

CARE OF THE TEETH.

How to Beautify and Preserve Them From Decay.

Without good teeth there cannot be good mastication.

Without thorough mastication there cannot be perfect digestion, and poor health results.

Hence the paramount importance of sound teeth.

Clean teeth do not decay.

The importance of a sound first set of teeth is as great to the child as a sound second set is to the adult.

Children should be taught to use the toothbrush early.

Food left on the teeth ferments, and the acid formed produces decay.

Decay leads in time to pain and the total destruction of the tooth.

The substance of the following rules should therefore be impressed upon all children:

The teeth should be cleansed at least once daily.

The best time to clean the teeth is after the last meal.

A small toothbrush with stiff bristles should be used, brushing up and down and across and inside and outside and in between the teeth.

A simple tooth powder or a little soap and some precipitated chalk taken up on the brush may be used if the teeth are dirty or stained.

It is a good practice to rinse the mouth out after every meal.

All rough usage of the teeth, such as cracking nuts, biting thread, etc., should be avoided, but the proper use of the teeth in chewing is good for them.

When decay occurs, it should be attended to long before any pain results. It is stopping of a small cavity that is of the greatest service.

How to Cure Insomnia.

Let sleepless people court the sun. The very worst soporific is laudanum, and the very best is sunshine. Therefore it is very easily understood that poor sleepers should pass as many hours in the sunshine as possible. Many women are martyrs and do not know it.

They shut the sunshine out of their houses, they wear veils, they carry sunshades, they do all that is possible to keep off the subtlest and yet most potent influence which intended to give them strength and beauty and cheerfulness. Is it not time to change all this, and so get roses and color in your pale cheeks, strength in your weak backs? The sunlight would be a potent influence in the transformation.

How to Tell Mushrooms.

This is one rule given by a well known authority on mushrooms—never touch a mushroom whose lower gills are white. Another tells us that you cannot skin a toadstool and an attempt will cause it to break off in fragments, while the covering of the nonpoisonous, on the contrary, will peel off without the slightest difficulty. There is another test called the onion test. Take half an onion, peel off the dry outside skin and boil it with the mushrooms. If the color of the onion changes to a bluish or black tinge, it will indicate that poisonous fungi are present, while if the onion preserves its color there is no danger.

Old Sir on Competition.

The old man brought in the mail matter and then stopped to make some remarks:

"Wuz you-all's up ter de opery house las' nite?"

"No. What was going on?"

"Well, yo' orter ben dar. Dey had hot goins on ober dis heah kompetishun quescun."

"What did they make out of it?"

"Nigh as I cud make out dere's anudder guess er comin' 'bout dat. But whedder we gits hit er not we kno's now whut hit ar."

"And what is it?"

"Why, de kompetishun whut we's got is er matter ob how much de korporashun on top kin git out ob people an' how little de people kin keep for dersev's an' dere childern's childen! Dat's how hit struck me!"

Despondency

Is often only a symptom of dyspepsia. In dyspepsia there is a loss of nutrition which is felt by brain as well as body; the mind grows morbid as the body loses vigor.

Doctor Pierce's Golden Medical Discovery cures dyspepsia and other diseases of the stomach and associated organs of digestion and nutrition. It enables the proper nutrition of the body and restores mental cheerfulness as well as physical strength.

"For about two years I suffered from a very obstinate case of dyspepsia," writes R. E. Secord, Esq., of 13 Eastern Ave., Toronto, Ontario. "I had a great number of remedies without success. I finally lost faith in them and turned to the far gone that I could not bear any solid food on my stomach for a long time. *feel wretched* and depressed. Could not sleep nor follow my occupation. Some four months ago a friend recommended your 'Golden Medical Discovery.' After a week's treatment I derived so much benefit that I continued the medicine. I have taken three bottles and it has in my case accomplished a permanent cure. I can conscientiously recommend it to the thousands of dyspeptic throughout the land."

Accept no substitute for "Golden Medical Discovery." There is nothing "just as good" for diseases of the stomach, blood, and lungs.

Dr. Pierce's Pleasant Pellets stimulate the liver."

CARL SCHOFIELD.

WASHINGTON LETTER

[Special Correspondence.]

A decree has been handed down by the court of appeals of the District of Columbia to the effect that Washingtonians can play croquet to their heart's content. They can play all night if they want to. In fact, it is the question of night playing that is the burden of the decision. The verdict is the final decree in a suit brought in July, 1900. It is too hot to play croquet during the daytime in Washington in July, so some devotees of the game indulged in the pastime after the sun had gone down. The wickets were set out in a lot near the residence of William M. Marsh in Huntington place. One night a particularly spirited contest between James O. Akers and Margaret Lacy kept Mr. and Mrs. Marsh awake, and the husband and wife, after discussing the inconvenience which they were made to suffer, filed a bill in the district court praying for an injunction on the ground that the croquet players were committing a nuisance. The district court in granting this prayer rendered a decision which practically prohibited games of croquet where it was necessary to use artificial light. The croquet enthusiasts appealed to the supreme court of the district. The question was most earnestly considered by the able jurists composing that body, and a second decision was forthcoming to the effect that croquet was croquet until 10 o'clock at night, but after that hour it was a nuisance and should be suppressed. Mr. Akers and Miss Lacy, however, were dissatisfied with this decision, and the case was carried to the court of appeals, which, after reviewing the decisions of the other two courts, decided that croquet could be played legally in Washington all night long if the participants in the game so desired.

An American "Skansen."

Washington is to have a duplicate of the famous "Skansen," the national park and Northern museum of Stockholm, Sweden. It will form a part of the plans devised by the federal committee appointed for the embellishment and beautifying of the capital.

William W. Thomas, Jr., United States minister to Sweden and Norway, has forwarded to Secretary Hay detailed information, with plans and sketches, of this world famous institution. It was commenced in 1872 by the late Dr. Hazelius and became a national property in 1880, over \$2,000,000 having been expended in its establishment. Skansen and its annex, the Northern museum, has received the unstinted praise of visitors from every foreign country as something unique and as a historical exhibit without an equal in the world.

It is an open air museum, showing the culture of ancient Scandinavia, including the three Scandinavian countries, with Finland and Iceland. The location of Skansen is in the beautiful suburb of Stockholm known as the Deergarden Park. Skansen itself contains hundreds of acres of ground, with picturesque dwellings representing every Swedish province. The interiors of the houses show the furniture, ornaments, articles of domestic use and the provincial dresses of each period of Scandinavian history, while the buildings are surrounded by the plants and animals of each period.

Having procured a piece of the substance which he believed to be borax, Winters and his wife waited for night to make the test. How would it burn?

For years they had lived like Pintos on the desert, entirely without luxuries and often wanting for the very necessities of life. Would the match change all that?

Winters held the blaze to the substance with a trembling hand, then shouted at the top of his voice: "She burns green, Rosie! We're rich! We're rich!"

They had found borax. The mine was sold for \$20,000, and Winters took his Rosie to a ranch in Nevada.

How to Wash Velveteen.

To wash velveteen prepare a lather with soap and warm water in which three-quarters of a teaspoonful of borax has been dissolved. Turn the garment inside out and dip it in and out of the water. If very dirty, soap on the wrong side and rub with the hand, being careful not to press the pile flat. Rinse in clear, softened water. If the color runs, put a tablespoonful of salt in rinsing water and if the color has run much rinse again in more water to which has been added a teaspoonful of vinegar. It will restore the color. Hang out dripping, not squeezing or wring at all.

How to Cook Pork Fillet.

Take pork tenderloin split lengthwise on the side, place the two cut parts together, filling with bread stuffing. Bind with thread to keep together. Place in baking pan on bed of vegetables and spices, including one-half carrot, one-half onion, allspice and cloves. Cover the meat with fat pork or bacon, place in hot oven top rail for ten minutes. Return to lower oven, cook three-quarters of an hour or until done. Baste frequently with a little butter and water and garnish with stewed apples and cress.

How to Make Stone Cement.

To make a lining for stoves or fireplaces, take six parts in bulk of common potter's clay, one part of plaster of paris and one part wood ashes. Mix this together with water to form a thick cement, which must be spread thickly and smoothly in the place where the lining is needed. Fire may be made in the stove in a few hours. If in a day or two cracks appear, fill them up with fresh cement made in the same way, and you will have a perfectly hard and durable lining.

How to Make Grape Cetchup.

Six pounds of ripe grapes (Concord preferred), two pounds of sugar, half a pint of cider vinegar, one teaspoonful each of ground cinnamon, allspice, cloves and white or black pepper, half a teaspoonful of salt. Crush the grapes with a potato masher, add half a pint of water and boil until tender. Strain and add the other ingredients. Boil until it thickens a little. Bottle and seal.

How to Clean Gilt Furniture.

Clean gilt furniture with a sifted whitening made into a cream with alcohol. Cover a small space at a time and

"KING'S EVIL."

Those old English Kings made history. Those old English Kings were fast liver. Those old English Kings got sick.

One disease became so common to them as to be called "King's evil"—a royal disease.

It is now among us—the well known scrofula. Those old English Kings handed it down, spread it through the nations, and here it is.

Too bad Scott's Emulsion was not made in time for those Kings. Scott's Emulsion is a positive cure for King's evil—or scrofula. It heals the sores, adds strength and flesh and brings good health.

We'll send you a little to try, if you like.

SCOTT & BOWNE, 409 Pearl street, New York.

"SHE BURNS GREEN."

The Discovery of Borax in Death Valley by Aaron Winters.

The greatest discovery of borax in the United States was made in the terribly hot region known as Death Valley and in a most romantic way. The Chicago Record tells the story.

In 1880 Aaron Winters lived with his wife, Rosie, in a gulch known as Ash Meadows, not far from the mouth of Death valley. He was so fond of his wife that he would not allow her to be long absent from him, although their little hut on the side of the mountain was a hundred miles from the nearest neighbor, in a wild, rugged forsaken country.

One day a desert tramp came along and spent the night at the Winters home. He told the hunter about the borax deposits of Nevada. When he went away, Winters thought that he had seen deposits of the same kind on his explorations into Death Valley.

Accordingly he and his wife went together to make the search, having previously provided themselves with certain test chemicals, which when combined with borax and ignited would produce a green flame.

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Clean gilt furniture with a sifted whitening made into a cream with alcohol. Cover a small space at a time and

rub on slowly in circulars. If a spot sticks, touch it very lightly with clear alcohol. If there is much dirt or deep tarnish, wash quickly with borax soap-suds, wipe dry, then cover with the wet whitening and let it dry.

No Word for Love.

In comparison with the English tongue foreign tongues seem parsimonious in some ways of expression and wasteful in others.

For instance, it is impossible to "kick" man in French. You must give him a "blow with the foot." The Portuguese do not "wink" at one; they "close and open the eyes."

In the languages of the American Indians there is no word with which to convey the idea of "stealing," perhaps because the idea of property is so vague. It is related of one of the early missionaries that in attempting to translate the Bible into Algonquin he could find no word to express "love" and was compelled to invent it.

A Spelling Bee.

Some of you who think you are well up in spelling just try to spell the words in this little sentence:

"It is agreeable to witness the unparalleled ecstasy of two harassed peddlers endeavoring to gauge the symmetry of two peeled pears."

Read it over to your friends and see how many of them can spell every word correctly. The sentence contains many of the real puzzlers of the spelling book.—London Tit-Bits.

His Everyday Suit.

Dixon—I don't believe young Shortleigh is half as extravagant as people say he is.

Hixon—Perhaps not, but I've noticed that he has a suit of clothes for every day of the week.

Dixon—Is that so? Why, he has always had the same suit on every time I met him.

Hixon—Well, that's the one.

No Climbing.

"Ah, my friend," sighed old Skinfly, who was dying. "I'm going a long, long journey."

"Never mind," replied the friend, who knew him well.

"It's all down hill,"—Philadelphia Record.

A Wicked Institution.

Miss Sereleaf—Fashion seems to tend toward costumes of the last century.

Miss May Budd—How nice! Some people will be able to make over their old dresses.—Town and Country.

They Knew Him.

"Here's another" story about the oldest inhabitant," he remarked, looking up from his paper.

"Who is he?" she asked, although without displaying much interest.

"I know," broke in the bright little girl.

"So do I," asserted the smart little boy.

"You know who the oldest inhabitant is," repeated the father in surprise. "Well, who is it, Ethel?"

"It's the man who dies so often," answered the bright little girl. "You're always reading about him in the paper."

"Huh!" ejaculated the smart little boy scornfully. "I guess you don't know what you're talking about. It's the fellow that's always remembering about cold winters and hot summers when the weather's bad."

POINTED PARAGRAPHS.