

IN DARK LIBERIA

THE very name of Africa has been a subject of much discussion. It is believed that the name is derived from the Latin word "aphrica" (meaning sunny), or from the Greek word "aphrika" (without cold).

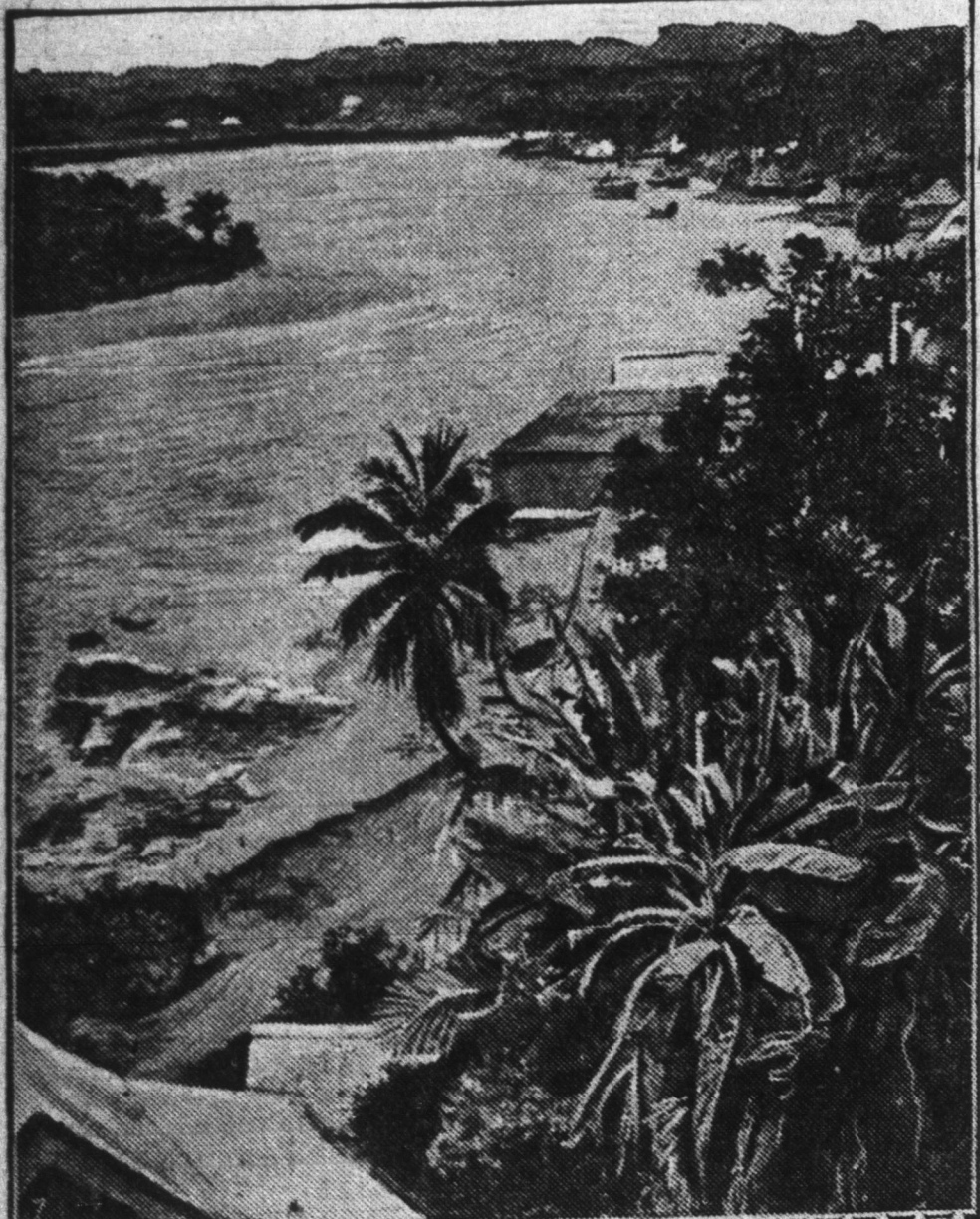
The nickname "Dark Continent" has lost much of its significance. The Bible long ago called Africa "the Land Shadowed with Wings." Mr. Henry M. Stanley stamped it as the Dark Continent. Another man called it the Land of Blinding Sunshine. As I have traversed its jungles and pathways, many times I have called it the Land of Winding Ways, writes James R. Morris in the Christian Herald. When the perspiration has flowed down over my face and body until every thread upon me has been drenched in the warm, moist climate, I have named the country "the Land of Natural Baths."

Africa is a remarkably beautiful country. Its coast lines are picturesque, graceful, fascinating, alluring. Its seaport towns and cities are usually clean, pretty and reasonably healthful. Equatorial Africa has, until the last two decades, been called the White Man's Graveyard, but clean living, quinine, mosquito netting, sobriety and sanitary improvements have made Africa a place where one cannot only exist, but live in as much comfort, take it all in all during the year, as in the city of New York, and

The rivers of Liberia abound with fish, and were it not for the series of fine falls or rapids, from fifteen to twenty miles back from the sea, the rivers might be navigable for hundreds of miles. The woods abound with game of many varieties—the vicious bush-cow, deer, leopards, elephants, civet cats, golden cats, monkeys in almost endless varieties, and other game. In the far interior lions and other big game abound.

About twenty tribes make their home in Liberia. Tribal wars, which depopulated certain districts, are becoming things of the past. Strange secret societies, which were at one time a menace to all, are now losing their power and hold upon the people as education and commerce are going forward. This also means a lessening of one of Africa's greatest curses—household slavery, or buying, selling, loaning or giving wives—and will diminish the numbers held by one man. I am acquainted with one man who has more than one hundred.

On a recent trip to the hinterland, where I had been invited by King Momah, son of the powerful King Pomporah, as we sailed up the river in the little boat, with our serious friend, Solomon Hill, the owner and captain, a clerical and solemn-looking little man in a frock coat so long that it reached to the tops of his shoes; and whose collar and garb stamp him as a preacher, came to me and intro-



AT CAPE PALMAS, LIBERIA

duced himself as a presiding elder, having a large number of churches under him.

He asks very cordially: "What might your name be?" "My name is Morris." "Where you be from?" "The United States," I answered. "I live at Louisiana." "Where is that?" I ask. "On the St. Paul river." Just then everybody jumped up at the report of a gun and a heavy splash was heard as a large alligator, badly wounded, flopped into the water.

Rev. Presiding Elder borrows my fountain pen and begins to write vigorously. But only for a few moments, when he gets into a theological boxing match with several men, who I learn are "Revs." also. This title has a peculiar fascination for many in Africa. Everybody loves a title, and if one who has "Rev." to his name can raise eight dollars and send to Texas or some other place and get a "D. D.," he adds six inches to his coat-tails, and his importance and egotism grow to the proportion of a foot to the inch.

In a Revival Meeting. Friends meet me at the headquarters of the river, and an invitation is extended to attend a revival meeting in a little church near by at night. A serious young man was preaching from the text, "Strive to enter in at the strait gate," etc. We were late, and missed part of his eloquent sermon, but we heard him say: "What fo' you dun cum-beah? Why yo' gwine cum to dis meetin'? Is yo' no' wanderin' feet in de way dat leads to distraction? Is yo' feet on de Rock ob Ages? What is yo' gwine to lib fo'ebber? In de place whar de Good Book say de saints an' gwine? Or is yo' gwine to be shut up in de fire an' de flames?"

"Yo' must git all combusted togeder and seek de Lawd wif all yo' hearts, an' bring yo' piccan (children) an' yo' frens to de Lawd. Do it on time (at once) befo' it am ebberlastin' too late."

I thought he was sound in the faith. What do you think?

LACING AS TRIMMING

RATHER OLD FASHION THAT IS ONCE MORE IN VOGUE.

Illustration Shows How Effective It May Be Made—White Batiste the Best Material for the Collar and Vest.

Lacing as a trimming is revived in the way of novelty every once in a while, and, judging from its present vogue, this is one time. There is something quaintly attractive about the fad, but in many cases it is overdone. Just a touch is all that is needed, and it usually occurs at the neck and sleeve ends of a blouse, and, probably, the girdle.

Here in the model sketched we find the sleeve ends laced and the back of the bodice. That last sounds inconvenient, doesn't it? But the effect is really too pretty to forego, and, besides, the world is full of kindly disposed souls, who can on most occasions be induced to help one in and out of difficult things and thus save us contortions.

In geranium-coral faille or any of the lovely rose tones this chic little frock will commend itself to those of you who love pretty clothes. The lacings are merely narrow bias folds of the silk knotted at the ends and run through strongly buttonholed eyelets.

As the long sleeves are not set into the armholes of the bodice, it will be necessary to use white china silk or something equally thin for a foundation blouse into the armholes of which the sleeves may be sewed. White batiste is used for the collar and the vest, and by supplying snappers around its inside edge it can be fastened to the foundation blouse and be removed for laundering.

The bodice shows a rather deep V in front, but in back is rounded in a shallow curve about the neck. The length is extended a bit below the waist line and in front cut to give the effect of little vest corners, then draped up in place by means of a vertical line of shirring through the center. The wide armholes are bordered with a set-on braid of fine tucks. As the lacing down the back of the waist must not be drawn tightly together,



Lacing Gives a Quaint Touch to This Pretty Frock.

a narrow underpanel of the silk must be sewed down the foundation blouse for a background.

The skirt is in two flounces, and so a knee-length foundation is needed. Both are gathered evenly and rather full about the top, then finished above the hem with a six-inch border of fine tucks that serves to hold the flounces away from the figure.

CARE OF FACE IN SUMMER

Hot Weather Particularly the Time When Complexion Must Be Made a Matter of Moment.

Summer is not a season of pure delight to the woman who values a good complexion. During the warm months extra precautions are necessary in order to preserve the texture and beauty of the skin, for hot winds, hot sunshine and salt water all play havoc with the complexion.

It is hardly possible to go about with a protection in the form of a veil wrapped about one's face, for this is too warm for comfort, and disagreeable and dangerous to the eyes, besides. But there are certain precautions which can be taken to relieve the burning sensation which comes from exposure to the sun. When you have been out in the hot summer air and allowed the sun's rays to kiss your cheeks you will find, of course, that your skin will become red and dry from this reckless exposure.

Don't come in from out of doors, where you have been enjoying a motor trip or a game of tennis and wash the dust and dirt from your skin with soap and water. This only increases the burning sensation and the dryness of the skin.

First rub on a quantity of cold cream and rub thoroughly with a soft cloth. After the irritation has been somewhat lessened the face should then be thoroughly washed and cleansed. Fill a basin two-thirds full of fresh soft water. Should the water which flows from the faucet be hard, then soften it with a teaspoonful of borax to every basin. Dip the face

in frocks of this description the best results can be had by selecting a good, crisp quality of silk, because the design needs a bouffancy that could hardly be acquired with the softer silks.

FINE COMBINATION OF COLOR

Example of What May Be Done by Contrasting the Shades That Have Widest Difference.

Black and white being the mode in Paris must, of course, be the mode on this side of the water, and very beautiful effects are achieved by this striking color combination. In the ex-



ample here the bodice of plain black silk is straight and severe with prim little turn-over collar and cuffs of white, lace-edged. Wide bretelles of the stripe are gathered into black-and-white-striped silk covered buckles on the shoulders. The skirt of the stripe is cut bias and opens over a "V" shaped piece of plain black silk which, like the blouse, fastens with black silk covered buttons in buttonholes done in white. The belt and buckle are of plain black silk and a band of the same finishes the bodice.

Rainy Day Hospital.

When the children break a doll or toy we tie it up and put it in a box which is used for broken toys. On a rainy day we open a carpenter's shop and a hospital. The furniture is put on the table, where nails, hammer, glue and so forth are found. The dolls are put to bed, each with a ticket pinned on with its number. As each number is called the patient is operated on with needle or glue as needed. Later we play carpenter's shop and mend the furniture.

To Season Utensils.

New agate and tin cooking utensils require seasoning before they are used. To do this, simply let them stand on the back of the range for two hours, filled with scalding water and bicarbonate of soda, one teaspoonful to a quart of water, then wash and dry in the regular manner.

Serge in Many Forms.

There are many forms of the silk serge, ranging from a twill almost invisible to a heavy diagonal; but the surah weave is a medium twill and is extremely good looking, either in plain one-tone colorings or in black or color with hair line stripes of white.

in the water, and afterward the hands. Soap the hands well and rub with a gentle motion over the face. Dip the face a second time into the water in the basin, rinse thoroughly and dry with a thick, soft towel. After the facial bath apply some simple lotion, slightly astringent. It will be found very refreshing.

The use of a good cleansing cream before the facial bath and a suitable lotion afterward has a really wonderful effect in improving the complexion. The effect of a clean face is in itself altogether delightful. Such a bath tends to rest and refresh the bather and put her in a good temper. Many a bad complexion is due to nothing more nor less than neglect of a proper cleansing process. If more faces were kept really clean a great improvement in the appearance would be noticed.

Harlequin Designs Popular.

The profusion of black and white worn this season lends itself nicely to the new popular harlequin designs in squares and diamond shapes. They are almost too striking for people to want them for whole dresses, but they are charming in combination with plain black. The slender woman can wear them well.

When Making Buttonholes.

To make buttonholes on thin material, before cutting the buttonholes baste a piece of India linon or muslin underneath where the buttonholes are to be. Cut the buttonholes through both and work. When finished, cut away the piece of goods underneath close to the work, and the result is a good, firm buttonhole.

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ALLEN'S FOOT-EASE for the TROOPS Over 100,000 packages of Allen's Foot-Ease, the antiseptic powder to shake into your shoes, are being used by the German and Allied troops at the front because it rests the feet, gives instant relief to corns and bunions, hot, swollen, aching, tender feet, and makes walking easy. Sold everywhere. Try it TODAY. Don't accept any substitute. Adv.

Any man who can forget what he wants to forget has a good memory.

ROTTEN COFFEE.

When your coffee is harsh and nasty, you may know that the berries have fallen from the tree, and have been swept up from the ground after a certain amount of deterioration.

Remember, then, that there is one line of coffee that is all hand picked and pure, and buy a pound of Denison's Coffee for trial.

Denison's Coffees are always packed in cans, cartons or bags. None other is genuine.

If your grocer does not have Denison's Coffee, write the Denison Coffee Co., Chicago, Ill., who will tell you where it may be purchased.—Adv.

Both Ways. "Sleeping in the open air is a proved experiment, isn't it?" "Yes, and a tentative one as well."

AT THE FIRST SIGNS

Of Falling Hair Get Cuticura. It Works Wonders. Trial Free.

Touch spots of dandruff and itching with Cuticura Ointment, and follow next morning with a hot shampoo of Cuticura Soap. This at once arrests falling hair and promotes hair growth. You may rely on these supercreamy emollients for all skin troubles.

Sample each free by mail with Book. Address postcard, Cuticura, Dept. XY, Boston. Sold everywhere.—Adv.

He Was Heap Careful.

Said a western mining man at the Astor hotel in New York city the other day, according to the Times: "We have a bachelors' mess in the mining camp where I'm located, and we usually have a Chinaman to do the cooking. Some of the Orientals are fine cooks, after they get over a few of the peculiar ideas they have imbibed from their own country's oddities in the culinary line."

"Not long ago we got a new Chinaman as cook. A couple of days later one of the fellows got a pedigreed Irish terrier pup given to him—a real dog. My friend had to go up to one of the mines that afternoon, and he turned the puppy over to the new Chinaman. 'You be mighty careful of this dog,' he said to the cook. 'Me be heap careful,' was the answer.

"That night, at dinner, the new Chinaman brought on, with great ceremony, a covered dish.

"'Me heap careful,' he remarked, as, with a smile of pride, he removed the cover.

"Underneath was the pedigreed pup, neatly cooked in the best Chinese style."

Color Change.

"Your new assistant is blue over his work." "I guess that is because he is so green about it."

The demand for sincerity is far in excess of the visible supply.

MRS. MABEN WAS MADE WELL

By Lydia E. Pinkham's Vegetable Compound and Wants Other Suffering Women To Know It.

Murfreesboro, Tenn.—"I have wanted to write to you for a long time to tell you what your wonderful remedies have done for me. I was a sufferer from female weakness and displacement and I would have such tired, worn out feelings, sick headaches and dizzy spells. Doctors did me no good so I tried the Lydia E. Pink-

ham Remedies—Vegetable Compound and Sanative Wash. I am now well and strong and can do all my own work. I owe it all to Lydia E. Pinkham's Vegetable Compound and want other suffering women to know about it."—Mrs. H. E. MABEN, 211 S. Spring St., Murfreesboro, Tenn.

This famous remedy, the medicinal ingredients of which are derived from native roots and herbs, has for nearly forty years proved to be a most valuable tonic and invigorator of the female organism. Women everywhere bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Why Lose Hope.

No woman suffering from any form of female troubles should lose hope until she has given Lydia E. Pinkham's Vegetable Compound a fair trial.

If you want special advice write to Lydia E. Pinkham Medicine Co. (confidential) Lynn, Mass. Your letter will be opened, read and answered by a woman and held in strict confidence.

Same Thing.

Hearing a noise at the kitchen entrance, the man of the house slipped quietly to the rear door and suddenly opened it. The grocer's delivery boy was there with a basket containing a dozen eggs, a pound of butter and some Roquefort cheese.

"Oh, it's you, is it, Billy?" said the man. "My wife is always afraid when she hears a noise here, especially after it begins to grow dark. She thinks it's a robber."

"Well, she needn't change her mind on my account," gloomily responded the grocer's boy, handing over the goods and presenting the bill, which called for \$1.87.—Pittsburgh Chronicle Telegraph.

A Last Resort.

Mr. Tompkins was obliged to stop over night at a small country hotel, says Harper's Magazine. He was shown to his room by the one boy the place afforded, a colored lad.

"I am glad there's a rope here in case of fire," commented Mr. Tompkins as he surveyed the room, "but what's the idea of putting a Bible in the room in such a prominent place?"

"Dat am intended foh use, sah," replied the boy, "in case de fire am too far advanced for yo' to make yo' escape, sah."

But a man never realizes what fool ideas he has until after he builds a house according to his own plans.



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Post Toasties

These delightful flakes are made of the finest white Indian Corn, steam-cooked, daintily seasoned, rolled and toasted—crisp and golden-brown.

Post Toasties reach you fresh and delicious, perfectly protected and ready to eat. They are mighty good with milk or cream, or with any kind of fruit.

"The Memory Lingers"

—sold by Grocers everywhere.