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True Philosophy.

To have what we want is riches, but to be able to do without is power.
—George Macdonald.

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Passing of the Label.

Suit cases and trunks of returning travelers are pasted over this year with relatively few of the hotel labels which have long been the particular pride of tourists. The reason given is that the European hotels proprietors are now abandoning the baggage label as a form of advertisement, in favor of picture cards, with which they supply their guests.—Youth's Companion.

Saith the Cynic.

Character is like money; when you have a great deal, you may risk some; for, if you lose it, folk will still believe you have plenty to spare.

Daily Thought.

Memory is the cabinet of imagination, the treasury of reason, the registry of conscience, and the council-chamber of thought.—Basile.

BRAN BATH IS SOOTHING

High Strung Nervous Woman Will Find Them Beneficial as Well as Cheap.

Besides softening and whitening the warm bran bath is soothing to nerves. These can be taken so easily and cheaply at home that the highly strung woman should experiment with them.

Get a peck of bran at a feed store. It is much cheaper than buying it in prepared bags or getting bran mixtures at a drug store.

Make a number of cheesecloth bags about 12 inches square. Leave a small opening at one corner to hold a funnel neck and fill with bran until the bag is half full.

Run a tub quarter full of hot water and put the bag in it several minutes before it is to be used. After soaking squeeze well until the water is brown and bubbling.

Do not stay too long in this bath and rest for 15 minutes afterward. In cases of extreme nervousness the rest is followed by a brisk rubbing with cocoa butter.

Where Fisherman's "Catgut" is Made.

Probably but a small percentage of the fishermen who use files strung with fine transparent "catgut" are aware that the almost unbreakable substance that holds the hooks against the fiercest struggles of the struck fish comes from silk worms.

The principal center of the manufacture of this kind of catgut is the island of Procida, in the Bay of Naples, but most of the silk worms employed are raised near Terre Annunziata, at the foot of Vesavius. The caterpillars are killed just as they are about to begin the spinning of cocoons, the silk glands are removed and subjected to a process of pickling, which is a secret of the trade, and afterward the threads are carefully drawn out by skilled workers, mostly women. The length of the thread varies from a foot to nearly 20 inches.—Scientific American.

Need of Ideals.

Mankind always needs ideals which loom so large in the sight of men that they cannot fail to see them clearly. More than ever is thus true of today, for the turmoil and the hurry of modern life raise a great dust which oftentimes hides the skies. Enthusiasm, dreams, hopes are to be encouraged, and belong to youth, which ever renews itself in warm hearts, although reason is needed to cool and guide them. The fact that we believe that our ideal is beautiful and holy is not ground for forcing it on our mates. To win success a man must not be a pure idealist, else in practical things he will fail, but he must have ideals, and he must obey them.—Atlantic

Day on Which Women Rule.

Candlemas day is not celebrated in Holland much more than in England but its place is taken by a festival unknown in this country, says the London Globe. Slipper day in the Netherlands is the one day in the year in which the Dutch woman claims superiority over her husband.

On that day she rules him to her heart's content, and he generally obeys good humoredly enough. That is, unless she is one of those ladies not unknown in Holland or in any other county who aspire to complete rule over their unhappy partners throughout the year.

Readjustment.

After marriage the self-made man often finds it necessary to make extensive alterations.—Life.



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