

CEYLON: THE DOOR-SILL OF INDIA

The Funny Things One Sees
in
Smiling Round the World

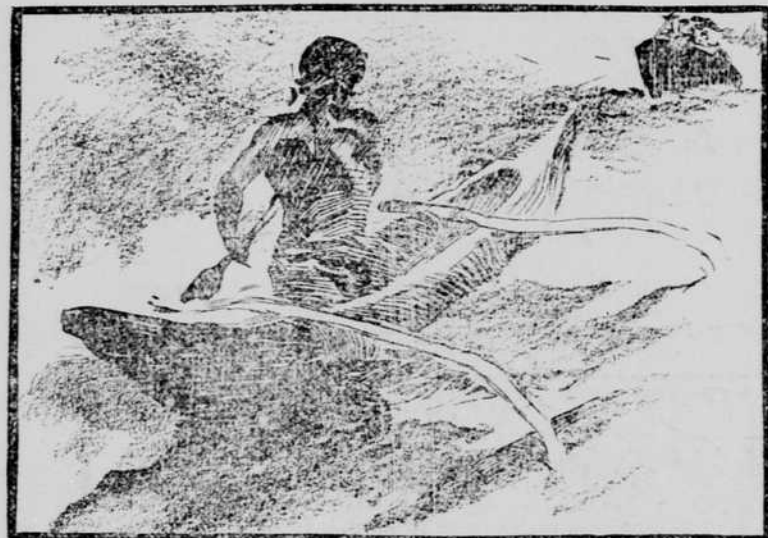
By
MARSHALL P. WILDER

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Beauteous Ceylon! the real and only "gem of the sea"—and the tropic sea at that. Let not Ireland claim the distinction of being the emerald set in the bosom of the ocean blue. For never was such emerald greenness, such ocean blue-greenness, as adorns and encompasses this beautiful island of Ceylon. The doorsill of India! Well, if India is not proud of her threshold—the step over which one passes to her mighty and imperial domain—she ought to be.

The harbor of Colombo is plentifully endowed with natural advantages, but outside of these the English government has constructed an enormous breakwater of tremendous strength, as needs must be, for during the season of the southwest monsoon waves break against it, dashing as high as the masts of vessels that have taken refuge behind its protecting bulwark.

Our attention upon entering the harbor is first attracted by the fleet of native dugout canoes that swarm about the ship, the boys and men paddling them wildly shouting: "Have a dive! Have a dive!" and "One dollar! One dollar!" though if only a penny is thrown over three or four will dive headlong from their tiny craft, their paddles left floating on the water, and in an incredibly short space of time they will come again to the surface, the successful one proudly displaying the coin. They rescue their paddles and leap lightly into their canoes without tipping them in the least, or shipping any more than the usual amount of water that floats in the bottom of each. They are so small that a certain amount is always washed over the sides.



NATIVE DUGOUT CANOES.

It is amusing to see one of these natives, naked except for a very limited loin cloth, sitting in the bottom of his canoe, paddling with one hand, imploring money with the other and kicking the superfluous water out of the canoe with one foot.

Our coolies who pulled us, to the Galle Face hotel stopped at the gate, saying they were not allowed to go inside, but we had heard of this trick and insisted upon being taken into the portico. Here, after making inquiry of the door porter as to their proper fare, we paid them, only to be met with a storm of indignant protestations and refusals. Only when the money was thrown at their feet did they pick it up and go on.

So the hotel has built for the amusement of its guests a very large and comfortable swimming tank, filled with sea water, that is always fresh. The hotel has every convenience, electric lights and fans, large airy rooms and an excellent table, when one considers their limitations. Compared with the Hong-Kong hotel and the Raffles at Singapore it was perfect.



Displaying the Coin.

The Galle Face is further blessed with a splendid manager, Mr. Hoffer, a genial and obliging man, late of the Hotel Cecil in London.

A good many of the castles wear their distinguishing mark painted on the forehead, and one day at the table I pasted a soda water label on my forehead and said it was my caste mark. I quite convulsed Joseph, but fear the Cingalese waiter was rather shocked.

The beach at Mount Lavinia, seven miles south of Colombo, is an enchanting bit, over whose golden sands the yellow foam rushes and gurgles to the little cliff set thick with a long file of bending, swaying palms, some of whose long, slim trunks bend forward to the waves at an angle of con-

siderably more than 45 degrees. Here bathing goes on at all hours and, let me tell you, a dip in the Indian ocean is a most soul-satisfying experience. The water is not only warm; in some places it is actually hot. But, oh, my! to lie and float dreamily in that bluest of waters, with a dazzling greenery of palms to the right, and a panorama of sky-line, flecked with snowy cloud-floes to the left, and to breathe the gentle lullaby air till you don't care whether you float off to the equator or sink to the bottom—yes, sharks or no sharks.

I was always a little "dopy" about the Indian ocean. I once knew a young fellow—he was a French creole, born in the Isle Bourbon, now down on the maps as the Island of Reunion. It is right in the heart of the Indian ocean, and not far from Madagascar; and the way that fellow could reel off yarns in creole French and broken English about his natal Isle would have made George W. Cable, late of New Orleans, turn green with envy. He was a handsome chap and sang divinely, and I first met him in Paris, where he was singing small parts at the Grand Opera. Then I ran across him in Cairo, where he was singing in a production—if I am not mistaken—of "Aida." Afterward he came to New York with a company that produced "Giraffe-Giraffe" at the Fourteenth street theater, and a very good company it was. But, in whatever clime I met him, his theme was the same—his beautiful Isle and its beautiful ocean. He would talk for hours of the "purple fingers of the dawn, stealing up the rose-vermillion sky," and the huge, snow-capped mountain that rose in the center of the island and overtopped the city of Port Philip, which I think was the name of the sea-port town where he was born.

Some of his habits were truly Oriental. For instance, he always performed his ablutions kneeling on the floor with a basin of water before him, and he was always up to see the sun rise, no matter how late he may have gone to bed the night before.

He told many pretty stories of his home and of his parents, whose only child he was—the Benjamin of their old age, long hoped and prayed for. So they named him, when he did come, Desiré (longed for). He had a string of other names beside, but I've forgotten them. His desire was to see America and the Mississippi, of which he had read wonderful things by Chateaubriand, his favorite author. Fortunately the opera troupe

EXERCISES FOR HEALTH



How few women have proper digestion? One great cause of sluggish digestion is the imperfect removal, both of waste and of residual.

Since motion of the organs is a necessary part of their function, no restoration of digestive power is possible that does not include the restoration of this mechanical or muscular property.

Many motions may be given to one's digestive organs suited to different constitutions, conditions of disease, development of the region, strength of the individual, etc. The following exercises have been carefully selected, which, if not entirely applicable for a given case, may prove suggestive of some other that may act more to the purpose.

The first exercise is given in a standing position, the body slightly bent forward, with corsets and all tight-fitting clothes removed. The action is, the extended hands are made to strike the frontal regions of the body, striking alternately with each hand with such force and speed as to produce no unpleasant sensations.

If there be a point where pain is felt, the action, at each successive exercise, should for a period be given to surrounding parts, approaching the tender part gradually until the pain disappears.

The above may be continued until the entire frontal region has been traversed, and repeated as often as one deems practical.

A more vigorous treatment may be given by using the doubled fist instead of the flat hand in striking. However, it is better to begin by using the open hand.

This treatment is an unusually good one to assist in promoting absorption, or removing congestion.

Another action having the same effect as the above is: With the pressure of the hands, follow the course of the colon, beginning low upon the right side of the abdomen, passing around beneath the stomach, and terminating on the side opposite. This circular stroking may be continued for several minutes. Follow this movement with the pressure exercise under the short ribs. The ends of the fingers are applied from below, and strong pressure made with a tremulous motion. This exercise excites muscular and nervous action in the organs reached.

The second exercise is one taken while occupying a kneeling position. The arms are in an angle position—elbow bent, while the upper arm is near the side parallel with the body. The knees are wide apart, and the trunk leaning back from the perpendicular.

The arms are slowly stretched upwards until they become parallel with each other, and in a line with the body. Retain this position for a short time—then allow them to slowly return to the commencing position.

Repeat this action ten or twelve times, using care that the arms are stretched so that they are exactly in a line with the reclining trunk.

This exercise may be varied, when the arms are stretched, by permitting the trunk to lean as far back as possible, then sway from side to side—bending only at the waist line.

The effect of this action is far reaching, noticeably in the arms, the top of the shoulders, the region beneath the shoulder blades, the sides of the chest, the diaphragm, the abdominal muscles, as well as the visceral organs, which are raised by it and moderately compressed. — Harriet Coates.

PARISIAN MODEL.



Hat of white paille de riz, with high crown covered with plaited lace; three large tea roses at one side.

Vogue for Ribbons.

Women abroad have gone mad over ribbons. Chains for lorgnettes or watches have gone out of fashion. All milady's trinkets are on narrow velvet ribbons to match her frock.

Wider ribbons are tied closely about the throat, the long ends hanging almost to the hem of the skirt, while the gold bangle has been superseded by a band of the velvet fastened about the arm with a jeweled brooch.

Smart spring hats are tied under the left ear with bows of ribbon, and even the feather and fur boa are fastened with more ribbons to flutter in the vagrant breezes.

Cretonne Parasols.

Cretonne is very popular this season for evening coats and vests, as an applique, and now cretonne parasols are prescribed for morning wear. The design must, of course, be reasonably small, and the only decoration is the heavy cotton fringe around the border. Of course the handle on such a very serviceable sunshade would be of plainest wood, leaving the more elaborate sticks for more dressy parasols.

Ribbon Trimmings.

Ribbon is used in profusion and in the shape of rosettes, choux, torsades, twists, streamers, lons and fans and shell-shaped ornaments; the new colors are absolutely delightful. The plain-colored ribbon comes in all the new French shades and all widths—the most in favor is liberty satin, taffetas and faille, all of a decided delicacy and suppleness, despite the firm weave. The most elaborate are decorated with hand painting, some of them having entire Louis XV. series in natural colors (these are also found in warp ribbons), while others show delicate Dresden designs on light and dark backgrounds. Broche ribbon is also in great demand, also bayadere striped ribbon in several new color tones and with even or graduated stripes, and in satin and taffetas. Exquisite is the new French importation, warp printed ribbon showing elaborate peacock feather effects in the most beautiful shades and ribbon imprinted with a gorgeous Oriental design in the richest colors.—Vogue.

For the Hostess.

If making the coffee at the table remember there is a right and wrong way of making and serving coffee. Have the coffee machine and tea kettle on the table. Both should be placed on the tray at the foot of the table before the hostess, the tea kettle at the head of the plate and the coffee pot at the right of the plate. Fill the under part of the coffee pot with boiling water, put the necessary amount of coffee in the glass top and properly adjust it. Light the alcohol burner beneath and the coffee will be prepared in a few minutes. There are methods for making this by electricity, though the above method is more in use. Serve the coffee black with miniature pitchers filled with cream topped with whipped cream.

Didn't Take to Rubber Overshoes. Much as it rains in England, there still prevails an indisposition on the part of both men and women to wear rubber overshoes.

Hats still set low about the head, are big in the crown and are jammed down about the ears.

VALUE OF DIFFERENT KINDS OF GREEN FORAGE FOR HOGS

Results of Experiments with Six Lots of Hogs—By H. J. Waters, Director, Missouri Agricultural College.

Perhaps the largest single waste occurring at the present time is that which comes from the too exclusive use of corn in growing and fattening hogs. The cheapest and most easily applied remedy is a more general use of the proper forage plants in summer and the use of some home grown protein in winter. It is not of course to be denied that the hog is primarily a grain consuming animal, at the same time forage plays an important role in economical hog production and deserves far more attention than it has yet received. To secure accurate information on this point, the Missouri station undertook some time ago to compare the value of various forage

plants when combined with corn for the growing and fattening of hogs.

Six lots were fed. Each lot contained six high grade Poland China pigs, weighing about 50 pounds each. The rations were as follows:

Lot I. Corn meal three parts; ship stuff two parts.
Lot II. Corn meal; fresh rape.
Lot III. Corn meal; fresh alfalfa.
Lot IV. Corn meal; fresh red clover.
Lot V. Corn meal; fresh bluegrass.
Lot VI. Corn meal one part; skim milk three parts.

The feeding experiment covered a period of 102 days, beginning July 25, 1902, and continuing until November 4, 1902. The results were as follows:



Average daily gain per head, .67 lbs.
Grain required per pound of gain 5.18 lbs.
Cost per 100 pounds of gain, with corn at 40 cents per bushel, ship stuff, \$18.00 per ton, \$4.07.



(First 40 days of experiment only.)
Average gain per head, .58 lbs.
Grain required per pound of gain, 4.41 lbs.
Cost per 100 lbs. of gain with corn at 40 cents per bushel and Green Rape at \$3.00 per ton, \$3.34.



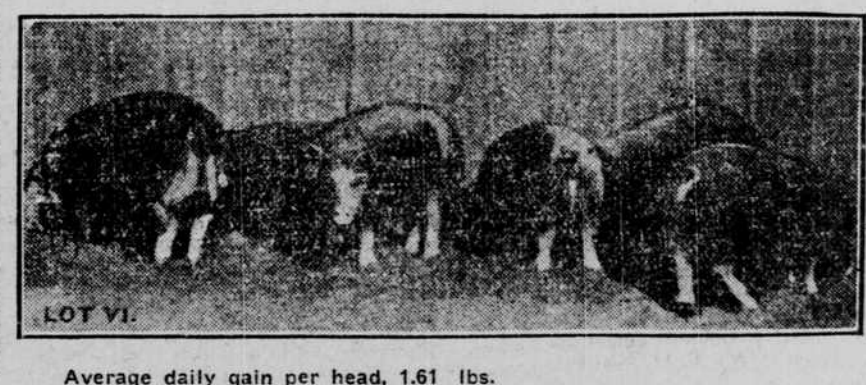
Average daily gain per head, .83 lbs.
Grain required per pound of gain, 4.01 lbs.
Cost per 100 pounds of gain, with corn at 40c per bushel, Fresh Alfalfa, \$3.00 per ton, \$3.00.



Average daily gain per head, .77 lbs.
Grain required per pound of gain, 4.35 lbs.
Cost per 100 pounds of gain, with corn at 40c per bushel, and Fresh Clover at \$3.00 per ton, \$3.25.



Average daily gain per head, .63 lbs.
Grain required per pound of gain, 5.31 lbs.
Cost per 100 pounds of gain, with corn at 40c per bushel, and Fresh Bluegrass at \$3.00 per ton, \$3.36.



Average daily gain per head, 1.61 lbs.
Grain required per pound of gain, 2.43.
Cost per 100 pounds of gain, with corn at 40c per bushel, and skim milk at 15c per 100 lbs., \$2.83.

Grading Cream.—The question of grading cream has been much discussed during the past two years, but not much progress seems to be made in popularizing the idea. The advantages of the process are obvious, as they make for a better quality of butter. But the creamer finds that he must pass on the quality of every pound of cream received and make a record of that. This means a great increase in labor and more bookkeeping. One of the greatest difficulties lies in fixing a dividing line between

the different grades of cream, as men differ greatly in their opinions as to quality. It is also found to be difficult to convince the patron that the grading of the cream has been done correctly.

Don't Handle Bees on Cold Days.—Do not attempt to handle bees on cold, damp days, but while they are working in the field.

Dust Sitting Hens.—Use plenty of insect powder on the sitting hens.

GALLANTRY.



Wearily William—Excuse me, miss, but I see that you have had a tiff with your lover, and he has left you. Allow me to escort you home instead.

NO SKIN LEFT ON BODY.

For Six Months Baby Was Expected to Die with Eczema—Now Well—Doctor Said to Use Cuticura.

"Six months after birth my little girl broke out with eczema and I had two doctors in attendance. There was not a particle of skin left on her body, the blood oozed out just anywhere, and we had to wrap her in silk and carry her on a pillow for ten weeks. She was the most terrible sight I ever saw, and for six months I looked for her to die. I used every known remedy to alleviate her suffering, for it was terrible to witness. Dr. C. gave her up. Dr. B. recommended the Cuticura Remedies. She will soon be three years old and has never had a sign of the dread trouble since. We used about eight cakes of Cuticura Soap and three boxes of Cuticura Ointment. James J. Smith, Durmid, Va., Oct. 14 and 22, 1906."

State Pride.

There recently entered the offices of the civil service commission at Washington a dashing young dandy of perhaps 20 years of age, who announced to the official who received him that he desired to "get papers for an examination."

"From what state are you?" was the question put.

"The negro drew himself up proudly. 'I am from the first state of the union, sir,' he replied.

"New York?"

"No, sir; Alabama."

"But," protested the official, with a smile, "Alabama is not the first state in the union."

"Alphabetically speaking, sir; negro-betically speaking," said the negro.

Saved From Being a Cripple for Life.

"Almost six or seven weeks ago I became paralyzed all at once with rheumatism," writes Mrs. Louis McKey, 913 Seventh street, Oakland, Cal. "It struck me in the back and extended from the hip of my right leg down to my foot. The attack was so severe that I could not move in bed and was afraid that I should be a cripple for life.

"About 12 years ago I received a sample bottle of your Liniment but never had occasion to use it, as I have always been well, but something told me that Sloan's Liniment would help me, so I tried it. After the second application I could get up out of bed, and in three days could walk, and now feel well and entirely free from pain.

"My friends were very much surprised at my rapid recovery and I was only too glad to tell them that Sloan's Liniment was the only medicine I used."

So Polite.

"She hasn't any cause to be snippy with me. The last time I saw her I'm sure I did the politest thing I could."

"What did you do?"

"We were on a car and when a man offered me a seat I said to her: 'You take it, dear; you're the older.'"

In a Pinch, Use ALLEN'S FOOT-EASE.

A powder. It cures painful, smarting, nervous feet and ingrowing nails. It's the greatest comfort discovery of the age. Makes new shoes easy. A certain cure for sweating feet. Sold by all Druggists, 25c. Accept no substitute. Trial package, FREE. Address A. S. Olmsted, Le Roy, N. Y.

A good life is the readiest way to procure a good name.—Whitcomb.



More proof that Lydia E. Pinkham's Vegetable Compound saves woman from surgical operations.

Mrs. S. A. Williams, of Gardiner, Maine, writes:

"I was a great sufferer from female troubles, and Lydia E. Pinkham's Vegetable Compound restored me to health in three months, after my physician declared that an operation was absolutely necessary."

Mrs. Alvina Spurling, of 154 Cleybourne Ave., Chicago, Ill., writes:

"I suffered from female troubles, a tumor and much inflammation. Two of the best doctors in Chicago decided that an operation was necessary to save my life. Lydia E. Pinkham's Vegetable Compound entirely cured me without an operation."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Why don't you try it?

Mrs. Pinkham invites all sick women to write her for advice. She has guided thousands to health. Address, Lynn, Mass.