

work; in most cases respectability of duties is required; sometimes not so much as that. But one can win respect and confidence in whatever line she undertakes, by respecting herself, and doing conscientiously and painstakingly the duties required of her.

The rule, however, in too many cases, is "not how much, but how little." Whether in the house or out of it, such employees get the benefit of frequent changes. If one tries faithfully to discharge acceptably the duties given her, she may yet fail to meet the expectations of her employers, from having mistaken her calling or overestimated her abilities in the line chosen; in either case, if she is determined to succeed, she should try to find out wherein she is lacking, study the question in all its bearings, improve herself as much as possible, and try again. But of this she may be sure—she cannot be degraded simply because some one higher in the social scale than her condition in life sets her, "feels above her." A lady is a lady, wherever you find her.

#### Sitting Down or Sitting up?

Most people when they sit down, sit down; the proper way is to sit up when you sit down. Sometimes you think you have spinal complaint; the spine is complaining, surely, but not because there is any disease there; it is just complaint and nothing more. The spine complains because you make an acute angle of your back and the chair back; you slide down instead of sitting up. You force the end of the spine to support the weight of the body, and this hurts the nerves. In this position you must bend the head forward in order to see your work or book, and this curves the back and shoulders, and strains the muscles and nerves—an unnatural and painful position. You should sit erect, with the back of the chair parallel with the body, thus bringing the weight of the body on the thighs, leaving the spine to do its own proper work.

If you are troubled with aches across the lower part of the back or the shoulder-blades, give attention to your position. If you are in the sliding position, you are straining your

#### THE EDITOR'S BRAIN Did Not Work Well Under Coffee

A brain worker's health is often injured by coffee, badly selected food and sedentary habits. The experience of the Managing Editor of one of the most prosperous newspapers in the Middle West, with Postum Food Coffee illustrates the necessity of proper feeding for the man who depends on his brain for living.

"Up to three years ago," writes this gentleman, "I was a heavy coffee drinker. I knew it was injuring me. It directly affected my stomach and I was threatened with chronic dyspepsia. It was then that my wife persuaded me to try Postum Food Coffee. The good results were so marked that I cannot say too much for it. When first prepared I did not fancy it, but inquiry developed the fact that cook had not boiled it long enough, so next time I had it properly made and was charmed with it. Since that time coffee has had no place on my table save for guests. Both myself and wife are fond of this new cup which 'cheers but does not inebriate' in a much truer and fitter sense than coffee. My stomach has resumed its normal functions and I am now well and strong again mentally and physically.

"I am confident that coffee is a poison to many stomachs, and I have recommended Postum with great success to a number of my friends who were suffering from the use of coffee. Name given by Postum Co., Battle Creek, Mich.

back and crowding the vital organs by bending over to get at your work; crowded kidneys, liver and stomach will cause you such miserable aches and pains that you will imagine you have all sorts of diseases, for wrong positions of the body hinders necessary action, every part of the body must be left free to do its work; wrong positions in sitting or standing cramp and displace the vital organs, and you will think you have liver complaint, indigestion, heart trouble, humors, and various other disease, when there is nothing the matter but poor circulation caused by wrong positions.

To stand up and sit up, as nature intended you should, will do more for you than all materia medica; people who dose themselves for years, their condition all the time getting more chronic, would soon get out of the woods, if they would keep the body free and well vitalized with pure air.—Ex.

#### Single Beds.

It is now generally recognized that no persons, even children, remain as healthy if they sleep with others as they do when they sleep alone. The air immediately surrounding a sleeper is far from wholesome, shut in as it is by close bed-clothes. In sleep, impure exhalations escape through the excretory glands of the skin, and the air under the bed-clothing becomes poisonous. Even though the sleeper may be in perfect health, the skin is always throwing off poisonous matter.

We have long known that the young should not sleep with the old, under any circumstances. A healthy person should not sleep with any one in ill-health, as many diseases not classed as contagious, may be communicated through these exhalations. Persons of a highly nervous temperament should sleep alone, as insomnia readily becomes habitual with such through the disturbance occasioned by any restless turning on the part of a bed-fellow.

Persons who are moderately intelligent on other topics seem to have perverted ideas on this subject, owing to custom and habits of generations now gone. What their ancestry did, they also will do, even with evidence so markedly against them. On the score of health, if for no other reason the custom were not reprehensible, the double bed should be abolished. The single bed has much to recommend it, and the cost of two single beds is but little more than that of the old double one, while but little more space is occupied.

Bed-clothing should be frequently hung out in the sunshine in order to thoroughly purify them. The thorough ventilation of the sleeping rooms cannot be overdone; every day is not too often to "sun the bedding." The morning air and sunshine should be let in as soon as possible after the bed is vacated, the clothing having been thrown back or tossed over convenient chairs. If the sunshine could lie across the bed, it would improve matters. Let the beds lie unmade as long as your conscience will allow you to. The old-fashioned straw tick had its virtues, as it could often be emptied, the "tick" washed and the straw filling renewed; sweet-scented hay-filled pillows were far healthier than the feather abominations which, in most families, are made to serve a generation or more.

#### Query Box.

M. W.—When the oven is too hot for the proper baking of its contents, try setting a basin of cold water inside; if it heats the water and is still too hot, repeat.

R. E. S.—To remove the onion flavor

from the knife after cutting onion, rub with dry salt as for scouring. To cut bread while yet hot, dip the knife blade into boiling water before using. Fresh, hot bread should not be cut or eaten.

Lizzie M.—To make common glass-ware present a shining surface, like cut-glass, wash in hot soap suds, dry with a soft towel and, while still warm, polish with tissue, or other soft paper. If milk has been used in the glass-ware, rinse in cold water before washing.

Hattie S.—The best duster is a piece of cheese cloth, as it is soft, and takes up dust and is easily shaken clean or washed. A soft silk duster should be used for polished surfaces, piano, or furniture, and a soft, thick paint brush, which will clean out the corners and carving, is necessary for best results. A feather duster merely disturbs the dust without removing it.

Graphic—A great many remedies are recommended for insomnia, but none of them are always effectual. In this, as in other matters, "so many things make a difference," that no one is capable of advising specifically. Inability to sleep is often a matter of temperament, or the mental state, and a disturbed mental condition may be due to many causes other than physical.

Bath-room.—To clean a sponge, make a strong suds with good soap and soft water, in which dissolve a little washing soda; the suds must be hot; put the sponge to soak in this for an hour, then rub and squeeze it until perfectly soft and clean; rinse in hot water, then in tepid water until every particle of the soap is out of it; then dry in the sunshine.

Economy.—There are various arrangements for sifting coal cinders. One of the best is a cinder box fitted with rockers, like a cradle; it has a wire tray inside and a lid which covers the top; the cinders are placed in the tray, the cover put on and the box is rocked for a few minutes, and then left to stand for a quarter of an hour, when the dust will have subsided, the ashes fallen through into the box beneath, and the cinders are left in the tray, ready for use. If water is poured over the cinders they will make better fuel when mixed with fresh coals.

Marion.—To clean your hair brushes, dip the bristles (not the wood) in to quite warm water in which a small piece of soda has been dissolved; move the brush up and down until the bristles are quite clean, being very careful not to put the wood or metal back in the water; wet only the bristles; hold under a faucet, or other running cold water, rinse well and shake as free as possible from moisture, and stand in an upright position to dry in the shade. A comb can be cleaned with a small nail brush dipped in hot, soapy water in which a bit of soda has been dissolved, scrubbing thoroughly; rinse in cold water.

M. W.—In a great many parts of the country, even in the United States, it is a common thing to see women and children doing "hard, drudging work" in the fields. The turning of the women and children into beasts of burden is, as you say, "unsightly," but there are times in which it cannot be avoided, owing to scarcity of help, etc., in busy times, when, without their help, the living of the family would be greatly endangered. Habitual overburdening and demanding of women and children work unsuited to them, keeps the people ignorant and the country backward. Whatever tends to degrade the women, degrades the nation, and fosters illiteracy and poverty, but many refined, intelligent, educated women in the farming districts, are at times called upon to lend a hand in the management of farm affairs without feeling at all degraded thereby.

## Consumptives All Amazed.

Success of the Copper Cure Startles the Old Theorists—Science Carries All Before It—The Scoffers are Now Its Fastest Friends.

Consumptives Healed, Uplifted and Grateful, Astonish Their Friends.



DR. FREEMAN HALL,  
Medical Director Kalamazoo Tuberculosis Remedy Co., Ltd., whose Chairman is a Member of the British Tuberculosis Congress and Member National Association for the Prevention of Tuberculosis.

Nothing like the career of the Copper Cure has ever been known in the history of medicine. It has swept into public favor with the force of an immense tidal wave. Its success as a remedy is like the march of a victorious general. A great many people are puzzled to know the reason why. They don't seem to understand it. The kind that we call "old fogies" are startled almost out of their senses. All their notions about Consumption have been entirely upset. In spite of their ancient theories they find that Consumption CAN be cured, cured like any other disease, and they hate to think they were wrong all their lives. The doctors are no less puzzled or amazed.

Now, why is this so? What is the mystery and secret of this prompt, overwhelming success? The answer is plain and simple and we wish that everybody in the land could know it. In the first place, the Copper Cure (Antidotum Tuberculose) really IS a cure. It cures consumption where it is faithfully used. We give the evidence. We set forth the facts, so that people can read them and verify them at pleasure. That's the kind of candor that people like, and hence the Copper Cure is sought for and is in favor everywhere that a victim of Consumption hears of it. That is what our free booklet is for; to lay all the facts truly and honestly before the world.

There is still another reason for the phenomenal success of the Copper Cure. It is strictly scientific and we lay bare in our book the principles that underlie it. We prefer plain speech to mystifying the public, and we use it right along in describing the Copper Cure and its action on the disease. The people really have faith in the best modern science. They know the many wonders it has wrought for them. True science is never cloudy or unintelligible. The laws and operations of nature are simple. Whoever reads our free booklet can see at once HOW the Copper Cure acts, WHY the Copper Cure has such and such effects, and therefore why the Copper Cure CURES. Instead of befuddling our patients, we instruct and enlighten them, and hence they turn to the Copper Cure as a remedy they can understand and believe and trust.

Now, don't be amazed any longer. Write for our booklet yourselves and you may learn more than you ever knew of Consumption and its cure.

Persons who suffer from chills, daily fever, loss of appetite, weak voice, loss of weight, pain in the back, pain in the breast-bone, night sweats, pallor or flushing, lassitude, painful breathing, pains in the lung and chest, a generally disordered system, colds, coughs, or the thousand and one symptoms of a like nature, have only too much reason to fear that the tubercle germ will soon get a lodgment in their system. All who are interested should write for our invaluable free booklet to the Kalamazoo Tuberculosis Remedy Co., Ltd., 1055 Bauman Block, Kalamazoo, Mich. It will come to you by mail without cost or delay whatever.