

great extent will take the place of the ocean dip. Try it some morning when you feel particularly tired and "no-account." Take great handfuls of the salty water and groom yourself with it.

Plenty of towels is a luxury, even if they are not fine ones. Do not, however, buy the cheapest grade. It pays to buy serviceable material. You need half a dozen soft fine ones for patting the face and neck dry. Coarse towels should not be used above the shoulders. Crash, in any of the rougher grades, is all right for the body and limbs; what you need is friction, and this you must get in drying off. A rough towel in a strong hand is about the best method.

The thousands of refuse outlets are striving to rid the body of its waste matter, and one must aid the good work in the bath-room. Wrap about your hand a generous sized wash flannel, dip it into ammonia-sprinkled water, lather it well with white castile soap; then begin right up under your ears, and work your way down to the tips of your toes, soap yourself, rubbing it into a foam, all over your body and limbs, then step into the water and go in just as energetic a manner as you please, to relieve every pore of your body. When you are thoroughly clean and "rinsed," get up a strong glow by good, thorough rubbing with a coarse towel. My word for it, if this is kept up with reasonable frequency, and your health attended to otherwise, you won't have much occasion for "the doctor."

#### Disillusioning.

Dear young wife, do try to appreciate this fact—that your husband may love you dearly, and yet yawn a little in your presence. You cannot go near to heaven without having to descend to earth to rest your tired wings. You have been up among the stars, and a great deal depends on the manner of your coming down. Sooner or later, you must meet the real, hard facts, and, if you make the descent with tact and good humor, all will be well; but if you fret and show temper, you will never get off the ground again. If you receive, with sweetness and good sense, the fact that your hero is but mortal, you won't be unhappy, and will soon get used to the idea that your demigod is "just like other men."

But if you fret and nag and continually chafe at the inevitable, it

won't alter matters, but you will both be miserable; or, if not miserable, one, or both, may do something far worse—find your happiness outside your home, with some one else.

Get this into your head: that marriage is not for a day; not a garment to be tossed aside at the first evidence of ill-fitting; but it is for all time, "until death do us part," and there will be many a rip to sew up, many a rent to patch, many a worn place to darn; but you must keep your contract as whole as possible. If you find you cannot live up to its full meaning, spiritually and mentally, do so physically. If you find, after much trial, that you are mismatched—mismatched, let this fact comfort you—thousands of others are as uncongenially situated, yet—make no moan.

#### Self-Reliance.

One of the first lessons a mother should teach her child is that of self-helpfulness—to accept no service of another which it can perform for itself; to ask no favor, or expect others to sacrifice their own ease to satisfy its individual wants. Teach it always to use its own resources from which to supply deficiencies and bridge over emergencies.

Self-reliant people are rarely selfish people; rarely ready to accuse others of being selfish, but are generally possessed of ability with which to assist less fortunate associates. Being conscious of their own strength, they need no props; they know the limits of their own power and the amount of reserve force they may count upon, and can thus calculate to some purpose, not only in directing their own energies, but in infusing strength in others.

The self-reliant person, knowing his own strength, learns to know his own worth, and, acting upon this knowledge, rarely fails to succeed in whatever line he undertakes.

A child should be taught from its earliest years, not only to wait upon itself, but to be watchful for little services that may be rendered to another—not for reward, but because it is right, and because this watchfulness will create a habit of observation and thought that will be of great service to him in the years to come, making him a blessing to his companions as well as a comfort to himself. A selfish person is the most wretched thing on earth—and the most unloved.

#### A Stepping-Stone.

A correspondent writes: "I am tired of doing drudgery for others—how can I get a better situation?"

There is no royal road to preferment. Now-a-days, everything is measured by its commercial value. The only way for one to rise is to prove their fitness for something better. If you find yourself in a situation that does not suit you, look upon it as a stepping stone to something higher, and while being absolutely faithful to the duties before you seek always to fit yourself by faithfulness, painstaking and desire to please, to fill a higher place if the way is opened to you. If you neglect the duties at hand, saying the place is but a make-shift until you can better yourself, ten chances to one, you will lose even the one you now have. A make-shift is not a stepping stone.

#### A Cooking Convenience.

A very simple housekeeping device, and one that will serve no end of purposes, can be made by any tinner and will cost but a few cents. Have your tinner make a deep vessel, shaped either with straight or sloping sides, with either handle or bale to lift it by, just to fit into the top of your teakettle, to be used on the principle of a double boiler. In this you can make

sauces, soft custards, boil milk, cook grains, cook puddings and brown bread, and, in fact, use it for any duty to which the double boiler is put without taking up extra room on the range. If your teakettle is of iron, you will not have to worry lest it boil dry, for it can be easily refilled, and no harm done.

#### Noted Literary Women.

Clara Louise Burnham, who has just issued a new novel, is a daughter of the late Geo. F. Root, one of the most popular of American song-writers. When nine years old, the family removed to Chicago, which has since been her home. The decision of the reviewers to whom her first stories were submitted, was unfavorable, but she went on trying. A poem sent to Wide-Awake was her first accepted work, and "No Gentleman," her first novel.

\*\*\*

Mrs. Atherton has been described by one eminent critic as the ablest woman writer of fiction now living; and by another, as "the only woman in contemporary literature who knows how to write a novel."

\*\*\*

Miss Marietta Holley is better known by her pen name, "Josiah Allen's Wife." She was born in Jefferson county, New York, where she still lives, and where five generations of her family have resided. She received her education mostly at home. She is fond of painting and music, as well as writing.

\*\*\*

The affairs of George Eliot's household were so arranged, it is stated, that she could give herself uninterruptedly to her work. A housekeeper had entire charge of the house, and Mrs. Lewis usually went into her study at 8 o'clock in the morning and remained there at work until 1 o'clock p. m. If the weather was fine, she rode or walked in the afternoon.

#### For the Hands.

Into a bottle put five parts lemon juice to one part alcohol, which will keep indefinitely. Into another bottle put one-fourth ounce of gum tragacanth, which let stand three days; then add one ounce each of alcohol, glycerine and witch hazel, also a few drops of good perfume. After washing dishes, or preparing vegetables, apply a little of the lemon juice, then the lotion, rubbing the hands together well, and in a moment the hands will be dry and all stains and roughness will disappear like magic. Repeat this five or six times a day, and the hands will keep in good condition. The cost is but a trifle.

#### Senator Hoar's Conscience.

An elderly and dignified man appeared one morning recently in the office of a railway passenger agent in the city of Boston. The official he wanted to see was out.

"Perhaps," suggested the visitor to the lordly office boy, "you can direct me—"

"No," replied the magnate thus addressed. "I kin do nothin'. No one here gives passes 'cept the boss. You'll have to wait until he comes in."

At this juncture one of the clerks recognized the caller as Senator Hoar and offered his services.

"I wish to ascertain," said the senator, "to whom I owe the price of a meal for which I forgot to pay yesterday, when I left the dining car at Worcester. Some one had to pay for what I ate and I want to reimburse."

"Oh, that's all right, Mr. Hoar," returned the clerk. "I guess we need not bother about the matter."

"No, it isn't all right, and we will bother about it," replied the senator. And he made the clerk search the

## How a Penny May Cure a Sick Friend

Simply write a postal card telling me who needs help. Tell me which book to send.

Spend but that penny to aid your sick friend, then I will do this:

I will mail him an order—good at any drug store—for six bottles Dr. Shoop's Restorative. He may take it a month at my risk. If it succeeds, the cost is \$5.50. If it fails, I will pay the druggist myself.

That may seem too fair to be possible—but try me. I have furnished my treatment on just those terms in hundreds of thousands of difficult cases. My records show that 39 out of each 40 have paid, and paid gladly, because they got well.

I willingly pay for the rest.

The remedy that stands that test is a result of a lifetime's work. It is the only remedy yet made that strengthens the inside nerves. My way alone brings back the nerve power which operates the vital organs. There is no other way to make weak organs well.

You will know it when you read my book.

Simply state which book you want, and address Dr. Shoop, Fox 515 Racine, Wis.

BOOK NO. 1 ON DYSPEPSIA  
BOOK NO. 2 ON THE HEART  
BOOK NO. 3 ON THE KIDNEYS  
BOOK NO. 4 FOR WOMEN  
BOOK NO. 5 FOR MEN (combined)  
BOOK NO. 6 ON RHEUMATISM

Mild cases, not chronic, are often cured by one or two bottles. At all druggists.

#### The Bivouac of the Dead. (Theodore O'Hara.)

The muffled drum's sad roll has beat  
The soldier's last tattoo;  
No more on life's parade shall meet  
That brave and fallen few.  
On fame's eternal camping-ground  
Their silent tents are spread,  
And glory guards with solemn round  
The bivouac of the dead.

No rumor of the foe's advance  
Now swell upon the wind;  
No troubled thought at midnight  
haunts  
Of loved ones left behind;  
No vision of the morrow's strife  
The warrior's dream alarms;  
No braying horn or screaming file  
At dawn shall call to arms.

Their shivered swords are red with  
rust,  
Their plumed heads are bowed;  
Their haughty banner trailed in dust  
Is now their martial shroud.  
And plenteous funeral tears have  
washed  
The red stains from each brow;  
And the proud forms by battle gashed,  
Are free from anguish now.

The neighing troop, the flashing blade,  
The bugle's stirring blast,  
The charge, the dreadful cannonade,  
The din and shout, are past;  
Nor war's wild note nor glory's peal  
Shall thrill with fierce delight  
Those breasts that nevermore may feel  
The rapture of the fight.

Like the fierce northern hurricane  
That sweeps his great plateau,  
Flashed with the triumph yet to gain,  
Came down the serried foe.  
Who heard the thunder of the fray  
Break o'er the field beneath,  
Knew well the watchword of that day,  
Was "Victory or death."

—Theodore O'Hara.

## Going to Bed Hungry

It Is All Wrong and Man Is the Only Creature That Does It.

The complete emptiness of the stomach during sleep adds greatly to the amount of emaciation, sleeplessness and general weakness so often met with. There is a perpetual change of tissues in the body, sleeping or waking, and the supply of nourishment ought to be somewhat continuous and food taken just before retiring, adds more tissue than is destroyed, and increased weight and vigor is the result. Dr. W. T. Cathell says: "All animals except man eat before sleep and there is no reason in Nature why man should form the exception to the rule."

If people who are thin, nervous and sleepless would take a light lunch of bread and milk or oatmeal and cream and at the same time take a safe, harmless stomach remedy like Stuart's Dyspepsia Tablets in order to aid the stomach in digesting it, the result will be a rising increase in weight, strength and general vigor. The only drawback has been that thin, nervous, dyspeptic people cannot digest and assimilate wholesome food at night or any other time. For such it is absolutely necessary to use Stuart's Dyspepsia Tablets, because they will digest the food, no matter how weak the stomach may be, nourishing the body and resting the stomach at the same time.

Dr. Stevenson says: "I depend almost entirely upon Stuart's Dyspepsia Tablets in treating indigestion, because it is not a quick nostrum, and I know just what they contain, a combination of vegetable essences, pure pepsin, and they cure Dyspepsia and stomach troubles, because, they can't help but cure." Stuart's Dyspepsia Tablets are sold by druggists everywhere at 50 cents per package. They are in lozenge form, pleasant to take, and contain nothing but pure pepsin, vegetable essences and bismuth, scientifically compounded. Your druggist will tell you they give universal satisfaction.