

bility and heartache, an exchange tells us, are poor investments of strength, time and money. Then, too, the endless round of imagined duties causes chronic overwork among women, and produces the saddest results to them and those dependent on them for rest and comfort. A philosopher says: "There is nothing in the world I dread like a thoroughly exhausted woman. No amount of personal comfort should ever compensate for such a state of affairs." But there are so many of that kind of women! You meet them everywhere.

What constantly tired woman is capable of generous sympathy and ready help or pleasant companionship? The better part of family life cries out for sympathy and tenderness; but the women who should give it are blindly wasting themselves on material things, polishing the outside of the cup without a thought of the wine within. Can one so employed divide care or double joy? It is a pitiful state of affairs, but we see it everywhere, in all sorts of homes. These mistaken women are sincere in their idea that they are "doing their duty" to their family, and so far as their light is given, they may be; but duty is not everything, and many times it is a false god they are following to their ruin. They do not deserve to be scolded. They should be lifted out of the rut into which they have fallen and lured to the height beyond. To conquer prejudice, to surmount educational limits, to overcome habits of body and mind calls for force of will and power of effort; in both of these, the mistaken women may be woefully lacking. In time, this conquering and overcoming self-confidence will be ours; but as yet, we are as little children—we have not learned to use our feet; we are, many of us, still crawling. We need patient guidance, and careful training, and wide teaching. We must be lifted to a higher outlook, else it is like talking of color to the blind.

In the growing light of the New Year, we must look well to our window gardens. There are dark, dismal days, and the coldest of them are to come. While we joy in the warmth of our comfortable rooms, we

**CRIED EASILY**

**Nervous Woman Stopped Coffee and Quit Other Things**

No better practical proof that coffee is a drug can be required than to note how the nerves become unstrung in women who habitually drink it.

The stomach, too, rebels at being continually drugged with coffee and tea—they both contain the drug—caffeine. Ask your doctor.

An Iowa woman tells the old story thus:

"I had used coffee for six years and was troubled with headaches, nervousness and dizziness. In the morning upon rising I used to belch up a sour fluid, regularly.

"Often I got so nervous and miserable I would cry without the least reason, and I noticed my eyesight was getting poor.

"After using Postum a while, I observed the headaches left me and soon the belching of sour fluid stopped (water brash from dyspepsia). I feel decidedly different now, and I am convinced that it is because I stopped coffee and began to use Postum. I can see better now, my eyes are stronger.

"A friend of mine did not like Postum but when I told her to make it like it said on the package, she liked it all right." Name given by Postum Co., Battle Creek, Mich. Always boil Postum well and it will surprise you.

Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

should see to it that there is a supply of moisture in the air, else our plants will do poorly. All the insect enemies develop rapidly in a hot, dry atmosphere, and it will not do to let them get a start, for it takes much time and work to rid the plants of them, once they get a foothold. Examine them carefully often, and keep them growing thriftily by letting in all the sunshine possible, and giving them fresh air through a remote open door or window as often as possible without frosting them. A good way to provide moisture is to set a shallow pan full of boiling water under the plants, and as it cools, drop into the water a heated brick.

**Whipping Children**

A writer in Good Housekeeping says: "Delicate, nervous, or high-strung children react very badly against rough treatment. Children can be reasoned with, which shrink from bodily pain and are unfit for even the mildest forms of corporal punishment, and the 'motor' type—the vigorous, objective, aggressive child, to whom such a punishment, justified by the gravity of the offense, would appeal. To the latter class, the immediate punishment, the immediate result of a cause they set going, is necessary in order that they may understand a little more about law and order and behavior, before they forget and become absorbed in some new activity. To such children, all simple re-creative punishments, such as tying them up when they run away, taking off their shoes when they kick and hurt others, and whipping for some serious offenses, appeal very strongly and vividly. This type of child emerges from his punishment serene and content, with just a little more thoughtfulness, and a little subdued by his experience in violating law and reaping the consequences. It is certainly important to be sure which is the child that it will do to whip; some temperaments will mislead the most careful mother."

**To Cure a Sheep-Skin With the Wool On**

Answering "A Reader," this is recommended by one who knows. Take a tablespoonful of alum and two of saltpeter (these proportions), pulverize and mix well together. Then sprinkle the powder on the flesh side of the skin, and lay the two flesh sides together, leaving the wool outside. Then fold up the skin as tightly as you can, tie around with a string, and put in a dry place for two or three days. When you think it is dry, take it down and scrape with a blunt blade or very dull knife until clean of the flesh and pliable. Rub well together with the hands to soften. This completes the process, and makes an excellent pad to use under the saddle. Other skins may be treated the same way.

**Fashion Notes**

The little bolero jacket continues to be the smart thing.

A guimpe waist is very appropriate and economical for the young girl, as it lends itself to many changes at little expense.

Shoulder capes are introduced on both tailored and dressy coats and developed in lace and chiffon they appear on house gowns and evening blouses.

Neckties to wear with stiff linen collars are made of plaid ribbon. There is a center knot to which five or six pieces of different lengths are attached.

The short waist-line is among the newest features of the new gowns. All the tricks of the trade are used to introduce this Empire effect. Sometimes it is only the back that displays it, while in evening gowns the waist-line is frequently shortened in front.

Skirts of the new walking suits are

kilted and made with two or three tucks at the bottom. General utility skirts are made round length, varying from two to three inches from the ground. The skirts of evening gowns are all extremely long.

For the woman whose figure is not well rounded, the corset cover is trimmed in front with three or more full-lace-trimmed ruffles, which act as a bust extender.

Many strappings of velvet ribbon are used in the way of trimming on house and evening gowns. Tassels and fringes, and old-fashioned ball fringe are also in favor. Braids are extensively used as trimmings, especially the silky radiums. The braid is almost invariably the same color of the fabric. Fancy plaid braids are used for belts. Buttons are a favorite trimming, some of the most charming new ones introducing the plaid idea.

The jumper waist is the fad of the season. The jumper waist is some kind of a skeleton "body" to be worn over the lingerie waist or over a plastron and cuffs of lace or embroidery. —Fashion Magazine.

**Query Box**

C. S. M.—Your letter reached me too late for the information required to do you any good.

Housewife—Paper the dark room in white, or very light colors, with woodwork also painted in white or cream, or some light color.

Mrs. J.—For brightening the colors of the muslin, gingham, or calicoes, dissolve a lump of alum the size of a walnut and pour the solution into a pint of starch (these proportions), and use for stiffening after washing.

Annie B.—Girls should not write letters to men of whom they know nothing. If the man wishes to meet you, or to keep up a friendship already begun, he will find a way. Girls but cheapen themselves by encouraging the attentions of men of whose habits or character they know nothing.

F. L.—Sow the dahlia seeds in boxes indoors in February or March, keep moist and warm, grow the plants thriftily, transplanting as necessary to make stocky, then set in the border in May, when the ground gets warm. Treated thus, seedlings will bloom the first year.

C. L.—For stiffening laces, as a rule, one tablespoonful of thick, cooked starch to about a pint of cold water is about right; common laces require thicker starch than the better quality. Rice flour may be used for the starch, but does not stiffen so strongly.

A. G.—Nasturtium seeds are frequently used as a seasoning. To pickle them, the unripe seeds are gathered and dropped as gathered into a bottle of the desired size, containing good vinegar and a little salt to cover the seeds. When the bottle is full, scald the seeds and vinegar and seal while hot in air-tight bottles.

Mrs. B. N.—For the curtains over the opening, which must be frequently pushed aside, the best method of hanging is to sew brass curtain hooks to the top hem, and hook these into brass rings that slip on a rod across the top of the opening. The rod may be run through the top hem, but the curtains can not be pushed aside so readily in that case.

"Distracted"—You know the proverb: "A rod for the fool's back." If the boy is a fool for want of training, you may be to blame. If a fool for want of brains, he may be brought into the traces by kindness and patience. A "bully," or a maliciously evil boy is a hard proposition, though the bully is usually a coward, and can be ruled by the whip. The malicious one is a criminal in embryo—perhaps from a diseased or malformed brain. I am afraid I can not advise you.

Edna D.—A lamp shade would seem to be almost as much of a necessity

as the lamp itself. No one should read or work with the light shining on the eyes. Any kind of a shade is better than none. One can be made from stiff paper cut in circular form, with a wedge-shaped piece cut from one side of the circle to give the cone shape. A frame of fine wire to put over the hot chimney on which the shade will rest will keep the paper from burning. The inside should be white to reflect the light downward. Paper shades can be had at the city stores for five or ten cents each.

**WHAT SULPHUR DOES**

**For the Human Body in Health and Disease.**

**COSTS NOTHING TO TRY.**

The mention of sulphur will recall to many of us the early days when our mothers and grandmothers gave us our daily dose of sulphur and molasses every spring and fall.

It was the universal spring and fall "blood purifier," tonic and cure-all, and, mind you, this old-fashioned remedy was not without merit.

The idea was good, but the remedy was crude and unpalatable, and a large quantity had to be taken to get any effect.

Nowadays we get all the beneficial effects of sulphur in a palatable, concentrated form, so that a single grain is far more effective than a tablespoonful of the crude sulphur.

In recent years research and experiment have proven that the best sulphur for medicinal use is that obtained from Calcium (Calcium Sulphide) and sold in drug stores under the name of Stuart's Calcium Wafers. They are small chocolate coated pellets and contain the active medicinal principle of sulphur in a highly concentrated effective form.

Few people are aware of the value of this form of sulphur in restoring and maintaining bodily vigor and health; sulphur acts directly on the liver and excretory organs and purifies and enriches the blood by the prompt elimination of waste material.

Our grandmothers knew this when they dosed us with sulphur and molasses every spring and fall, but the crudity and impurity of ordinary flowers of sulphur were often worse than the disease, and can not compare with the modern concentrated preparations of sulphur, of which Stuart's Calcium Wafers is undoubtedly the best and most widely used.

They are the natural antidote for liver and kidney troubles and cure constipation and purify the blood in a way that often surprises patient and physician alike.

Dr. R. M. Wilkins, while experimenting with sulphur remedies, soon found that the sulphur from Calcium was superior to any other form. He says: "For liver, kidney and blood troubles, especially when resulting from constipation or malaria, I have been surprised at the results obtained from Stuart's Calcium Wafers. In patients suffering from boils and pimples and even deep-seated carbuncles, I have repeatedly seen them dry up and disappear in four or five days, leaving the skin clear and smooth. Although Stuart's Calcium Wafers is a proprietary article and sold by druggists and for that reason tabooed by many physicians, yet I know of nothing so safe and reliable for constipation, liver and kidney troubles and especially in all forms of skin diseases as this remedy.

At any rate people who are tired of pills, cathartics and so-called blood "purifiers" will find in Stuart's Calcium Wafers a far safer, more palatable and effective preparation.

Send your name and address today for a free trial package and see for yourself.

F. A. Stuart Co., 57 Stuart Bldg., Marshall, Mich.