

PROFESSOR BARKER DECLARES THIS THE BEST
WAY TO OBTAIN HEALTHFUL FEATURES



Makes the chin normal.

facial exercises with others, the following will be found beneficial and extremely easy:

Exercise 1—Smile. Place the ends of the fingers on the lumps of flesh on the cheeks under the eyes. Let the face resume its natural position, and then, with the fingers in that position, draw up the laughing muscles by smiling and lower them in fairly rapid succession until tired.

Exercise 2—Draw the cheeks together at the lips with the hands apart, while resisting with the hands, pull the cheeks apart.

Exercise 3—Put a crossed forefinger on the chin, just below the lower lip, and draw the lips forward with the tongue.

Exercise 4—Close the mouth and push the tongue down toward the throat. This is good for the throat muscles, and makes the voice strong.

Exercise 4—With the fingers on the eyebrows, and resisting, try to close the eyes while raising up the eyebrows. Try to close the eyes while raising up the eyebrows. Place the sides of the fingers placed at the sides of the eyes.

ANTHONY BARKER.
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IT IS LESS THAN ONE HUNDRED YEARS OLD AND STRICTLY AN AMERICAN
PRODUCT & MANUFACTURE DID NOT BECOME GENERAL UNTIL 1825

to bring any desired vessel directly over the fire, was a later invention. After this came the buck stove for wood or coal burning, and the open hearth. The smoke pipe was nearly on a plane with the oven floor.

In cooking stoves and fixed and portable ranges the number of inventions is very large, but the efforts of stove-makers since 1850 have been directed rather toward completing the adaptation of the stove to the requirements of fuel-burning, and the anti-clinker arrangement for stoves, and greater accuracy and perfection of the casting of them, than to the discovery of new principles.

All of the stove and range States are of domestic manufacture. The sales amounted in 1893 to \$38,985,700. Exports are very light, consisting of gas and coal-burning stoves to Western Europe and America and some hard-coal stoves in Europe.

The present age is marked by the most rapid progress of any in the world's history—a fact which is no better exemplified in any other line than this particular one. No longer so than 1840 there was a large number of open or of wood-burners upon a bend of the big river in Western Ohio, a primitive log cabin, which was

bluetooth and finish. It had a roof and (puncture) floor and a window and door with hinges and latches and locks, but neither nail nor scrap of iron. It was appreciated by the proverbial great roaring chimney because it was made of welcome and good cheer blazed from huge snapping, snarling hickory logs. This little cabin was the property of a young man—the first-born of the leader of the great colony—who had blazed its way through the wilderness to the waters of the old Miami. In February, 1840, he and his bride entered the little home, prepared in mind if not in means to assume the responsibilities of life. The first thing that attracted his attention was the absence of fire. It was so surprising to find that they had overlooked some of the most essential details in their household economics; consequently, overnight cold day a great calamity overtook them—they "lost their fire." Matches were not available, and the situation and they had forgotten their "flint and steel"! So it was necessary to borrow coals of the nearest neighbor three-fourths of a mile away. It was a difficult task keeping the embers alive during the winter months. The weather was cold, but success attended the effort, and at length warmth and comfort were restored to the little home. But they builded better than they knew, for soon the little cabin took fire and burned to the ground. The young man and his wife have passed we find them enjoying the luxuries of a modern home, surrounded by family and friends, celebrating the fiftieth anniversary of their matrimonial adventure, only a few rods from the spot where their little cabin once stood.

caking; and while the good wife superintends the baking and brewing and boiling of the system, the moral case ranges in the kitchen, the hoary-headed husband entertains the guests in the cozy parlour in the warmth and glow of open gas fires by relating thrilling incidents which were fraught with mortal danger and suffering—the privations and hardships which made up the sum-total of the price paid for success and prosperity.

Luck and Laziness.

Luck tapped upon a cottage door,
 A gentle, quiet tap;
 And Laziness, who leaped within,
 The cat upon his lap,
 Stretched out his shaggy shoulders to the fire
 And gave a sleepy yawn;
 "Oh, bother! let him knock again!"
 He said; but Luck was gone.

Luck tapped again, more faintly still,
 Upon another door;
 Where industry was hard at work
 Mending the cottage floor.
 The door was opened wide at once,
 "Come in!" the wrothcried,
 And Luck was taken by the hand
 And fairly pulled inside.

He still is there—a wondrous sight
 From out whose magic hand
 Fortune flows fast—but Laziness
 Can never understand
 How industry found him a friend;
 "Luck never came my way!"
 He sighs, and quite forgets the knock
 Upon his door that day.

Luck's Dream.