

leaves one's nerves in a bad condition to stand the strain of tormenting anxiety for the youth who are away on the streets or at gatherings, indulging in the usual noisy, dangerous and distressing means of showing their patriotism, during the twenty-four hours which follow. It is right that the day should be observed in a fitting manner, but it is not fitting for the occasion that one must be exploded with powder, torn limb from limb, burnt and disfigured for life with powder or dynamite, or subjected to the results too often brought about by the use of such destructive agencies entrusted to the hands of drink-crazed ruffians who have no care as to consequences, so they "celebrate."

How much better would it be that the day should be spent in social gatherings of a peaceable nature, and in trying to instill into the young minds the lessons of humanity, or in trying to give them a clear insight into the principles of government which the day is supposed to celebrate. The destructive, savage element is already too strong with most boys for their own good, and they should be taught a better use of themselves than they now realize.

A "Good Form."

Replying to Querist, I copy the following from The American Queen: The superb carriage of the great beauties in France was the result of the daily drill to which they were subjected in their youth. Three times a day, morning, noon, and night, they stood against the door in such a pose that the back of their head, shoulders, elbows, back, palms and heels would press against it. Although difficult at first, this pose should be practiced until it can be maintained for one whole minute, and it is excellent for the grown woman as well as for the growing girl. The proper carriage of the neck, and of the shoulders from the waist up, should be erect, the abdomen well drawn in, and the limbs, from the hip down, even in walking, should be straight. Never, in walking, allow the knee to be continually bent. It is the first of all causes to give a slouchy walk. The chest should, of course, be held high, and, if possible, the toes, instead of the heels, should be the first to touch the ground. The

FOOD FACTS

What an M. D. Learned.

A prominent physician of Rome, Georgia, went through a food experience which he makes public:

"It was my own experience that first led me to advocate Grape-Nuts food and I also know from having prescribed it to convalescents and other weak patients that the food is a wonderful re-builder and restorer of nerve and brain tissue, as well as muscle. It improves the digestion and sick patients always gain just as I did in strength and weight very rapidly.

"I was in such a low state that I had to give up my work entirely and go to the mountains of this state, but two months there did not improve me; in fact I was not quite as well as when I left home. My food absolutely refused to sustain me and it became plain that I must change, then I began to use Grape-Nuts food and in two weeks I could walk a mile without the least fatigue and in five weeks returned to my home and practice, taking up hard work again. Since that time I have felt as well and strong as I ever did in my life.

"As a physician who seeks to help all sufferers I consider it a duty to make these facts public." Name given by Postum Co., Battle Creek, Mich.

Trial 10 days on Grape-Nuts when the regular food does not seem to sustain the body will work miracles.

"There's a reason." Look in each pkg. for the famous "The Road to Wellville."

weight of the arms should always hang from the shoulder blades—never from the chest. Good practice to give poise is, when standing erect to rise on the toes, heels touching, without swaying the body; the less the strain on the muscles, the less the fatigue caused thereby, and the more correct the position.

"Nerves."

Giving way to nerves without a struggle to master them is not only bad for one's self, but exceedingly selfish toward one's neighbor, as uncontrolled nerves are responsible for some of the most disastrous results of panics in case of fire or other accidents. Every one should strive to attain a quiet trust in themselves, and thus, when an emergency arises, the chances are that they may be able to act with a cool courage which may be the salvation of not only their own life, but the lives of others. When you sit down, be still; do not cultivate a habit of jumping at every sudden noise.

Good Breeding.

A noted cripple once said that he always gauged the good breeding of his associates by the degree in which they made him conscious of his deformity. There is little else so cruel as the thoughtless comments made in the hearing of the unfortunates concerning their misfortunes, and a sensitive soul, already too much alive to defects, shrinks painfully from the possibility of being made a spectacle for the curious and unthinking. No one who has not suffered a like handicap can understand the struggles, the embarrassments, the chagrin, mortification and discouragements these afflicted ones suffer from the over-inquisitive who are always wanting to know "how it happened." How much better it would be never to notice it! Horace Mann says: "If there is a boy in school who has a club-foot, don't let him know you ever saw it; if there is a boy with ragged clothes, don't talk about clothes in his hearing." Not long ago, three ladies afflicted with greatly impaired hearing were in a gathering of friends. Among the company were several strangers, and on being introduced to the ladies, one of them could find nothing else to talk about but their defect, insisting on "knowing the whole story," though the ladies several times turned the subject to other matters. The result of the insistence was that the evening's enjoyment was totally spoiled for the three ladies, who went home wishing they had not attended the gathering. A generous, well-bred person will not let it be known that one's deficiency is at all noticeable, much less remind the sufferer, even indirectly, of the fact. A test of good breeding is, never to speak of that which can possibly cause embarrassment or give pain. It is the custom, on the street and in public places to stare at deformities and comment on physical defects, but no kind-hearted or really refined person will do either. Strive to make the unfortunate forget the misfortune, or, at least, do not let him know, by ill-bred word or stare, that you see anything out of the normal.

Economical Quilts.

A Reader asks me to advise the sisters not to throw away their dress-skirts—woolen or cotton; but to take the back widths (or gores) and piece them up in "log-cabin" pattern for comforts, using the breadths of cotton skirts as a foundation on which to build the "cabin" of the woolens. After enough blocks are made and sewn together, the quilt may be lined with a cheap grade of outing cloth or flannelette, tacking closely with bright colored yarns, as for any comfort. These will last for years, and are quite warm. They can be washed when necessary, and should be sunned quite often, as, indeed, all bed-covering

should. Many housekeepers find a great many articles of clothing that are too good to throw away, and yet not good enough to justify the expense of making them over. When putting away the woolens for the summer, such garments should be laid aside to be ripped apart, or cut out close along the seams, rolled up and put away, ready for the spare moments during the autumn or early winter, when they can be pieced together crazy-quilt fashion, and lined as above, or, to make them warmer, a thin layer of cotton batting may be tacked between the outsides. Worn-out blankets, old flannel underwear, skirts, and even light-weight pants goods may be put together and tacked between new linings, and will prove warm, durable, and a great saving of expenses in bed-furnishing, especially where there are children who make a play-ground of their beds, or workmen who are not as careful about personal cleanliness as they should be.

For The Windows.

In treating the windows of the living room, dining room or den, use double sash curtains. Unbleached cotton will be very satisfactory, as well as inexpensive, for this purpose, the light coming through such curtains makes them have the appearance of pongee silk, and gives a sunny effect to the room; they are cheap, durable, and launder perfectly. Hang them on three-eighths inch rods fitted into vestibule sockets—never on the casings. The sashes for the upper sash should be made of a length to overlap those of the lower one. Muslin curtains should reach six inches below the sill, but never to the floor.

Chocolate.

If you are troubled with a greasy skin it will be well for you to avoid chocolate, either as a candy or a drink, on account of the natural fats contained in this product. Chocolate is counted among the rich foods which the stout girl, and the girl with a greasy complexion should be careful to eschew. In young girls candy eating often causes pimples; the skin is so closely associated with the digestive organs that any disturbance of the latter is extremely apt to show itself in the complexion.—Ex.

Amending the Constitution.

In one of its latest decisions, rendered this week, the supreme court of the United States by a bare majority held that a resident of the Philippine islands is not entitled to trial by jury.

Two editors of a Manila newspaper were indicted for criminal libel and claimed the right to a trial by jury, which was denied them. They appealed to the supreme court of the United States, and Judge Day and four of his colleagues affirmed the judgment. The Chief Justice and Justices Harlan, Peckham and Brewer dissented. As there is sometimes a disposition to refer to the politics of the justices, it may be noted that the dissenting opinion was concurred in by two democrats and two republicans.

Judge Day said the treaty with Spain left the government of the Philippines in the hands of congress, and congress had expressly withheld from them trial by jury. Justice Harlan, who spoke for the dissenting members of the court, said, with great emphasis, that the constitution guaranteed to every person the right of trial by jury, not merely every citizen, and that the Philippines were part of the United States. The decision of the majority, he said, was an amendment to the constitution by judicial construction, which is a most dangerous step. The right of trial by jury is fundamental and cannot be taken away by any act of congress.

On the same day the court decided a case from the Philippines, on appeal of one Kepner. He had been acquitted in the lower court, but the

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prosecution appealed to the supreme court of the Philippines, which reversed the judgment of acquittal. He appealed to the supreme court of the United States on the ground that he was twice placed in jeopardy of life and limb contrary to the United States constitution. The supreme court sustained this contention and reversed the decision of the Philippine supreme court.

There is an apparent inconsistency in these two decisions, if the reasons be not considered. But congress has extended certain sections of the bill of rights to the Philippines, including the prohibition of putting a person twice in jeopardy for the same offense, while excluding trial by jury.

So the court adhered by 5 to 4 to the theory that congress can extend or refuse to extend the constitution to the Philippines. Justice Harlan was quite right in saying that this is an amendment to the constitution, made by five justices. And if these five justices can amend the constitution so as to deprive the Filipinos of its protection they can do the same thing as to the people of the United States. The position of the minority of the court is much sounder and more reasonable than that of the majority.—Louisville (Ky.) Courier-Journal.

Too Regular

"For ten years," observed the new boarder, "my habits were as regular as clock-work. I rose on the stroke of 6; half an hour later was at breakfast; at 7 I was at work; dined at 1; had supper at 6; and was in bed at 9:30. Ate only plain food, and hadn't a day's illness all the time."

"Dear me!" said a hearer in sympathetic tones, "and what were you in for?"

Then one could have heard the proverbial pin drop.—Exchange.

Good Advice

Let there be harmony. The best way to get it is to adopt the Nebraska platform at St. Louis, nominate a candidate in sympathy with it, and then let every democrat resolve to vote for the ticket.—Joplin Globe.