

and the like, together with serviceable woollens and mixed goods, are still worn, and are sent out, now-a-days, in such pretty patterns and weaves that they compare not unfavorably, when nicely made up, with their more expensive sister-fabrics. The commoner wash-goods of cotton and wool wear fully as long as the little, stretching bodies can wear them, and when freshly laundered look far more dressy than a untidy silk or a stained and rumped casimere. Besides, a new dress now and then, even if of cheap material, is a dear delight to the lassie's heart, no matter how young she may be.

OO

Heavy gingham, muslins and fast-colored outing flannels and flannel-lettes make nice school petticoats for the little girls, and also make up attractively for little dresses subject to the hard wear of the country. Children's fashions do not change so rapidly or so radically as do those for the grown-ups, and the plain, simple and comfortable mode of dressing is the most popular. A pretty style for a school dress is to cut the waist low, and wear a washable guimpe of some pretty material with it. This style may be utilized in making up remnants, or in making over outgrown dresses. An attractive style, which never seems to go out of fashion, is to make the yoke, collar, cuffs and belt of some bright-colored plaid. A wise mother will make a pocket in the little lassie's dress skirt, and put plenty of plain, neat, even if home-made, handkerchiefs among her belongings. It is almost impossible for the school girl to keep her handkerchiefs, if she has no pocket about her gown.

OO

Bonnets have again come into fashion, not only for very small children, but for those of more advanced age. The bonnets are the old-fashioned shape, with large, scoop fronts; tiny frills are set around the front edge; or the bonnets are made of soft beaver cloth with a finishing frill of soft silk. The crowns are small, round affairs; wide strings at the sides are used for tying under the chin. Another shape is quite brimless and all crown, the latter being round and square and of

TRIP THAT PAID

Ten Miles to Get a Package of Postum

Some sufferers won't turn over a hand to help themselves, but there are others to whom health is worth something. A German woman living in the country made a 10-mile trip to get a package of Postum. She was well repaid, for it brought health and happiness in return.

A translation of the good frau's letter says: "From a child I had been used to drinking coffee daily, but the longer I continued drinking it the worse I felt. I suffered with heart trouble, headaches and dizziness. Then I had such an uneasy feeling around my heart that I often thought death to be near.

"I gave up drinking coffee and tried hot water, but that did not taste good and I did not get well. Then I read some letters from people who had been helped by Postum Food Coffee and I determined to try it.

"I had to go 10 miles, to get a package, but I went. I prepared it carefully according to directions and we have used it now in our family for nearly two years, drinking it twice a day. It agrees well with all of us. My heart and bowel troubles slowly, but surely disappeared, it is seldom that I ever have a headache, my nerves are steady and strong again and I am otherwise strong and well. My husband has been lately cured of his sick headache since we threw coffee out of the home and have used Postum." Name furnished by Postum Co., Battle Creek, Mich.

Look in each package for a copy of the famous little book, "The Road to Wellville."

high Normandy shape, and the brim is simply a close, hatly-fitting band, covered with quillings or rushings of silk or velvet ribbon. Some very lovely crocheted and knitted woollen bonnets will be made by skillful homeingers.

OO

The Ladies' Home Journal says skirts are fuller, sleeves are larger, shoulders longer and belts higher. A perfectly plain skirt is almost unknown, of any material. Suits are made of round length skirts and very long, three-quarter coats. Many of the coats come below the knees. The skirts of the fall gown are mostly plaited, with the plaits stitched flat down to a point below the knees in front, and much shorter in the back. Other models are made with fancy-shaped hip-yokes which extend down the front, sides and back, in plaited pfastrons. The sleeves are the old-fashioned flowing sleeves of our grandmothers. Many old fashions are being revived.

Mohair petticoats, trimmed with plaitings, chambrays, gingham, or other wash goods, made with flounces or ruffles, will take the place of the white muslins, silks and sateens, of the summer. Mohair is especially to be commended, as it is so easily kept clean, and the dust so readily shakes out of it.

Belts of leather, in colors, are again in fashion, much wider than those of last year. Other belts are made of soft, wide ribbon, having waistband boned high at center of front, sides and back, and laid in narrow folds. The backs are arranged in various fanciful ways, with choux and stiff, narrow bows with long ends knotted and twisted and sheered into all manner of shapes. Clever home fingers can make them.

Proper Regard For Appearance.

It is all nonsense to contend that the clothing one wears is of little consequence. No one can appear at his best, or make the most of his abilities if he feels that his clothing is shabby, or slovenly. If a person feels well dressed, it inspires confidence in himself, and gives him courage to face occasions which would otherwise render him a veritable coward. The empty-headed folly of the people who think they can make as good an impression upon strangers—or even upon their friends—by dressing in shabby, or out-of-date clothes, depending upon their reputation or supposed superior abilities to carry the day for them, ought not to blind us to the fact that neither man nor woman can produce the full effect of which their personality is capable, unless a due regard is paid to their apparel. A woman, especially, never gains anything by affecting a dowdy style, as a mark of superior intelligence. The veriest simpleton, if she pleases the eye by her neatness and correct regard for taste, is a much more pleasing object than superior mentality clothed with a slovenly-apprared body.

It may be a bare-faced injustice that honest worth should be cold-shouldered because of badly-blacked boots or helter-skelter dress, but the fact remains. Neither man nor woman can afford to offend the taste of their associates by a display of eccentricity. Orderly arrangement, neatness in detail, and a regard for the demands of the occasion can hardly be overrated as a recommendation that is of practical use. Disregard of style and suitability in dress and manners denotes either ignorance, carelessness, intellectual narrowness, or a contempt for the opinions of the associates.

Especially does a husband owe it to his wife to so array himself as not to cause her to feel ashamed of him; yet many husbands thus daily mortify the taste of the woman who must walk beside them, carelessly excusing themselves for their slovenliness by saying

that a man cannot always be dressed up. A man can at least be as "dressed up" as occasion will allow, and husbands should realize that marriage does not blind a wife to the fact that the husband she has chosen is not as nice-looking as the man on the other side of the road. A woman, whatever she may be herself, likes to be proud of her husband, and it is a fact that "the apparel oft proclaims the man."

To Make Cloth Waterproof.

In answer to several inquiries on this subject, I give two recipes, copied from an exchange. Treated by these methods, the cloth is said to shed rain as well as the rubber garment, to be equally as pliable, and quite inexpensive. Here are the recipes:

First—Procure two metal vessels of about three gallons capacity, each; in one, place 10 pounds of sulphate of alumina cut in thin slices; in the other, four pounds oleic acid and three quarts of alcohol. Thoroughly dissolve the latter compound and stir it with a wooden stick, for twenty minutes, gradually adding the sulphate of alumina. This is then left to stand for about twenty-four hours to settle. The oleic acid and the alcohol will then be at the surface, and can be poured off; the remaining deposit should be strained through a flannel cloth and pressed into a cake. This can be dried by heat, and ground into a powder. For use, on silk or linen material, three-fourths of a pound to ten gallons of water will be ample; for woollen, one-half pound to ten gallons of water will be sufficient. Strain the solutions, saturate the fabrics thoroughly, and dry in the open air.

Second—For an over, or driving coat four yards of unbleached muslin will be sufficient. Make the garment very simple, without lining, and do not sew on the buttons. A pattern may be obtained from a linen duster. To make it waterproof, take two quarts of raw linseed oil and melt in it one pound of beeswax, and when scalding-hot, saturate the cloth thoroughly in it; when dry, rub outside and inside with boiled linseed oil. For work about the farm, in rainy weather, make a garment like a shirt, only shorter, reaching but a few inches below the waist line; fasten the whole length of the front with buttons and button-holes; if a dark color is wanted, use denims instead of unbleached muslin. A waterproof apron to wear about the house should be fitted to the form with gores, and treated with the mixture. The above quantity is for a large overcoat.

For That "Tired Feeling."

For "that tired feeling," when it is due more to brain fatigue than physical exertion, there are exercises that will promptly relieve. Put on a loose garment and stand at an open window. Bend forward till the fingers nearly touch the floor, and rise again slowly. Repeat the movement eight or ten times and then rest for a while. Then, with a dumb-bell in each hand, bend forward again until the bells reach the floor. This should be repeated the same number of times. If the exercise does not fatigue, it is wonderfully invigorating. Take deep breaths between each movement, in order to inflate the lungs thoroughly. Deep breathing alone is decidedly energizing, and when it is performed slowly and properly, it acts as a tonic by displacing the worn-out, vitiated air in the lungs and filling up the cavity with fresh life-giving oxygen.—Ex.

Microbes.

To many people, life, and especially the dietary part of it, is made a veritable nightmare because of their fear of microbes. The fact is, that there are as many good microbes as bad ones: the good ones are continually at

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work for us and against the bad ones. Of the microbes which are injurious to the human system, but a small number reach or affect a vital part. The saliva, the secretions of the stomach, and other agencies are at work for our protection, and the blood contains defenses drawn from the various organs of the body; the white globules weaken or kill them, the movement and pressure, oxygen, carbonic acid, and other chemicals contained in the secretions of the body, tend to complete the work of destruction. If the system is kept in a healthy condition, very little harm need be feared, as in general, the hurtful microbes only flourish in the system when the bodily powers are defective or in some way weakened and enfeebled.—Word and Works