becoming shorter probably confined her observations to the pocketbook

That African king who has died after thirty one years of peace in his passes away just in time to miss the full light of European [illegible]

With one [illegible] aviators putting in a full eight hour day in the clouds there seems to be some smattering of efficiency [illegible]

The Cookbook.

When making apple pie cut the apples in irregular pieces They will not pack together as if sliced and will cook much quicker

A little potato, tapioca or soft bread crumb is to be used for thickening a juicy pie as effectively as a roux of flour and butter

A salad popular in France is a mixture of beet root, hard boiled egg, mustard and cress and a few shelled shrimps tossed in when mixed

Vegetable soup is greatly improved by a pinch of mixed pickle spices tied up in a piece of muslin and added to the soup a half hour before serving

Powder and Ball.

The belt of a Maxim gun usually contains 250 cartridges

Gunpowder can only be made from raw cotton Woven cotton is of no use, and any attempt to use it would be dangerous

The Mannlicher carbine rifle carried by the Italian soldier is six inches longer than the British rifle and four ounces heavier

The bullet [illegible] sharpened shape welded [illegible] when the shell explodes it [illegible] forward with a rapid [illegible] The shell is [illegible] breaking down with [illegible]

Waves of Water.

The basin of the River Amazon is nearly [illegible] square miles

The river Shannon is over thirty miles longer than the Thames

The most [illegible] river is the Rhine It has 75 [illegible] castles on its banks.

Chelan river, in the state of Washington, is only four miles long, but has a drop of 230 feet. It forms the outlet of Lake Chelan and the Columbia river at Chelan falls.

The End of A Rivalry

By ESTHER VANDEVEER

Josephine Sommers was as a girl from ten to sixteen years an incorrigible tomboy Everybody called her Joe and everybody admitted that she was well named, for she might be considered either a boy or a girl Her most intimate friends were boys and they always spoke of her as "one of us"

When Joe was fifteen a change came over her that is, she was passing from childhood to womanhood This transition was in her case painful A girl of fifteen knows that she can't do those things she did when a child—for instance she can't climb trees with the same freedom she can't ride on horseback straddle without apparel fitted for the purpose, there is not the same freedom in her friendships with boys

Joe had not quite let go all these juvenile ways and yet she was reaching for young ladyhood, one thing she had not yet grasped and that was a proper appreciation of being made love to by a young man Boys had never thought of making love to her A boy would no more have made love to her than to another boy For a boy to make love to her would have sounded ridiculous, and, ten to one, she would have laughed at him

The first time that anything serious in the way of a love matter occurred to Joe Sommers was when she was fifteen and a half years old. Two boys Bob Atherton and Johnnie Myers, laid longing eyes upon her Neither of them made any mention of the fact to her If one walked home with her from school the other kept out of the way If one engaged her for a game of tennis the other amused himself in some other way Joe did not see the chivalry but the boys were conscious of it and there was for a day that one had not try to get ahead of the other

Of course this constant effort was bound in the end to make trouble between the two boys Every time one saw the other enjoying Joe's society to the exclusion of the other the green monster flapped his wings An explosion is sure to come in such cases and this one was no exception

All three of the parties to this triangular love affair though the girl had no sentimental part in it at all were in the same class in the Ellingham high school When a certain baseball game was played between the Ellingham and the Waterton high schools Bob Atherton saw on the grand stand Joe Sommers sitting with a vacant place beside her He joined her and asked if he might occupy it She gave him permission saying that she expected another boy to sit with her but there was room for him on the other side

Now the other boy was Johnnie Myers Before he reached the stand the game on the other side of Joe was opened and he saw Bob in his place He didn't approach the two and make a scene but there was consternation under him He did not even claim his right to sit by the girl He went off to another part of the field nursing his wrath against Joe who was to be blamed if any one was but against Bob

When the game was finished and the multitude left the arbor grounds Johnnie saw his rival walking with Joe toward her home His own route was in this direction Indeed he lived not far from her, and she could look from her window into his back yard When Bob left her Johnnie joined him and accused him of intentionally occupying his place at the baseball game Bob was innocent of the charge but certain words used by Johnnie riled him

Joe had laid aside her belongings and was sitting by her window when she saw Bob climb the fence in the rear of Johnnie's home and approach Johnnie with apparent hostile intent The next thing she saw was a battle

It did not take Joe long to discern the cause of this encounter Realizing that she had not properly protected the boy she had promised to sit beside at the game, it was plain to her that this beer-fed night between her two chums was her own fault Running downstairs and out through a back door, she vaulted all fences that separated her from the combatants, finally lighting in the yard where they were fighting But so engaged were they with each other that they did not see her

What predominated in Joe's mind as this thought her secret was that two boys had been brought to punishment by her She was angry with herself but still more angry with them for making her fault more glaring The fact of their rivalry for her did not confer honor upon her indeed she did not know that there was such

As happened then the gardener had to use a hose to water some plants and had left it on the ground Joe seized it and [illegible] the contents of the hose [illegible] for the combatants [illegible] a few moments [illegible] the contents of the hose [illegible] they scrambled to their feet [illegible] then both turned and saw the object of the devotion directing the stream [illegible] sed to fight and stood [illegible] where Joe dropped the hose and stood looking at them angrily She was trying to find words to express what was within her, but, failing she jumped the fence and ran away.

That was the end of the rivalry for Joe Sommers favor on the part of these two boys, for she turned the cold shoulder on both of them

PITH AND POINT.

Misfortune often has difficulty in overtaking a hustler.

Those who are most curious are usually least communicative.

You can never tell how much money a man has from the way he talks about it

Many a man thinks that because seeing is believing he knows a good thing when he sees it

The time course of a love brainstorm apparently begins at the heart and ends at the pocketbook

It is comfortable to read that prices of clothing won't go up until next fall. There are troubles enough for today.

The pessimist has his suspicions that the man who holds the upper hand may have dealt it from the bottom of the deck

A Philadelphia professor says, "You must think if you would live Yet a lot of people seem to live in spite of that theory

If you are poor and nobody you are sick or "getting well," but if you're rich and somebody you're "indisposed" or "recuperating"

A man can get plenty of assistance when he sows the wind, but when it comes to reaping the whirlwind harvest helpers are scarce

A French military doctor says that trenches properly constructed are far better than ordinary health resorts. Why go to health resorts when you can dig a hole in your back yard?

Pert Personals.

The latest California tennis wonder, Lindley Murray, bears a name calculated to inspire a terror in academic circles Boston Herald

Thomas A Edison is punching the time clock so vigorously at sixty nine years that it really looks as if he had Father Time bluffed. Pittsburgh Telegraph

"Brains are a bigger asset than money" is Charles M. Schwab's latest epigram He is one of a limited number who can operate with either Richmond Times Dispatch

Dr Eliot has received a gold medal in recognition of his services to literature If he could only have thought up ten feet of books there's no telling what he'd have received Cleveland Plain Dealer

Flippant Flings.

A Philadelphia judge has decided that if you lend money to your wife it is hers We know it, judge we know it. Detroit Free Press

New York will substitute for "not guilty, by the aid of insane criminal" "guilty, but insane" Why not alliterate it and say "Naughty but nutty" Louisville Times

Somebody has invented a glorious new filling for teeth If it can beat a mighty [illegible] used to make the inventor needs a medal Chicago News

Dentists now insist that insanity is caused by the teeth If a man goes mad pull his teeth it may not cure him but he will be less likely to injure people anyhow Cleveland Plain Dealer

Town Topics.

New York confesses that crime is on the increase Now that Broadway is not what it used to be, other towns get a chance Cleveland Plain Dealer

"The City of Commerce and Culture" is the proposed slogan for Omaha So far as alliteration should not be subjected to over critical examination Philadelphia Ledger

If the national capital were removed to Milwaukee, as a Wisconsin congressman proposes it would be just as easy for congress to vote that town dry as it would be to vote Washington dry, and then Milwaukee would have nothing drinking to make her famous Philadelphia Press

Echoes of the War.

Jubbed reports of one country seeking peace always bear the date line of another Washington Post

Bernard Shaw now says it is time to stop the war by discussion Constitution seems to have been a failure Detroit Free Press

Calculations of the debts incurred by Europe make it appear that Uncle Sam's foreign relations will in some instances be poor relations

The estimate by military experts that seventy five tons of food must be handled for every man that is killed or wounded ought to bring about peace through sheer weariness Pittsburgh Gazette

Tales of Cities.

San Francisco will house in Golden Gate park a collection of 70,000 Indian relics the gift of Professor T S C Lowe

Chicago has 219 public laundries

Enkhuizen once one of Holland's most important cities is now almost deserted

New piers begun by the city of New York during the last two years will furnish 36,550 feet, or almost seven miles of wharfage space, and approximately forty-five and one-half acres of dock space.

A Gold Eagle

By F. A. MITCHEL

There are no people like the British to take hold of any kind of a job in a country where they are not known A young man who, in cutaway coat, spats and silk hat, has plowed through Oxford street or the Strand in London or ridden in Rotten row, having lost or spent all his money will come to the United States and go to work at the first job that presents itself

One day Miss Laura Bainbridge of Philadelphia while on a visit to New York coming out of the hotel looked about for an auto. A chauffeur pulled up beside the curb Miss Bainbridge looked at him hard There in the uniform of a chauffeur sat a man she had danced with at a ball among the smart set in London In deed she had had a bit of an affair with him, but since she was not wealthy and he came of a family enjoying one of the oldest British titles nothing came of their limited association Miss Bainbridge came home to America, and the Hon Ralph Searborough danced on

And now on calling for an auto he had driven up to the sidewalk and was reaching back from his seat with one hand to open the door for her He had recognized her while she was beckoning to him and had had a few moments to recover from the shock he had received He looked straight ahead at the place where the horses would be if there were horses

"To the park," said the lady, stepping into the auto.

The chauffeur put on the clutch, and Miss Bainbridge sailed away, driven by a man whom she had often sailed away with in the dance in London, only on this occasion he had dropped from the social height of an honorable to driving a taxi

Not a word did Ralph Searborough say to his fare She asked him a few questions about what was this building and what was that avenue and other questions for information, which he answered politely when possessed of the required knowledge, which was not often

"You are not a New Yorker eh?" she said at last.

"No, miss; I've lived all my life in Winnipeg Canada"

Miss Bainbridge smiled, or, rather, she chuckled There was at least something attractive in the man's ignoring his past and their former meetings

She told him to drive slowly through the park, since her object in being out was to get the air. She made no effort to break through the barrier that separated them She longed to do so, but it was evident he desired that it should be maintained Nevertheless she kept him out for two hours, going not only all over Central park but up per New York to the limits of Manhattan Island Then she directed him to drive her to her hotel When they reached it he opened the door as before, from his seat behind the wheel When Miss Bainbridge stood on the sidewalk she took off her portemonnaie and paid her fare

"Poor lady" she said handing him a ten dollar gold piece

"Merci mademois Thank you, miss

The French phrase she had used for tip had thrown him off his guard, but he caught himself before he had spoken the last syllable

Miss Bainbridge turned and without looking back went into the hotel

Four years passed Miss Bainbridge was again abroad She had scarcely reached London when she received an invitation to a ball During the evening, or, rather, shortly before daylight in the morning, a gentleman was brought up to her by a friend for an introduction He was the Hon Ralph Searborough now with the addition of a title which had come to him through a remote branch of his family

"Why Miss Bainbridge!" he exclaimed

"We meet again after many years I feel flattered that you remember me" she replied.

"Indeed, I do Have we not danced together in this very room?"

The lady did not seem to hear Her eyes were fixed upon a charm attached to the gentleman's watch chain. It was an eagle, an American ten dollar gold piece He saw the direction of her glance and looking down, perceived what had attracted her attention

"Will you dance?" he said

He put his arm about her, she laid a hand on his shoulder and they sailed away as they had done six or seven years before They did not speak but doubtless both were thinking thinking about that auto ride they took in Central park New York When they had finished the dance they began to talk about their meeting in London when Miss Bainbridge was a bud and he was the Hon Ralph Searborough A number of episodes of that time were brought up and changes noted, but never a word of the time when he was running a taxi in New York

Six months later they were married in Philadelphia On their wedding trip they visited New York The morning after their arrival the bride emerged from their hotel, her husband drove up in a runabout, she got in, and they started for the park. The bride said she enjoyed both rides. The groom said the first was misery, the second was heaven.

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