

plan to have all her underwear made on yokes fitted well down over the hips and kept in place—that is, kept from rising up around the waist-line—by means of large corset hooks, the hooks being fastened one in the center-front of the corset and two others in the back, and placed half an inch below the waistline. The waistbands of her skirts should be simply a narrow bias binding instead of straight-cut bands. Moderately full skirts are more becoming to the stout woman than the scant skirts, and those fastening with wide plaits in the back are in better taste.

A Good Polish

Take twelve pounds of whiting (Spanish), which should cost about 3 or 4 cents a pound, one half pound of light brown English castile soap, three ounces of aqua ammonia, two ounces olive oil, one ounce sassafras oil, one pint of warm water. Shave the soap fine and dissolve in part of the water and add both of the oils and the ammonia. Mix well with the hands and put in half of the whiting,

AN OBJECT LESSON

In a Restaurant.

A physician puts the query: Have you never noticed in any large restaurant at lunch or dinner time the large number of hearty, vigorous old men at the tables; men whose ages run from sixty to eighty years; many of them bald and all perhaps gray, but none of them feeble or senile?

Perhaps the spectacle is so common as to have escaped your observation or comment, but nevertheless it is an object lesson which means something.

If you will notice what these hearty old fellows are eating, you will observe that they are not munching bran crackers nor gingerly picking their way through a menu card of new fangled health foods; on the contrary they seem to prefer a juicy roast of beef, a properly turned loin of mutton, and even the deadly broiled lobster is not altogether ignored.

The point of all this is that a vigorous old age depends upon good digestion and plenty of wholesome food and not upon dieting and an endeavor to live upon bran crackers.

There is a certain class of food cranks who seem to believe that meat, coffee and many other good things are rank poisons, but these cadaverous sickly looking individuals are a walking condemnation of their own theories.

The matter in a nutshell is that if the stomach secretes the natural digestive juices in sufficient quantity, any wholesome food will be promptly digested; if the stomach does not do so, and certain foods cause distress, one or two of Stuart's Dyspepsia Tablets after each meal will remove all difficulty, because they supply just what every weak stomach lacks, pepsin, hydro-chloric acid, diastase and nux.

Stuart's Dyspepsia Tablets do not act upon the bowels and in fact are not strictly a medicine, as they act almost entirely upon the food eaten, digesting it thoroughly and thus giving the stomach a much needed rest and an appetite for the next meal.

Of people who travel, nine out of ten use Stuart's Dyspepsia Tablets, knowing them to be perfectly safe to use at any time and also having found out by experience that they are a safeguard against indigestion in any form, and eating as they have to, at all hours and all kinds of food, the traveling public for years have pinned their faith to Stuart's Tablets.

All druggists sell them at 50 cents for full-sized packages and any druggist from Maine to California, if his opinion were asked, will say that Stuart's Dyspepsia Tablets is the most popular and successful remedy for any stomach trouble.

which must be sifted through a fine flour sieve; mix this thoroughly with the hands and add the rest of the whiting gradually and the water very sparingly until all the whiting has been worked in. It will now be very crumbly, but you must keep at work until it gradually softens and mixes all right. When you get it into a solid mass, knead it on a board like bread dough, until perfectly smooth. Roll it out about an inch in thickness, cut into cakes any size and shape desired and put on a board in a dry place until thoroughly dry; then pack in a box. The above will cost you about 75 cents, and will make twenty-five good-sized cakes, which you can readily sell, if you wish, at 5 cents a cake. To use, wring a soft cloth out of warm water, rub it on the cake of polish, then on the article to be polished; let it stand a few minutes, then rub it off with a clean soft cloth or a bit of cotton flannel and polish with a clean chamois skin, which will cost 10 to 15 cents. This polish is equally good for brass, nickel trimmings, mirrors and window glass. One need not use the chamois skin on the windows.

The Divorce Question

The divorce question is having a good deal of attention just now, but in the minds of many the marriage question is the one that should be considered. In the case of the young people there is too much haphazard mating. As to the young woman, the number of young men whom she knows well enough to take into consideration with a view to matrimony is exceedingly small, unless she travels much or goes a great deal into society. Second, she cannot choose ad libitum even among these, but only among the two or three, or perhaps less, who ask for her hand. She meets these and knows them in what capacity? Not in the home as provider for a family, as a faithful protector or as a guardian of little folks, but as they appear to her when trying to please and to win her good opinion. The acquaintance she has with them is in the roll of society men.

In the case of the young man, he meets the young lady in society, when she is putting on her best, and he does not look upon her as a possible housekeeper, wise mother or earnest helpmeet in the home. He is more likely to be impressed with the vivacity, form, features, hair, grace, etc., which go to make up personal magnetism. Some of the most thoughtful prefer goodness and brains plus beauty, but he, too, is restricted to the few who would accept him, and they may be few indeed. The girl, then, who has the strongest personal fascination for him, and whom he can approach with reasonable assurance that she will think of him as a suitor, is the one he marries. She may, or may not, have character and worth, or she may or may not be just the one best suited to live happily with him, but it is in most cases a game of chance.

He or she who marries must recognize the conditions and enter into the marital state with the realization that only by mutual patience, forbearance, mutual study and co-operation can married life surely become a happy and well-rounded success. Each must give up habits, forego unnecessary pleasures, make mutual concessions, and study to avoid the little frictions which surely wreck the peace of the married if indulged in, and both must surrender and sacrifice, one to the other, remembering always that each is still an individual, with habits, likes and dislikes peculiar to themselves, and not always, or even if at all, to be overcome unless by long association and a generous determination to make the most of the life each has chosen. There are many things

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which should be pointed out to them before marriage, but if it is not done then, let the outsiders "forever hold their peace." Doing away with divorce should begin by a better knowledge on the part of the youthful candidates as to what marriage really means.

Moulding Clay

It is a common theory that the infant mind is like potter's clay, which the mother may mould and fashion into whatever form her inclinations and skill may direct. But did you ever stop to think that there is a great difference in clays? The material from which is developed the delicate Sevres china is very unlike that used for common crockery, and the skill and machinery employed in the making of the one is very different from that used in the fashioning of the other.

Dr. Holmes expresses his preference, all other things being equal, for a man having a long line of well-pred, brave and honorable ancestors. It is much easier to educate a child whose parents and grandparents have in their infancy tumbled about a library than one sprung from illiteracy. The same rule will work in moral education. If we wish our grandchildren to be truthful, honorable men and women, we must begin with ourselves. Can a woman reasonably expect her motherhood, or her daughter's motherhood, to be a glad and happy one if the prospective father is noted for having "sown his wild oats?" Do not all things confirm us in the belief that the man's children will reap the harvest of his sowing, however exemplary his later conduct may be? Should not girls demand of their men acquaint-

ances the same standard of morality by which they themselves are gauged?

It is not easy to say just how much we may influence these delicate matters, for it is a lamentable fact that even a slight opposition is often times more harmful than beneficial, only, in some instances, hastening the entanglement we would work to avoid. I know it is the general rule to hold the parents, especially the mother, as responsible for the associates of her children, but in this phenomenal age, parents are too often forced to neglect the moral for the physical well-being of their children. Nowadays children are costly possessions, and altogether too much is expected of the parents who work for their bread, both in the home and out of it. In the best guarded flock there is often a degenerate, just as in the most perfect clay there may be enough of foreign matter to ruin the finish of an ideal piece. Proper cultivation is all that can be done toward bringing the young tree to perfection, but when the fruit appears, it will be of its own kind, and all the care in the world will not cause a peach tree to bear other than peaches. Our children's children must reap the harvest we are sowing today.

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