

HOW TO FIND OUT.

Fill a bottle or common glass with your water, and let it stand twenty-four hours; a sediment or settling indicates an unhealthy condition of the kidneys; if it stains your linen it is evidence of kidney trouble; too frequent desire to pass it or pain in the back is also convincing proof that the kidneys and bladder are out of order.

What to do.

There is comfort in the knowledge so often expressed, that Dr. Kilmer's Swamp-Root, the great kidney remedy, fulfills every wish in curing rheumatism, pain in the back, kidneys, liver, bladder, and every part of the urinary passage. It corrects inability to hold water and scalding pain in passing it, or bad effects following use of liquor, wine or beer, and overcomes that unpleasant necessity of being compelled to go often during the day, and to get up many times during the night. The mild and the extraordinary effect of Swamp-Root is soon realized. It stands the highest for its wonderful cures of the most distressing cases. If you need a medicine you should have the best. Sold by druggists in fifty-cent and one-dollar sizes.

You may have a sample bottle of this wonderful discovery and a book that tells more about it, both sent absolutely free by mail. Address Dr. Kilmer & Co., Binghamton, N. Y. When writing be sure and mention that you read this generous offer in this paper.

POPULAR STYLES IN APRONS.

Colored Silk and Net Are the Favorite Materials Just at Present.

Colored silk, plain and brocaded, white or black lace and darned net are the favorite materials for the dainty aprons worn by the young ladies who preside at the afternoon tea tables. A pretty apron, made to wear with a crimson gown, is of black net with velvet bowknots. The rounded edge is trimmed with an accordion-plaited ruffle of net, edged with three rows of the narrowest velvet ribbon. The belt is of wide velvet ribbon, tied in a bow, with two long ends reaching a short distance below the apron on one side. Black and white lace aprons have the center of black, with a strip of white lace insertion on the bottom and sides edged by a fringe of black lace. When made in more than one piece the white insertion is used to connect and outline the gores. Some very dainty aprons in both black and white are made of a succession of strips of insertion connected by beading, through which are run colored ribbons. Aprons made of silk, white, black and colored, are slightly gored, with front and side pieces. The fullness at the top is shirred to form a pointed yoke. The three-cornered pocket is also shirred and trimmed with ribbon bows, the belt being of a wider ribbon. The bottoms of these aprons are trimmed with ruffles of lace headed by festoons and bows of ribbon.

There are two styles of aprons liked by women who do fancy work. The first is made of some dark colored or black silk having an inch hem all around and a pocket ten inches deep set on just above the hem and reaching across the entire apron. This pocket is divided into three parts for holding the different articles used in the work. The hem and pocket are often finished by rows of fancy stitching in silks of contrasting colors. The belt and ties are of ribbon matching in color the silk of the material or the floss used in stitching. The second style is made of linen serim or fine canvas, with meshes so large that narrow, colored ribbon may be pulled through. These are not gored and the ribbons run straight down and across in several rows. A large, square pocket similarly decorated with ribbons is placed on the right side and wider ribbons form the belt and ties.

White muslin, pique, dark-colored and black silk and black brillantine are the materials preferred by school-girls. Not the little tots we are accustomed to see in aprons, but girls of the boarding-school age. These aprons are gored with either rounded or square corners. Those of black silk are trimmed with a number of rows of narrow satin or velvet ribbon in some bright color. The velvet ribbons are run on perfectly plain, but the satin is either gathered or quilted. A pretty and durable apron of smooth, black, brillantine is made of three gores with a rounded edge. The trimming is of crimson braid about three-quarters of an inch wide, quilted in box plaits and stitched down the middle. The one pocket, which is on the right side, is rounded and trimmed by a quilting of braid, as is also the bib, which is quite long and fastens on the shoulders. The belt is of black brillantine and fastens at one side under two rosettes of the red braid. On other aprons of this style the bib and pockets are cut together, and sometimes the bib over the shoulders is buttoned at the back.

For younger girls and children aprons are, as a rule, of washable materials, and for obvious reasons. The styles are almost innumerable, but the preference seems to be given to those made familiar by Kate Greenaway. But it makes little difference what the pattern is, it must be elaborately trimmed with lace or embroidery and ribbons. This introduction of ribbons is a new feature, and gives a decidedly smart appearance to the garment. A pretty and useful style is made of fine checked muslin trimmed with a ruffle of narrow embroidery put on by a beading. Through this beading are drawn narrow satin ribbons that end on the shoulders and around the low neck with fluffy little bows. The belt is of two rows of beading an inch wide and the ribbons which are run through them are of course wider than those used on the skirt and body of the apron. Two full bows ornament the front, being sewn on the belt an inch or two from the middle of the front.—N. Y. Sun.



LIFE IN NEW MEXICO.

It is Peculiar But at the Same Time Has Some Pleasant and Pretty Features.

We in the east do not realize the extent to which New Mexico is a foreign land. Many villages have no American residents, except the merchant and the doctor, with perhaps a saloon keeper or two. All the rest are native Mexicans. They not only use the Spanish language, but they are unable to understand a word of English, at least they pretend they cannot understand it, which amounts to the same thing, when one wishes to converse with them. It is difficult to see how this condition of foreigners can be soon changed. The country is full; it is peopled about to the limit of what it will support, unless the scanty rainfall be impounded and none allowed to run away to the sea.

Quaint sights abound in these old Mexican villages. The first impression is that the people have no eye for the



IN NEW MEXICO.

beautiful at all; their houses front on the street with no doorway; there are no trees or shrubs—not even so much as a blade of grass—near them. Built of adobe, the better ones plastered with lime mortar, they have the proportions of squat brick kilns; windows are small and wide apart. Yet, on closer study, there is an appreciation of beauty in the senator's mind; she has decorated the interior of her home with bright-tinted and warm-looking stucco of some sort, often of different colors, well blended, on walls and ceiling. In her tiny windows tin cans hold earth in which grow house plants, generally blooming well. Her dress is neat, and often picturesque, her person not unattractive.

Her housekeeping is different from her eastern sister's, as would be expected under such different conditions. Her children are not so completely covered, although it is not often that they pose for "the altogether." Everyone knows that she uses quantities of red peppers in her cooking; not everyone knows that she suffers from dyspepsia as the result. She treats her household to "frijoles" many times during the month; she prepares the really toothsome "tortillas" of corn meal just as the books say. When she has a baking to do, she builds a fire of cedar or pine wood in the outdoor oven until it is quite hot—the queer-looking little adobe oven—then she puts in her bread and beans and meat, and closes the opening with a stone, and there is rest from baking for several "mananas."

I am of the opinion that our Mexican brothers and sisters have about them many very good traits of character. One, I know, is that of hospitality. Another is love of home, of children, but perhaps all women have enough of that. They are a patient people, gentle except to their burros, good shepherds, when directed a little, strong and patient laborers, but not too energetic. Anyway, they possess the land and hold the offices down there, and will to the end of time.—Joseph E. Wing, in Country Gentleman.

Children's Hands and Feet.

Be particular to dry the hands and feet of a child well. Dampness left between the toes may cause soreness or even a corn, which may be troublesome to get rid of. In washing the hands do not leave any dirt between the fingers; press the skin back from the nails and slightly pinch the tips of the fingers after every washing if you want your children to have pretty hands and nails. A little trouble taken at the first will save a great deal of bother afterwards. The children should be taught, when old enough, to do this for themselves. They should be taught to take pride in nicely-kept hands.

The Pessimist Is Mad.

For every thunder-laden storm that breaks a hundred mornings fair the sun awakes. For every vulture foul that flaps its wing a hundred tuneful larks mount up and sing. For every comet, in its reckless flight ten thousand stars are orbited aright. There's more of laughter than of tears on earth. And fewer dirges far than odes of mirth. Upon the whole, there's more of good than bad; The world's all right, the pessimist is mad.—Richmond Religious Herald.

Faith, Hope and Charity.

A London weekly has given two guineas for a definition of faith, hope and charity. It is as follows: Faith—Blind trust in a first page. Hope—What investors are fed upon. Charity—What some of them are likely to be brought to. That is certainly not bad, but this one is, perhaps, even better: Faith—The gift that saves mankind. Hope—The gift that cheers mankind. Charity—The gift that makes man kind.

GLASS HOUSES HOLD HEAT.

Energy from Sun Passes Through Glass in Waves of Light, Becomes Heat and Cannot Escape.

It is very curious, said the old professor of physics, to see how many market gardeners there are who raise things under glass, make money out of the process and yet do not know why their heating frames and their hot houses remain hot inside.

Now, as a matter of fact, the heat mechanism of a hothouse depends on a well-known proposition in physics. I suppose you are acquainted with the fact that the energy from the sun travels in the form of little waves.

The energy does not come down to us in straight lines; it comes, as it were, in a zigzag manner, dancing from side to side as it comes along. If these waves are very short, light is the result; if they are a trifle longer, they take the form of heat.

If the light waves strike anything on the way down, they are very apt to be turned into heat. Now, the waves which form light are so short that they will readily pass through glass, but the waves which form heat are so long that they will not pass through.

From this, therefore, you may see why a hothouse remains hot. The energy from the sun passes into the house through the glass roof in the form of light. Then it strikes the objects in the house and is turned to heat. But this heat cannot pass out through the glass. The heat waves are too long. So the light keeps coming in and the heat keeps accumulating, and soon the hothouses become very warm indeed, even on the coldest days in winter.

Of course our dwelling houses are heated by the sun in the same way. The light comes in through the windows, but the heat cannot pass out.—Boston Globe.

TWICE A HEROINE.

Why the Congress of the United States Awarded a Medal to Mrs. Edward White.

Mrs. Edward White is twice a heroine. She has distinguished herself as a life saver, for which exhibition of daring and bravery she was awarded a medal by congress. She has braved the perils and dangers incident to life in Alaska,



DESIGN ON MRS. WHITE'S MEDAL.

having for six years traded with the Kenitseys and other Cook inlet tribes, and she has delved for the riches in the golden tributaries of Turnagain arm. She was successful as an Indian trader and has already accumulated a fortune at mining, being still the possessor of some of the best claims in the golden north.

Mrs. White rescued three of the crew of the British ship Ferndale. For this act of heroism congress awarded her a gold medal. It is of appropriate design, the medal proper being about double the circumference and thickness of a \$20 gold piece. It is suspended from the beak of the traditional American eagle. On one side is represented a great ship lying helpless in the breakers, with the rescuers, near by, throwing out a lifeline.

WELL-DRESSED WOMEN.

They Differ from Those Whose Apparel Is Unattractive in Tell-Tale Trifles Only.

Every normally constituted woman desires, rightly enough, to appear pleasing to those with whom she comes into association. This feeling, in its proper expression, is not vanity; it is commendable and eminently right, for it is one of the forces which go to make living a more pleasant thing. It is only when this natural and worthy ambition subordinates other and more important aims that it becomes offensive and dangerous. The elements of feminine attraction are many, including those of nature and those derived from woman's own art. Among the latter, one of the most important is the art of dressing well, and that art consists not so much in richness of attire as in considerate attention to details. So good an authority as Harper's Bazar, touching upon the topic, says: "The main respect in which the well-dressed woman differs from her whose apparel is unattractive is in the trifles which make a costume elegant. The pretty shoe, the handsome stocking, the well-fitting glove and the becoming veil add a finish that makes a woman what is known as well dressed. No one can afford to neglect these little things. The well-laundered collar and cuffs and the correct tie attract the attention of the average observer much sooner than do the elegance of the material of a gown and the style in which it is made. If a costume fits well it depends on the wearer to make it stylish. In this day of vast variety and beauty in neckwear a costume may be made as elaborate or as severe as the owner wishes."

Advertisement for Syrup of Figs. Features a woman's face and the text: 'Syrup of Figs', 'DELIGHTFUL LIQUID LAXATIVE', 'TO GET ITS BENEFICIAL EFFECTS BUY THE GENUINE CALIFORNIA FIG SYRUP CO.', 'FOR SALE BY ALL DRUGGISTS, LOUISVILLE, KY, NEW YORK, N.Y. U.S.A. LONDON, ENG. PRICE 50¢ PER BOTTLE'.

AN EXCELLENT COMBINATION

THE pleasant method and beneficial effects of the well-known remedy, SYRUP OF FIGS, manufactured by the California Fig Syrup Company, illustrate the value of obtaining the liquid laxative principles of plants known to be medicinally laxative and presenting them in the form most refreshing to the taste and acceptable to the system. It is the one perfect strengthening laxative,

CLEANSING THE SYSTEM EFFECTUALLY, DISPELLING COLDS AND HEADACHES, PREVENTING FEVERS, OVERCOMING HABITUAL CONSTIPATION PERMANENTLY.

Its perfect freedom from every objectionable quality and substance, and its acting on the kidneys, liver and bowels, gently yet promptly, without weakening or irritating them, make it the ideal laxative. In the process of manufacturing figs are used, as they are pleasant to the taste, but

THE MEDICINAL QUALITIES ARE OBTAINED FROM SENNA AND OTHER AROMATIC PLANTS,

by a method known to the California Fig Syrup Company only. In order to get its beneficial effects, and to avoid imitations, please remember the full name of the Company printed on the front of every package.

Consumers of the choicest products of modern commerce purchase at about the same price that others pay for cheap and worthless imitations. To come into universal demand and to be everywhere considered the best of its class, an article must be capable of satisfying the wants and tastes of the best informed purchasers. The California Fig Syrup Company having met with the highest success in the manufacture and sale of its excellent liquid laxative remedy, SYRUP OF FIGS, it has become important to all to have a knowledge of the Company and its product. The California Fig Syrup Company was organized more than fifteen years ago, for the special purpose of manufacturing and selling a laxative remedy which would be more pleasant to the taste and more beneficial in effect than any other known. The great value of the remedy, as a medicinal agent and of the Company's efforts, is attested by the sale of millions of bottles annually, and by the high approval of most eminent physicians. As the true and genuine remedy named SYRUP OF FIGS is manufactured by the California Fig Syrup Company only, the knowledge of that fact will assist in avoiding the worthless imitations manufactured by other parties.

CALIFORNIA FIG SYRUP CO.

LOUISVILLE, KY. SAN FRANCISCO, CAL. NEW YORK, N.Y. For Sale by All Druggists, Price 50¢ Per Bottle.

"Tommy—"That church is over 200 years old." Cissy—"My aunt says it's only 100." Tommy—"Oh, well, I suppose that's as far back as she can remember."—Stray Stories.

Opens February 23. In the Ozark Mountains. Delightful climate. Beautiful scenery. Unequaled medicinal waters. Cheap excursion rates. Through elevators via Frisco Line. Address J. O. Plank, Manager, Room H, Arcade, Century Building, or Frisco Ticket Office, No. 101 N. Broadway, St. Louis, Mo.

He doubles his trials who complains of them.—Watchman.

I am entirely cured of hemorrhage of lungs by Piso's Cure for Consumption.—Louis Lindaman, Bethany, Mo., Jan. 8, '94.

A rheumatic affection is never reciprocated.—Christian Work.

See! Bad sprain is cured. St. Jacobs Oil's magic worked it.

Some men think they deserve credit for liking their own children.—Washington (La.) Democrat.

St. Jacobs Oil cures Stiffness. St. Jacobs Oil cures Stiffness.

Theoretical philosophers are sometimes practical fools.—Chicago Daily News.

Advertisement for Spalding's Athletic Goods. Text: 'There's Only One Standard of Quality in Athletic Goods—"Spalding." Accept no substitute.' Includes Spalding logo.

Advertisement for Carter's Ink. Text: 'THE SCHOOLS Of Greater New York, Boston, and many other places use Carter's Ink exclusively and won't use any other. That speaks well for CARTER'S INK and gives you food for thought. FREE! A HANDSOME WATCH'.

Advertisement for The Grant Farm Fence. Text: 'THE GRANT FARM FENCE AS LOW AS 16 CENTS PER ROD. The STRONGEST and CHEAPEST FENCE ever offered. Main of No. 7 and No. 9 Galv. Wire. SEND FOR OUR 40 PAGE Illustrated Catalogue, FREE! SHOWING A FULL LINE OF FARM, LAWN, and LINE FENCES, GATES AND POSTS. AGENTS WANTED IN EVERY TOWNSHIP. GRANT STEEL FENCE CO., WILLOUGHBY, OHIO.'

Advertisement for 8000 Bicycles. Text: '8000 BICYCLES. Over 100 styles in stock. STANDARD "PS" BICYCLE, guaranteed, \$22.50 in cash. \$16.50 down, \$7.00 in cash. 100 styles in stock. We ship to anyone on request. EARN A BICYCLE. Write for our special offer. P. A. MEAD & PRENTISS, Chicago, Ill.'

Advertisement for The Rocker Washer. Text: 'The Rocker Washer. 100 BOWLS. YOU GET DOWN TO DO THE FAMILY WASHING 100 Pieces in one hour. No need for scrubbing; no wear on clothing. Write for special price and description. ROCKY MOUNTAIN CO., Clinton St., Ft. Wayne, Ind. Liberal inducements to live agents.'

Advertisement for Whiskers Dyed. Text: 'WHISKERS DYED. A Natural Black by Buckingham's Dye. Price 50 cents of all druggists or R. F. Hall & Co., Chicago, N. H.'

Advertisement for Maine Steel Souvenirs. Text: 'MAINE STEEL SOUVENIRS. U. S. Gov't Certificate. Ladies' coat buttons, bag, scarf and lapel pins, watch chains, flower lock and dates in bar relief. All steel, 100¢ gold and steel. 25¢. U. S. gold, silver and steel, also cut and lapel buttons 50¢. SEND FOR BOOKLET. JONES THE JEWELER, 30 EAST 23 ST., NEW YORK.'

Advertisement for PISO'S CURE FOR CONSUMPTION. Text: 'PISO'S CURE FOR CONSUMPTION. CURES WHERE ALL ELSE FAILS. Best Cough Syrup. Tastes Good. Use in time. Sold by druggists. A. N. K.—C 1753'

Advertisement for Castoria. Text: 'CASTORIA For Infants and Children. Bears The Signature Of Dr. J. C. Fletcher. Use For Over Thirty Years The Kind You Have Always Bought. "FORBID A FOOL A THING AND THAT HE WILL DO." DON'T USE SAPOLIO'