

Month and Boauty Mints. Enmember that excessive exercise mars away fat, while moderate excise develops it.

The skin that cannot use glycerine ours may suffer no evil effects if it a diluted with soft water or with mon and water.

It is a mistake to tuck the nightdress under the pillow by day, as is the habit with many. First air it thoreghly and then hang it in the closet.

If you want to strengthen the mussies of the throat both inside and out try puffing out the cheeks and at the came time blowing hard with the lips.

In getting any tooth powder in quantity it is better to take out but a small portion at a time for daily use, as, if exposed to the air, it absorbs impurities.

If you ever are troubled with buzzings and thumping noises in the ears a physician should be consulted a sace, as the hearing is too delicate to be trifled with.

It is a mistake for a person in or-Sinary health to force herself to eat when she has no appetite. Some people think it almost a crime to miss a l and ruin their digestion in

Stretching the jaws as widely as posdble, and, while held in that position trying to force the corners of the mouth together will bring into play all the muscles around the mouth that too often sag from lack of exercise.

When you first feel a sensation of pain in the fingers that may mean a folon, at once put rock sait in the oven. pulverise it and mix with equal parts of turpentine. This mixture applied frequently will destroy within twentyfour hours even a felon that has made some beadway.

Checkerboard Design.



white is in the checkerboard design, His the sketch. The skirt is plaited bright and sweet with flowers in sumand finished with a plain hem. Inc. walst to made jumper fashion and plenty of soft light and warmth, or of trimined with black braid and flower | coolness adapted to the weather-this Mks ornaments made of loops and black sort of thing belongs properly to a woanutache. The girdle closes in the back man who seeks to make her house a and is of black satin.

After a housekeeper fully realizes the worth of turpentine in a household he in never willing to be without mounty of it. It gives quick relief to sursa, is an excellent application for torns, and is good for rheumatism and ore throats. Turpentine is a sure preventire against moths; by dropping a trife in the drawers, trunks and cupboards it will render the garments semore from injury during the summer. It will also keep ants from the closets md storerooms if a few drops are put in the corners and upon the shelves. while it is sure destruction to bedbugs and will effectually drive them away from their haunts if thoroughly applied in all the joints of the bedstead. It fares neither clothing nor furniture. tablespoonful added to a bucket of m water is excellent for cleaning aint. Turpentine is used in laundry work in conjunction with ammonia co paint stains from colored clothen. The two liquids are mixed and the stain dipped in and rubbed until it inappears. It is also used in cold mater starch to make the Iron pass fabric smoothly. Propor four drops to one tablespoonful

Beng to Return. Bangs are coming back to fashion, that does not mean that young on need cut their front hair short do it up in crimps at night, see amount it with the stick quince and dandelion lotions of ancient days. The new bang is a soft, fr cow of what are called pincuris on the forebend, just below dour; and they are called of them are attached to a hairent and tucked in after madour is finished. That is to av have no more connection with e's head than they have with

> town helpt and furnitur and off (boiled) and



NEW WALKING COSTUMES

rose bugs. Kerosene removes lice from | ed plaited models, although the efforts Bowerman, la exchange.

Ideal House Mother.

Let every woman take it to heart to make everybody about her as happy as she can. Let her see that as far as possible they have the rooms they like best, the little articles of furniture and ornament they prefer; let her not disdain to pay such attention to the chairs and sofas of the family dwelling rooms as that every individual may be corsfortably placed and feel that he or she has not been left out in the cold. Let ber try not so much to make her rooms splendid as thoroughly habitable and comfortable-a drawing room mer or dried rose leaves in winter. province of the Kingdom of Heaven,

New Uses for Electricity.

purchased at an electrician's supply shop. This thin metal sheet may be heated to three different degrees, and thus proves invaluable in the sickmakes it possible also that this conductor of heat may be changed to all parts of the body.

Tall and Short Water.

If a girl is tall and short-waisted she should contrive to have the tucks in her waist running up and down, an. the tucks and ruffles in her skirt going around. A narrow belt of the material of the waist should always be worn.

A tall, slender girl may wear pictur seque hats, the large and drooping kind, but should avoid the new striped effects in suitings, as well as the long panel effects in skirts and coats.



sleeves are to usurp the field next sea-More long sleeves are being made for many a day, but short ones posidered more and more au also popular and are coming in handsomest gowns of all classes except strict tailor-mades. The spring squeezed rather than wrung out. and summer traveling suit will have long sleeves, as it should always have tened first with had, but the other summer run-around and house frocks will be in order with

Nine fashionable women out of every ten wear the bell-shaped skirt with ainted floors. A long pointed train, which dress prophially suited for street wear and outing of clothes is ets declars will reign for many a moon. purposes generally. boiler of clothes is ets declare will reason, who, for one reason

poultry and cures scaly legs. Wash to shorten the gored style sometimes perches with it now and then. Some- result in a garment which does not sag times it is quite effectual in family in at the sides nor fall in about the feet. sore throat, rubbing on outside with Long skirts have brought in their wake the hand. This, however, is only for longer jackets. Fetching affairs have Register. sore throats from cold, as sore throat fitted backs and cutaway fronts which, with fever and pain needs a physician in common with the redingotes—some every time. Best médical authority ad- of which extend to within a few inches vises coal oil for hair tonic, rubbing in of the skirt hem-open over smart scalp thoroughly with ends of fingers, waistcoats, deeply pointed at the throat applying at least once a month. The and cut squarely off at the waist line, officers, drunk a toast to "our wives odor quickly passes away. Nothing bet- With the light-colored broadcloth and ter for cleaning zinc and tin .- S. B. kersey suits, the vests are usually of his thoughts have gone over the watcorded silk of precisely the same shade, | er to a modest home in a now unfash. and many of them are double-breasted lonable quarter of Washington, and finished as in the masculine gar- where dwells, the admiral when



is shown in the illustration, the distable from the Atlantic to the Patinguishing feature of which is the st- cific Electric appliances are entering into | tachment of the bib to the belt in back family service at a surprising rate, where it comes down to meet waist Hot water bags are superseded by an line. Large bandanna handkerchiefa ejectric sheet of a given size, exceed- are appropriate for aprona of this sort ingly thin and pliable. It may be which are practical as well as pretty.

> The Buttermilk Bath. Now it's the buttermilk bath taken

internally. It's the newest beauty secret, yet already it is sweeping through the ranks of the elect at a rate that threatens to make it universal before the Newport season opens. Possibly the Wath in itself doesn't give so much of the benefiting as does the rest it entails. It must be taken in bed, and the taking requires a whole day, Which means that the woman who takes it doesn't get up at all. awakes at her usual hour, but instead of rising or even drinking her morning offee or chocolate, she swallows a draught of buttermilk. Then she turns over and goes to sleep for an hour or so. When she awakes she drinks more buttermilk. Another nap follows if she feels inclined. If she doesn't drinks more buttermilk. And when she has done that she drinks more but

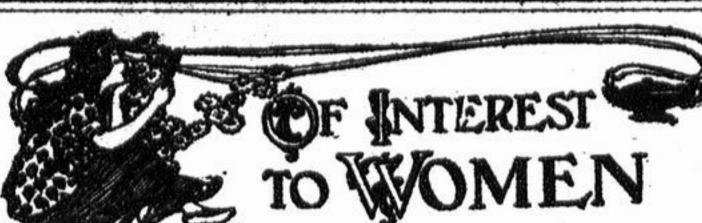
To Shine as a Fool.

Ought we really to regard silliness as an "asset?" It is not at first sight a flattering proposition, yet if we begin a count the truly silly people we know, those who are delightfully idiotic sensible, we begin to realize that it trifles really requires no uncommon gift to shine as one having a splendid reputation as a fool

Fine Mustine. Very fine mustins should be soaked

in tepid water in which borax has been dissolved; one teaspoonful of horax to a gallon of water being sufficient After half an hour they can be rubbed gently in soap suds made of fine, white curd soap. Boiling water is there poured over them and allowed to cool. They should be well rinsed

Tan Shoes Popular. And still it is the tan shoe, dealers declaring that it is more popular than ever before. It may be harder to keep in nice condition, but it is always a comfortable shoe and seems so espec-



WOULD NEVER MARRY. Most of us have often heard wom- | right en, and those with children too, stoutly declare "if I were single again I would never marry." There might be a small excuse if this was always said in a fit of temper; but the writer has heard women in a calm state of mind make this statement,

deliberately and in our opinion wickedly. What causes women to make

and really bad influence.

trials of life. effect for the speaker does not mean wife of the French Ambassador. I it. Let some accident occur in which | Paris there is a regular scale of the husband is injured, or he is takfrom home on business, and how restless she grows; she is realizing how dear he is to her, how dreary is observed. For instance, Mrs. Longlife would be without him, and yet, worth this winter appears devotedly but a short time ago, she was one attached to a ball gown of brown of those who declared, "if single tulle, trimmed in gold sequins, and it again she would never marry." Of is eminently becoming; even though ten where there are children such brown is excluded from the list of

hoping that your influence will cause them to live a single life, for such | though Countess Martel says that they in their turn as their mother | a decollete corsage. It is a reveladid before them, meet the one whom | tion to the French visitor that all sohim. Better to teach them to be Press, loyal and true; and no better way than to practice what you teach. The writer would not be guilty of insinuating to her children that married life was not ideal, or that the Father was inferior in any respect, and never again say in children's presence, particularly if you do not mean it, that "if you were only single, you would not marry," and if you really do mean it, would it not be a good plan to search your own self, and see if you cannot find faults sufficient, that you could not but admire the other half if he would declare that he wished some one had come along before he did. Taking one's self to task would cause one very soon to drop that offensive sentence. "I would never marry again."-New Haven

"FIGHTING BOB'S" WIFE.

Every Saturday night when at sea for nearly forty years Admiral Robley D. Evans has, with his fellowand sweethearts," and to drinking it ashore, and where dwells at all times the lovely white-haired woman, his Telegram,

Mrs. Evans, who prior to her marriage was Charlotte Taylor, was at the time when with a landing to receive four gunshot wounds and haps, and whose time for sewing is his leg from amputation.

An innovation in chafing dish aprone cruise of the great fleet of battle ford Courant.

that has always clung to him. It is upon pins greatly, and she is ac fleet puts into the Golden Gate. It

their Indiana avenue home in waist look short than a short waist Jons with their early married life, | ter is fashion's choice, much perturhave taken their departure to more fashionable districts. Once anchor- belted beneath the arms.-Worth of ed the Admiral and his wife have Paris in Harper's Bazar. been content to stay at their moor-A naval officer does not have to live in fashionable neignborhoods to keep up his social prestige.—Chi-

FROM A MAN'S STANDPOINT. A man can keep another person's secret better than his own; a woman, on the contrary, keeps her secret, though she tells all others.

when every one else is merely dull and are their realm. They embellish there is still the fact to be faced

never to be loved, but it is a humilia- she may try to forget it. tion to be loved no more.

Women like brave men exceedingly, but audacious men still more. There are 24 hours in a day and not a moment in the 24 in which a woman may not change her mind. A man is in general better pleased when he has a good dinner than

when his wife talks Greek, Women give in entirely to their affections, set their whole fortunes on the die, lose themselves eagerly in the glory of their husbands and tips upward children.

Women divine that they are loved long before it is told them. There will always remain something in a longer length. to be said of a woman as long as

there is one on the earth, Woman's bappiness is in obeying, start, She objects to men who abdicate too

Men are generally kind when woman look their best. Women are sure

ent somewhere. It is their birth

In the dissolution of sentimental partnerships it is seldom that both partners can withdraw their funds at precisely the same time.-New Haven

COLOR SCHEMES AMAZE FRENCH-WOMAN.

The manner of choosing colors for these declarations? Just the ordinary evening raiment shocks Countess Martel, a vivacious Frenchwoman, Very often such language has no who is the guest of Mme. Jusserand colors for evening apparel, another for en sick suddenly, perhaps called afternoon finery and still another for i tailored gowns. In parts of America, says this crtic, no system at all language creates a restless, curious evening shades. The Baroness Moncheur frequently wears a robe of It's of no use to talk disparaging | heavy blue crepe, trimmed in tulle ly of married life to your daughters, of the same hue, with insets of silver spangles, and she looks well, even influence counts for naught, when luavy blue is "simply impossible" for A God intended for her, and realizes ciety women do not blindly follow that life would be a blank without the decrees of Paris.—New York

VISITOR MUST BE ENTERTAING To be a well bred and considerate guest is more difficult than to be successful hostess, for the latter takes the initiative, while the former must follow or conform. Failure to do this is inexcusable from a social point

A guest's obligation begins with receiving an invitation, for the acceptance or refusal of it must be made immediately. Too often however, time in answering is allowed to drag, and the woman who has sent an invitation is often uneasy to know whether or not her friends are coming. A tardy refusal may throw out the entire success of the occasion, through the hostess' lack of time to substitute other persons for those who fail on the last day.

When the invitation is for a luncheon or dinner, and has been accepted, guests should time their arrival to five minutes before the hour appoint ed. To be too early is almost as bad as being tardy, for a hostess is rarely ready to receive until the hour mentioned, and to have some one waiting in the drawing room while she finishes dressing is awkward for both--Rosina Schuyler in the New York

TO EARN PIN MONEY.

There are lots of girls with plenty "Fighting Bob's youthful sweetheart of time who might earn pin money and also help out some other girls party he stormed Fort Terry, there who are in business positions, perto he unattended on the sand for most limited, by embroidering shirt hours until a surgeon came, who waists and other articles for a reawanted to cut off his leg. It is de | sonable sum, without loss of dignity clared that the powerful language on to either party. The very high prices the part of the young ensign saved of hand-made articles place them entirely beyond the reach of the ma-Mrs. Evans has watched her bus- jority of business girls, and unless band's sea career nearly half a cen- possessed of unlimited ambition and tury, but it is doubtful if she ever strength, they are obliged to go withwatched any part of it with more so out the dainty embroidered garments licitude than she will watch the that all girls delight to wear .- Hart-

GOWNS AND PINS

rope. Such women make the deftest is probable, she hopes, that before alterations in their toilets, correct per husband meets her on the Pa- ing a too short-waisted appearance effic Coast he will have dropped the by a sash made to point downward in title of Rear Admiral for that of Vice front, or an overlong one by the same device applied the reverse way.

Admiral and Mrs. Evans have come It is far easier to make a long Washington because of its associa- long, and as at this moment the latdraw attention to her lack of inches by putting on an empire costume

ABOUT MIDDLE AGE.

It has been frequently said that there are no middle aged woman nowadays, that they have learned the secret of prolonging their youth and maturity, and that the grandmothers of today are as young as their grandchildren, says Woman's Life.

Bt that as it may, and though women do not put themselves on the "I like women," said a clearhead- shelf at as early an age as they did ed man of the world; "they are so last century, when a girl of twenty finished." They finsh society, man- was looked on as an old maid, and ners, language. Form and ceremony a matron of twenty-four wore caps, that there does come a midway state It is a misfortune for a woman in every woman's life, no matter how

FASHION NOTES.

Last season we had cretonne hats this season it is cretonne coats. The Greek key design is a favorite in decorating all kinds of garments. Even the lingerie petticoa: has its flounce decorated with lace let into it after this design.

Skirts are plaited, circular and gored, many of them with front panel effects. A wide band at the hem

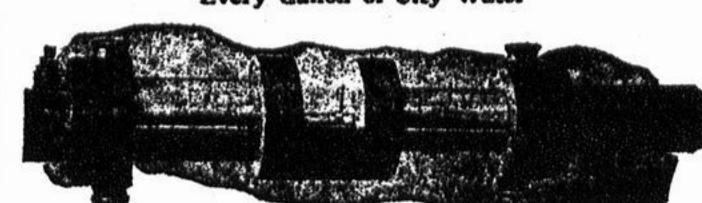
will be much more satisfactory t

When it is desired to combine appearance with comfort, then a shoe with a pointed toe should be chosen The jumper dress had a style which

made it a favorite from its very No very high heels nor flat heels are necessary to comfort, for Cuban

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