

but is shaken and swayed by every opinion that touches it, and generally winds up whatever it may undertake in failure, for which it blames everybody and everything but its own weakness. The strong will may, and generally does, make us much trouble, but we should seek earnestly to so guide it that, in the days to come, when it has passed out of our hands, self-government may be properly exercised, and the strength taught to serve some ennobling purpose. There is always a great deal of character of some kind in the headstrong child. Every child, at some time in its life, earlier or later, must be "about its Father's business"—the life-work designed for it, and we must not be too quick to judge of its guilt. Many times a child does a thing, not from a spirit of willfulness, but because of the urgent necessity of its nature; some times the disobedience is from thoughtlessness, or through forgetfulness because of its awakening mind being filled with other things. And sometimes the child is wiser in regard to its own needs than its parents can ever be. It is a hard problem.

For Elderly Ladies

Soft fabrics, preferably of dull finish, are better suited to the woman past middle age than those having a high lustre, and self-trimming, such as tucks, shirring, plaits, folds, etc., afford the most pleasing ornamentation. Bits of lace or embroidery may be added, and a touch of white at the throat is recommended as softening the face while it lights up the gown. For most elderly women, the long, loose or semi-loose effects are far more becoming and appropriate than the tight-fitting ones. This is particularly true if the wearer is inclined to stoutness. The separate coat, fashioned upon simple and becoming lines, is perhaps in better taste than the two-piece costume. The coat may be full or three-quarter length, and the new sleeves suggest the old Dolman effect and are very attractive.

For The Sewing Room

Round skirts are very popular, and are developed in rough cloths for ordinary wear, and in cloths or other fine material for more dressy occasions.

For the nine-gore skirt, a plait is arranged at the back edge of each gore, and one in the center. They are of equal width at the waist, and increase in size toward the lower edge. The plaits all turn back, those in the center-front, forming a box plait. The closing is made invisible at the back under two plaits. If the skirt is of wirey material, the edges of the plaits are stitched down to form a deep yoke, below which they flare widely; but if soft cloth is used, or heavy silks, no stitching is required, and they are taped above the knee and fall in loose folds to the hem. These skirts may be made of tweed, chevots, melton, cloths, voile, taffeta, and many other goods, and require very little trimming. Some have braid at the top of the hem, or straps of braid fastened with buttons on the front plait. As many as thirteen gores may be used in making such skirts.

The new shirt-waists have the back eased rather than bloused, and the drawn-down effect is as popular as ever. The body lining is optional. The

A NOTRE DAME LADY.

I will send free, with full instructions, some of this simple preparation for the cure of Leucorrhoea, Ulceration, Displacements, Falling of the Womb, Scanty or Painful Periods, Tumors or Growths, Hot Flashes, Desire to Cry, Creeping feeling up the Spine, Pain in the Back, and all Female Troubles to all sending address. To mothers of suffering daughters I will explain a successful Home Treatment. If you decide to continue it will only cost about 12 cents a week to guarantee a cure. Tell other sufferers of it, that is all I ask. If you are interested write now and tell your suffering friends of it. Address Mrs. M. Summers, Box 169 Notre Dame, Ind.

newest shaped bishop sleeves have wrist bands with a box-plait through the center, lengthwise, and the shirt-sleeves are finished with laps and link cuffs.

Clusters of tucks are used as ornamentation at the lower edge of many round skirts, though the plain modes, with stitching only as trimming still maintain their supremacy.

Another favorite style, and one particularly suited to the skirt that is of the old width about the bottom and is to be made over, is the plain seven-gored upper portion, to be finished at the lower edge with or without the hem-tuck, lengthened by the addition of a straight flounce with box-plaits, flaring smartly at the bottom, thus giving the skirt the wide flare about the bottom, while still close-fitting about the hips. The wrapper or tea-gown is again showing the watteau, plaited, gathered or shirred, and a cape-collar is shown on many.

Japanese lounging robes, or kimona dressing sacks, the chief characteristic of which is a seamless square yoke from which the loose straight fronts and back depend, remind one of the old Mother Hubbard, though the kimona sleeves and the trimming band which follows the front edges and forms a rolling collar about the neck, gives it a distinction.

A New Trimming For Thin Goods

Used as an outline for various designs, fine tucks make a dainty and in expensive trimming for any of the filmy materials so much in evidence this season. Scrolls, flowers or running designs can be traced off on tissue paper, which should be firmly basted to the material to be tucked. The design is then carefully run in fine cotton (of a different color than the dress goods), and the tissue paper pulled away, leaving the goods ready to be tucked. The smallest amount must be picked up by the needle, in order to turn the curves neatly, and to gather the material as little as possible. Open designs should be chosen, as the tucks show better than not too close together. A very good effect can be obtained by working French knots in connection with these tucks, using them as filling for flower centers or outlining a running design with them, according to the fancy of the worker. For underwear tucks will make a dainty trimming, and little lace need be used in connection with them. Tucks work easily in flannel, and for a fine flannel of light color used for shirt-waist an all-over design of flowers, or scroll, will make an elaborate trimming at little expense.—Delineator.

A Chapter on Nerves

A correspondent asks how she can get rid of her nerves. I should hesitate to tell her, even if I knew, for the possession of nerves is a mark of intelligence, and the finer the nervous system, the better the intelligence. The nerves can not be removed as can some other of the bodily organs, and the person so deprived still live. All kinds of activity of the bodily functions depend upon the nervous energy stored in the brain, and if, from any cause, the brain and spinal cord can not make a sufficient supply of nervous energy to meet the demands, all the activities of the body become slow, the brain dull, the liver inactive and the stomach rebellious, and for this reason, a person suffering from lack of nerve force is capable of having every possible symptom of every possible disease—nearly. At one time there is no energy, and one feels that he or she is "not fit to kill," while at another there is a great exuberance of energy, and the patient feels that it is impossible to be still. The mental system, also, is subject to great disorder, and one is apt to have a great

many idiosyncracies, and unnatural sensations.

Disordered nerves often lead to insanity, and a large proportion of the inmates of our asylums are there because of this result of general nerve exhaustion. The majority of people think this disorder is largely a matter of the imagination; that all one needs is a little tonic and an interval of rest; that the trouble is trivial, and if the patient would only "make an effort," all would be well, whereas, it is a most difficult disease to cure, and one to which very few drug treatments appeal for good.

Having had frequent experiences with nerves, myself, I can freely sympathize with the suffering, and can only recommend that the nerve-sufferer should work and "wait for a thorough process of regeneration, which will take more or less (generally more) time, according to the care given the bodily health. A great many treatments are recommended, but one that is most usually beneficial is to spend as much time out-doors as possible, amid pleasant surroundings, cultivate a habit of optimism, think cheerful thoughts and associate with cheerful people. Don't soak your stomach with "bitters," or worry your liver with pills. Use plenty of common sense and good judgment, eat the food that best agrees with you, and be the judge of this yourself; don't take every treatment your friends prescribe for you, and do rest; rest any and all the time you can. Don't read much, and don't worry over anything—or at least, as little as possible, and refuse, utterly to allow your wretched nerves to "run things," as they will attempt to do, if in the least indulged. And whatever else you have, for goodness sake, don't have hysterics, "convulsions," spasms or sulky fits. Don't think of "losing your nerve."

A Newspaper Rack

Where one has a good many papers and periodicals coming in, it is a good thing to have some place prepared especially for them, and thus save many precious moments which otherwise must be devoted to looking them up. Here is a description of a home-made article, handy and inexpensive, which may help someone. It may also be put to other uses:

The shelves of this rack are made of white pine boards, one by twelve by eighteen inches. These boards are screwed to the self-supports with flat-head screws, the heads countersunk and the holes filled with putty. The shelf-supports are one inch thick, two inches broad, and twelve inches long, and the side-strips, which answer for legs, are one inch thick, two inches broad and forty-eight inches long. The legs are fastened to the shelf-supports with round-head brass screws; the wood is stained a dull black, and the brass screw-heads give the rack a neat appearance. The top shelf, which may be used for bric-a-brac or books, is three inches below the top end of the legs; there is a space of eight and a half inches between the shelves, which gives plenty of room, and there is room for five or more selves, as one may desire. The cost of the material is given as not more than \$1.25.

It is claimed that people may destroy many germs supposed to be collected by banknotes in passing through so many hands if the notes are ironed with a hot iron—not sufficiently hot, however, to scorch the paper.

The fiercest battle with dirt is fought in the kitchen, where food is prepared, and this room should ever have the closest scrutiny from the housekeeper. If one has servants, they should be

Wrong Idea.

Don't get the wrong idea into your head that starvation is good for Dyspepsia.

It's not.

Those who have not studied the subject very deeply, or with trained scientific minds, might think so.

But facts prove otherwise.

All specialists in stomach and digestive disorders know, that it is best for dyspepsia to be well fed.

Why, dyspepsia is really a starvation disease!

Your food doesn't feed you.

By starvation, you may give your bowels and kidneys less to do, but that does not cure your digestive trouble—simply makes you weaker and sicker; less likely to be permanently cured than ever.

No, the only right way to permanently cure yourself of any form of dyspepsia or indigestive trouble, is to eat heartily of all the food that you find best agrees with you, and help your digestion to work with Stuart's Dyspepsia Tablets.

This is a safe, certain, scientific, reliable method of treatment, which will never fail to cure the most obstinate cases if persevered in.

Stuart's Dyspepsia Tablets have a gentle, tonic, refreshing effect on the secretory glands of the entire digestive tract.

They gently force the flow of fresh digestive juices.

They contain, themselves, many of the chemical constituents of these juices, thus when dissolved they help to dissolve the food around them in stomach or bowels.

They therefore quickly relieve all the symptoms of indigestion, and coax the glands to take a proper pleasure in doing their proper work.

They coax you back to health.

No other medical treatment of any sort nor a yad system of "Culture" or "Cure," will give you the solid, permanent, curative results, that will Stuart's Dyspepsia Tablets.

Write for a free Book of Symptoms, F. A. Stuart Co., Marshall, Mich.

taught habits of cleanliness; they should be instructed in your plans of work, made to understand that they must faithfully perform the duties required of them. If the house-mother has but the aid of the children, of these, no less, should be required the faithful performance of the duties which tend to cleanliness, and they should be taught the reason of its necessity. All this will take much time and care, but the result should be worth it.

Housing The Plants

If the windows in which house plants are to be grown this winter are fully exposed to cold winds and inclement weather, be sure to go over them before the plants are settled in them for the season and make them as frost-proof as possible. Do not leave any broken panes or poorly puttied ones, and stop up all cracks and cranies with soft paper folds and then paste paper over that. Have no more than three shelves at each window, but plant brackets may be placed on each side between the shelves. One window will accommodate from twelve to eighteen plants, according to size of plant or window. Do not try to crowd too many plants into one window, for, to do well, each plant must have free circulation of air about it. Cover your shelves with shelf-oil-cloth, which may be wiped off instead of having to be changed. Give your plants daily attention. Learn the lessons they teach you, and remember that you alone are responsible for the beauty they add to your room. Nothing will grow and flourish without intelligent care.