



**AN EXCELLENT IDEA.**

**How to Extemporize an Aquarium That is Capable of Affording Lots of Entertainment.**

A globe with goldfish makes a very attractive ornament for a room, but globes and goldfish are not always available, and so the extemporized aquarium outlined herewith may be used to great advantage. It is one of the great bottles that can be purchased for a few cents at a drug-gist's. Get one that holds about two gallons, and put some clean sand in the bottom with a few mossy stones, and anchor in the sand a few plants



IMPROVISED AQUARIUM.

from some nearby brook. From the same brook can be secured snails, tadpoles, salamanders and the tiny black-nosed dace. Here is an aquarium at almost no cost that is capable of affording a great deal of entertainment, and not a little instruction.

When the plants are growing nicely, giving off oxygen and feeding upon the carbonic acid gas in the water, the latter need not be changed oftener than once a week, unless too much animal life is introduced into the water. A little experience will show just how many inmates of the aquarium the plants will "balance."—Webb Donnell, in Farm and Home.

**BREAKFASTING IN BED.**

**Practice Highly Recommended in Many Cases of Nervous Complaint and Exhaustion.**

When the ordinary woman tells of taking her breakfast in bed she tells it apologetically. The statement is in the nature of a confession. And for that reason we have come to associate with the practice named a spirit of laziness.

To the woman who has her coffee or chocolate and rolls brought to her before she arises there is solid satisfaction in the news that a good many New York physicians are gradually committing themselves to the habit. In fact, they advise breakfasting in bed in many cases of nervous complaint.

The idea seems to be that rest is the agency most necessary to bring about a return of health in nervous temperaments. The woman who worries over her household affairs and suddenly finds herself on the verge of a breakdown is the woman to whom the rest cure is being prescribed. The doctors do not tell her to entirely discontinue her work around the house. As a matter of fact, they assure her that such a cessation would do her more harm than good. Therefore she is advised to ease up a bit in her daily labors; to do a greatly reduced part of her work.

In addition to this she is counseled to take much sleep. "Go to bed at nine o'clock," say some physicians, "and do not get up until after breakfast. Have your maid bring the breakfast tray into your bedroom; eat grain foods and drink plenty of milk. It is a general rule to drink three quarts of milk a day. Eat a little meat, if you wish to, but take it in the middle of the day, giving it plenty of time to be digested. Get out in the open air and walk about a bit, but do not tire yourself by over-exertion. Take a short time off twice a day and resign yourself to rest."

This isn't a very complicated prescription, but it at least has the merit of simplicity.—Kansas City Times.

**OUR LITTLE SISTER IN THE EAST.**



THE Japanese woman is the brightness and charm of the Sunrise kingdom. Sweet of face is she, of a gentle disposition and childlike heart.

She is truly the lady of the house; reads, sings, writes a little, plays upon their sweet musical instruments, painting and embroidering to her heart's content, presiding at tea parties and cultivating flowers.

The dress of the Japanese, says the National Rural, is beautiful and comfortable and very dainty and becoming to the doll-like women and girls. Rich, splendidly embroidered and lovely colored silks, is what

**RUNS A MEAT MARKET.**

Unique Business Venture of a Rochester (N. Y.) Girl Who Had to Earn a Living.

Rochester furnishes a unique example of the modern woman. She is Miss D. E. Stevenson, who has opened a butcher shop at the corner of Plymouth avenue and Grieg streets, and has succeeded in establishing one of the leading retail meat stores of the city.

Miss Stevenson does all the regular work of a butcher except the slaughtering, and in order to complete her education is even willing to attempt that. She does all her own buying, cutting, weighing, etc., attends to the selling at the store and keeps her own books. She has only one employe, a lad who delivers the orders.

The fair knight of the saw and cleaver is a modest, unassuming little woman, 28 years of age, slightly below the average height and with a physique not at all notable for robustness.

She comes of an excellent family, has good social connections and has had the advantage of a first-class education. Taet, rare administrative powers and a splendid conversational faculty has been the main factor in her success in this novel enterprise.

The aristocratic friends who knew Miss Stevenson in the days when she never gave a thought to the possibility of having to earn her own living have not deserted her, now that changed conditions have forced her into business. Instead, they have rallied to her support, and as a consequence the charming butcher not only enjoys the patronage of the best and wealthiest families of Rochester, but she is also a welcome guest at their homes.

Winter and summer she is always to be found at the store; she herself opens up in the morning, in winter time at 6:30 and in summer at six o'clock. She dons a dainty white apron, takes up her place behind the counter and from morn till night busies herself catering to the wants of her various customers.

She wields a cleaver and uses a saw and knife with all the strength and facility of a man. In a rush it is amusing to watch her at work. She is full of bustle, activity and decision, and every action denotes the utmost confidence.

"I suppose it is a rather unusual



MISS STEVENSON IN HER SHOP.

business for a woman," she said, in the course of a recent conversation, "but I find the work thoroughly congenial and have managed by strict attention to business to make for myself a recognized position in the storekeeping interests of the city."

"I very seldom lose anything through had accounts. My customers are mostly people of means, and pay very promptly."

"I take no chances, however. I believe that good stock is a better asset than a bad account any day, and would much rather lose a customer than get cheated out of a bill. 'If I send a statement and receive no returns I immediately drop that patron from my roll and refuse to extend them any further credit."

"The greatest requisite to success in any retail line is imperturbable good nature. I make a specialty of cultivating it."

"I try to look at my profit and loss account philosophically and to avoid sedulously ill temper and dejection."—Philadelphia Press.

**AGRICULTURAL HINTS.**

**A NEAT LITTLE BARN.**

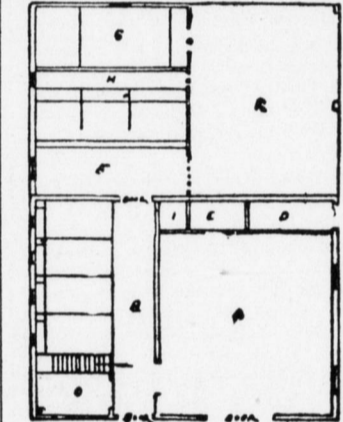
Just Large Enough for Six Cows and Four Horses and Arranged to Make Work Easy.

The design is a stable for six cows and four horses, suitable for a man who would farm on a small scale, or a man who wishes to keep a small herd of dairy cows. It is very neat in appearance. The arrangement of both



SMALL BARN FOR DAIRY.

the horse and cow stalls as shown is convenient. The water supply to tank can be furnished from a force pump or any of the various means used. The stable, of course, could be changed to suit anybody's wants or tastes, location, circumstances, etc. The dimensions are 40 feet long, 30 feet wide, 16 feet high, with a shed in the rear 18x24 feet and a covered barnyard 22x24



GROUND PLAN OF STABLE.

feet. Figure 1 is front elevation. Figure 2, floor plan—A, carriage-room; B, horse stalls; C, carriage-room; D, tool-room; E, closet; F, cow stable; G, pig pen, with corn crib above; H, feeding alley; I tank, and K covered barnyard. This will furnish A. F. G., of Wheat, O., with suggestions for his barn.—C. H. Lickox, in Ohio Farmer.

**MOST PERFECT FOOD.**

Milk Contains All the Ingredients Necessary for the Well Being of the Human Organism.

Milk is the most perfect food known, and the only substance provided by nature that contains all the necessary ingredients for supplying the various constituents required in the human organism. No other single article of food approaches it in this respect, and upon no other substance can life be sustained for so long a period as upon milk. The first demand of the infant is for milk, but the child is too often brought to a realization of the deceitfulness of human nature by being compelled to accept as a substitute a watered combination which gorges the stomach, but affords little nourishment.

Milk, to the infant, is in every respect the staff of life. In old age there is no other article of food upon which so much reliance can be placed to sustain the diminishing strength of the vital forces. Bread has long been regarded as the staff of life, but it falls far short in fulfilling the requirements of human economy, when compared with milk, though it supplies many of the demands of nutrition in a pleasant and palatable form.

The use of milk is coincident with the earliest history of man, and for centuries was one of the principal articles of food. When the children of Israel were let out of bondage in Egypt to Canaan, "a land flowing with milk and honey," only milk was promised; bread was not on the bill of fare. The use of milk as a food is universal; it is demanded by people all over the civilized world, therefore its care and protection against impurities and adulterants, by which it is accidentally or intentionally contaminated, requires stringent regulations on the part of the authorities.—N. Y. Weekly.

**Grape for Long Keeping.**

The Vercennes grape, one of the best long keeping varieties, is also superior in size, quality, beauty and vigor of vine. It is one of the varieties of best quality, always ripens perfectly in central Ontario and is eatable before it is quite ripe or fully colored. It is an extremely valuable grape for long keeping and can be kept in an open basket until mid-winter in a cool, dry room. I have kept them in perfect condition packed in sawdust until Easter, for many years. Color red, berry and bunches very large and compact, enormously productive, vine vigorous and hardy if not overloaded.—W. Wainock, in Farm and Home.

**PERUNA CURES SPRING CATARRH**

**PERUNA AN IDEAL SPRING TONIC**

**Easter Greeting To the afflicted.**

If every one in the world were healthy and happy what a glad day Easter would be. But the sun rises every Easter morning on a multitude of sick and afflicted. The Easter lilies gladden the hearts of the sick and well alike.

But to the sick something more than the Easter lily is necessary to bring that hope and cheer which every one expects on Easter day. The well need no physician, but the sick need a remedy.

Nearly one-half the people in the United States are suffering from some form or phase of catarrhal ailment. These ailments take different forms at different seasons of the year. In the springtime catarrh assumes a systemic form, producing nervousness, lassitude and general languor.

Systemic catarrh deranges the digestion and through deranged digestion it impoverishes or contaminates the blood. Thus we have blood diseases and nervous derangements through systemic catarrh.

Peruna is a specific for these cases. No other remedy yet devised by the medical profession is able to successfully meet so many phases of spring ailments as Peruna.

Men and women everywhere are praising Peruna as follows:

- A First Class Tonic.**  
Wm. A. Collier, Assistant Paymaster U. S. N., writes: "I have taken Peruna and recommend it to those needing a first-class tonic."
- A Great Tonic.**  
Hon. M. C. Butler, Ex-U. S. Senator and Ex-Governor of South Carolina, writes from Edgefield, S. C.: "I have been using Peruna for a short period and I feel very much relieved. It is indeed a wonderful medicine and besides a great tonic."
- Spplendid for the Nerves.**  
Robert B. Mantell, the famous actor, writes from New York City: "Peruna is splendid and most invigorating—refreshing to the nerves and body."
- For General Debility.**  
Hon. Jno. V. Wright, of the Law Department, General Land Office of Tennessee, writes: "I wish everybody who is suffering with general debility or prostration could know of Peruna."
- Milk Occupation.**  
Half the world seems to have found unconventional occupations. Servant girls are trying to teach; natural teachers are tending stores; good farmers are murdering law, while Choates and Websters are running down good farms; and good farmers, in turn, are farming still in congress. Artists are spreading daubs on canvas who should be whitewashing board fences. Shoemakers write good verses for the village paper and natural statesmen are pounding shoe lasts, while other shoemakers are cobbling in legislative halls. Good mechanics and electricians are trying to preach sermons, and wondering why their congregations continue to sleep, while the Beechers are failing as merchants.—Success.

**DO YOU COUGH**  
DON'T DELAY TAKE **KEMP'S BALSAM** THE BEST COUGH CURE

It Cures Coughs, Colds, Croup, Sore Throat, Influenza, Whooping Cough, Bronchitis and Asthma. A certain cure for Consumption in first stages, and a sure relief in advanced stages. Use at once. You will see the excellent effect after taking the first dose. Sold by dealers everywhere. Price, 25 and 50 cents per bottle.

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Without fee unless successful—FREE OPINION.

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**PISO'S CURE FOR CONSUMPTION**

Best Cough Syrup. See Good's. Sold by druggists.