

DOINGS OF WOMEN

Staying Youthful.

Whatever your age may be, begin now to think of yourself as in the dawn of new developments. Say to yourself many times a day that you possess more vital power, more mental force, more magnetism and charm than ever before in your life. Say also that you are better loved and more fully appreciated for all your virtues and charms than ever before, and that your ability to give and receive happiness is unlimited. Then use moments which you have been accustomed to idle away or to employ in melancholy thoughts, in improving yourself. Let this improvement be three-fold, until body and mind and spirit all radiate new brilliancy.

Give your mind new thoughts. Give your spirit new aspirations, and feed your brain with some new purpose. Keep up whatever accomplishments you possess; cultivate new ones. Begin at forty, fifty or sixty, even, to study languages and music and art. And instead of continually thinking about advancing age, think about increasing qualities and charms; instead of worrying over added years, rejoice over added occupations and means of enjoyment. Encourage the young to seek your society. Amuse and interest them, and this can only be done by keeping in sympathy with their ideas.

paper under the part to be embroidered. It will easily pull away when the work is finished.

Never neglect to moisten the linen that is to be drawn, with a damp rag or small sponge. The threads pull even more easily if the line to be pulled is rubbed with soap after being moistened.

It takes but a few moments to mark one's underclothing with embroidered initials, and these are always much prettier than anything that can be sewed on that it seems as if every girl who likes pretty lingerie would mark it in this way.

Changeable tones in chiffon find way among the fall dress materials which look rich over solid silk or satin foundations. These patterns are trimmed with rich trimmings of gold and embroidery.

Old newspaper wrappers make excellent rollers for centerpieces. They can be covered with a piece of white paper, which is easily removed when soiled. To each end paste pieces of tape long enough to hold the covers in position when on.

Strength of Human Hair.

A human hair of average thickness can support a load of 6¼ ounces, and the average number of hairs on the head is about 30,000. A woman's long

little passions with greater grace than a "daughter of the gods"; she needs a protecting arm in a crowd, and she does not take up so much room in a railway car, or dwarf her partners in the ballroom or while out for a walk.

There never yet was a little woman who could not flirt more furiously than a tall one, and yet escape unfavorable notice. Her scratches all seem to be given in play. It is, of course, by comparison that everything is thus or thus, and so it is only when judged by the standard of some exceptionally tall sister that a short woman will permit herself to be so described. She will always indignantly disclaim a brevity of inches under any circumstances, though no woman ever yet objected to the epithet "little woman" as a term of affection.

Position in Sweeping.

If a woman will stand up straight while she is sweeping it will prove the very best possible way of expanding her chest. But stooping over a broom is bad; the chest is contracted and the work made harder.

To sweep vigorously with head up and arms moving freely helps to give the shoulders a beautiful erectness and also pulls off superfluous flesh.

Especially where the arm is too fat directly below the shoulder this work helps. It takes off the extra flesh and rounds the arms splendidly. For this it is almost as good as using the washboard, and that is proverbial for improving the arms.

Mending Umbrellas.

Sometimes a person would like to change some expensive umbrella handle to another umbrella and fasten it on solid. This can be done by cleaning out the hole left in the handle from the old rod and filling the hole with powdered sulphur. Place the handle in a solid, upright position,

AGRICULTURAL



The Apple Barrel.

It stood in the cellar low and dim,
Where the cobwebs swept and swayed,
Holding the store from bough and limb

At the feet of autumn laid.
And oft, when the days were short
and drear

And the north wind shrieked and roared,
We children sought in the corner here,
And drew on the toothsome hoard.

For thus through the long, long winter-time

It answered our every call
With wine of the summer's golden prime

Sealed by the hand of fall,
The best there was of the earth and air,

Of rain and sun and breeze,
Charged to a pipkin sweet and rare
By the art of the faithful trees.

A wonderful barrel was this, had we
Its message but rightly heard,
Filled with the tales of wind and bee,
Of cricket and moth and bird;

Rife with the bliss of the fragrant June

When skies were soft and blue;
Thronged with the dreams of a harvest moon

O'er fields drenched deep with dew.

Oh, homely barrel, I'd fain essay
Your marvelous skill again;
Take me back to the past, I pray,
As willingly now as then—

Back to the tender morns and eves,
The noontides warm and still,
The fleecy clouds and the spangled leaves

Of the orchard over the hill.
—Edwin L. Sabin, in Lippincott's.

Composition of Vegetables.



While vegetables are given a low value as food for man or beast on account of their large percentage of water, the dry portion is highly nutritive. In the potato the 22 per cent of solid matter is nearly all available for food. The proteids as flesh formers and the carbohydrates as fat producers are essential parts of food.

Keep the Road Drag Going.
Bad roads are an extravagance that no farming community can afford. Just what they cost in unnecessary expenses it takes but a moment to determine.

A team and driver are reasonably worth \$3 a day, and by the use of these it is possible to deliver to market from your home 100 bushels of corn. Hauling over good roads, the cost of delivery is 3 cents per bushel. But if, in consequence of bad roads, but fifty bushels can be delivered, the cost is doubled and the difference is what the impassible roads cost you. Continue this calculation, applying it to the hauling of all your crops, and it quickly becomes apparent that it amounts to a very burdensome tax.

Good roads help in every way; they promote sociability by making friends and relatives accessible, and by means of them it is easier to reach the schools and churches and to generally do and enjoy the things which make life really worth living.

Sunflowers for Poultry.
Sunflowers are grown by many poultrymen and farmers. The seed makes an excellent feed for poultry and can be easily and profitably produced. The seeds can be sown in rows and the crop cultivated the same

as corn. When ripe the seed is thrashed out and fed to the poultry either whole or ground. If the sunflower heads are thrown into the chicken yard, the birds will thresh the seeds out themselves with no expense to the grower. It is an excellent fattening food, and when fed with cracked corn gives good results.

It is too late this season to sow the sunflower seeds, but it is a good thing to keep in mind for another year.—Farmers' Guide.

A Troublesome Weed.



Reports come from Ontario that the perennial sow thistle has gained a firm foothold, making it the greatest weed enemy with which the farmer has to contend. It has been spread from one farm to another by the threshing machines, the numerous seeds being easily carried. One method being advocated for its eradication is to sow winter rye in September and pasture it the following spring. This can be followed in June by rye, turnips or buckwheat. In this way crops are secured and the sow thistle fought at the same time.

Fowls and Eggs.

Farmers' Bulletin No. 128, United States Department of Agriculture, says: "The eggs of different kinds of domestic poultry vary in size as well as appearance, and there is also a considerable range in the size of eggs of different breeds. Thus, hens' eggs range from the small ones laid by bantams to the large ones laid by such breeds as light Brahmans. On an average a hen's egg is 2.27 inches in length, and 1.72 inches in diameter or width at the broadest point, and weighs about 2 ounces, or eight eggs to the pound (1½ pounds per dozen). Generally speaking, the eggs of pullets are smaller than those of old hens; those of ducks somewhat larger than hens' eggs, while those of turkeys and geese are considerably larger. Guinea eggs, on an average, measure 1½x1½ inches, are rather pointed at one end, and weigh about 1.4 ounces each, or 17 ounces to the dozen. Goose eggs weigh about 5.5 to 6.7 ounces each, or about 5 pounds to the dozen—that is, more than three times as much as hens' eggs. The eggs of wild birds are said to be smaller than those of the same species when domesticated. Wild ducks' eggs are said to be, on an average, 1.97 to 2.17 inches in diameter; domestic ducks' eggs, 2.36 to 2.56 inches.

Hints on Hog Raising.

The white breed of hogs is gradually disappearing.

Salt buried a few inches in the ground in certain spots will attract the hogs and confine them pretty closely to such places.

It is natural for a hog to root, but if you want to prevent him from doing so a simple ring in the snout will answer the purpose.

It is a great mistake to mark a hog by mutilating his ears. Better use a metal tag.

Successful hog raisers will always have clover or alfalfa pastures for their animals.

Every hog pasture ought to have an open shed on a high point of ground for shelter from the hot sun. Leave all sides open so the air can pass over them.

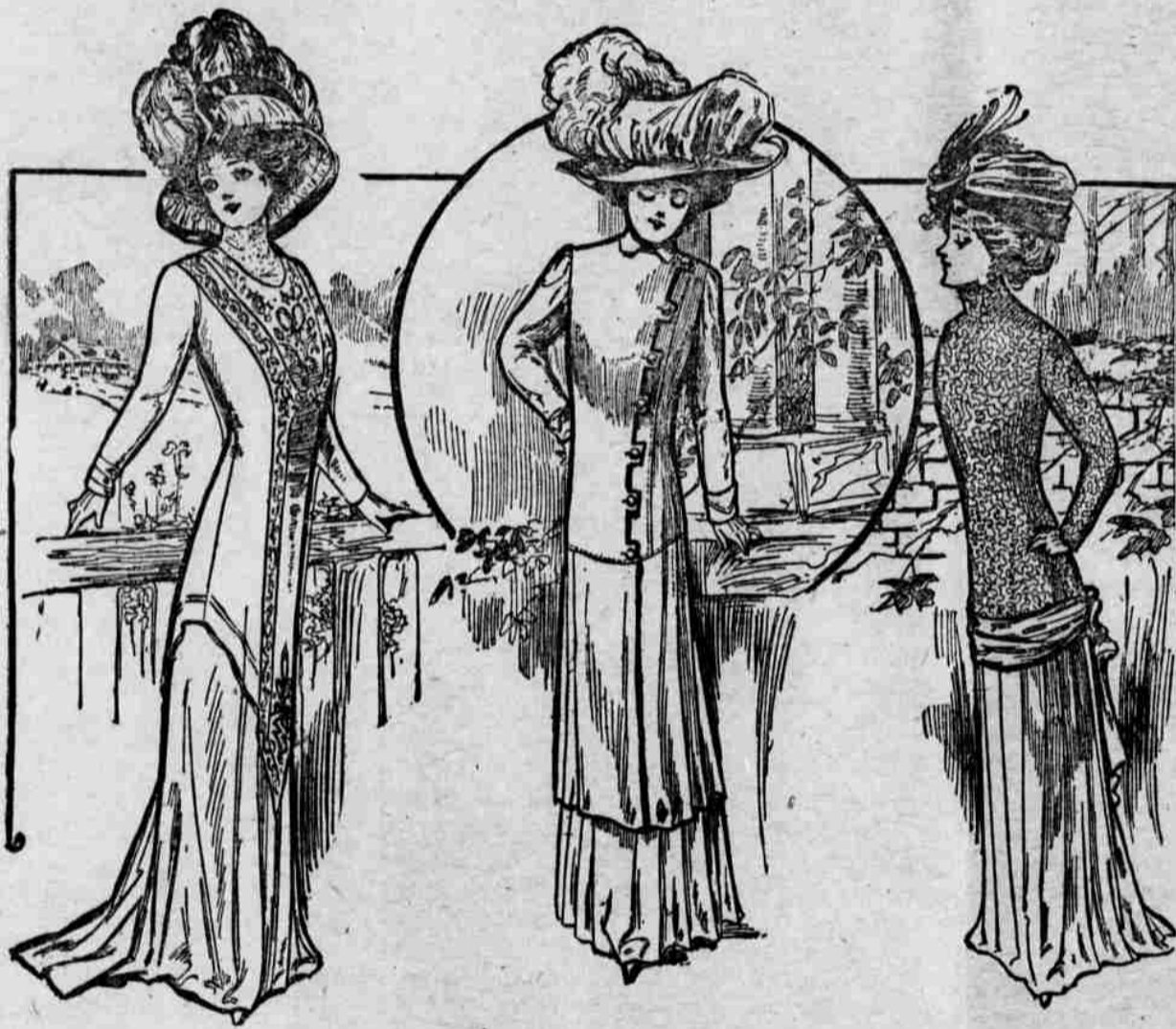
Keep the pigs growing from the day they are born until they go to the slaughtering pen.

The man who imagines that he can produce fat and lean bacon in streaks by feeding one week and starving the next will be disappointed.

It looks like a waste when thinning the fruit on the trees, but the harvest time of larger and better fruit proves the wisdom of the course.

Radishes need lots of potash, and for this reason wood ashes sprinkled on the soil where they are grown will give them large and rapid growth.

THREE STRIKING COSTUMES



Separate Apron Tunic.

Coat in Russian Smock Style.

Jersey Top Frock.

In many of the shops these graceful tunics may be bought, all ready to wear with any skirt that matches, sleeves and even stock and gaiters being supplied to match. In this case tunic and skirt have been built at the same time and the material is a pale biscuit shade of permo fabric, the soft silky combination of mohair and worsted threads which is dominant for such costumes than an all wool material. The braiding is done in the same shade of material and the little

yoke and stock are of dotted net in blue or old lace color.

The Paris fad for everything Russian has brought forward all sorts of Russian habiliments. Tolstoy's peasant smock is much used for coat models and such a smock is suggested here, though this coat has been adapted to meet the longwaisted lines of the season. The fastening, at one side, is very Russian in character, and the fronts are cut double-breasted fashion, closing snugly about the throat. This coat is matched by a

plaited skirt and both are of navy blue mohair.

The ultra expression of the moyen-age mode has been the jersey top dress, with a cultrass bodice reaching to the hip, and braided to imitate the ancient armor effect. This frock is of white silk cashmere, the bodice being of the supple woven silk fabric of which the embroidered silk gloves are fashioned. The braiding is done in white and the sash, which is tied around the hips, is of white satin mesaline.

If you find your thoughts running along the line of criticism and disparaging comparisons of the young people of the day, with those of your own morning time, keep your ideas to yourself. Do not utter them.

Needlework Notes.

A sash of ciel blue satin would be neat on a girl's dress of ciel blue crepe de chine. Make the yoke and sleeves of tacked net.

Tinted embroidery can be cleaned by rubbing the surface with a piece of bread a day old. Use a small piece with the crust on and throw away as soon as soiled.

Cushion covers for bedroom chairs are plain, just back and front, of one colored cretonne, and put together with a simulated hem all around the edge. No frills.

To prevent embroidery on sheer materials from puckering baste tissue

hair has a total tensile strength of more than five tons, and this strength can be increased one-third by twisting the hair. The ancients made practical use of the strength of human hair. The cords of the Roman catapults were made of the hair of slaves, and it is recorded that the free women of Carthage offered their luxuriant tresses for the same use when their city was besieged by the Romans.

Advantages of the Short Girl.

The tall girl may be more imposing in appearance, more of a power at social functions, but the short girl does deadlier execution among men. From the first day they are at ease with her, which means a great deal to the average man; in her presence he does not feel the drawbacks of early incessant cigarette smoking, and the degeneracy of his sex; she can coax and pout, and flounce into pretty

and after heating the umbrella rod red hot push the rod down into the hole containing the sulphur. The hot rod fuses the sulphur, and when cold it will hold the rod solid. This method may be applied to fastening rods into stone, iron or wood.

Thumbcrews as Aid to Beauty.

In olden times thumbcrews were used to torture prisoners into confession, and thus gain from them secrets that only intense bodily pain would bring forth; but this, with many other fiendish means of torture, was left behind by advancing civilization. Now, however, it has made its appearance again, but as a means of self-inflicted torture, says Popular Mechanics. It is the newest aid-to-beauty fad of Europe, and its mission is to squeeze the tips of the fingers until they change from fat and pudgy to long and tapering.