

MEN'S GARB FOR WOMEN.

Dr. Mary Walker Insists That Pres ent Feminine Styles Are Unhealthful and Immoral.

Pittsburgh. Her mother, Evelyn Florence McKenzie, comes of a dis Dr. Mary Walker for well-nigh 45 tinguished southern family, and she was a celebrated belle in her youth. It was not long after her appearance years has preached dress retorm to women. Her ideas, as much as her pe-culiar adoption of male attire, have in Philadelphia that the beauty of Miss Nebit was remarked by many made of her a national character. She is now past 60 years of age, but is more than ever committed to her ideas.

In a recent article published by the Chicago American she advocates the adoption by women of male attire for the following reasons:

Did you ever watch Flora MacFlimsy stepping on or off a car? Could there be anything more grotesque? As the car approaches she grabs fran-tically a bunch of dry goods which has trailed for blocks behind her in the mud. Swishing them about her until she has bound up her knees as if in a vise, she essays to step into the car. But the yards of lingerie and dress hamper her. It requires the greatest effort to mount the step. It is oftentimes accompanied with the sacrifice of her expensive costume.

The other day as I left a Broadway car behind a Flora, I inadvertently stepped upon her ladyship's train. The rip of the sheeny silk brought terror even to me. She glared at me ferociously.

"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. Congestion begets inflammation and the latter excitement of the part inflamed.

In my common sense attire I can travel faster than any other woman. My form of dress has to overcome a lighter atmospheric pressure, less specific gravity.

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 pro-claiming as from a sign board: "I am



DE. 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 day as the body. The body. Until men love with the Few people know how to breathe the body. Until men love with the mind woman will not have her right



NEW TYPE OF BEAUTY.

Rara Avis by Artists.

went to Philadelphia from Pittsburgh with her widowed mother. Her fa-ther was the late Winfield Scott Nes-

bit, one of the foremost lawyers of

MISS EVELYN NESBIT.

anvas by such painters as Carl Blen-

ner, Carroll Beckwith, Levy and 1rv-

photographer, who claims the honor

of having first discovered this new

transformation. Miss Nesbit is a great beauty. She has a splendidly developed head and a face showing unusual character. About her fore-head there are lines of exceptional

beauty denoting great intellectual

Besides her beauty, Miss Nesbit is endowed with a gift of dramatic tal-

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 suthorities, should be taken every

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

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

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. Therefore it is as important to bathe the lungs every

ing Wiles Church.

power.

morning.

the lungs.

effort.

Evelyn

LARGE DIPPING PLANT.

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

The government bureau of animal ndustry has recently, through a series of experiments, solved an important problem bearing upon the health of cattle. It is the establishment of large dipping vats in the center of the stock raising districts of Texas and the south for immersing cattle in a chemical solution which effectually destroys parasites infesting their skin. When cattle from a diseased territory are to be shipped into a non-infected district it is important that they be freed from all pests. The best and only remedy has now been found to pass the cattle through a



BIG TEXAS DIPPING VAT.

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

beauty. Last October he arranged to have her come to his studio and pose for several pictures, which were 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 Photographical society and created wide discussion. In speaking of Miss Nesbit, Mr. Phillips said: "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. She can change her whole expression inchemical oil which would not have irritating and heating effect upon the cattle. For this purpose a number of samples of various lubricating oils were examined, and one of light spe-cific gravity, called extra dynamo, was stantly from sorrow to gladness, every feature adding to the total selected.

dipped in a large vat of the stock yard in July last. These cattle were ent and emotional capacity sufficient to warrant her in hoping to attain success on the stage, for which she is now preparing herself. skin being soft and flexible in all cases .- N. Y. Herald.

FEEDING SOAKED CORN.

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

There appears to be quite a differ-ence 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 ometimes difficult for young r

Danger in Old Sayings.

"What a fine head your boy has," said an admiring friend. "Yes," replied the fond father, "he's a chip of the old block-ain't you, my boy?" "Yes, father; teacher said yesterday that I was a young blockhead."—Stray Stories.

Going Too Far.

Going Too Far. "This reckless speculation must be stopped," said the earnest citizen to the trust magnate. "Indeed it must," agreed the latter. "In-deed, it must. Why, yesterday, two or three fellows who are not in our crowd at all made several thousand dollars by taking tyers. That sort of thing won't do."—Bal-timore American.

Do Your Feet Ache and Burn?

Do Your Feet Ache and Burn f 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, Hot, Callous, Smarting, Sore and Sweating Feet. All Druggists and Shoe Stores sell it, 25c. Sample sent FREE. Ad-dress, Allen S. Olmsted, Le Roy, N. Y.

"Doctor," said the stingy man, who was "Doctor," said the stingy man, who was trying to save a fee, meeting Dr. Sharpe on the street, "what do you think of this? Very frequently I get severe pains in my feet. What's that a sign of?" "I should say that was a sign of rain," replied the doctor.— Philadelphia Press.

Relieve Whooping Cough

With Hoxsie's Croup Cure. No nausea. 50 cts. Carpenter---'Well, boy, have you ground ill the tools, as I told you, while I've been out?'' Boy (newly apprenticed)--'Yes, master, all but this 'ere 'andsaw. An' I an't quite get the gaps out of it!''--Punch.

I am sure Piso's Cure for Consumption saved my life three years ago.-Mrs. Thos. Robbins, Maple Street, Norwich, N. Y., Feb. 17, 1800.

A relic of the old masters-The ancient schoolhouse.-Philadelphia Bulletin.

His Proper Introduction.

"Really, your face is very familiar, sir; but you seem to have the advantage of me in names." And she looked at the distinguished stranger with a pazzled air. "I fancied." he said, "that you would know me. My name is Bangs, and four years ago I had the honor to be your but-ler."

ler." The face of the lady blazed. "But a remarkably lucky series of stock investments," he went on, "have enabled me to become your next door neighbor." The lady's face softened. "So pleased to renew our acquaintance, Mr. Bangs," she smilingly said.—N. Y. Tele-gram.

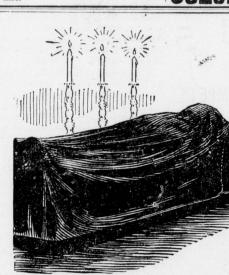
gram. How He Saved.

Corporal William L. Dawson, just re-urned from soldiering in the Philippines, ralked into a Salina real estate office the other day and planked down the cash for an

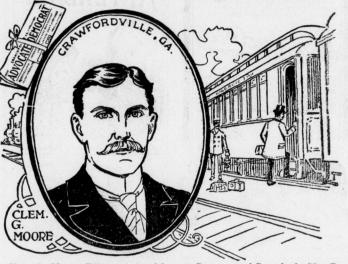
other day and planked down the cash for an Solacer farm. He had saved \$2,000 in less than three years of army life, and the item reminds us of the remark made by a Topeka soldier boy, having no reference, however, to Cor-poral Dawson: "You say you can't understand how a sil-dier can bring back from the Philippines more than his entire pay amounted to?" said the Topeka boy. "Well, ain't you go-ing to allow anything for poker?"—Kańsas City Journal.

Every time you get drunk, and adver-tise your folly on the streets, you are fight-ing yourself. Every time you do a bed ac-tion, you are fighting yourself. You have a hard enough time getting along, at best; can you afford to fight yourself?—Atchison Globe.

He-"Yes, I used to write verses to her." She-"Pretty bad ones, I'm sure." He-"No; the very best on the market; Ros-setti's, for instance." She-"On, tney weren't your own, then?" He-"Pardon me, I put in a good deal of original work. I changed the name of his girl, wherever it came, into the name of mine."-Brook-lyn Life.



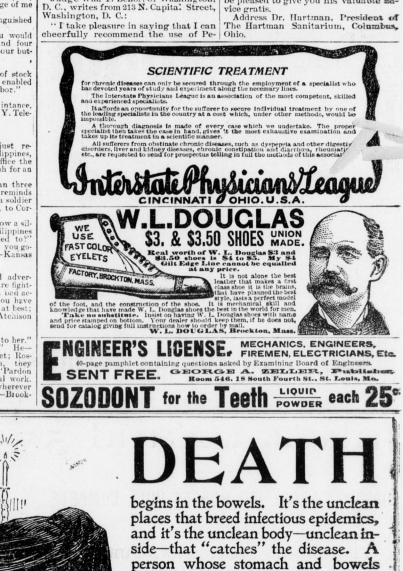
After six months of darkness the arctie men creeped shyly over the edge of the gla-cier. Mr. Ojibiwockky had inst returned rom the Eskimo club. "What time is it?" asked Mrs. Ojibiwockky, somewhat thickly. It was in reality half past May, and having no desire to pry into family affairs, we will draw a delphia Record. **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. My trouble was called indigestion, but if was catarrh all through my system, and a few bottles of Peruna made use feel like another person, noting the improvement after I had used the first bottle. Peruna is undoubtedly the best catarrh remedy ever compounded.—Clem G. Moore.

Captain Percy W. Moss, Paragould, | runa as a remedy for catarrhal trouble Captain Percy W. Moss, Paragould, Ark., says: "I think Peruna is un-doubtedly the finest and surest catarrh cure ever prepared, and it has taken but two bottles to convince me of this Judge Wm. T. Zenor, of Washington, D. C., writes from 213 N. Capita' Street, Washington, D. C.: National Street, Washington, D. C.:

Judge Wm. T. Zenor, of Washington, D. C., writes from 213 N. Capital Street, Washington, D. C.:



A train load of 311 cattle was

raised and bred in Texas, and were infested with Texas fever parasites at the time of the dipping. The weather, which had been remarkably cod up to this thing and/a been the block cool up to this time, suddenly changed to intense heat, and, it being desirable not to expose the cattle to the sun immediately after the dipping, they were not passed through the vat until after sunset. By 11 o'clock at night all had gone through without hight all had gone through without a single accident, and they were at once loaded on clean cars, bedded with hay and shipped to Rockford, Ill. Of the 311 cattle all save four ar-rived in good condition at their des-tination. The casualties were princi-pally caused by extreme heat during the first day of travel can the area the first day of travel and the con-finement incident to shipment. A careful examination showed that not a single parasite had survived. Most of the cattle showed absolutely no indications of having been dipped, the

place in the world. Passion is brutal; love is divine!

Does the modern form of evening dress-undress I call it-appeal to the passions or the souls of men? Do the yards of dainty laces, the variegated hosiery, the thousand and one whatnots of the modern maiden's gown appeal to the purer or baser idea?

There would be fewer crimes against women if the suggestive in woman's wardrobe were eliminated. Modern forms of dress accentuate rather than subdue these evil suggestions. "What is most daring?" is "What is purest?"

mind should be her store of wealth. see. She does not so parade her beauties of mind.

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 cleaner mental condition and be man's superior in the things she and mind.

Soner or later my ideas will bear all fruit. The wheels of progress full fruit. and intellectuality move slowly. I do not expect to live long enough to see my ideas of dress the vogue. I shall have to die; then the seed that I have sown will ripen and grow and bud and bloom-and 1? Well, perchance I may be forgotten. It matters not so long be forgotten. It matters not so how eradicated by spread four over the spots.

The h correct by merely expanding the upper portions of the chest and raising the shoul-ders. The entire front of the chest

ders. should be forced out as one inhales. There are a number of exercises for expanding the chest which you can practice in your room as well as in a gymnasium. A doorway will serve as well as the most complicated gym-nasium apparatus. A narrow door-way is preferred. Stand directly under the frame and place the hands flat on the doorcasing, the tips of the fingers coming at the height of the shoulders. Walk through the grestions. "What is most daring?" is the question with the modiste, not "What is purest?" This draws back the shoulders and brings A woman's charms of person and hind should be her store of wealth. At present her physical charms are night and morning. It will help to paraded before the world that all may wake you up when you rise and help you to get to sleep quickly when you

go to bed. Another plan is to expand the chest the same way before an open win-dow. Stand about a foot back from

the window, placing the hands on the window frame on either side at the height of the shoulders. Without moving the feet, let the body swing forward as far as possible and return to a perpendicular position. Prac-tice this about 20 times night and should have most of-of purity of body morning at intervals of ten seconds. 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 .-- N. Y. World.

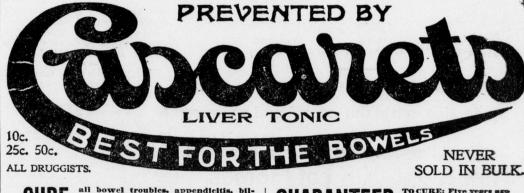
Buckwheat Absorbs Kerosene. Kerosene stains in carpets may be eradicated by spreading buckwheat eat. I have a decided preference for soaked corn, getting the best growth and better results than from feeding the dry corn. My plan is as follows: I get two barrels that will hold water and then pour in one the quantity of corn that I wish the pigs to eat during the next 36 hours' time, then I add to the corn clean water until it is covered some three inches, leaving it to soak for 36 hours. I then commence feeding from the first barrel, and at the same time fill the second barrel, which will be ready to commence on when the first is fed out. After the first is fed out, clean the barrel and fill it as before. This is a clean, easy digested, wholesome food. The corn has lost nothing by the operation, only the heated or burning feature of it, which is injurious to all young, growing stock when fed to any extent. You can feed this kind of food without danger of splashing it over you, which is not the case with slop made from mill feeds, which not only gets on your clothes, but the pigs as well in feeding. This manner of feeding will make rapid growth, and when on good pasture a complete ration.-J. G. True-blood, in Swineherd.

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. Without a single exception the windmill is the cheapest power nature puts into the hands of man. Every farm should have a good, standard made windmill -- Farm Journal.

are kept clean and whose liver is lively, and blood pure, is safe against yellow fever, or any other of the dreadful diseases that desolate our beautiful land. Some of the cleanest people outside are filthiest inside, and they are the ones who not only "catch" the infections, but endanger the lives

of all their friends and relatives. There's only one certain way of keeping clean inside so as to prevent disease and that is to take CASCARETS. Perfect disinfectant and bowel strengtheners. All diseases are



CURRE all bowel troubles, appendicitis, bil-iousness, bad breath, bad blood, wind on the stomach, bloated bowels, four pains after cating, liver trouble, sallow complexing and dizziness. When your bowels don't move regu-people than all other diseases together. It is a trarty you are getting sick. Constitution kills more people than all other diseases together. It is a suffering that come afterwards. No matter what will never get well and be well all the time until you have your bowels tight. Take our advice; start with CSCARETS to-day, under an absolute guar-antee to cure or money refunded.

year, This onial.

URE: Five years ago first box of CASCAR-was sold. Now it is six million boxes a , greater than any is is absolute proof of I. We have faith and uaranteed to cure or ely guarant two 50c box money fair, i not sa box a whom boxes day. you fu Addres to us by mail, or the tit, and get your money lice no matter what alls ckly follow and you with started the use of CASCARETS. Book STERLING REMEDY CO., NEW YORK or