HOUSE AND HOME TOPICS


$\qquad$
Our Gi tuitherts stralght Backed
When our grandmosthers oise were girl and straight brandmuthers were girls pulaces, the young woren held thing
selves with as straightness that was al. muse stifn ness. Thine whin they gree
old they still held themsel ves like guch
essee. For it is the way one sits rathe esses. For it is the way one sits rat
than the oxarcises one talkes that det
mines the orectness of the figure.

 fore, it it necessary to sit as far back in
the chiarir as popssible, os that the lower
end of the opine shal be braced against
the back of the seat. If tuis back is
 base of the spine is supporied properly.
This position makes no strain upon the
ligamente of the spine Every organ
ot the body is pro The feet should rest squarely upon
the floor the hands should rest light1y
in the lap, and thus perfect equibrity the floor : the hands should rest lightly
in the lap, and thus perfect equilibium
and rest is secured. The arms should
and never be crossed, for that position causes
a train upon the spine, placess a weight
upon the stomach and pliaphragm and respiration.
Once in a while it is a good thing to
pace the rams behind the tuack, giving
as it does, the fuliest expansion to the place the arms behind the back, giving
as it does, the fuliest expansion to the
uppor part of the body. - New York
World.



dured. $\begin{aligned} & \text { Finlly they were able to tell that they } \\ & \text { had sailed fron Mobile under Capi } \\ & \text { Line }\end{aligned}$
 thrown on her bean ends and becane
hopeless wreck. All liands took to the
loouss having time only to store a scant
supply of food ani water. The sea was
The


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will therefore see that when ond will, herefore, see that when such Orders are likely
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