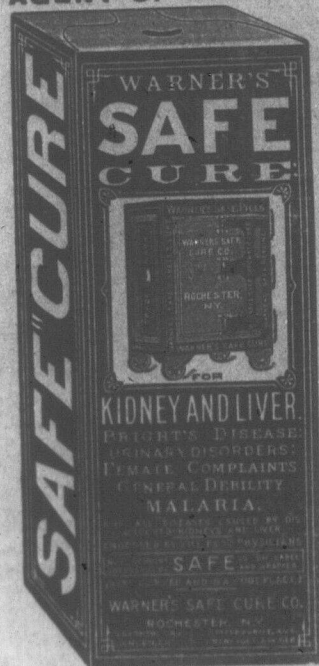


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**Makes  
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The COOK who uses, the GROCER who  
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**WOODILL'S GERMAN  
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## The Home.

### Commonplace Lives.

"A commonplace life," we say, and we sigh.  
But why should we sigh as we say?  
The commonplace sun in the common-  
place sky  
Makes up the commonplace day.  
The moon and the stars are commonplace  
things,  
And the flower that blooms, and the bird  
that sings,  
But dark were the world, and sad our lot,  
If the flowers should fail and the sun shine  
not—  
And God, who studies each separate soul.  
Out of commonplace lives makes his  
beautiful whole.—Susan Coolidge.

\*\*\*

### Medical Education of Women.

The time has passed when any one can  
enter the profession of medicine without  
being well equipped with a thorough edu-  
cation and some means to start upon.  
Many of the colleges for women have a  
two-years medical preparatory course  
through which the student must pass be-  
fore she is admitted to the regular schools  
of medicine, which cover the work of two  
more years.

Thoroughly educated women have met  
with flattering success, but those who have  
been prepared in a perfunctory manner for  
their work have not succeeded so well.  
The highest positions, both in medical so-  
cieties and in medical colleges, have been  
accorded women who have shown them-  
selves pre-eminent in this profession.

In England the success of women prac-  
titioners has been gratifying. They have  
not only secured many of the highest med-  
ical prizes, but a large number hold res-  
ponsible public appointments. Among these  
may be mentioned Miss Jex-Blake, dean of  
the Edinburgh School of Medicine for  
Women; Mrs. Philson, member of the Sen-  
ate of the University of Bombay; Miss  
Edith Shore, medical officer to the General  
Postoffice, London; Miss Julia Cock, med-  
ical examiner for the Government Life  
Assurance Fund, and Mrs. Scharlief,  
Queen's lecturer on philosophy to the  
National Association for Nurses.

A great many appointments are held in  
India by qualified medical women. This  
is especially necessary, as Indian women  
will not avail themselves of the services of  
medical men. One of the most successful  
Indian physicians in Rukhmbai, who was  
so successful a few years since in breaking  
through the iron-bound precedents of her  
land and resisting a contract of marriage  
made for her according to Indian custom  
in her infancy. Her efforts in this country  
and England in bringing before the public  
the deplorable condition of the child  
widows of India caused a much-needed re-  
form. She came to London, and, though  
possessed of an imperfect knowledge of  
English, she successfully passed her med-  
ical examinations. She has taken degrees  
at the Scotch medical colleges and at Brus-  
sels, and is now house surgeon of the Kama  
hospital at Bombay.

\*\*\*

### The Consumption of Tea.

According to recent report, the consump-  
tion of tea is steadily increasing both in  
America and England, and there is a pro-  
portionate falling off in the coffee drinkers.  
This, too, in spite of the fact that each  
year brings out, on an average, several new  
patent contrivances for making coffee by  
improved processes.

The consumption of tea in Great Britain  
alone during a single year increased 2 per  
cent. The popularity of the afternoon tea  
has no doubt led to an increase of tea  
drinking in this country, and hard times  
have no doubt led to an increased consump-  
tion of the cheaper beverage. The principal  
reason, however, is the unsatisfactory  
manner in which coffee is generally pre-  
pared. We do not need any more patent  
coffee pots or any improved methods.  
To the carelessness of cooks in preparing

their coffee is due the fact that the bever-  
age is losing popularity. Grocers handle  
browned coffee in the same way they do  
the raw bean, leaving it often in open ves-  
sels exposed to the air, and the aroma and  
flavor of the berry become hopelessly lost.

Raw coffee beans are improved by keep-  
ing, providing they are stored in a dry place  
protected from excessive heat and cold.  
Coffee should be prepared as soon as pos-  
sible after it has been browned and ground.  
Excellent coffee can be made by boiling,  
providing the simple directions for the  
process are conscientiously followed, or by  
"dripping on a coffee biggin" by the com-  
mon French method if directions are also  
followed. The maid who is guided by "her  
sweet will" and refuses to be guided by  
rule can never make a cup of delicious  
golden-brown coffee redolent of the aromas  
of Araby and heaped with snowy cream.

In Germany, where the coffee is brown-  
ed and ground each morning before it is  
made, there is no falling off in the con-  
sumption of coffee. The Germans and  
French remain the best makers of coffee in  
the world, and probably the largest con-  
sumers in proportion to their population.

\*\*\*

### Sunny Nurseries.

Many mothers do not realize the curative  
powers of sunshine. English authorities  
on nursing consider it essential to an in-  
valid room that it be on the sunny side of  
the house and have an open fire, which  
shall act as a ventilator as well as a means  
of heating the apartment. Where the room  
is heated by steam or hot water and prop-  
erly ventilated, the open fire may be dis-  
pensed with. The noise of putting on fuel  
and the dust of such a fire are often very  
annoying to a nervous invalid.

Little children are much more likely to  
endure the hardships of winter without  
cold or ailments of any kind, if they are  
kept in a bright room where they can play  
about in the sunshine when they are in-  
doors.

It cannot be too often repeated that any  
infant should be taken out if it is old  
enough to be ridden out in a carriage. It  
increases its chances of a healthy, happy  
life if it is taken out every day in winter at  
the midday hour, when it is the warmest.  
The only days when it should be kept in  
are those bleak, cheerless days when wind-  
storms rage. A slight snowstorm should  
be no hindrance to the daily outing. Do  
not muffle the windows of the nursery in  
draperies. Finish them with weather strips,  
if necessary, to shut out draughts, and roll  
up the shades to the top of the frame, to  
admit all the sun possible. Let the floor  
be hard-finished wood or painted wood,  
protected by a thick rug, and let the chil-  
dren have boxes of clean sand as well as  
other playthings. There is a tonic power  
in the contact with soil, and all healthy  
children instinctively clamour to build  
castles in the sand.

\*\*\*

C. H. Dow, former president of the Com-  
mercial Bank of Denver; S. B. McClurken,  
teller, and Dr. O. E. Miller, a customer,  
have been sentenced to the penitentiary for  
wrecking a bank. Dr. Miller got ten years,  
Dow seven and McClurken five.

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Acidity, Heartburn, Flatulency, and other  
forms of indigestion make life miserable.  
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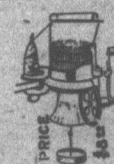
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