

Woman's World

CITY AND VICINITY.

The prices of all grades of redged sugar has been reduced a cent a pound.

The Hinman Milking Machine company of Madison County has certified to the Secretary of State that \$12,000 of its capital stock, which amounts to \$15,000, has been paid in.

REV. R. H. GESNER TO READ POEM.

The exercises at Crown Point, Fort Ticonderoga, on July 5th and 6th, commemorating the 300th anniversary of the discovery of Lake Champlain by the great explorer from whom it gained its name will be of an exceptionally interesting character.

CARILLON.

(From the Transcript.)

(The crumbling fortress of Ticonderoga was built by the French engineer, Lotbiniere, in 1755, and called by the French Carillon, which means "Chimes of Bells.")

A hundred fifty years ago, Along Petonobque's tide, A gallant band of Frenchmen sailed To humble England's pride.

A rocky steep that looked abroad, Where Champlain's waters shone, They circled with a bristling fort And called it Carillon.

Whence came the name so sweet and dear?

To peaceful hearts in France? Why chose these soldiers of Montcalm This name of old romance?

Perchance that man magnificence, Victim of wars' mischance, Recalled the days of sunny youth In loved but distant France.

Perchance through chambers of his soul

The childhood memories rolled, How far away the Angelus At morn and even tolled.

Thus, Carillon, sweet chime of bells, Thy vibrant name was won From land-locked waters thundering down Like boom of distant gun.

And oft as undulating notes

Stole 'neath the mountain's brow, They mingled with the winds that swept

Through pines with sobbing sigh.

So, though with sad, prophetic voice, Thy rushing waters told

O savage wars' vindictive glut— And race-hate uncontrolled;

Still, Carillon, thy name shall last

And thine, Lotbiniere, A memory of the mighty strife That thrilled the nations there.

R. H. Gesner.

BUSY DOCTOR

Sometimes Overlooks a Point.

The physician is such a busy man that he sometimes overlooks a valuable point to which his attention may be called by an intelligent patient who is a thinker.

"About a year ago my attention was called to Grape-Nuts by one of my patients," says a physician of Cincinnati.

"At the time my own health was bad and I was pretty well run down but I saw at once that the theories behind Grape-Nuts were sound and that if the food was all that was claimed it was a perfect food.

"So I commenced to use Grape-Nuts with cream twice a day and in a short time I began to improve in every way and I am now much stronger, feel better and weigh more than ever before in my life.

"I know that all of this good is due to Grape-Nuts and I am firmly convinced that the claims made for the food are true.

"I have recommended, Grape-Nuts to a great many of my patients with splendid results, and in some cases the improvement of patients on this fine food has been wonderful.

"As a brain and nerve food, in fact, as a general food, Grape-Nuts stands alone."

Look in pkgs. for a copy of the famous little book, "The Road to Wellville." "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

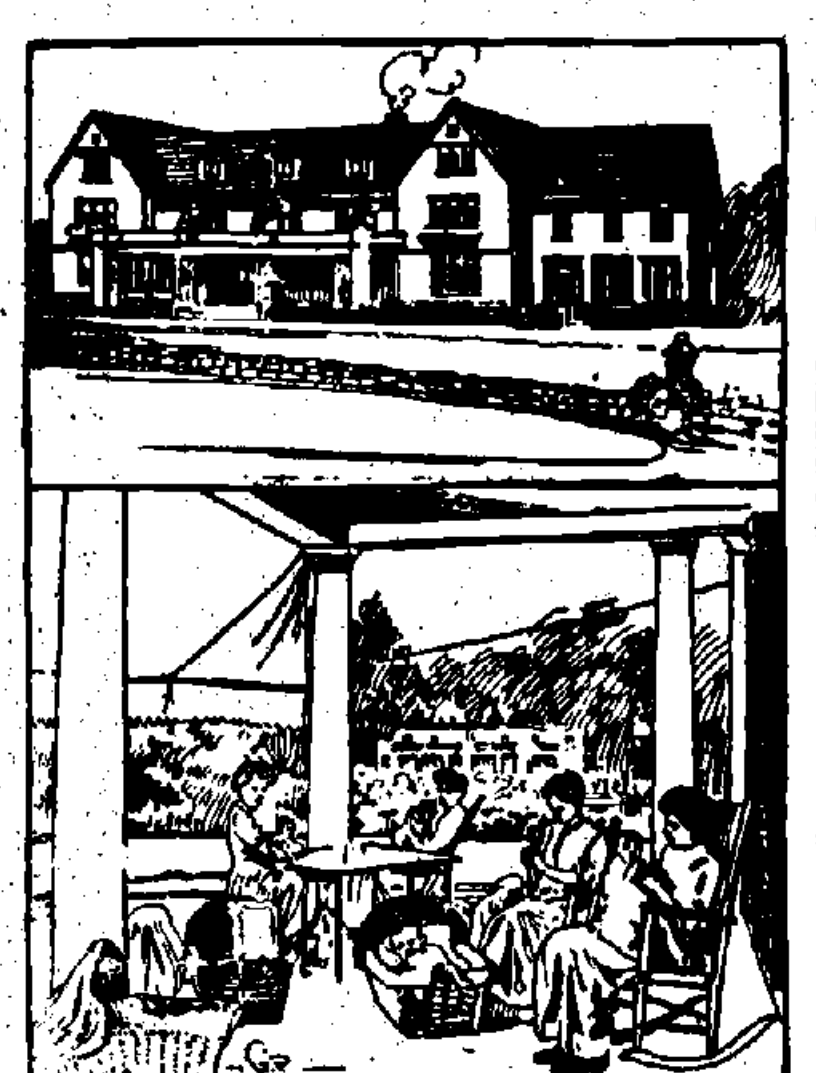
SCHOOL FOR MOTHERS.

An Institution Which Gives Needed Instruction to Young Wives.

A train out of the Grand Central station, New York city, for Hartdale recently carried some interesting passengers. They were tenement house mothers, some of them scarcely more than girls, and each had a two-week-old baby in her arms.

Had you asked the women where they were going they would have said "To school," not to a school like those near their city homes to which the older children go, but to a school for tenement mothers which George H. F. Schrader has started up among the hills of Hartdale, New York state.

It is not only a sanitarium where young mothers can go to rest and recuperate; it is also a school where the ignorance that kills some 5,000 newborn babies each year in the New York tenements can be overcome by knowledge of a scientific sort.



CAROLINE REST SANITARIUM.

Here some ten young mothers were cradled and cared for. Amid beautiful surroundings they grew well and strong again, and their babies thrived.

Now the cottage has been replaced by a picturesque English structure which accommodates thirty mothers and their children. There is a wide veranda where the convalescing mothers may sit beside the big clothes-baskets in which, comfortable and happy, the babies rest.

It is the schooling which these mothers get that is to help them most. There is a well defined course followed by the pupils, a curriculum as carefully planned as that of a normal college.

On the day a mother arrives with her baby she is simply allowed to rest and adjust herself to her new surroundings. The next morning, if she is able, she gets her first lesson, which consists of how to wash the baby.

"You must remember," explained the nurse in charge, "that many of the mothers who come here are little more than girls themselves and have gone right from the factory into their own home and motherhood with no more preparation than a child. One young mother I have here now is only fourteen, and you can imagine how much she knows about bringing up her child.

"The first thing the mother is taught is the use of the bathtub and basin. It seems almost incredible that it should be necessary to teach this, but you know many of the tenements the use of the tub is not considered necessary.

"After learning how to wash the bathtub and other utensils the mother is taught to bathe and dress the baby under supervision. She is instructed in the care of the teething which the mother is kept and sees how all the dishes used to prepare the baby's food must be sterilized. Preparing the barley mixtures and food comes next.

"It happens very frequently that a young mother cannot come to Caroline Rest unless she brings some of the younger children with her. So these, the runabouts, as they are called, are also looked over, and if any trouble exists it is used as an object lesson for the mother, so that she may avoid a repetition of it in the little new baby she brought with her.

"One of the features of Caroline Rest is that the time of the mother's stay is unlimited. She can remain two, three or six weeks, as the need may be, and some have remained three months."

Pitted Dates and Cheese Are Delicious. Pitted dates masked with cream cheese which had been mixed with minced nuts were dressed with mayonnaise and served on lettuce leaves at a luncheon party recently. The dates are more tender if they are scalded with boiling water and allowed to soak for a few minutes before they are pitted. Dates for any purpose whatever are better treated in this way.

GOOD, HONEST, SQUARE-DEAL

Medicines like those of Dr. R. V. Pierce of Buffalo, warrant their makers in printing their every ingredient, which they do, upon their outside wrappers, verifying the correctness of the same under oath. This open publicity places these medicines in a class all by themselves. Furthermore, it warrants physicians in prescribing them largely as they do in their worst cases.

Dr. Pierce's Golden Medical Discovery

Is a most potent alterative or blood-purifier, and tonic or invigorator and acts especially favorably in a curative way upon all the mucous lining surfaces, as of the nasal passages, throat, bronchial tubes, stomach and bowels, curing a large per cent. of catarrhal cases whether the disease affects the nasal passages, the throat, larynx, bronchia, stomach (as catarrhal dyspepsia), liver, bowels (as mucous diarrhea), or other organs.

Dr. Pierce's Favorite Prescription

Is advised for the cure of one class of diseases only—those peculiar weaknesses, derangements and irregularities peculiar to women. It is a powerful yet gently acting invigorating tonic and nervine.

For weak, worn-out, over-worked women—no matter what has caused the break-down, "Favorite Prescription" will be found most effective in building up the strength, regulating the womanly functions, subduing pain and bringing about a healthy, vigorous condition of the whole system.

A book of particulars wraps each bottle giving the formulae of both medicines and quoting what scores of eminent medical authors, whose works are consulted by physicians of all the schools of practice as guides in prescribing, say of each ingredient entering into these medicines.

Both medicines are non-alcoholic, non-secret, and contain no harmful habit-forming drugs, being composed of glyceric extracts of the roots of native, American, medicinal, forest plants. They are both sold by dealers in medicine. You can't afford to accept as a substitute for one of these medicines of known composition, any secret nostrum. Don't do it.



PARLIAMENTARY DON'TS.

Rules That Will Help the Clubwomen to Preside.

Don't misappropriate the funds of the club. That sounds most dreadfully harsh. It makes a noise like an ascending casbler. But that is not the idea. It is not the don't for the one who dishonestly makes away with the money. It is a simple rule of parliamentary law and business law that money should be used for the purposes designated in the constitution.

All of the uses for which this money is to be put will be carefully gone over. The necessary traveling expenses perhaps of the officers are to be paid. No provisions are made for anything but the bare necessities of the organization. At some meeting an enthusiastic member, without any consideration of what are the legitimate and constitutional uses of that money, will jump to her feet and move that we donate \$50 for some altogether foreign purpose.

It is often the case that assessments for necessary expenses must be made simply because the funds constitutionally provided and collected for the purpose have been all used carelessly for other things. If you wish to branch out in donations, if you wish to make gifts to officers, see to it that your constitution has covered the point or else serve notice that you wish to do these things and have a little bigger sum for dues, stating what use is to be made of the money in the amendment. If this were always done there would be more harmony in clubs and it would save

the respect of organizations which have gone under just because the drain of assessments and dues are unbearable.

GAME FOR YOUNGSTERS.

Peanut Jab, the Funniest, Newest Thing Out.

A good game to start the ball a-rolling at a party would be peanut jab. As many dishes for water are provided as there are couples. These are placed on small card tables. On the top of each dish of water a dozen peanuts are set in a row. Then each individual is provided with a napkin and the game is started.

Among the old-fashioned parades were the fall fairs. The successful ones were working toward the high water mark and in keeping with the spirit of the day these are some of the best. It is to be held in the hall and hold the prize. The children powder their noses with their egg cups and other things.

Recite a nursery rhyme with appropriate gestures and dramatic effect.

Recite the table of nine in the multiplication table backward.

(If a lady)—Tie a gentleman's necktie.

(If a man)—Show in pantomime how a woman does up her hair.

Sit crosslegged and with folded arms on the floor, Turkish fashion, and get

USE ALLEN'S FOOT-EASE.

A powder to be shaken into the shoes. If you have tired, aching feet, try Allen's Foot-Ease. It rests the foot and makes new or tight shoes easy. Cures itching, swollen, hot, sweating feet. Relieves corns and bunions of all pains and gives rest and comfort. Try it today. Sold by all Druggists and Shoe Stores, etc. Don't accept any substitute. For FREE trial package, also Free Sample of the FOOT-EASE Sanitary CORN-PAD, a new invention, address Allen S. Omsted, Le Roy, N. Y.

up without unfolding the arms.

Pose for your picture—"Look pleasant, please."

Hippy-hop around the room, bowing to each lady as you pass.

Name the presidents of the United States.

Eat two dry crackers and immediately sing a song.

It is only imperfection that complains of what is imperfect. The more perfect we are the more gentle and quiet we become toward the defects of others.—Fenelon.

BOTH WERE TRICKY.

A Bit of Business Between a Merchant and a Lumberman.

There used to be an old retired merchant in Detroit who delighted in recalling his experiences when an active man running a general store in one of the northern cities of the lower peninsula.

"I used to reap a harvest when the men were coming out of the woods," he relates. "They were not up in styles, and about any old thing would suit them provided the color was right and the fit even passable. But there were tricksters among them, and I had to have my wits about me in order to keep even with them.

"How much is that hat?" asked a strapping six footer who arrived from camp one day with a pocketful of money.

"Two fifty," I replied.

"Then he informed me that he always had the crowns of his hats punched full of holes in order to keep his head cool and his hair from coming out. I soon had this attended to, and then he asked what the hat was worth. 'Two fifty,' I responded in surprise, but he laughed at me for asking such a price for damaged goods. He had me and got his hat for \$1, while the jolly crowd with him had a laugh at my expense. He wanted to look at some 'fiddles,' and after pricing one at \$10 concluded to take it.

"Where's the bow?" he asked as I was doing up the package.

"You only bought the fiddle," I laughed. The others saw the point and laughed too. The giant tried to bluff me, but I kept good humored, and got even on the hat by charging him \$1.50 for the bow. I not only got even, but the others were so pleased with my 'Yankee trick' that they spent plenty of money with me."

A Wise Precaution.

A wise teacher has taught her pupils to make paper cornucopias for drinking cups instead of using those found in public places. Folding paper drinking cups come in packages at very small prices and are a possibility not only for traveling, but for the shopper, who often goes thirsty through the morning or afternoon rather than drink from the cups at the fountains.

How She Viewed it.

Perhaps she was jealous, perhaps she wasn't. Anyway, she had just heard of the engagement, and she could not help noticing the engaged girl's pride in her captured youth.

"Really," she said, and her lips curled scornfully, "there's no accounting for tastes, is there? Some people think they have won the game when they get the booby prize."

COAL

Until further notice we will sell Coal delivered within the City of Ogdensburg, as follows:

| | | | |
|----------|------|---------|---------|
| | Ton | 1/2 ton | 1/3 ton |
| Stove | 6.75 | 3.45 | 1.75 |
| Chestnut | 6.75 | 3.45 | 1.75 |
| Egg | 6.75 | 3.45 | 1.75 |
| Pea | 5.75 | 2.95 | 1.50 |

Coal when carried 15c per ton extra.

Discount Cash 10 days 20c per ton.

GEO. HALL COAL CO.

Telephone No. 60

July 1st, 1909.

Prices of Coal JULY 1st, 1909

| | | | |
|----------|------|----------|----------|
| | Tons | 1/2 tons | 1/3 tons |
| Chestnut | 6.75 | 3.45 | 1.75 |
| Stove | 6.75 | 3.45 | 1.75 |
| Egg | 6.75 | 3.45 | 1.75 |
| Pea | 5.75 | 2.95 | 1.50 |

20c per ton discount on all Coal when paid within 10 days.

15c per ton will be charged on all Coal that has to be carried.

ST. LAWRENCE COAL & ICE CO.

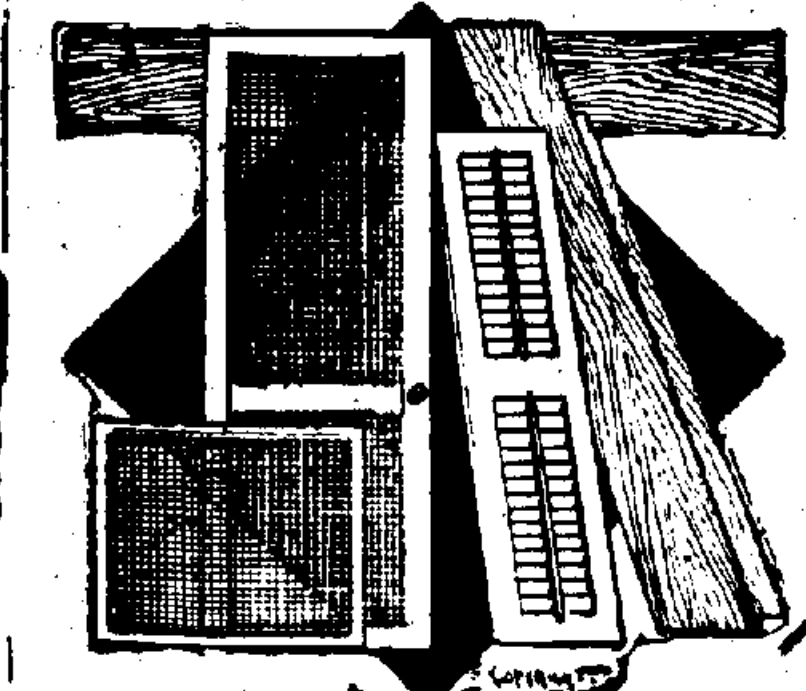
Established 1892.

COAL, WOOD, WALL PLASTER, CEMENT.

KEL Y & LEONARD,

No. 1 Ford St.,

Ogdensburg, N. Y.



ALL KINDS

of house trimmings inside and out are made of wood. Trees make logs, logs make lumber and

LUMBER ALL VARIETY AND KINDS

fill up our yards. If it's in the rough or lumber that's planed, we have it. From light frame work and up, here is the yard to get your supplies.

Ogdensburg Coal and Towing Co., Foot of Franklin St.

KNEADED EVERYWHERE

Because its good you need it.

WASHBURN-CROSBY'S GOLD MEDAL FLOUR

THE VERY HIGHEST QUALITY

