

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 detaching 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, but it will not last long.

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

Another thing you have to give the new styles credit for—they are smart. That all the family skeletons are put in closets.

The General Federation of Women's Clubs had better stick to the essential task of getting votes for women, than to the job of organizing systems for women.

Efficiency is the next efficient workers and efficient tools. Don't keep a little maid about you who makes more work than she does.

Those silver spoons do not always make up for the lack of coverings.

In these days of depression, it is hard to find one's own situation after all.

A man is the architect of his own fortune, some of us seem to have been badly in need of a course.

Much discomfort comes of the mental habit of believing that something different would be some day better.

A shortage of common sense has been noticed. It is a pity that other shortages would be as great.

Little by little, it is coming that the well-being of a people depends in a large degree upon the health of its nerves.

A HAT FROM LONDON.

Wattson Effect as Worn by the English Ladies.

Tuscan straw in natural tones and tilted picturesquely is trimmed with



HER PORTRAIT.

Make blue-ribbon velvet and pink tulle roses, streamers falling below the waistline. The effect is charmingly like a Gainsborough portrait.

Children love to engage in the game of "playing school". They will cut out boys and girls for puppets and a few men and women for teachers.

The Min. of Education is also carrying out the Italian order as six inches longer than the British rifle and four inches heavier.

The British rifle is a sharp one. It is welded to a wire which is held in the center of the spot.

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 Grandeur.

When baking lenten 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 Fung 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.

Miss Sember, 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 leading New York life insurance companies.

To qualify for membership in this insurance company, she writes \$200,000 worth of insurance in one year.

Fashion Fads.

There are doubtless corsets in abundance for men, but there is a notable lack of men for corsets.

One advantage men has over women is that he isn't required to don his straw hat until June.

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SHORT AND SHARP.

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The Cookbook.

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

A little potato, peeled, washed, and sliced, or soft bread crumbs, may be used for thickening a potato pie as effectively as a roux of flour and butter.

A salad popular in France is a mixture of beet root, hard boiled egg, nut and cream, and a few shelled almonds tossed in when mixed.

Vegetable soup is greatly improved by a pinch of mixed pickle spices is put 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.

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Waves of Water.

The basin of the Amazon is nearly 5,000,000 square miles.

The river St. Lawrence over thirty miles longer than the Thames.

The most important river in the Rhine. It has 17,000,000 acres on its banks.

Chelan river, in the state of Washington, is only four miles long, but has a drop of 330 feet. It forms the outlet of Lake Chelan and the Columbia river at Chelan falls.

The End of A Rivalry.

By ESTHER VANDEVEER

Josephine Summers was a girl from ten to sixteen years an incorrigible tomboy.

Everybody called her Joe and everybody admitted that she was a real tomboy.

When Joe was fifteen a change came over her. That is, she was passing from childhood to womanhood.

This transition was in her own person. A girl of fifteen knows that she can't do those things she did when a child.

When she did a child's thing for no reason she can't explain, with the same freedom she can't do on horse back.

For the purpose, there is not the same freedom in her friendship with boys.

Joe had not quite lost all her tomboy ways, and yet she was really a girl now.

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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 brain storm 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 of you would live. Yet a lot of people seem to live in spite of that thought."

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

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

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

The latest California tennis wonder, Liddy Murray, bears a name calculated to inspire a terror in a modern student. 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. Charles M. Schwab's latest epitaph: He is a man of a limited number of who can operate with either. Rich mond Times-Dispatch.

Dr. Ehot 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.

A Philadelphia judge has decided she will not sue her wife if she is not to sue her. We know it, judge, we know it. Detroit Free Press.

New York will substitute the use of "guilty" for "innocent" in its laws. Why not alter it to "innocent" and "guilty" but not "innocent"? Boston Herald.

Somebody has invented a glorious new thing for teeth. If it can beat a mechanical toothbrush, it's a wonder. Used to make the inventor needs a used it. Chicago News.

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

Flippant Flings.

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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 the motto, "All right, but 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 to brag about. Philadelphia Press.

Echoes of the War.

Added reports of one country seek peace always bear the date line of another. Washington Post.

Bernard Shaw now says it is time to stop the war by discussion. Consensus 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 such a case, be a poor relations.

The estimate by military experts that twenty-five tons of coal must be burned for every man that is killed or wounded, is a rather startling figure. Through sheer weariness. Pittsburgh Gazette.

Tales of Cities.

San Francisco is a well house in Golden Gate park a collection of 70,000 Indian relics. The gift of Professor T. S. G. Love.

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 30,550 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 railway coat, spots 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 wrote on a visit to New York coming out of the city hotel.

"I came upon 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 Scarborough 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 called away, driven by a man whom she had often called away with in the days in London.

Only on this occasion he had dropped from the social height of an honorable driving a taxi.

See a sword and Ralph Scarborough say to his fate. She asked him a few questions about what was this build and what was that average and the answers for information, which she answered patiently, 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 meeting.

She told him to drive slowly through the park, since her object in being out there was to get the air. She made no effort to break through the barrier that separated them. She lingered to do so, but it was evident he desired that it should be maintained. New York Times.

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, came forward behind the wheel, and Miss Bainbridge stood on the sidewalk she took out her portemonnaie and paid her fare.

"Four dollars," she said, handing him a ten-dollar gold piece.

"More, mademoiselle. 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.

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 Scarborough 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 genuine, 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 walked away as they had done six or seven years before. They did not speak, but 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 girl and he was the Hon. Ralph Scarborough. 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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