

under heading "For the Complexion." Query 3 is answered in reply to H. M. above. Query 4. Application should be made to some book dealer, or librarian of your city, for the information wanted about books.

V. A. N.—For dressing your hair, you should be governed by your full or thin face, quantity of hair, expression of features and general contour of face. Better consult some friend who exhibits taste and skill in doing her own. The skirt should be long for one of your age; the length of skirt does not add to your maturity of face, or take from it. The drooping shoulder effect will be all right, if you bleach or wash your hat you must re-block it to get it in shape. If you wish, you can remove the entire crown and make a new one of tulle closely shirred over a cape-net or wire foundation, concealing the sunburnt and discolored brim under a frill of tulle or lace.

**For the Walls.**

If papering is to be done, remove all old paper possible from the walls. This may be done by going over the paper two or three times a day with a wet cloth; when the paper is made quite wet in this way it can be easily peeled off. After the old paper is removed wash the walls with soda and water to which a few drops of carbolic acid have been added, and let the doors and windows remain open for a day or two in order to air the rooms. Walls which have been whitewashed should be well brushed over with strong vinegar, or the paste will not adhere. Fill all holes in the plaster with a mixture of plaster paris and mortar. If the plaster is broken in large places, paste a piece of muslin over it. After these matters have been attended to, paper the walls in the usual way.

If the paper persists in cracking or tearing off the walls, a smooth, raw paste made of flour and thick sour milk will generally prove effectual in holding it. It is difficult to make paper adhere to a wall that has been roughly plastered.

It is always best, on the score of sanitation, to replace paper that has become dingy or blackened, but sometimes it may be improved in appearance at small expense in the following manner: Tie a cotton flannel cloth over the broom, and with long, even, firm strokes sweep the ceiling. Soft cheese cloth may be used in place of the cotton flannel. Change the cloth on the broom frequently, or the walls may be smeared. A soft cloth may be used in the same manner for the walls, but may be hand-used to better effect. Do not forget to change the cloth frequently.

For patching wall paper, take a piece of the same that is on the wall, and tear—not cut—out a piece containing, and much larger than, the design to be covered, match the figures at the edges and paste the scrap over the place to be mended.

Grease spots may be removed from wall paper by holding a piece of blotting paper over them and gently rubbing with a well heated iron; or, apply powdered pipe-clay mixed to the consistency of cream with water, and leave it on the spots for several hours.

**Which Shall It Be?**

Despite the fact that we have been warned from time out of mind of the harmfulness of eating warm breads and the exceeding healthfulness of the stale article, here is another side of the story: "A health food company made a recent demonstration of the fact that stale bread is dangerously infected with germs, showing that, while fresh, well-baked bread gave two hundred and forty germs to the grain, bread that was kept in a cupboard

three days had 6,500,000 germs." The name of the health food company making the demonstration is not given, and it is not stated whether the germs were "good" ones or evil ones. A stone jar with close cover is supposed to be the best vessel in which to keep breads, but the jar must not be allowed to get moldy and musty for want of air, and heat.

**Gold Fishes.**

The goldfish belongs to the carp family, and arrived at its golden color a trifle by nature, but more by a systematized method of selection, and the Chinese and Japanese bear the palm for the culture of these little creatures. By close and persistent breeding the little creatures have assumed the desired forms which make the distinctions between the different kinds. They were brought into Europe in the seventeenth century. The annual sale of the goldfish in this country at present is estimated at over two millions, with a value of over three hundred thousand dollars. A goldfish attains maturity in a year, but is said to live a hundred years; but not in the ordinary glass globe in which we find it in the homes throughout the land. A wise precaution to keep an aquarium in a sweet, healthy condition is to place in it certain other creatures that act as scavengers. Frog-tadpoles, snails and newts serve this purpose, but should never be left in with the spawn or baby fish as they will eat them. They will eat all the waste food and other material, and are thus a real aid to the person in charge.

**Housecleaning.**

This is a work that many housekeepers dread, and as it is usually done, one can but wonder how it can be faced with any courage at all. It is usually made much more laborious than is at all necessary, because the average housewife does not understand or employ the best methods. The smoke and dirt and grime should not be allowed to accumulate to such an extent as to render an entire upheaval of the whole housekeeping economy imperative at stated times of the year. Once a week, or even once in a month, all closets and other "hiding" places should be attended to, and all the odd corners attended to on the regular sweeping or cleaning days. A great many small jobs may be looked after at odd times at intervals during the whole season, so that when the real renovating time does come, the work will be greatly lessened.

The cellar may be looked after at any time, and the work here should be done by the boys or men of the family. It is not wise to allow the cellar to become the repository of all kinds of refuse, and it should be kept clean and dry. The walls may be whitewashed at any time of year, and as fast as the fruit or vegetables "give out" or are removed, the division which they occupied should be thoroughly cleaned and sweetened, even if it is only a pine box, and in that case it can readily be taken out and aired.

The closets and pantries may be often overhauled, washing the floors and woodwork with a strong solution of alum or borax and water, in order to insure against insect pests which frequently infest such places. Wash all shelves and drawers with this solution in the kitchen also, and see that they are dry before replacing the articles removed from them. Do not hoard a lot of old bottles with remnants of medicine in them, as you will in all probability never use the medicine so left, and it is much better to clean the bottle and put it away with others for some future use. Such work as this, and much more which will suggest itself to the thoughtful housewife, may be done at odd times, and even on rainy days, and will

greatly lessen the labors of the real, not-to-be-done-without housecleaning upheaval.

**Asparagus Plumosus.**

One of the loveliest plants that can be grown in the house is the asparagus plumosus; the plant has large, flat fronds of exquisite delicacy and fineness, and a well-grown plant never fails to attract attention and admiration. The foliage is particularly "lacey" and delicate. It should be given a soil of loam and sand, watered moderately, and kept out of the sun. If the red spider attacks it—which may be known by the yellowing and falling of patches of its foliage—the remedy is water; turn the plant down on its side and spray it thoroughly twice a week. A daily shower bath would be much better. When the new shoot is about a foot in length, nip off the end to cause side branches, for without the nipping it is apt to grow more like a vine, and is not then so attractive.

Asparagus sprengeri is one of the easiest plants to grow. It requires a sandy loam, plenty of water and shade, and often becomes a large plant with long branches thickly covered with rich lustrous green foliage. It is fine for hanging baskets, or growing in pots on brackets, and for decorative work it is one of our very best plants because of its graceful habits and lasting qualities. It has charming little feathery white flowers delightfully fragrant.

The plant lover knows that the window garden requires much attention, as the plants are struggling against unnatural conditions, and insects of various kinds injure them greatly if allowed to establish themselves on them.

**Trained Nurses.**

Answering a correspondent, we give the following: Most hospitals do not accept girls under twenty-one years of age; a health certificate, and also a certificate of good moral character, is required from some physician and others who have known the applicant for some time. On an average, two years' training is required before a graduation certificate is received. During this time, she has much practical work to do; receives much instruction and oversight as to the best methods of doing things, has some study, the training of discipline, and the benefit of association with and observation of those at the head of the medical profession. Only a common school education is required—enough to enable her to make her records neatly, study books relating to her profession, and to understand the relative quantities of medicine. She will require a generous amount of common sense. For the first few weeks she is on probation; if she gives satisfactory evidence of fitness and competency for the work required of her, she is given the right to wear the cap and apron.

The hours are necessarily longer than in most other occupations. Breakfast is served to the nurses at 6:30 in the morning; they go on duty at 7 and remain on duty until 7 in the evening, with one hour off for recreation in the afternoon. On certain evenings, each is free after 5 o'clock supper, and in such cases she does not have the mid-afternoon hour; she has one afternoon a week for herself, and usually four hours on Sunday; occasionally she may be able to get a "long day" off duty. Every training school provides several months' night duty for its pupil nurses, when the go on duty at 7 o'clock in the evening and remain on duty until 7 o'clock the next morning. In connection with her practical work, the pupil studies nursing, anatomy, hygiene, and such branches as will be helpful in her work. As a rule, nurses are paid \$2

**DON'T RISK A PENNY.**

**GET WELL FIRST**

For 30 years I've been a physician! I have treated nearly two million cases! Surely you'll admit that such experience must have taught me some certainties. And—all that I know of disease and cure,—all that I have proven to be worth knowing—is condensed into my six books for the Sick. Write for a free copy today. They tell of my great discovery that practically all diseases can be permanently cured through the sympathetic Nerves. Not the nerves you feel with, see with, hear with, but the inside nerves. It is these that unconsciously operate the vital Organs,—the Heart, Liver, Kidneys, Brain, etc. When the inside nerves get run down, that organ which is weakest in the body loses its power to act properly. It then throws its work upon the other organs. These organs in turn, become affected through over work, and so, scarcely any case is found without complications. I proved it useless to doctor the individual Organs themselves while the Nerve power to fully operate them was lacking. Sedatives temporarily deadened the pain, but increased the distress afterwards. Tonics revived the drooping powers, only to insure relapse, so soon as the stimulus was withdrawn. Of what use to hourly move ahead the hands of a watch if its mainspring be seriously weakened? There is but one sensible thing to do, viz,—stiffen up the mainspring. That is what my, now famous prescription—Dr. Shoop's Restorative does. It acts directly upon the Sympathetic Nerve Centers just as steam acts in an Engine. It provides, through these inside nerves, the power to make the weakest organ do its duty. It enables weak organs to cast off their clogging waste matter, and to repair their worn tissue. It runs the human mill, at full capacity, till that mill produces enough new material to keep itself running without further help. So sure am I of this Restorative that I authorize certain Druggists everywhere to supply it on a month's trial, to practically all who write me for that privilege. To supply it at my expense if it fails to benefit,—at your expense if it cures. The cost is but \$5.50 for six bottles, including my professional help during treatment. Could anything better prove my faith in this system, than this voluntary test? Could anyone furnish you better grounds for confidence? You should get my book, which tells how to cure diseases permanently. Write for it to-day,—now,—you can't get well too soon. Just specify which of the six you need.

Book 1 on Dyspepsia.	Book 4 for Women.
Book 2 on the Heart.	Book 5 for Men (sealed)
Book 3 on the Kidneys.	Book 6 on Rheumatism.

Address Dr. Shoop—Box 7515, Racine, Wis. P. S. Simple cases often yield to one bottle of Restorative. All druggists carry it. But all druggists do not supply it on a month's trial. You must write to me for that.

a week for their services while learning, and their uniforms are furnished them. Besides this, some training schools furnish them with a watch. The profession is full of hardships to the conscientious devotee, but the pay is good, and the work interesting to those fitted for it.—Inter-Ocean.

**A Good Figure.**

In correct breathing the abdomen is drawn in and up with each inspiration. The habit of breathing in this way can readily be formed. If in addition to that, one remembers to stand with the chest advanced and the abdomen drawn in, instead of in the too common ungraceful attitude in which the abdomen is thrust forward and the back hollowed in, there will be little trouble usually from the enlarged "stomach" which is the affliction of so many women. The reason that so many persons not otherwise stout have enlarged abdomens is that the muscles of that part of the body have so little exercise that flesh readily accumulates there. Another cause which helps to bring about the same thing is that many people by wrong habits of breathing push the abdomen down and out at each respiration. The importance of right habits of breathing and of the proper carriage of the body cannot be too strongly urged upon one who wishes a good figure.

**Fruit of the Palm.**

Drake's Palmetto Wine, a tonic, laxative, un-failing specific from pure juice of the wonderful Palmetto fruit. Gives immediate relief and absolutely permanent cure in all cases of Catarrh, Stomach Troubles, Flatulency, Constipation, Congested Kidneys and Inflammation of Bladder. Seventy-five cents at Drug Stores for a large bottle, usual dollar size, but a trial bottle will be sent free and prepaid to every reader of this paper who writes for it. A letter or postal card addressed to Drake Formula Company, Drake Building, Chicago, Ill., is the only expense to secure a trial of Drake's Palmetto Wine. One small dose a day cures to stay cured.

AN OLD AND WELL TRIED REMEDY Mrs. WINSLOW'S SOOTHING SYRUP for children teething should always be used for children while teething. It softens the gums, allays all pain, cures wind colic and is the best remedy for diarrhoea. Twenty-five cents a bottle. It is the best.