

hardy plants, of which I may tell you in another paper. These plants are not expensive, and, once started, multiply themselves rapidly.

The "Housework Girl."

Although all may not be rose-colored in the life of the housework girl, even with good wages and extra privileges, is it more so in other employments? The housework girl has her board and room rent in addition to her wages, and she can indulge in as much or as little laundering as she pleases, free of extra expense. The sewing girl, typewriter, office or factory girl, and even the bookkeeper, may pay almost and sometimes quite, all she earns for the essentials which the housework girl hardly considers a part of her wages, while, to offset their free evenings, she has the customary half-day off to herself, and as many evenings out as a reasonable, modest girl cares to spend away from home; and not the least of her advantages is the security of her position; if her work be even fairly satisfactory done, she has no fear of dismissal, while the girls in shops, offices, stores, or factories are constantly mindful that a mistake, a falling off in their zeal to do well, or better than another might, will lead to their instant dismissal, and that a score or more of other girls are ready to take their place.

Every employment is crowded, except housework; yet girls and women, disdaining to work at it, rush away to such unhealthy places as tobacco factories, where, according to statistics recently gathered, 72 out of 100 girls fell sick within six months after beginning the work, from absorption of nicotine through the pores of the skin. Why those who do accept housework do so only on condition of its being within the limits of a city, is not explained by any balance of ease or healthfulness in favor of city housework, as the basement kitchen and attic bedroom, leave three or four flights of stairs to be traveled up and down, which surely is harder work than is offered in fairly comfortable farm homes.

If it were only the young and company loving who choose the city surroundings, it would not appear so

IT PAYS

To Know Facts About Coffee.

When man takes properly selected food and drink Nature will most always assert herself and rebuild the structure properly.

"From my earliest remembrance I was a confirmed coffee drinker," writes a gentleman from Marshallville, Ga., "taking two cups at nearly every meal. While at college I became very nervous, dyspeptic, irritable and unfit for study and attributed it largely to coffee, but did not stop its use.

"When I was married I found my wife was troubled the same way, and we decided to try Postum Food Coffee. My wife made the Postum according to directions and we found it superb. We used it exclusively for the morning beverage, and the taste of ordinary coffee became distasteful to both of us.

"We have found a distinct gain in health. Any amount of Postum does not cause a feeling of either dyspepsia or nervousness, while the return to coffee even for one meal has disastrous effects upon my nerves. My dyspepsia has entirely left me, and both my wife and self are well and strong and feel that it is all due to the Postum." Name given by Postum Co., Battle Creek, Mich.

It is easy to replace coffee with Postum which has, when properly made, a rich flavor and the color of coffee with none of its injurious after-effects.

strange; but when sedate, middle-aged "help" present the same objections to country service, the charitable-minded or kind-hearted individual feels like giving attention to some other subject than the wrongs of the working women.

Color in the Home.

Even at this early date, visions of the inevitable spring house-cleaning begin to disturb the calm of the thrifty house-wife who believes in planning ahead to save the hurry and worry of this most unpleasant home duty. There will be rooms to renovate with fresh paper, if not paint and varnish, and an authority on such matters has given us some ideas of color scheme, which we copy for your benefit.

The entrance hall should always be cheerful and inviting, but never so cheerful as to be heating or blinding. This bars out the brilliant shades of red in any large, unrelieved quantities. It bars out cold blues, greens, grays, but leaves a wealth of yellows and subdued reds. Creamy yellow, buff, pale fawn, pale salmon, light tones of Indian red, some pale shades of olive green, are all good. Yellow or buff walls should have wood-work in chocolate or olive brown. Pale salmon walls match well with dark bronze green wood-work.

The parlor walls should be covered either with a plain paper, or with one the design of which is so small and subdued and so deftly worked into the background as to be practically invisible, except in strong lights. No walls where pictures are to be hung should have pronounced designs. The parlor being popularly supposed to be devoted to the more frivolous side of life, should be cheerfully and daintily, rather than cosily colored. Pale lemon, or apricot yellow will suit rooms which do not receive a great amount of sunshine; a yellow paper makes a sunshine in itself. In all walls, care should be taken not to have too heavy a frieze.

The dining room should, of course, be cheerful, cosy and warm. If the amount of sunlight received through the windows will permit the ever-useful yellow to be dispensed with, soft olive green or old blue, or deep old pink may be used instead. These colors convey a slightly richer impression and are admirable in a room more or less devoted to the display of glittering glass, silver and china.

Bed-rooms must not be dark, and must not be hot-looking. Neither must their walls boast distinct patterns which strike the eye like so many blows; they should be in half-tints and dim patterns; an excellent effect is produced where a paper half glazed and half dull is used; the "cretonne" papers are not good, even when they are pretty, for they give the eye no rest from the prevailing cretonne effect of most bed-room furnishings.

Dainty Accessories.

It is the small things of dress that contribute the most to a woman's good appearance, and the woman who would always be well dressed must understand the value of accessories. Every fastidious woman loves dainty things—such as cambric handkerchiefs, pretty ribbons, fine laces and nice gloves, and the less money one has to spend, the more important it is to select articles of the best quality. If gloves are repaired the moment they begin to rip, they will repay their wearer by a long lease of service; kid gloves are easily cleaned by washing and rinsing in gasoline; it is best to wash and dry them on the hands. Such pretty neckware can be made up at such reasonable prices that it seems wiser to design dainty trifles for the neck than to enter into complicated trimming of the waist itself. Nothing detracts

more from the appearance of a woman than soiled or wrinkled neckwear, and any girl or woman can clean or freshen her ribbons or ties when she once learns how it should be done. Delicate laces can be cleaned by washing and rinsing in alcohol; the best way to dry the pieces is to pull them into perfect shape and baste them carefully to a cloth drawn smoothly over a board. White laces may be given a creamy hue by adding a little strained coffee to the rinsing water. A nice way to have fresh ribbons is to color the faded ribbons rich dark shades of red, green and purple with diamond dye for silk and if they are carefully ironed they will be as crisp and dainty as when new. Lovely collars may be fashioned at small expenditure from odd pieces of lace, velvet or satin and any woman who is clever with the needle can make up these little accessories and the wise girl has learned that daintiness counts for more than expensive clothes.—Ex.

In Fitting up the House.

Gray, one does not need to be told, is a gloomy color; blue, which is a sister to gray, is an "intellectual" and slightly chilly shade. Violets are somber. Yellows drink in the sunlight and are cheerful; reds are also cheerful, with a tendency, like other cheerful things, to become boisterously loud, and to provoke headache. Greens generally impress the observer with the same sense of chilliness which the blues impart; some of them, however, of the so-called aesthetic shades, are restful, and, when they borrow a little brown, are not altogether lacking in warmth. Grass-green and emerald-green are admirable shades for grass and gems, but in fabrics they affect the eye too much as a flash of forked lightning does; they are too vivid to be restful and too pronounced to harmonize with any other color.

Query Box.

Margaret Hoffman.—The cause of your cream foaming is that it is too cold. Let it set in a warm place at least twenty-four hours before turning it into the churn. Cream should never be allowed to freeze. If you have no thermometer, test its temperature by dipping a very clean finger into it; it should feel neither warm nor cold to the finger. Experience will teach you to determine its temperature by that of the jar it is in.

Nemo.—The word "accessory" is accented, according to Webster, on the first syllable, on account of the derivatives, which require a secondary accent on the third syllable; but the natural accent is on the second syllable, and it is thus generally pronounced. The meaning is, in the sense in which you use it, "aiding in certain acts, or effects, in a secondary manner."

Mrs. Miller.—The reason your gravy "curdles" is that you let it boil too much. After taking up your meat, leave in the skillet only the amount of grease necessary for the amount of gravy you wish to make; into this stir one heaping tablespoonful of flour until it browns; then stir into this two teacupfuls of rich sweet milk; let come to a boil, stirring steadily for one minute, then pour into your dish and serve.

Salena.—Scraps of cold roast mutton make an excellent dish for the children's dinner, prepared in this way: Trim off nearly all the fat, cut the lean meat into small pieces and put them into a baking dish; if you have gravy or stock pour that over them; put in a little butter, and season with pepper and salt; cover the top with a

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 60 to 80 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, silky 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 each weak stomach lacks, pepsin, hydrochloric acid, diastase and nux.

Stuart's Dyspepsia Tablets do not act upon the bowels and, in fact, are not at all a medicine as they act almost entirely upon the food eaten, digesting it thoroughly and thus giving a much needed rest and giving 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 a kind of food, the traveling public for years have pinned their faith to Stuart's Dyspepsia 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

nice biscuit dough, and brown nicely in the oven.

Did you ever see a fat person who was not jolly? Laughter is the best medicine in the world. Laugh whenever you can, and at everything you can. You may laugh at yourself, and with yourself. There is a certain physiological effect of laughing; it starts up the circulation by dilating the arteries, and hastens the blood current all over the body. Increased flow of the blood current always stimulates the mental activity, and thus nourishes the mind. The cells of the body become built up anew by the increase of blood-flow, and the body thus becomes plump. The lungs are exercised by laughter, and their capacity becomes greater to take in more oxygen; oxygen is the food of all the tissues of the body. So, if you wish to improve your general health and become plump, just "laugh and grow fat."—Selected.

An eminent bacteriologist says that many coloring matters used in food are found to be decidedly pernicious to health. His conclusions are that butter color is capable of producing severe disturbances of the nervous system, ending even in death. While one or two doses may not be harmful, the continued use is likely to produce diseases of the kidneys, bladder, and even the lungs.

It was reported from Berlin on January 14 by the Associated press that the German government has sent a note to the United States relative to the report that Germany is seeking to acquire Colombia's interests in the Panama Canal company, affirming that the report is utterly false and, it is understood, expressing the opinion that Germany's commerce would be benefited by the construction of the canal by the United States.

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