



WOMAN HOME

MEN'S GARB FOR WOMEN.

Dr. Mary Walker insists that Present Feminine Styles are Unhealthy and Immoral.

Dr. Mary Walker for well-nigh 45 years has preached dress reform for women.

Did you ever watch Flora MacFlimsy stepping on or off a car? Could there be anything more grotesque?

The other day as I left a Broadway car behind a Flora, I inadvertently stepped upon her ladyship's train.

"I will pardon you," I said, "for taking up so much room; it seems hardly necessary that you should have a dry goods roll trailing behind you."

Bind your waists in steel splints and what happens? Congestion of the stomach and intestines.

In my common sense attire I can travel faster than any other woman.

I can swing in and out of a car in less time than it takes Flora MacFlimsy to gather her skirts daintily.

There should be no sex in dress. A woman should not be forever proclaiming as from a sign board: "I am



DR. MARY WALKER. (Has Preached Dress Reform for Women for Nearly 45 Years.)

a woman!" Why is it necessary for her constantly to conjure up thoughts of sex difference? I think it immoral.

To-day we call love a passion. True love is a quality of the mind, not of the body.

Does the modern form of evening dress—undress I call it—appeal to the passions or the souls of men?

There would be fewer crimes against women if the suggestive in woman's wardrobe were eliminated.

Sometimes her physical charms are counterfeit; they are used as a snare. She cannot counterfeit her mental qualities.

In trousers, waistcoat and frock coat woman would find protection that she much needs. She would be freer of motion and limb, would have better health, a clearer mental condition and be man's superior in the things she should have most of—of purity of body and mind.

Soner or later my ideas will bear full fruit. The wheels of progress and intellectuality move slowly. I do not expect to live long enough to see my ideas of dress the vogue.

NEW TYPE OF BEAUTY.

Although But Fifteen Years of Age Miss Nesbit is Pronounced a Rara Avis by Artists.

Philadelphians are raving over a new type of American beauty exemplified in the person of Miss Evelyn Florence Nesbit, of that city.



MISS EVELYN NESBIT. (Hailed by Artists as a New Type of American Beauty.)

of the leading artists and sculptors. Already her face has been put on canvas by such painters as Carl Blenner, Carroll Beckwith, Levy and Irving Wiles Church.

It is Ryland W. Phillips, the artist photographer, who claims the honor of having first discovered this new beauty.

"Miss Nesbit has a mobile face, yet she can change her personality in looks, gesture and effect quicker than anyone else I have ever seen.

Besides her beauty, Miss Nesbit is endowed with a gift of dramatic talent and emotional capacity sufficient to warrant her in hoping to attain success on the stage, for which she is now preparing herself.

HOW TO BE HEALTHY.

Take an Air Bath Every Morning and Every Night for the Benefit of Muscles and Lungs.

Two baths, say the newest health authorities, should be taken every morning.

For no less important than the tub bath for the body is the air bath for the lungs.

Perhaps you have never taken an air bath and mistakenly fancy that it may be necessary to turn yourself inside out to accomplish it.

On the contrary, the directions are extremely simple. You need no apparatus and it takes but a moment's time and very little effort.

Every night the lungs become filled up with impure air and more or less poisonous gases. A person may go all day without ridding his lungs of these impurities.

Few people know how to breathe correctly. The lungs are not filled by merely expanding the upper portions of the chest and raising the shoulders.

There are a number of exercises for expanding the chest which you can practice in your room as well as in a gymnasium.

Another plan is to expand the chest the same way before an open window. Stand about a foot back from the window, placing the hands on the window frame on either side at the height of the shoulders.

Another exercise bath for the arms and lungs is to stand with the heels together and take a deep breath. Then stretch one arm backward and upward, then the other, meanwhile moving the body backward, forward and to the sides while expelling the breath slowly.

Buckwheat Absorbs Kerosene. Kerosene stains in carpets may be eradicated by spreading buckwheat flour over the spots.



LARGE DIPPING PLANT.

Texas Has a Cattle Bath Which, for Size and Effectiveness, is Without an Equal.

The government bureau of animal industry has recently, through a series of experiments, solved an important problem bearing upon the health of cattle.



BIG TEXAS DIPPING VAT.

disinfecting bath, or, as it is termed, to "dip" them. "Dipping" infected cattle into a saturated solution of sulphur in extra dynamo oil will destroy all parasites.

Recently the Fort Worth Stock Yards company built a large dipping plant and placed it at the disposal of the bureau of animal industry, where the first demonstrations have been carried out.

A train load of 311 cattle was dipped in a large vat of the stock yard in July last. These cattle were raised and bred in Texas, and were infested with Texas fever parasites at the time of the dipping.

When Combined with Good Pasturage It Affords an Ideal Summer Ration for Pigs.

FEEDING SOAKED CORN.

There appears to be quite a difference in the opinions of breeders in regard to feeding soaked corn to the spring pigs during the summer time when running on the pasture and at a time when the old corn is hard and sometimes difficult for young pigs to eat.

Windmill Power is Cheap. A windmill will pump water for stock, irrigation and all other purposes; it will turn the wheels of the mill; it will wash, churn, turn the grindstone, turning lathe, cider press, etc.; it will grind bones for the hens, saw wood, chop feed, shred fodder, shell corn, run fanning mill—there is no end of the jobs it can be set to work on if properly harnessed.

Same Old Trick.

After six months of darkness the arctic sun crept shyly over the edge of the glacier. Mr. Ojibwocky had just returned from the Eskimo club.

Danger in Old Sayings. "What a fine head your boy has," said an admiring friend.

Going Too Far. "This reckless speculation must be stopped," said the earnest citizen to the trust magnate.

Do Your Feet Ache and Burn? Shake into your shoes, Allen's Foot-Ease, a powder for the feet. It makes tight or New Shoes Feel Easy, Cures Corns, Itching, Swollen Feet, All Druggists and Shoe Stores sell it, 25c. Sample sent FREE. Address, Allen S. Olmsted, Le Roy, N. Y.

Relieve Whooping Cough With Hoaxie's Croup Cure. No nausea. 50cts. Carpenter—"Well, boy, have you ground all the tools, as I told you, while I've been out?"

His Proper Introduction. "Really, your face is very familiar, sir; but you seem to have the advantage of me in names."

How He Saved. Corporal William L. Dawson, just returned from soldiering in the Philippines, walked into a Salina real estate office the other day and planked down the cash for a 50-acre farm.

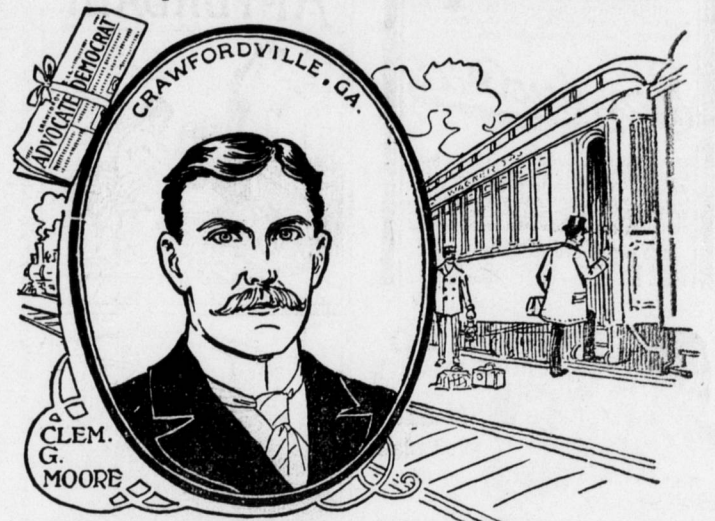
He had saved \$2,000 in less than three years of army life, and the item reminded us of the remark made by a Topeka soldier boy, having no reference, however, to Corporal Dawson:

Every time you get drunk and advertise your folly on the streets, you are fighting yourself. Every time you do a bad action, you are fighting yourself.

He—"Yes, I used to write verses to her." She—"Pretty bad ones, I'm sure." He—"No; the very best on the market; Rossetti's, for instance."

He—"I put in a good deal of original work. I changed the name of his girl, wherever it came, into the name of mine."

FOR SYSTEMIC CATARRH Peculiar to Summer Pe-ru-na Gives Prompt and Permanent Relief.



Clem G. Moore, Editor of the Advocate-Democrat of Crawfordsville, Ga., writes the Peruna Medicine Company as follows:

Gentlemen—After four years of intense suffering, caused by systemic catarrh, which I contracted while editing, and traveling for my paper, I have been greatly relieved by the use of Peruna. I gave up work during these years of torture, tried various remedies and many doctors, but all the permanent relief came from the use of Peruna.

Captain Percy W. Moss, Paragould, Ark., says: "I think Peruna is undoubtedly the finest and surest catarrh cure ever prepared, and it has taken but two bottles to convince me of this fact."

Judge Wm. T. Zenor, of Washington, D. C., writes from 213 N. Capital Street, Washington, D. C.: "I take pleasure in saying that I can cheerfully recommend the use of Peruna as a remedy for catarrhal trouble and a most excellent tonic for general conditions."

SCIENTIFIC TREATMENT. For chronic diseases can only be secured through the employment of a specialist who has devoted years of study and experiment along the necessary lines.

W.L. DOUGLAS \$3. & \$3.50 SHOES UNION MADE. Real worth of W. L. Douglas \$2 and \$2.50 shoes is \$4 to \$5. My \$4 Gilt Edge Line cannot be equalled at any price.

ENGINEER'S LICENSE, MECHANICS, ENGINEERS, FIREMEN, ELECTRICIANS, Etc. SOZODONT for the Teeth LIQUID POWDER each 25c

DEATH begins in the bowels. It's the unclean places that breed infectious epidemics, and it's the unclean body—unclean inside—that "catches" the disease. PREVENTED BY Cascarets LIVER TONIC BEST FOR THE BOWELS NEVER SOLD IN BULK.