



MISS IDA RIDDLE.

A Practical Philanthropist and a Student of Sociology.

Miss Ida Riddle of Omaha is a capable and energetic worker along philanthropic lines, is an earnest student of sociology and is anxious to help the unfortunate solve their own problems for themselves.

Miss Riddle is mother by proxy of twenty-three children, all of whom she has legally adopted according to the laws of Nebraska.

Miss Riddle is a charity worker and was at one time secretary of the Associated Charities of Omaha. This work carried her among the poorest class of people and has made her heart very warm toward the little children who need her help. She came across many cases in which the little ones were getting the worst of it either through indifference and neglect, and she tried in many ways to assist them.

One time when a drunken father and mother were in court for abusing their little girl the judge decided to take the child from the parents. Miss Riddle offered to legally adopt the child and so care for it until she could secure it a



MISS IDA RIDDLE.

good home. The parents did not object, and soon Miss Riddle had a "family of one." The family was a success, and shortly afterward a second child was added thereto. For her two children Miss Riddle in time secured good homes, but she continued as their guardian and to watch out for their welfare.

But it remained for a Lincoln judge to appoint her guardian of a whole family. She had succeeded in rescuing a family of five children from a vagrant mother and had them taken into court for further disposal. There was neither juvenile court nor detention home for the strays. After a moment's consideration the judge settled matters by appointing Miss Riddle mother in chief to the entire bunch.

One at a time was not formidable, but five in a heap was a trifle overwhelming even to a benevolent worker like Miss Riddle. While she gasped just a little at the idea, she accepted the responsibility and busied herself in finding homes for the children.

Later Judge Sutton in Omaha repeated the incident and gave Miss Riddle another block of five, but she never flinched when she became the legal mother of so many.

"I try to visit all my wards once each week," says the much mothered Miss Riddle. "I see that they are taken care of properly and are given good training. Occasionally I have to remove one from the home to which I first sent it, but in the main my children are all doing well, and I am proud of them. I love them all, and I believe they all love me. And I am going to adopt some more of them too. Twenty-three may seem like a great many for one 'mother' to watch over, but it's easy when you once get used to it."—Omaha World-Herald.

Do Not Neglect Your Sleep.

The inability to rest either at night or by means of short respites from activity during the day, says the Delinquent, is the beginning, with many women, of a nervous breakdown and should be heeded as nature's warning that all is not well and that the routine of life, whether of work or pleasure, must be closely scanned and so changed as to lessen the strain.

The amount of sleep required varies with the constitution, age and habits of life. The average worker, whose drafts on vitality are the largest, needing the most, at least seven to nine hours' sleep are needed by all who lead active lives and would keep themselves physically and mentally at the summit of their powers. Physicians agree that woman commonly requires at least an hour's more sleep than man, but also that she bears deprivation of rest better. This is due, however, to the fact that in crises which demand wakefulness her sympathies and emotions are commonly involved, and the intensity of her interests keeps her alert. Not till the excitement, which in her is an exaltation of spirit holding her to her duty, is passed will she feel the loss of rest, but then she should yield herself to an increased amount of sleep, as should the brain worker after every unusual and prolonged effort.

About Electrolysis.

Although not a seriously painful operation, electrolysis causes sufficient smarting to make it dreaded by nervous individuals, and when such is the

MANAGING A MAN.

Good Advice About Nagging. Even Though It Be Hard to Follow.

The best time not to nag a man is when he's down—when he is suffering from the consequences of his own fault. Let him alone then if you never do again. Do not be afraid that he is not aware of his sins. He probably is. He probably has not an excuse in his own mind for his conduct, but if you begin to nag him all his human nature will rise in rebellion against the implied "I am better than thou," and he will justify himself, even though it be silently.

On the contrary, help him when he is down, not with ostentatious virtue, but by some sensible, practical aid in getting out of the trouble he has brought on himself. Don't act holy yourself, but "lend a hand."

Then when the trouble is all over don't rub it into him. More than likely he will confess to having been a beast. Don't take advantage of his humility. Just know that all human nature is the same and pin your faith to the good, not the evil.

Perhaps you are suffering from his fault. Perhaps the thought of your injuries is too strong to be borne. Then don't think about them. Turn your back resolutely on them and know that no one but yourself can injure you.

Your attempt to coerce a man and to drive him down some road of your making will surely wreck the cart. No individual has a right to attempt the control of another. Strew your own road with flowers of kindness and courage and the weary traveler will wish to walk therein with you.—Philadelphia Press.

A DOG IN THE HOUSE.

Keep the Children From the Animal if It Is Sick.

It makes you feel very mean to tear a fluffy bit of dog from the child or woman who is attached to it, writes Margaret Hubbard Ayer in the New York World, but in most cases too much dog petting is injurious for grownups, and particularly so for children. Families who live in the country have possibilities of avoiding the evil, for the dogs sleep in barns or outhouses. But for city dwellers a dog is liable to bring all kinds of disease germs into the house, and children are especially open to infection.

Setting aside the most terrible malady of the dog, rabies, there are hundreds of other diseases which the pet animal can communicate to the human being. No one can deny a child the pleasure of having a pet, but the dog can and should be trained never to lick even the hands of a person about it. At the first sign of sickness on the part of a house dog the animal should be sequestered and the veterinary called in. Children should never be allowed to touch or even to go near a sick dog.

The dog should never sleep on the bed of a child or grown person, particularly not of a nervous child. No pet should sleep in the room of a person who is easily devitalized, as the animal takes away some of the air and some of the vitality which belongs to the human being.

HEALTH AND BEAUTY.

When the waist is much contracted, it always means overdevelopment of the hips.

A paste of salicylic acid and witch hazel applied to moles will remove them. The paste must not touch the surrounding skin.

A woman who is noted for her beautiful white hair uses a salt shampoo. Ordinary table salt rubbed briskly into the scalp is stimulating and cleansing. Instead of using talcum powder on the hair to remove the oily appearance try powdered orris root. It takes out the oil, does not cling to the hair as the talcum powder does and leaves a faint perfume.

A very fine mouth wash is made by combining an ounce of tincture of orris root, an ounce of essence of white rose, an ounce of alcohol and twenty drops of peppermint. Pour a few drops in a half glass of water and rinse the mouth thoroughly.

The Sink.

All wood should be removed from a sink, according to Good Housekeeping, and replaced with a porcelain sink, back and sides. That being too expensive, then use slate, zinc or copper. The materials should be absolutely impervious to moisture and without paint, which only wears off and leaves an untidy surface. Modern plumbers use iron instead of lead pipes almost entirely, and yet by care the old lead ones may continue to serve. Frequent flushing of the sink is an absolute necessity for perfect freedom from danger. It should be done with very hot water, but followed by a little cold water, lest the heat cause a vacuum and draw the water off the trap, leaving it open for gases to escape through the outlet of the sink. The treatment should be applied to every fixture in a house after the cleaning process.

The Wrong Things Cheap.

I remember the despairing cry of a woman looking hopelessly through her wardrobe. "I should have been a better woman if I had been born with feathers!" How well I knew just what she meant! She was examining disconsolately a shabby white satin dress—the kind of satin that betrays its plebeian cotton origin. "I wish I were a guinea hen with respectable speckled feathers!" she cried as she gave a discouraged slam to the wardrobe door. "Then I wouldn't use up three-quarters of my intellect getting the wrong things cheap!"—Mrs. John Lane in Fortnightly Review.

Incense Parties.

"Incense parties" were a common feature of old Japan. Each of the guests had a little furnace, a small wooden box packed with sand. On the top of this was a small charcoal fire. Each woman in turn burned some incense, and the others had to guess what it was. After every burning the windows were thrown open, and the room was cleared for the next experiment.

Parsley.

Parsley was eaten by the ladies of ancient Rome as a cleanser of the breath, and honey boiled in aniseed and wine were also used for the same purpose.

Highest Lighthouses.

The highest lighthouses are the Bartholdi statue of Liberty in New York harbor, which is 151 feet, besides a pedestal of 155 feet; one at Genoa, Italy, 218 feet in height, and Cape Hatteras light, which is 189 feet.

Bookselling.

Bookselling is the most healthy trade. A bookseller loses on an average only four and one-half days yearly by illness, while a mason or miller loses nine days.

Imitation Pearls.

Imitation pearls were manufactured in Egypt at least fifteen centuries before our era, say some authorities, and the manufacture seems to have remained stationary there for a long time. The manufacture of a false pearl at Rome goes back to the period when the taste for fine pearls became general, and Pliny indicates this in the most precise manner.

A Lac of Rupees.

A lac of rupees means 100,000 rupees. As the rupee varies in value, there is no fixed sum equivalent to a lac. At the nominal value of a rupee, 50 cents, a lac would mean \$50,000.

Women Warriors.

Women in China have the privilege of fighting in the wars. In the rebellion of 1850 women did as much fighting as men. At Nankin in 1853 about 500,000 women from various parts of the country were formed into brigades of 13,000 each under female officers. Of these soldiers 10,000 were picked women, drilled and garrisoned in the city.

Plaster of Paris.

When plaster of paris is used for mending cracks in plastering, mix it with vinegar instead of water. It will be more easily worked with.

Human Faced Clock.

A clock with a human face is the work of a clockmaker in St. Petersburg. The hands are pivoted on the nose. At midnight the eyes close and the mouth yawns. About 2 in the morning the mouth emits a gentle snore. This is done by means of a photograph in the interior.

Where Titles Are Secure.

There are no known pretenders to Asiatic or African thrones, titles or authority for the very simple reason that in those continents it has been for long years customary to decapitate a pretender in testimony of the better title of his successful rival.

Ancient Rome's Wall.

In the time of Augustus Rome was entirely surrounded by a high wall which was twenty miles in circumference.

White Oak.

The average growth in white oak is only about four one-hundredths of an inch a year.

Young Spiders' Webs.

Leutenhoek says that 4,000,000 webs, spun by young spiders when they first begin to use the spinneret, are not, if twisted together, as great in diameter as a hair from a human head.

Dwarf Hudson.

The most noted dwarf was Jeffery Hudson, born in 1619. At the age of eight he was eighteen inches high and was served upon the table as a cold pie as a present to Charles I. At the age of thirty he began to grow and reached the height of three feet nine inches. He lived to be sixty-three and died in prison.

Goldfish.

Goldfish are of Chinese origin. They were originally found in a large lake near Mount Tsientung and were first brought to Europe in the seventeenth century. The first in France came as a present to Mme. de Pompadour.

The Largest Room.

The largest room without columns is said to be in a solid concrete building of the mosque at Lucknow, India. It is 162 feet long, 54 wide and 53 high. The timber mold was left a year for the concrete to set, and the building, erected in 1784, is still unimpaired.

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Bronchitis is generally the result of a cold caused by inclement weather or exposure to wet, and is a very dangerous inflammatory affection of the bronchial tubes.

The symptoms are tightness across the chest, sharp pains and difficulty in breathing, and a secretion of thick phlegm, at first white, but later of a greenish or yellowish color.

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Mrs. S. Fiddler, Linton, N.B., writes: "I feel it my duty to let you know of my experience with Dr. Wood's Norway Pine Syrup. My little girl was very low with Bronchitis and our doctor did all in his power for her, but could only give her relief for a short time. My husband saw your medicine advertised, and immediately procured three bottles. I never saw anything give so much relief in so short a time. It stopped the annoying cough at night and she is now perfectly cured. I am so glad I can hardly express my gratitude for what Dr. Wood's Norway Pine Syrup has done for us."

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BOOKS IN THE HOME.

The Way Children Should Be Taught to Use Them.

Children should early be taught the proper way to open and hold a book. All heavy books require special care. When too heavy for the hand, they should rest on a table or a stand.

No one ever should be allowed to lean upon an open book. The books that can be handled without effort should be allowed to rest with their backs in the palm of the hand while one is reading. This, of course, applies to books with fine bindings.

It is taken for granted that every house, as a matter of course, will have at least one Bible and one copy of Shakespeare as indispensable furnishings. Next come an unabridged dictionary and a complete atlas of the world. The next book is a classical dictionary.

Any standard book of prose and poetical quotations comes next in importance in the family library. A book of English synonyms follows in order of desirability.

Popular nature books are delightful, particularly where there are children to enjoy the information about stars and plants and animals.

The children should be taught how to use reference books, to look up meanings, spellings, places, and so on. The habit of looking up whatever needs greater elucidation augurs well for good culture and education. The child that has acquired it requires but little going to school in order to surpass those who have expensive schooling, but no training in the use of reference books.—Exchange.

Oyster Epicures.

The ancient Romans were great oyster epicures. They ate the bivalves in immense numbers and were able to tell with eyes closed just what coast they came from.

The Modesty of Women

Naturally makes them shrink from the indecent questions, the obnoxious examinations, and unpleasant local treatments, which some physicians consider essential in the treatment of diseases of women. Yet, if help can be had, it is better to submit to this ordeal than let the disease grow and spread. The trouble is that so often the woman undergoes all the annoyance and shame for nothing. Thousands of women who have been cured by Dr. Pierce's Favorite Prescription write in appreciation of the cure which dispels all the examinations and local treatments. There is no other medicine so sure and safe for delicate women as "Favorite Prescription." It cures debilitating drains, irregularity and female weakness. It always helps. It almost always cures. It is strictly non-alcoholic, non-secret, all its ingredients being printed on its bottle-wrapper; contains no deleterious or habit-forming drugs, and every native medicinal root entering into its composition has the full endorsement of those most eminent in the several schools of medical practice. Some of these numerous and strongest professional endorsements of its ingredients will be found in a pamphlet wrapped around the bottle, also in a booklet mailed free on request, by Dr. R. V. Pierce, of Buffalo, N. Y. These professional endorsements should have far more weight than any amount of the ordinary lay, or non-professional testimonials.

The most intelligent women now-a-days insist on knowing what they take as medicine instead of opening their mouths like a lot of young birds and gulping down whatever is offered them. "Favorite Prescription" is of known composition. It makes weak women strong and sick women well.

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Son—I don't need any, father; it's the other people who need it.—Fliegende Blaetter.

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