Buy the Ingredients from Any Drugglat ta Your Town and Shake Them in a Bottle to Mix This Harmices Preparation.

A well-known nuttority on Rhenmatism gives the renders of a large New York daily paper the following valuable, yet simple and barmless prescrip-tion, which any one can easily prepare

Fluid Extract Dandellon, one-half Compound Syrup Sarsaparilla, three

Mix by shaking well in a bottle, and take a tenspoonfof after each meal and at bedrime.

He sintes that the ingredients can be obtained from any good prescrip- ine into the state of things without and tion pharmacy at small cost, and, beings a vegetable extraction, are harm-

This pleasant mixture, if taken regularly for a few days, is said to overcome almost may case of Rheumatism. and followed by the black, stood before The pain and swelling, if any, dimintshes with each dose, until permanent results are obtained, and without injuring the stomach. While there are many so-called Rheumatism remedies, patent medicines, etc., some of which do give relef, few really give permanent results, and the above will, no doubt, be greatly appreciated by many sufferers here at this time.

Inother at the drug stores of even the shall towns elicits the information than these drugs are burmless and can be flought separately, or the druggists will mix the prescription if asked to.

"The corporation must be cr-r-rushed !" roared the candidate.

"Hold on," shouted a man in the gallery, you yourself are a stockholder in at least three corporations that I know about."

The candidate cowned darkly. Well." be cried, "I there were no stockholders there wouldn't be any corporatione"

admit it," shouted the man in the

"And if there were no corporations they couldn't be crushed, could they?" With a withering giance at the man in the gallery the candidate resumed his argument. Westdand Plain Deal-

"Mamma," asked Tommy, peering through the iron tence that inclosed the animals, "which is the kangaroo and

Mrs. Winelew's Southing Syrup for Children celling; coftens the guins, rectues inflormina on, zhays pain, cures wine colle, see a bestia

Picked Cotton in the Snow. Picking cotton in the snow was the unusual experience that cotton pickers in the Chlewasaw Nation, I. T., were confronted with after a snowstorm The cotton fleids were covered with about two inches of snow, but the snow was light and dry and little of it stuck to the opening bolls of fiber. After the storm had passed no time was lost by the cotton raisers in this section in geiting their pickers into the fields Snow on the ground, the white bolls of cotton and negroes with overcoats and gleves made an unusual picture in the fields surrounding Chickesha.

The cotton crop in this section is

very late, and much of it is unpicked The only damage the storm did was to break down some of the plants and lower the grade of cotton in the bollthat were opened. More trouble that ever will be experienced in getting cot ton pickers, because negroes dislike to pick cotson in cold weather, and many of them have already left for the cot ton fields of Texas, where they sa: they never have to pick cotton with on the ground.-Kansas Cit;

Mexican Caurch Legends. Queretaro was a town before the Spanish conquest and was made a city in 1655. A legend of Queretaro is that an Otomite chief, Fernando de Tapla by name, undertook to convert the city to Christianity in a way that seem novel to us, but was common enough to his day. He came from Tula with a challenge to the people of Queretaro to a fair stand up fight. If he won the people surviving were to be bap tized. The challenge was accepted, but while the fight was in progress a dark cloud came up and the blessed Santingo was seen in the beavens with a flery cross, whereupon the people of Queretaro gave up and were baptized. They set up a stone cross to commemorate the event on the site of the present church of Santa Cruz. There is scarcely a church in Mexico which has not a legent of this kind attached to it

# OLD SOAKERS

Get Saturated with Caffeine. When a person had used coffee for a number of years and gradually declined in health, it is time the coffee should be left off in order to see whether or not that has been the cause of the trou-

A lady in Huntsville, Ala., says she used coffee for about 40 years, and for the past 20 years has had severe stomnch trouble. "I have been treated by many physicians but all in vain. Eversthing there to give refief Was prostrated for some time, and came near dying. When I recovered sufficiently to partake of food and drink I tried coffee ighin and k soured on my stomach.

"I finally concluded that coffee was the cause of my troubles and stopped using it. I tried ten in its place and then milk, but neither agreed with me; then I commenced using Postum, and it properly made and it was very pleas-

ing to the tuste. "I have now used it four months, and my health is so greatly improved that I can ent almost anything I want and can sleep well, wherens, before, I suf-

fored for years with insomnia. have found the cause of my trouind a way to get rid of them, You depend upon it I appreciate Pos-There's a Reason." Read "The to Weilville," in page.



CHAPTER VII. The last sounds of the combat died on he ears of the anxious listeners in the cottage, and were succeeded by the stilltess of suspense. Frances had continued by herself, striving to exclude the uprour, and vainly endeavoring to summon resolution to meet the dreaded result. After ounce; compound Kargou, one ounce; witnessing the escape of his son, Mr. Wharton had joined his sister and eldest laughter in their retreat, and the three continued fearfully walting for news from the field. Unable longer to remain under the painful uncertainty of her situation, Frances soon added herself to the uneasy The father now briefly related

group, and Casar was directed to examto his astonished children the circumstance of their brother's escape. They were yet in the freshness of their surprise, when the door opened and Captain Wharton, attended by a couple of the guides

"Henry-my son, my son," cried the agitated parent, stretching out his arms; "what is it I see? Are you again a captive, and in danger of your life?" "The better fortune of these rebels has

prevailed," said the youth, endeavoring to force a cheerful smile. "I strove nobly



"HENRY, MY SON, MY SON."

for my liberty; but the perverse spirit of rebellion has even lighted on their horses. The steed carried me into the very center of Dunwoodie's men."

"And you were again captured," contin "which is the kangaroo and ued the father, easting a fearful glance on the armed attendants. "That, sir, you may safely say; this

Mr. Lawton, who sees so far, had me in custody again immediately." Frances had stood supporting herself

by the back of a chair, catching in breathless anxiety every syllable as it was uttered; her color changed rapidly; her limbs shook under her, until, with desperate resolution, she inquired; "Is any officer hurt on-the-on either

"Yes," answered the man, cavalierly, "these southern youths are full of mettle Singleton was killed and Major Dunwoo-

Frances heard no more, but fell lifeess in the chair behind her. The attention of her friends soon revived her, when the captain, turning to the man, said, fearfully:

"Surely Major Dunwoodie is unnurt?" "Nexer fear him," added the guide, disegarding the agitation of the family; "they say a man who is born to be hanged will never be drowned; if a bullet could kill the major, he would have been dead long ago. I was going to say that the major is in a sad taking because of the captain's being killed; but had I known how much store the lady set by him, I wouldn't have been so plain spok-

Frances now rose quickly from her seat with cheeks glowing with confusion, and, teaning on her nunt, was about to retire, when Dunwoodie himself appeared. The first emotion of the agitated girl was unalloyed happiness; in the next instant she shrank back appalled from the unusual expression that reigned in his countenance. The sternness of battle yet sat on his brow; his eye was fixed and se-

"Mr. Wharton," he earnestly began, "in times like these, we need not stand on idle ceremony; one of my officers, I am afraid, is hurt mortally, and, presuming on your hospitality, I have brought him to your door."

"I am happy, sir, that you have done so," said Mr. Wharton, at once perceiving the importance of conciliating the American troops.

"Sir, I thank you, If you please, we will have him conducted where the sur geon may see and report upon his case. without delay." To this there could be no objection; and Frances felt a chill at her heart, as her lover withdrew, without casting a solitary look on herself.

Captain Wharton voluntarily gave pledge to his keepers not to attempt again escaping, and then proceeded to execute those duties, on behalf of his father, which were thought necessary in a host. On entering the passage for that purpose, he met the operator who had so dexteronaly dressed his arm, advancing to the room of the wounded officer,

"Ah!" cried the disciple of Aesculapius, "I see you are doing well," "Hasten, Sitgreaves, hasten; or George Singleton will die from loss of blood,'

tried Dunwoodie. "What! Singleton! God forbid; Bless me-is it George-poor little George! exclaimed the surgeon, as he quickened

his pace, and hastened to the side of the "he is alive, though." The group around the bed of Captain

Singleton were accustomed to the manner of their surgeons. They quietly awaited the moment when he was to commence his examination. This now took place, and Dunwoodle stood looking the operator in the face, with an expression that seemed to read his soul. The patient shrank from the application of the probe. The said the colonel, with emphasis, surgeon applied himself in corpost to his work. All this time Dunwoodle stood in feverish silence, holding one of the hands of the sufferer in both his own, watching the countenance of Dr. Sitgreaves. At it to the part. "There, sir, that will an

'he surgeon rose with alacrity. "Will he live?" asked Dunwoodie. "Ho will."

"Thank God!" cried the youth, hasten

Dunwoodle for a moment joined the steadiness. family. His face was no longer wanting in smiles, and his salutations, though tered the Englishman. basty, were cordial. He took as notice | Danwoodie lingered in front of the cot

of the escape and recapture of Henry Wharton. On the ground they had not met. The English officer withdrew in

haughty silence to a window. The excitement produced by the events of the day in the youthful feelings of the sisters had been succeeded by a languor that kept them both silent, and Dunwoodie held his discourse with Miss Pey-

"Is there any hope, my cousin, that your friend can survive his wound?" said the lady, advancing toward her kinsman, with a smile of benevolent regard. "Everything, my dear madam, every-

thing," answered the soldier, cheerfully. "Sitgreaves says he will live." "Your pleasure is not much greater than my own. One so dear to Major Dunwoodie cannot fail to excite an inter-

est in the bosom of his friends."

"Say one so deservedly dear, madam," returned the major with warmth; "he is the beneficent spirit of the corps, equally beloved by us all. But now he requires care and nursing; all depends on the attention he receives. He must be fostered, cherished, soothed."

These are offices for a sister or a "A sister!" repeated the soldier, the blood rashing to his own face tumultuously; "a sister! he has a sister; and one

that might be here with to-morrow's sun." He paused, mused in silence, glanced his eyes uneasily at Frances, and muttered in an undertone: "Singleton requires it, and it must be done." The ladies had watched his varying

ountenance in some surprise, and Miss Peyton now observed that: "If there were a sister of Captain Singleton near them, her presence would be gladly requested both by herself and

"It must be, madam; it cannot well be otherwise," replied Dunwoodie, with a hesitation that but ill agreed with his former declarations; "she shall be sent for express this very night." And then, as if willing to change the subject, he approached Captain Wharton, and contin-

"Henry Wharton, to me honor is dearer than life, but in your hands I know it can safely be confided; remain here unwatched, until we leave the county, which will not be for some days."

The distance in the manner of the English officer vanished, and, taking the offered hand of the other, he replied, with warmth: "Your generous confidence, Peyton, will not be abused, even though the gibbet on which your Washington hung Andre be ready for my own execution." "Henry-Henry Wharton," said Dunwoodle, reproachfully, "you little know man who leads our armies, or you would have spared him that reproach; but duty calls me without. I leave you where I could wish to stay myself, and where you cannot be wholly unhappy."

Dunwoodie proceeded to the field where is troops had halted. The remnant of the English were already to be seen, over the tops of the trees, marching along the heights toward their boats. The detachment of the dragoons under Lawton were a short distance on their flank, eagerly awaiting a favorable moment to strike a



"TO REPORT YOURSELF WOUNDED."

blow. In this manner both parties were soon lost to view.

A short distance above the Locusta was a small hamlet, where several roads intersected each other. It was a favorite halting place of the horse. To this place the troops were directed to retire, carrying with them their wounded; parties were already employed in the sad duty of interring the dead. In making these arrangements, a new object of embarrassment presented itself to our young soldier. In moving through the field he was struck with the appearance of Colonel Wellmere seated by himself, brooding over his mis fortunes, uninterrupted by anything but the passing civilities of the American officers. Dunwoodie, who had seen one of his own men ride him down, offered him surgical assistance. This could only be procured at the cottage, and thither they both proceeded.

"Colonel Wellmere!" cried young Wharton in astonishment, as they entered. "has the fortune of war been thus cruel to you also?-but you are welcome to the house of my father.

Mr. Wharton received this new guest with the guarded coution that distinguished his manner, and Dunwoodie left the room to seek the bedside of his friend Everything here looked propitious, and he acquainted the surgeon that another palent waited his skill in the room below. The sound of the word was enough to set the doctor in motion, and, seizing his implements of office, he went in quest of this new applicant.

"Sir," cried Dr. Sitgreavez, on entering the parlor, addressing himself to the only cont of scarlet in the room. "I am advised you are in want of my aid. Where are you hart, sir? What! is it then this scratch in your shoulder? In what man ner might you have received this wound

"From the sword of a rebel dragoon," "Never! Even the gentle George Sin gleton would not have breathed on you so harmlessly." He took a piece of stick ing plaster from his pocket and applied length Singleton gave a slight groan, and swer your purpose, and I am certain is is all that is required of me."

"What do you take to be my purpose then, sir?" "To report yourself wounded in you dispatches," replied the doctor, with great

"Very extraordinary language," mut-

tage, affor ne paid his parting compilments, with an unwillingness that he thought proceeded from his solicitude for his wounded friend. His blood had ceased to flow with the impulse created by the battle. The stern expression of his eye gradually gave place to a look of softness; and his reflections on the victory brought with them no satisfaction that compensated for the sacrifices by which it had been purchased. While turning his last lingering gaze on the Locusts, he remembered only that it coutained all that he most valued. (To be continuet.)

Relie of the Mayflower.

Probably few are aware of the fact, but a direct descendant of a signer of the decisration of independence and a man who crossed to the new world in the Mayflower is living in Denver. She is Lula Electa Bartlett, great granddaughter of Josiah Bartlett, who signed the declaration of Independence. Her great great great grandfather was done the housekeeping myself. one of the men who faced privation and hunger to cross the water in the Mayflower.

Elisha Bartlett remained on the soil ater called Massachusects. It is from him that Miss Lula Electa is descend-

Although the Bartletts who came be fore her ranked with the elite of society and aristocracy, she is happy and content to earn her living working as a scamstress.

Miss Bartlett spends her evenings with many other lonely young women in the Young Womens Friendly Club. 2243 California street, and she lives in the simplest manner.

The home of the Bartlett family has been broken up. The mother died when they lived in Hastings, Neb., and the family scattered. The only son is in Kansas City, one daughter is in Los Angeles with her father and the fourth and last member of the family is toiling daily in Denver.

One of the most precious wedding presents received by Miss Bartlett's father and mother when they were married in 1856 was a potrion of a set of dishes brought to America by the Bartlett brothers in the Mayflower, These are the last dishes that are known to exist which came over in the old ship in 1620,

Miss Lula Bartlett, of Denver, is now the happy possessor of these valuable and historic pieces of chinawara -Denver Times.

World's Debt to Insects. Professor Darwin said that if it had not been for insects the world never would have had any more imposing or attractive flowers than those of the elm, the hop and the nettle. Lord Avebury compares the work of the insect to that of the florist. He considers that just as the florist has by selection produced the elegant blossoms of the garden so the insects, by selecting the largest and brightest blossoms for fertilization, have produced the gay flowers of the field.

Professor Plateau of Ghent has carried out a series of remarkable experiments on the ways of insects visiting flowers. He considers that they are guided by scent rather than by color and in this connection he is at variance with certain British naturalists.

Whatever may be the attraction in flowers to insects-as yet it appears undefined-It is certain that the latter visit freely all blossoms alike, making no distinction between the large, bright-colored and the less conspicuous willow.

## A President's Daughter.

When President Grant's only daughter, Nellie, afterwards Mrs. Sartoris, afternoon, says the author of "The Olilearned. The carriage came for her,

end of a half-hour. The half-hour came and glided away that may be in the future. with the lesson still unlearned. The carriage came again, and was dismissed. At the end of the second half-hour the lesson was committed, and Miss

Nellie was permitted to go, The next day at the usual hour the coung lady arrived, accompanied by her nother. The teacher began to fear she had lost her most cherished pupil, but Mrs. Grant came to thank her for performing her duty.

"Teach her," said Mrs. Grant, "that she is only plain, simple Nellie Grant, subject to the same rules which govern all the scholars. This course will have my sincere approbation."

## Verdant.

Senator Beveridge was talking one ifternoon in Washington to a group of newly elected congressmen.

"You boys,' he said, "must on no gecount appear green. Keep cool, go slow, think before you speak; then you won't give yourselves away."

The unripe congressmen laughed, and Senator Beveridge continued: "I should hate to hear that one of you had acted as a new congressman once did.

ngton, went off to a photographer's to be photographed. "'I want my likeness taken,' he said. " Cabinet? the photographer asked.

"He, as soon as he reached Wash-

"The southerner reddened and looked pleased. "'No,' he answered, 'just a plain, every-day congressman."-Buffalo News.

To Gentle. They were talking about fads. "Suppose I should bring you a Roose-

relt bear?" ventured the young man. "Oh, I wouldn't care for a Roosevelt bear," replied the pretty girl. "And why not, my dear?" "Recause Roosevelt bears can't bug."

It takes a cute girl to get so close os a man that when he tries to kiss her it's impossible for her to get away.

When members of a family quarret a lot of truth shows up in the conversa-

when it visits the other fellow.



Honsehold Money.

month-and I lose weight, I believe, the lamp shop. but am in better health. I have even

My wife and I consider the allowance for food, etc., as a trust fund (no matter who has it), to be expended for a certain purpose in the home, the victualing of the home, not for powder and paint, nor for cigarettes or pipes, but for victualing the home.

It is certainly the wife's duty, if she is doing the housekeeping, to expend the whole, or else to tell the husband she can do with less allowance in that direction, or put it in the rainy-day fund. It is not fair for anybody concerned that the wife should cut down supplies or use poorer food in order to save money for other, and perhaps private, purposes other than for the purposes the money was obtained. That would be misappropriation of the funds at her disposal.

The wife has her allowance for "pin noney," as it is called, and the husband does not claim her surplus of that, if any. . Why should the wife claim the surplus money from store allowance or housekeeping?

#### Need for Companionship.

There is a wise old German saying that "only a god or a brute can dwell in solitude." Men and women need congenial companionship, both for the sake of health and happiness. Just as your lungs, after using up all-the oxygen in a close room, need to be filled with fresh, out-of-door air, so your minds need contact with other minds to get new ideas. There is such a thing as mental as well as physical hunger. Herders on the cattle ranches of the West frequently become mad from the isolation they are forced to endure. Women on lonely farms and in small villages grow morbid and mildly insane, and people do not guess that the cause is want of companionship. It is for this reason that a woman's work at home is always more trying than that of her husband, who goes to his office, sees new faces and has the friction that is produced by meeting other people. Even the farmer has more intercourse with his peighbor at market or at the village grocery than his wife, who may not see any one outside of her own family for weeks It is a great mistake for young people to isolate themselves. Even if their tastes lead them to a quiet life, they should make it a point to cultivate a few agreeable friends,

Man Jolly: Woman Serious.

A woman, when the first exuberance of youth is over, is apt to become deadly serious, says an English exchange She ceases to believe in the fun in life, blooms like those of the currants, the and loses all relish for play. (A man lime, the planetree, the nettle and the remains at heart a big child and in consequence honestly enjoys the society of children. A father is refreshed by a romp with his little ones, a mother is usually tired by it. She may be her boys' and girls' guardian angel was a miss of twelve years she attend- friend, comforter, but is only rarely ed a private school in Washington. One their playmate. I think women lose much when they lose this capacity for via Lettern," Nellie's lessons were not play. Without it, they are unable to throw off the burden of their cares but the teacher dismissed it with the as a man does and enjoy the good of request that it should return at the the present moment, careless of the worries that are past or the worries

## As to Hand Shaking.

The old, old custom of shaking hands is used pretty generally these days, except in very formal functions where there is not time for details. It puts two people on a cordial foundation, and you will seldom go wrong in always offering your hand. If you are a hostess, you milst invariably rise when you greet your guests, but if a man is brought up to you to be introduced, you need not rise. However, a man must niways rise when being introduced to a woman.

Walking Gown.



A handsome walking gown of dark gray cloth, trimmed with braid, is it is a half-inch band of black velves sketched here. The front of the walst ribbon clasped tightly with jewels about and skirt are in one piece and the closing is under the first plait at the side. The two straps at the neck are And then the young man took the fastened with the buttons after the closing is made. The cuffs on the endersleeves and the turnover sections on the large sleeve are of velvet braided that undoubtedly they will remain, as with soutache, which is also used to they are now, in the front rank of popform the buttons and loops. The braid ularity, extends to the belt in the back.

Artistic Lamps.

Many clever women find most beautidining rooms by buying a vase of same perfume or sachet powder. The hold tasks.

For dresses in lightweight materials the lining of the bodice should be quite a small affair, extending back short time if possible. and front just below the walst line. When a bodice is made with this half lining the fullness of the waist line is fastened into a piece of regular waist belting. Or, if the bodice is quite thin tivity-will favor the processes of nat-

quaint design with a suitable recepta- | best effect is gained by keeping sachets Personally, says a clever man in a cle for oil and having a burner fitted of orris root among one's clothes. If housekeeping discussion, when my wife to the top at some lamp establishment. the real Florentine orris is bought it is from home I hand the housekeeping In this way one can easily find pottery keeps its strength indefinitely, If, money to my cook, who is a careful to harmonize with the furnishings of however, a perfume is preferred, buy soul with simple ideas, and she inva- the room and have a wider range of the very best you can afford, and then riably has a surplus at the end of the choice than by making a selection at be downright stingy in the use of it, Remember, a mere suspicion of violets or heliotrope is mysteriously fascinating; to reek of them is decidedly vul-

> Headgear for Rough Sports. The best head covering for rough sports is unquestionably the knft Tamo'-Shanter, but for those who do not fancy this rough and ready headgear there are smart little cloth caps of various shapes which can be made of the same material as the suit and can be further smartened by a bright quill if this is desired. There are also the plain soft felt hats which are bright and comfortable.

> Hot Water for Headache. When the head aches from overwork or worry, apply flaunel wrang out of very hot water to the back of the neck and bathe the face and temples with warm water, and then lie down for a

Take a Nap After Dinner. Complete relaxation after eating-a suspension of mental and physical acmaterial, it may fasten, like a shirt- ural digestion, not only beenuse of its walst, with a tape sewed across the tranquillizing effect upon the nerves,

GOWNS FOR HOUSE AND CARRIAGE WEAR.

gar.



back, leaving the front hanging quite

straight and loose. In shortening or lengthening a sleeve pattern an equal amount must be taken ont, or added, at each edge in order to preserve the shape of the pattern. If the pattern is too long shorten it by laying a plait of even width across the pattern at the elbow. Lengthen the sleeve by cutting the pattern at the elbow and separating the two pieces an even width at each edge, so as to give the desired length, says the Ladies' Home Journal. To make the sleeve smaller at the hand and elbow take

up the outside seam of the sleeve. If walking dresses are to be four inches from the ground, as the men inflors insist that they must be, ladies should really use them for walking Anything adapted so nicely to service should not be made to do duty in heated shops alone, but should inspire the wearer to long faunts in the country ways or through the length of quiet streets at any rate.

Chints Much in Favor. Chintz is very much used in the be preferred to cretonnes, which look quite common beside the more beautiful material. The Americans do not know as well as the English how to shine for a long time.

Colored Waists in Vogue.

Colored tailored shirt waists are shown for winter and early autumn ing so well that they are certain to be seen to the exclusion of other kinds with stocks these waists are very attractive.

A little ornament is becoming quit universal among exclusive dressers. either with high or low neck, and with or without other necklaces or sautoirs

Velvet Throat Band.

the throat, and studded with many little jeweled slides. Elastic Belts Popular. The elastic belts studded with beads fewels or cut steel are so satisfactory

Individual Perfumes. The woman who uses a scent at all

but because the stomach may use the surplus unused energies of the body in the processes of digestion. Happy the man or woman who can take an "after-dinner nap." It means health, bappiness and long life.



Weighing the Baby, It is well to weigh the baby regularly. In some cases the weight is taken daily, but once a week is usually often enough. Nothing tells so accurately how he is thriving.

The best time to weigh him is when

he is undressed, just before his bath. The same scales should be used each daintiest of bedrooms, and is much to time, and these must be accurate. The scoop kind are best for young infants. Before putting him in the scales be should be undressed and wrapped in a small blanket. The scales are then balwash chintz so that it will have the anced and the amount noted, after "calendered" look, but it retains its which the buby is removed and dressed, says the New York Herald. Then the

blanket in which he has been wrapped is weighed and this amount deducted from his weight. A normal baby usually doubles his weight at the end of wear, and it is said that they are sell- the fifth month, and by the end of the first year will weigh three times his weight at birth. When properly fed, a of waists. With white collars and healthy baby does not lose weight. There are times, however, when the baby will gain very slightly, and, probobly, for a few weeks will not gain at all, and still be in a healthy condition. During the teething period and during very hot weather the baby seldon gains, or, at least, gains very little.

Rusted Buckles.

Steel shoe buckles which have become rusty and tarnised may be successfully cleaned with emery powder. The best way of brightening the intricacies of cut steel is to put the ornament into a bag of emery powder. This should be well shaken and rubbed between the hands until the rust is removed .- Woman's Life.

She Gets Exercise Enough.

A lady has been making experiments with a pedemeter, and has discovered should aim to have it individual as that she covers over seven miles a day It's easy to laugh at misfortune- ful lamps for their drawing rooms or well as clusive. Always choose the in the execution of her ordinary house-