

cur very often, and that you know she did the very best that a dear little wife could under the circumstances. And when the meal is eaten, and you are on your way out of the dining room, just give her a nice little hug and a kiss, and tell her she is "the dearest little wife in the world."

If that don't convince her of the divinity of your origin, I don't know what will.

Importance of Health.

Did it ever occur to you, dear girls, that you have many lessons to learn, outside of the school room?

One very important one is, that, no matter what else you may have, if you have not health, life will be very miserable to you. In order to enjoy and use the possession of character and mind, this one thing is needed more than all else. The question is discussed about you, and you probably read books on physiology and hygiene, but do you give the subject one real, earnest thought?

It is not necessary that you know how many bones, muscles, nerves go to make up your wonderful body, but it is imperatively needful that you realize how much of your comfort and happiness, as well as the comfort and happiness of those interested in you, are dependent upon your understanding and practical application of a few simple principles as to the care of your physical health. You cannot violate nature's law ever so little, without being held strictly to account for it. She may not at once demand reprisal, but she keeps a carefully balanced account. An overtax of your young strength now, will be to settle for hereafter; an abuse of your stomach, a reckless exposure to cold, a careless disregard of hygienic demands, must all be paid for, sooner or later. Whether physically or mentally, work with earnestness and purpose while you do work, but you must have your hours of recreation, too. Make it an aim to keep health—if you have it not, to get it.

To each and all of us comes a time when there will be a demand for reserve force, for a taxing of our everyday endurance, and if we have health, the demand can readily be met; but without it, we fail in the hour of our greatest need.

Do not underrate health and comfort when dressing for appearances; one never appears well if in pain. There is much that you must learn of your mother, or some other trusted friend. Do not allow any false modesty to stand between you and these important lessons. Do not forget that ignorance will not excuse you—the penalty for broken law must be paid.

Many will say: "I would willingly die for my loved ones;" but it is better that you live for them—to have the vitality to care for them; to partake of their joys, to comfort them in sorrow. This you cannot do unless you have health.

Choosing Associates.

Girls, make it a rule to demand of men the same purity of character that you do of your own sex. Pardon nothing in a man that is unpardonable in a woman. Have nothing to do with a dissolute young man. Remember, it is character, not money, or acceptance in society that fits a man to be your associate. If you would keep your young brother in the paths of honor, do not make him feel that your standard is a low one—that you accept as an associate and friend one guilty of the very vices against which you warn him.

Remember that familiarity of touch

or speech from a man is an unpardonable affront to your womanhood, and that modesty is the most attractive of all qualities. Do not invite familiarity by loud talking or laughing in public places. Respect yourselves, and conduct yourselves always in such a manner as to command the respect of others.

Do not, under any circumstances, allow yourself to be led into questionable resorts, or to be found with questionable associates, even of your own sex. All agreeable women are not good women, neither are all women safe companions for innocent girls. A woman past her youth, or one who is married, may often do things with seeming safety that, if a young girl should attempt them, would get her into sad trouble. One cannot be too careful of her associations and associates.

Where Heaven is.

We often hear people speaking of "going to heaven," as though to a certain geographical locality. They have no warrant for such an idea; the expression does not occur in the Bible. Heaven is not so much a fixed locality as it is a spiritual condition. Heaven, to the true child of God, is here. If the heart and mind are right in the sight of God, heaven is with us, within us and about us. If the heart and mind are wrong, heaven is indeed far from us.

A dear old friend used to say: "Health is heaven; not only a health physical, but a health mental and spiritual. Sickness only is sin. A healthy person is always a happy one."

Paul cared little for earthly honors or worldly reward, but "in spirit," he was with Christ in glory; in the New Jerusalem; in the presence of God; in association with the redeemed; enjoying a new heaven and a new earth.

Little Helps.

A good cold cream is made as follows: Beat up one ounce of pure white vaseline with one ounce of rose-water; let stand for a short time. In another dish, beat well together half an ounce of best lanoline, and twenty drops of simple tincture of benzoin; add to this the vaseline and rosewater and beat all until it appears soft and creamy. Rub a little into the skin every night after washing, to keep the skin beautifully soft.

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A quick rubbing all over the body with a rough towel, a flesh brush, or horse-hair gloves, is an excellent thing to do just before going to bed, as it quickens the circulation and often induces quiet sleep, but this should never be done in a room where the temperature is so low as to suddenly chill the body when the clothing is removed.

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Mothers should see that their little ones do not go to bed with cold or damp feet. Rubbing the feet thoroughly with a coarse, rough towel before lying down is better than applying heated articles, as the rubbing brings the heat from within, by arousing circulation. A child should not be allowed to sleep in bed socks, as these will impede circulation, or prevent exhalation of moisture and the feet will remain cold.

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Dissolved soap is made by finely shredding a quarter of a pound of soap into a quart of soft water and boiling till it is dissolved. A quantity can be made at one time, and kept for use when required. For washing white silk blouses, ties and handkerchiefs, first steep in cold water with a little borax added, wash in a lather of warm water and dissolved soap, rinse well in clear warm water, pass through slightly blue water, fold in a clean cloth, pass through the wringer and



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iron on the wrong side, when nearly dry, with a cool iron. Dry in the air, but not in the sun. A little menthated spirits added to the last rinsing water gives a desirable gloss, a dessert spoonful to a pint of water is ample. For colored silk, do not steep in borax water or pass is through blue water. If there is danger that the color will "run," steep it in salt and water for a short time, but be careful to rinse out all salt before washing.

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To brighten the color in a carpet or rug, sweep with a broom that has been dipped in salt water and well shaken before using. The broom should be only damp, and should be washed as often as it shows dirt.

Escalloped Oysters.

Take equal quantities of oysters and cracker crumbs, season the crumbs with a little pepper and salt. See that no bits of shell, or impurity, is attached to the oysters. Add to one quart of oysters and one of crumbs, one and one-half pints of rich sweet milk, stirring the whole together with a teacupful of melted butter; strew a little powdered cracker over the top after it is put in the baking dish and bake one hour in a moderate oven.

To Renovate Window Shades.

In careful, painstaking hands, a linen or holland shade can be made to look like new. If it is white, or cream-colored, with fringe or lace edging,

they can be colored. Rip off the fringe and remove the shade from the roller to which it is tacked; remove also the stick at the bottom; wipe clean with a damp cloth. Spread the shade out on the attic floor, or in some room not much used.

Have a good, new brush and a can of ready-mixed paint the shade wanted and paint one side with a thin coat. Let dry thoroughly, and treat the other side the same way. When both sides are thoroughly dry, tack on the roller, turning the lower edge to the top. If the bottom has become ragged, or frayed, cut it off neatly. On the bottom edge—formerly the top—turn up an inch of the blind and stitch a hem through which to run the little slat; clean the fringe or lace, and color it with diamond dye to match color of the shade. Sew it on with the sewing machine, insert the slat, and your curtain is ready.

A convenient way to put up the shade is to fasten the little brackets holding the roller onto a neatly dressed and painted lath and tacking this to the window frame, they can then be removed, or adjusted to narrow or wide windows with little trouble.—Ex.

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