Passing Fancies of the World of Women

Persian Lawn With Lace.

Neatness in white are always dainty and charming, and have, besides, the merit of laundering easily and well. This one is exceptionally graceful and becoming and is shown in linen with frills of pointe de Paris lace, but can be reproduced in many other fabrics and in color as well as white; the frills being of lace, embroidery, or the material, as preferred. Also there is a choice allowed of the flounce or a plain skirt. The garment is a simple one and is made with full fronts and back that are joined to a shallow yoke that is concealed by the big collar. The quantity of material required for the medium size is 14½ yards 27, 12½ yards 32, or 8½ yards 44 inches wide with the flounce, and 10 yards 27, 9 yards 32 or 6 yards 44 without, with 9 yards of lace for frills.

Latest Demands of Fashion.

Radical changes in late summer styles for women are few and far between, although the latest creations in gowns are modeled after those of the Louis periods. Yet some of the changes while not in the extreme are for the better and consist mostly of softening and toning down.

A smart gown of the lingerie type is accompanied by one of those three-quarter coats of a delicate colored taffeta and must be of a soft lustrous quality. There is no lining and insertions of dainty lace give to them a decidedly pretty effect. Some have no lace trimmings at all but are made with puffings and other self trimmings. As for gowns in general they are made with full skirts and the best effects show the fullness at the bottom, which is attained by making the skirt flat about the hips and allowing it to fall out below with a kilted effect at the feet.

Smart Frocks and Hats.

A very smart frock was made of rose-pink muslin trimmed plentifully with lace in Paris shade. It was worn with a Leghorn hat; this had a high crown. There were two twists of soft pink ribbon round it and an immense pink rose with foliage appeared in front. Another charming hat, worn with a pale blue muslin dress, was in a picture shape made of wire, and covered with lace, string colored. The lace was slightly gaged, and simulated a short, narrow curtain at the back. The high crown was trimmed with twisted bands of soft blue satin ribbon, a big chou of the ribbon being fastened in front a little to the left side. Tusser frocks should be worn with coarse straw hats, trimmed say, with cabbage roses and a little foliage, otherwise with bands of velvet or ribbon.—Boston Globe.

Boudoir Confidences

Cerise is a good deal seen in white combinations.

Sweet peas fashion the most fetching flower hat.

Narrow wash braid is much used to trim the linen frock.

Gay Japanese buttons and Oriental belt lighten the dull pongee.

Lace sleeve ruffles seem part and parcel of every smart costume.

A colored bead or two glints in the center of embroidered flowers.

Undersleeves and chemisettes are now a feature of hot-weather fashions.

To tie chiffon veils in a bow in the back is a later notion than to tie them in front.

Finish off the green foliage hat with a great knot of pale blue soft satin ribbon.

Trimmings of soft, lustrous straw are used on gowns of voile, net, lace or taffeta.

Chiffon Mohair.

As the season advances materials of a soft flimsy texture become still more prevalent. One of the newest additions to the popular line of chiffons is chiffon mohair. It is suited to the smartest of summer gowns and gives a pretty effect. The champagne color, white, dark and light blue are very much in demand. In the shaded effects, blue, black and brown are the smartest combinations.

Lemon Catchup.

Cut six smooth-skinned lemons in slices, remove seeds, and sprinkle little salt on each slice, about a tablespoonful in all. Mix an ounce each of chives, mace, and if liked hot, teaspoon of cayenne, a tablespoon each of mustard seed, white pepper and fresh horseradish. Put the lemons in stone jar, with the mixed spices between each layer of lemon slices. Heat two quarts of white wine vinegar boiling hot and pour over the whole. After standing 24 hours, squeeze out the pulp through cheese cloth, strain and bottle. Keep in a cool place. Can be made any time of year, but is especially nice in hot weather on cold meats and a change from other catchup.

Artistic Millinery.

Since the picturesque is the correct phase in frocks, the artistic prevails in millinery. The hats are just as various as are the designs in gowns, and it is a peculiar type of beauty that cannot find something eminently becoming in the current modes. Crowns are higher in the newer models, and ostrich plumes are draped in many and fantastic forms. Brims, too, are growing somewhat wider, and are curved and undulated until they will suit almost any face. Velvet is especially conspicuous as a trimming, and it is expected that the early days of autumn will bring back the chic little velvet toque.

Plenty to Choose From.

Dolly Varden silk mulls make a popular material and form a close rival for the printed nets. In these mulls the ground is white with tinted floral designs upon it. The linen gown is the choice of the ultra fashionable for both morning and afternoon wear. The pale colors are more in vogue than the plain white, although the pure white for hot summer days hold their own.

The Fichu Effect.

Fichus, or collars draped to give a fichu effect, make an easily applied completing touch for many inexpensive summer dresses. These picturesque accessories are made of the finest mull, chiffon or any soft fabric of the kind. They may be finished with self-ruffles or wee frills of lace. Many little French touches in the trimming are possible to the home dressmaker.

With the Housewife

Lemon juice and salt wipe out the average stain.

A little salt in the water sets the average color.

Remove stains before sending garments to the laundry.

Embroidered dresses must be ironed on the wrong side.

To keep cut flowers as long as possible, add a little salt to the water in which they are placed.

For gasoline washing soak the garment in a vessel for half an hour. In spots it may need scrubbing. Rinse in fresh gasoline and hang out to dry.

Fish Pudding.

One-half pound cooked fish, ¼ pound cooked potato, 1 ounce butter, 1 egg, 1 tablespoonful milk, 1 teaspoonful chopped parsley, pepper and salt.

Remove the fat and skin of the fish, and break the fish into small flakes; rub the potato through a wire sieve, mix it with the fish, add pepper and salt; melt the butter in a saucepan, add the fish mixture to it, mix well together; add the egg (well beaten), the milk and parsley; pour the mixture into a buttered mould or pie dish, cover with crumbs, bake in a moderate oven for about thirty minutes, turn out on to a dish-paper, garnish with parsley and lemon, and serve.

For Idle Hours.

The making of fancy chemises and other pretty accessories makes delightful pickup work to engage the idle hours of the summer girl. Sprays of flowers may be elaborately worked and combined with insertion and fine lace, and motives of drawn work are successfully introduced.

Square Yoke Waist.

Square yokes are exceedingly fashionable and suit some figures and faces better than any other sort. This very pretty waist includes one that extends over the shoulder, after the prevailing style, and can be made slightly low, as illustrated, or high with a regulation stock. The model is made of sheer white batiste with the yoke and cuffs of represe net banded with lace insertion, the lining beneath the yoke being cut away to give a transparent effect; but the design is suited to all seasonable materials, thin enough to be made full, and various combinations can be made. All-over lace, of many sorts, fine tucking, and the many combinations of bandings with fancy stitches, all are admirable for yoke and cuffs, while the trimming can be one of many things.

The waist is made with full front and backs which are arranged over a lining that is smooth at the upper portion but gathered at the waist line to blouse with the waist. The yoke is separate, arranged over the waist on indicated lines, and the sleeves are full puffs finished with fitted cuffs and can be either arranged over the foundation or left unlined, as liked.

The quantity of material required for the medium size is 4¼ yards 21 inches wide, 3⅜ yards 27 inches wide, or 2¼ yards 44 inches wide, with 1 yard 18 or ½ yard 40 inches wide for yoke and cuffs and 4½ yards of banding to trim as illustrated.

High Turn-Over Collars.

High turn-over embroidered collars of lace and other materials are still popular. They resemble a great deal those that the old-fashioned tailor once affected for women with long necks. In fact, all the ideas and fancies of the past few years have been combined in the season's styles, and with the most artistic effect.

Shoes in All Colorings.

Oxfords, low pumps and high-heeled slippers are to be seen in all of the newest colorings that leather will take. And there are, as well, lace and button boots—with a preponderance of the laced pattern, be it noted —in all of the shiny black leathers.

A FASHIONABLE BLOUSE.

Cream lace with white silk makes an exceedingly effective as well as fashionable combination both for separate blouses and entire gowns. The very charming waist illustrated is adapted to both purposes, and is made of white Korean crepe, with yoke and cuffs made of motifs of cream potde Venise connected by bands of taffeta embroidered with French knots. The yoke is becomingly shaped and can be made over a foundation or transparent, as may be liked, while the blouse below is laid in fine tucks which are stitched for a short distance only and provide the soft fulness below that point. To make the waist for a woman of medium size will be required 4¼ yards of material 21, 3⅜ yards 27, or 2¼ yards 44 inches wide, with ¾ yard of all-over lace.

A Good Example.

Many of our milk producers can well afford to take a hint from the great bottling establishments as to the care of their milk. We wish that when the opportunity comes readers of this department would make it a point to visit some of these places and see the extraordinary care that is used in cleaning bottles that have held milk, and in keeping clean all things that are to contain milk, or that are to come into contact with milk. What these establishments do on a large scale the farmer can do on a small scale. If it pays the big establishments to keep clean it will pay the small establishments to do likewise. Water and heat are used in great abundance. It may not be possible to have steam in the farm home, but hot water can always be had in large quantities. Hot water is destructive of germ life if it is left long enough in contact with the utensils. The man that has a good deal of milk to handle will find it to his advantage to arrange for tanks of hot water in places where he can use the water when it is needed. Frequently the little kitchen stove and the teakettle are the only means of heating water, and when the farmer has a dozen cows, this way of heating the water makes it necessary to be very economical in using it. The gallon of hot water has to be diluted with cold water to make it go around, and the temperature that results is not too high for germ life to stand. In the big establishments the bottles and other utensils receive a soaking in hot water that will remove any kind of germ or put it in a condition where it cannot develop. It is often said that it is possible to have too much of a good thing, but this is hardly true of hot water and heat in the cleansing of utensils and vessels used in the milk room. We believe that the men that are running the big bottling establishments are setting an example that should be followed as far as it is possible to do so.

The Kerry Cow.

The Kerry cow is being written about quite extensively in our foreign exchanges, and it is not improbable that she is among the breeds that will some time be known in this country. Whether she possesses any points that would adapt her to some particular regions of this country is a matter of conjecture. Perhaps in some of our more mountainous districts in the south and in the far west she might supply a demand for a dairy cow that is poorly supplied at the present time. The cow has also attained considerable importance in England on account of being small in size and being also able to thrive on poor short pasture. Evidently she has been developed under hard conditions. Some of her English friends claim for her that she will give more milk and butter according to her weight and on poor pasturage than any other breed of cattle on the same kind of pasturage. On the other hand, the use of good pasturage seems to be against the Kerry cow, as she at once begins to take on flesh and shrink in her milk. One man says that the Kerry will live and do well where a Jersey cow would starve. She is said to possess one quality that certainly is not common with cows and that is the ability to regain her milk flow when it has been shrunk for months from poor feed. This is a point in her favor, if it can be established. The Kerry is said to be very hardy and to be able to pass the Irish winter without shelter.

Silo Building.

Professor McKay of Iowa is credited with the statement that there are probably not more than ten silos in Iowa. This is surprising in view of the fact that silage is one of the best foods in the world for dairy cows. The maximum feed of silage for dairy cows is 40 pounds and an acre of good corn will produce the rough feed for a cow for 750 days. Think of it! And the cow will eat the entire stalk of the corn up clean when it is served to her in the form of silage. It is surprising to learn that in some of the states of the Union this great saving is ignored. This is especially the case in Iowa and Illinois. There are states in the Union where silos are numerous, notably Wisconsin and New York. Professor McKay says that in Iowa milk is produced as expensively as it was 20 years ago, in spite of the steady advance in price of the land, and the consequent necessity of producing milk more cheaply. It is safe to say that if every farm that has dairy cows on it also had a silo, thousands of the cows that now do not pay their board would be kept at a profit, because the feeding of high-priced feed to poor cows is one of the surest ways to lose money. We have advocated the letting go of the poor cows, but if the farmers are determined to hold onto them they should at least stop feeding them a high-priced feed out of which the cows find it impossible to return a profit.

Dairy Associations.

Most of our agricultural associations are conducted on a high moral plane and the more this is the case the easier will it be to make them effective in the performance of the work they are organized to do. The dairy association, the association of creamery managers, the association of creamery buttermakers, and whatever the name of the association may be, will do well to see to it that a war is made on every form of dishonest dealing. Dishonest practices can be prevented almost entirely when associations of the kind named take a firm stand in regard to them, so far as those practices are found among their own members. There is nothing so potent as public opinion, and frequently this is enough when manifested to stop abuses.

Too little attention is paid to the matter of the quality of the dairy bull.

We are all the time learning new things about soil bacteria, and we may yet find plants that have the power of increasing the fertility of the soil outside of the supply of nitrogen.

SET CRABS TO CATCH CRABS.

Shrewd Jersey Fishermen Made Big Catch by a New Method.

They were sitting in the general store in the seashore resort of Avalon telling the usual Jersey fish stories. It was Ezra Cresse's turn, and he spun the following yarn:

"Some springs ago the crabs was scarce on account of the hard winter. Every summer I made a business of shipping crabs to the city, but the spring I speak of it seemed as though the crabs had all died. You know that the ice kills the crabs and those what's left alive always keep in deep water the following summer. Well, I tried my best to get some crabs. I went along the bank of the creek with a net; I fished with large chunks of meat, and I tramped around to all the salt ponds on the meadows. But it wasn't any use. Finally I thought I'd try a new scheme. So I got a couple of large crabs and tied a long wire about their shells. Then I took them to where the creek runs into the sound an anchored each crab in the water. After that I sunk several large pieces of meat.

"Next day," continued Cresse, "I went to my decoys and caught 300 crabs."—Philadelphia Press.

ONE FOR THE GUM CHEWER.

Writer Denies It Is Altogether a Pernicious Habit.

"The chewing of gum is generally regarded by the parents of children who are addicted to it as a pernicious habit," said the dentist. "And yet, in certain cases, I have no hesitancy in saying that it is a most excellent thing. In fact, on more than one occasion have I advised the parents of children whose jaws were not sufficiently developed to make them chew gum. The constant exercise has a tendency to widen an otherwise narrow jaw and thus make room for teeth that show evidence of crowding each other out of shape. The constant chewing of gum for two hours every day is sufficient exercise to bring about a most desirable result in the dwarfed formation of a child's jaw. Even when no such treatment is necessary I see no reason why the children should be forbidden to chew gum. It can do no harm and may possibly do good in keeping the teeth white and clean."—Philadelphia Record.

The Vacant Lot.

Caleb Strong was a cross old bachelor who lived in a house that had the benefit of the light and air that came over an adjoining vacant corner lot, which he, in the extreme selfishness, desired might remain vacant.

It was with extreme regret that he learned that a man from an adjoining city had come to town to look at the vacant lot, with a view of buying it and building a house on it.

Mr. Strong at once made the acquaintance of seven noisy children who lived in the neighborhood. Then he kept a sharp lookout for the stranger. When he saw him coming up the street he hurriedly invited the seven children to play in his front yard and told them to play as much as they pleased.

They at once took him at his word, and rushed into some games that apparently required the full strength of their voices.

The stranger approached, looked at the vacant lot, then at the children, and then at the house he supposed they lived in. He turned on his heel, walked away, and never appeared in the neighborhood again.

Wanted His Fingers "Cottonized."

"I want me finger cottonized," said a dirty faced urchin in the receiving ward of Hahnemann hospital.

"What's the matter with it?" asked the young doctor, scrutinizing a small red spot on the otherwise grimy finger.

"It's bit. I want it cottonized," said the boy.

"Cauterized, eh?" said the doctor. "Yes, that's it," said the youngster. "What bit it?" asked the doctor.

"A crab," said the boy.

The doctor laughed. "I guess we won't have to cauterize that," he said. "I can assure you that there is no danger from the bite of a crab." The boy looked disappointed. Then, after a moment's silence, he was seized with a sudden inspiration.

"Say, doc," he exclaimed, "suppose it was a devil crab?" The suggestion was convincing, and the doctor good naturedly applied the acid.—Philadelphia Record.

Field Ready With Answer.

On one of Eugene Field's visits to London he was dining and evening with a company most of whom were strangers to him. The lady on his right was stout, somewhat more than middle-aged, and a little deficient in thoughtful of others. When it was casually remarked that Field was from Chicago, she turned to him, put her glasses to her eyes, and remarked:

"Oh, indeed! And how do people live in Chicago?"

"Well," replied Field, "when they caught me I was living in a tree."—New York Times.

Exportation of Prunes.

The exportation of prunes from the United States has grown very rapidly in recent years, the total number of pounds exported in 1898, the first year in which a record was made by the bureau of statistics, being, in round terms, 16,000,000 pounds; in 1902, 23,000,000; in 1903, 60,000,000 and in 1904 it will amount to about 74,000,000 pounds, valued at about $3,500,000.

Antiques.

Good Chippendale and Sheraton
And worthy Hepplewhite,
You made your pieces long ago—
No doubt you made them right.

And though your stately sideboards now
Are counted treasure trove,
Give me the meal of farmhouse days
Served piping from the stove.
—McLandburgh Wilson

Luxury of Egypt's Khedive.

The new harness which the khedive of Egypt ordered in England some months ago is the most costly ever made for four horses. It is valued at $10,000.

Duchess' Claim to Fame.

The dowager duchess of Abercorn has 140 living descendants, including seventy-one great-grandchildren.

Tickle Grass

BY BYRON WILLIAMS

The Suicide of Swallow.

Swallow was a "native." Who he was or from whence he came, none assumed so prehistoric is the knowledge. Like Topsy, he had "just happened," away back in the dim, misty pioneer days of Higby, then a mere trading post, now a great city of meat strikes and cosmopolitan quarters.

That is why all the newspaper boys knew Swallow, knew him as a brilliant but erratic disciple of special assignments, apt to be flush to-day, a panhandler to-morrow, a man with an abused past and an uncertain future made more vacillating because of the "dope" habit. Many and many a time he had been counted down and out by the gang, but he rose up smiling, like Truth, uncrushed—but hungry.

And then Swallow developed a toboggan gait. The first of the month had found him the possessor of a "cow-choking wad," as the slang parlance of the club remarked. A week later he staggered into the Times office at 2 in the morning, his face drawn in abject contour, his clothing bedraggled and unkept. Sidling up to Brown, the city editor, he whispered:

"It's all off, Brownie. I'm all in. There's positively nothing doing. Friends"—here he sobbed feelingly—"friends all gone—money—(sob)—all gone. Brownie, I'm goin' down to the lake—and—go—the same old way!"

That was the beginning. Brown gave him a dollar and thought that would be the ending—of both the dollar and the suicide. During the week a half-dozen of the boys heard the same story and dismissed it in much the same manner. Then came a casual mention at the club, and mutual recognition that the "old war horse" was developing a peculiar trait—one which might, indeed, lead him to a rash personal act.

After that the gang pitied him, argued with him, and at last wearied of him. Regularly and zealously he made the rounds, mysteriously announcing his terrible intention. Then came the fatal night when he blundered into the club.

Weeping softly, while his bosom heaved with emotion, he confided to the coterie that the end had indeed come!

This was the fatal night!

To-morrow morning they would find his lifeless body floating on the tide-water, a soggy, sorrowful speck beneath the turning curlews and the wheeling gulls!

Jones of the Tribune, who had been pestered zealously during the past two weeks, and to whom the suicide idea was familiar as that of "Little Bo-Peep," arose with a flash of determination in his eye.

"Swallow"—he spoke sharply—"Swallow, are you going to drown yourself?"

Swallow humbly bowed his head and wept!

"Well, old man, you've been a good friend to all of us here"—waving his arm toward the wondering auditors—"and we have tried"—swallowing!—"in our weak way to be worthy; but if you feel that you must die"—here he turned toward his fellows for their approbation—"if you feel that you must die, why—why, we'll all go down to the lake with you, Swallow, and find you a good, deep place!"

For a moment there was deep silence. Swallow looked startlingly into the faces of his fellows, realization dawning dilatorily. Then he turned with a groan, plunged down the stairs and disappeared.

Morning came, the day sped, and again the diurnal wheel turned, but no Swallow!

A week passed, then two, and his friends mourned him piously, fervently, dutifully, feeling that they, perhaps, had hastened his doom.

A year had intervened, with its many changes, and Swallow was for the moment forgotten. One busy morning some three weeks later, Brown, knee-deep in the wreckage, was sparring for "30," when the door opened and in walked a nattily dressed man of good bearing, clean-shaven and jaunty despite the white in his hair. Brown looked once, then he took another look and gasped! The visitor smiled and spoke, his hand extended:

"Yes, it's me—Swallow! Glad to see me?"

For answer Brown hugged him immoderately, as was Brown's wont when prodigals returned.

"But—but, where—I thought you had committed suicide! You remember you were going to drown——"

Swallow interrupted him with a sweep of his hand.

"I—I got married instead!"—matter of fact. "She's over at the Auditorium. Boys are coming over at 2 tomorrow. Be there?"

Brown was there! And the resurrection of Swallow was complete!

Girls, when a young man promises to love and cherish you, before saying "Yes," procrastinate long enough to slip around and find out how he has been loving and cherishing his old mother.

Do not be too anxious about the make of your friend's new typewriter until you learn whether he refers to a woman or a machine.

One man judges another by his works, but one woman makes her mental estimate of another by the family washing.

A woman need not necessarily know how to swim to stem currants. Yep, I like 'em in pie pretty good!

Every woman in society is kept busy keeping herself in and other women out.

The older a man gets the steeper he finds the ladder to the haymow!

True lovers frequently spend more time quarreling than loving!

MAKEUP OF THE SKATE.

As Described, He Must Be a Peculiar Denizen of the Deep.

A breezy writer on natural history says of the skate: "He is a bottom fish and flat like a flounder. He has a triangular body, the apex of which forms the snout; opposite the snout are his tail and a few extra pieces of his overcoat, which kind nature has tagged on to him in case he gets cross and has to be mended. His tail is embellished with a few spines—this I know for a fact. He has a couple of eyes, a little way back of his snout, and right back of these are a couple of holes that extend completely through him. These holes connect with his lungs or whatever he uses to breathe with and have an uncomfortable way of looking at you at the same time as his eyes. He has a mouth, too, but it is on the underside of him and convenient for business. It is a funny thing, with spines on the lips, and when you pull the lower jaw the upper jaw moves with it—a sort of automatic trap."

Unpleasant "Cow-Itch."

"There is no vicious growth in Africa or the world," writes a traveler, "to compare with the detestable thing popularly called 'cow-itch' and known to botanists as the mucuna bean. This is a plant having small seed pods covered with a close array of fine, silky hairs, which, when shaken loose, fasten in myriads upon the unconscious wayfarer, and, reaching all parts of the skin, set up an irritation which words are literally powerless to describe. A man attacked by this abominable pest gives way for the time to absolute frenzy. * * * It a precipice were at hand he might almost be forgiven for jumping over it, so wholly unendurable is that burning, pricking, clinging itch."

Toad Not Wasteful.

Some time ago I saw a toad shed his old skin. First the skin split in a straight line down the middle of the back, and the toad with his hind legs pulled it down and off as one might pull off a coat. Then, rolling up the skin into a sort of ball, he promptly swallowed it, showing his disinclination to waste anything—even his cast-off clothes.—Ernest Harold Baynes.

Kentucky Man's Duty.

Jamboree, Ky., August 29 (Special).—After suffering for years with pain in the back, Mr. Coleman Jones, a well-known citizen of this place, has found a complete cure in Dodd's Kidney Pills. Knowing how general this disease is all over the country, Mr. Coleman feels it is his duty to make his experience public for the benefit of other sufferers.

"I want to recommend Dodd's Kidney Pills to everybody who has pain in the back," Mr. Coleman says. "I suffered for years with my back. I used Dodd's Kidney Pills and I have not felt a pain since. My little girl too complained of her back and she used about half a box of Dodd's Kidney Pills and she is sound and well."

Backache is Kidney Ache. Dodd's Kidney Pills are a sure cure for all Kidney Aches, including Rheumatism.

Not a Lucrative Business.

Dr. Smiles did not leave so much money behind him as did Sir H. M. Stanley; but in this case also, as in Stanley's the amount is likely to represent literary earnings. At any rate, $370,000 is not considered a bad recompense for "self-help," when applied in a calling which, apart from the more signal successes of a few novelists and playwrights, rarely leads on to such fortunes as are made in soaps or pills.

Value of Moderation.

The question of the possible duration of human life, when put to great statesmen, scientists and others who have almost reached the century mark of life, has been answered in various ways. Von Moltke, at the age of 90, was still possessed of fine intellectual power, and remarkable vitality. When asked how he managed to live so long and in such excellent health, he replied: "By great moderation in all things and by regular out-of-door exercise."

A Misfit.

A correspondent sends us an interesting natural history note. On opening his wardrobe the other day he found a moth in his dress coat. The effect, he declares, was ludicrous, as the coat was, of course, much too big for the moth.

After It With a Net.

"What on earth are you a-doin' with that 'ar crab net?" asked the farm woman behind the gingham apron. "I'se just a-lookin' for people what casts their bread on the water," said Itinerant Ike; "ain't you goin' to do a little castin' this morning, mum?"

LEARNING THINGS

We Are All in the Apprentice Class.

When a simple change of diet brings back health and happiness the story is briefly told. A lady of Springfield, Ill., says: "After being afflicted for years with nervousness and heart trouble, I received a shock four years ago that left me in such a condition that my life was despaired of. I could get no relief from doctors for from the numberless heart and nerve medicines I tried, because I didn't know that the coffee was daily putting me back more than the Drs. could put me ahead.

"Finally at the request of a friend I left off coffee and began the use of Postum and against my convictions I gradually improved in health until for the past 6 or 8 months I have been entirely free from nervousness and those terrible sinking, weakening spells of heart trouble.

"My troubles all came from the use of coffee which I had drunk from childhood and yet they disappeared when I quit coffee and took up the use of Postum." Name given by Postum Co., Battle Creek, Mich.

Many people marvel at the effects of leaving off coffee and drinking Postum but there is nothing marvelous about it—only common sense.

Coffee is a destroyer—Postum is a rebuilder. That's the reason.

Look in each pkg. for the famous little book, "The Road to Wellville."