



MRS. DENISON'S TRAVELS.

President of General Federation of Women's Clubs Has Established a Unique Record.

Mrs. Demies T. S. Denison, president of the General Federation of Women's clubs, is at present at her home in West One Hundred and Third street, Manhattan, resting between journeys. And she probably needs the rest. For three months she was continually on the road as a commercial traveler. In those three months she traveled more than most women do in a lifetime, and all without going outside of the United States. She crossed the Mississippi six times, got almost out to the coast twice and kept engagements in Louisiana and Texas, and engagements in Michigan and the Dakotas. She visited 22 states in all, traveled about 30,000 miles, talked to not far from 100,000 women and came home fresh as a daisy and having gained weight during her travels.

That is something of a record even for these strenuous days, and now she has started off again to Florida first and then to Arkansas and Tennessee and possibly to one or two other places. All this, of course, on federation business. Who takes the place of president to that enormous aggregation of women must make up her mind to put her own private and personal affairs entirely in the background for two years. And even that Mrs. Denison has not done, inasmuch as her mother has been very ill—a situation which she did not foresee when she took the presidency—and she has been drawn hither and yon by a divided duty, and succeeded in neglecting neither. But poor Mr. Denison! He has been practically wifeless for the past year, between his wife's mother and his wife's clubs. However, he brought it on himself, so far as the clubs are concerned,



MRS. D. T. S. DENISON.
(President of the General Federation of Women's Clubs.)

for it was he who urged and encouraged his wife to go into club life and cheered her through her first moments of stage fright and was so proud and pleased at the general recognition of her brilliancy and graciousness and ability that she couldn't help being pleased and proud with him.

Speaking of her travels—and even as she spoke Mrs. Denison was dressed and ready to go to a big local club reception as "guest of honor"—she said to a Brooklyn Eagle reporter: "I had a perfectly delightful trip in every way. It seemed to me that each town outdid the last I had visited in its welcome. And those western club women! They are such forceful, brainy, practical creatures. They don't seem to waste so much time on unimportant details, but get right down to the meat of the matter. I suppose that in our eastern cities our various reforms and charities and public works are so well organized, so crystallized that there is not so much for the clubs to do. But out west the women's clubs are an active living public force, doing things that ought to be done, accomplishing things that need accomplishing. And their hospitality is not mere civility; their politeness seems to be a deep seated courtesy that springs from real kindness.

"I think any one who had been on my recent trip with me would have realized the uses of women's clubs. Possibly occasionally they would have realized their abuses, too. But in the main they do stimulate and develop. And the club woman is not necessarily a masculine, domineering, unwomanly creature. She can overdo it, of course, and sometimes clubs seem to become an obsession with women. But those are the women who are naturally ill-balanced; if it wasn't clubs it would be something else. Of course, a whole lot of them take themselves with tremendous seriousness and are awfully funny.

"This southern trip of mine is probably the last one I shall take as president of the general federation. My term ends in the spring."

Stuffing for Green Peppers.
Corned beef hash is said to make an excellent stuffing for green peppers. Of course no one would make hash on purpose to stuff peppers with, but hash is often left over. A housewife of an experimental frame of mind who had hash left over filled some peppers with it, poured around them a brown gravy of butter, flour and water and baked them. She says there is no doubt of the success of that experiment.

UNIQUE PHOTOGRAPH FANS.

A Novelty from Germany Which is Destined to Become Quite Popular in This Country.

Of the making of fans there appears to be practically no end in these days, and novelty and artistic results are the dual aims of the designer and manufacturer of these essential possessions of maid and matron. The Frenchman and the American are exceedingly adept as fan designers and constructors, but the newest idea in this line comes from the land of the Teuton. It is the photograph fan, of which a picture is here shown. The



THE PHOTOGRAPH FAN.

framework is of thin silk and tortoise shell, the motif elaborately decorated in gold. In orchid design silk is applied on the foundation fabric, with the petals so arranged as to leave space for the painted portraits of the owner's dear friends. In place of the painted picture a tiny photograph may be inserted if desired, and if cleverly done the effect is good, although the painted miniature adds to the picturesque and artistic effect of the fan. The college girl, the debutante and the young girl in general is likely to approve of such a fan, as it can be made to serve a decorative as well as useful purpose and hold the place of honor as a photo frame.—Brooklyn Eagle.

HINTS FOR YOUNG MOTHERS

Caring for the Baby is Robbed of Many Trials by Adopting a Rational System.

Young mothers usually know very little about the care of babies, and this lack of knowledge is apt to make the task seem a very difficult one. Let his clothes be soft, warm and comfortable. We often fail to realize how much more sensitive he is to changes of temperature than we are, and are not careful enough to guard against them. The room in which he stays should be kept as near the same temperature as possible, and well ventilated, but avoid keeping him in a draft or he will be apt to have the colic. A healthy baby, that has not been taught bad habits, will be happy and contented in his crib the greater part of the day, allowing the mother time to attend to other duties, or to rest. He does not need to be held in your arms all the time, and he never needs to be carried about to amuse him. Few mothers are strong enough for that task, and they should never begin it. A great deal of worry and many cross spells might be saved if the mother would begin by having regular hours for feeding and bathing the baby. The bath should never be neglected, for so much of his comfort depends upon it that he will be restless and cross without it. Have the room warm and the water just warm enough for comfort. Get the bath tub in place, with towels and clean clothes hung on a chair before the fire, so they will be at hand when needed. Bathe him quickly, and wipe him dry with a very soft linen towel. Dust him under the arms and any other places that seem in danger of chafing with a powder composed of ten parts talcum powder and one part boracic acid, thoroughly mixed by sifting together two or three times. This is very soothing and healing, and when prepared at home it is inexpensive, and one can be sure to have it pure. Slip his clothes on and fasten them with his little turning and twisting as possible, and if he is not hungry he will fall into a quiet, refreshing sleep.

When babies are teething they need special care to keep them well. They should have plenty of simple and nutritious food that is easily digested. The gums become swollen and the mouth feverish. Give them a drink of water occasionally and see how eagerly they take it. Any tendency toward diarrhoea should be checked at once if home remedies fail call a physician without delay.—St. Louis Republic.

They Like to Be Ugly.

As if nature had not been unkind enough, the Thibetan woman heightens her ugliness by smearing her face with a horrible black ointment to keep her skin from cracking in the dry wind. Her dress is not different from her husband's. Her crowning glory is her hair. Plastered down with butter from the part to the ears, it goes off behind into a sunburst of small braids to which is fastened a great fan-shaped headdress falling to the hem of her garments. It is of spreading strips of red and blue cloth joined horizontally by iron bands and ornamented with countless coral and malachite beads, silver coins, and tiny bells. The one poetic thing about a Thibetan lady is the sound of her gong—a soft, melodious tinkle, belying the grotesqueness of her face.

Cleaning White Satin Shoes.

White satin shoes may be easily cleaned at home. Stuff out the shoe in shape and rub it gently with a soft cloth dipped in methylated spirit, repeating till clean. Dry with a clean soft cloth.



HOW TO TAKE OFF HIDES.

Removing Them in the Right Way Means Many Extra Dollars in the Farmer's Pocket.

There are numerous wrong ways of taking off hides, but there is only one right way. It is just as easy to take off a hide in the right way as in any other when one knows what the right way is, and the removal in the proper manner may add materially to their value. On this ground the negro's ex-



planation of his charges for the skinning of a calf might be justifiable. Upon being remonstrated with for charging a dollar for the skinning of a calf he said, "Wall, massa, I charges 50 cents for the work and 50 cents for the know how."

Wrong-shaped hides are classed as damaged hides, even if not damaged by cuts, and when they are dried on the fence or on the ground, exposed to the sun and the weather for a consider-



able time, they get hard and are only fit for glue. The Northwestern Hide & Fur company says: In skinning beef hides and calf skins, keep the knife close to the hide and draw tightly with left hand and you will not be liable to cut or score them.

Figs. 1 and 2 represent the course the knife should take in opening the hide in the right way and in one of the incorrect methods most commonly used. Ob-



serve the difference in dotted lines on Figs. 1 and 2, on the foreleg; the knife should go down to the armpit, then forward to point of brisket as in Fig. 1, and not back of brisket as in Fig. 2; never cut the throat crosswise; always take out horns and tail bone.

To salt a hide thoroughly, take a water bucket full of salt for a 60-pound hide (larger and smaller hides in proportion). Rub it on well and roll them up. Or spread them out smooth one on top of the other, when killing often. If salt is all absorbed, put on more, especially in warm weather.

It is estimated that the loss to butchers, farmers and trappers in this country exceeds \$1,000,000 per year by improperly taking off hides and furs and not properly handling them. To prevent this great loss as much as possible we have had these cuts made, illustrating the right and wrong way, with instructions so plain that a child can soon learn to do a good job. Fig. 3 shows a butcher's skinning knife, which is much the best form of knife for such work, as one is less liable to cut the hide and a hole in the hide places it in the second grade.—Prairie Farmer.

HINTS FOR HORSEMEN.

Clean out the feet of the horses after the day's work is done.

Dry, dusty meal makes a very unpalatable meal for horses hard at work. It is easier to keep a horse in good condition than to strengthen him up after he has lost his health.

Every time the horses are worried their days of usefulness are shortened. A horse that never gained his liberty by breaking his halter will never become a halter-puller.

Large nostrils indicate good breathing power, good lungs and good constitution.

Horses which are judiciously fed and well groomed will stand double the amount of hard work that they would under careless feeding.

Road dust is a valuable absorbent and is a good thing to keep around stables in which the stalls are inclined to become damp or wet.

When confined in stables, which at best is an unnatural condition for colts, they should not be compelled to stand upon a hard floor of any kind.

A Preventive of Scratches.
Keep your stable dry. Prevent the wind from blowing on the horses' legs if wet, when standing in stable. Keep the curry comb off the horses' legs below the knee and hock joint. As the horse's leg is nothing but skin and bone, to speak of, it is very easy to cut the skin and lay the foundation for a case of scratches. Use a big corn cob to run off the dried mud and dirt. You will be surprised how quickly it is done without the least danger of cutting the horse's legs. Follow up with a good brush, well applied. Scratches are well named "curry-comb scratches." I have had the care of horses for the last 40 years, and never had a case of scratches in all my experience.—R. F. Dilworth, in Epitomist.

NO APPETITE-EMACIATED-NERVOUS.

Many Women During the Spring Months Suffer From Extreme Lassitude, Loss of Appetite and Nervousness—What They Need Is

Pe-ru-na, the Great Tonic.

Miss Bertha M. Rush, 535 Kincardine street, Pittsburg, Pa., Superintendent Church and leading Soprano of the choir, writes: "Words cannot describe my thankfulness to you for Peruna. I was a sufferer from systemic catarrh for years and was in a very much run-down condition. I was extremely nervous and had the most foolish fears over nothing. I was thin and emaciated. My physician advised me to leave this climate but as it was not convenient to do so at this time, I took the advice of a friend to use a bottle of Peruna. I took it faithfully and when the first bottle was gone I felt so much better that I bought six more and took them faithfully, after which I looked like a new woman. I gained in flesh, my appetite returned and all my old symptoms had disappeared. I am now most thankful to Peruna."—Miss Bertha M. Rush.

I AM TIRED.

Everybody is Tired—Spring Weather Does It—Every One Should Be Cautious.

Depression of the nervous system at the approach of spring is the cause. General lassitude, dull, heavy sensations, continual tired feeling, with irregular appetite, and sometimes loss of sleep. Peruna meets every indication and proves itself to be perfectly adapted to all their varied peculiarities. Peruna invigorates the system, rejuvenates the feelings, restores the normal appetite and produces regular sleep.

That tired feeling which is the natural result of the depressing effect of warm weather immediately after the invigorating cold of winter, quietly disappears when Peruna is taken. Thousands are daily testifying to its priceless benefit.

Mrs. H. Kassatt, 1309 W. 13th street, Des Moines, Ia., writes: "I am happy to give my endorsement for your valuable medicine, Peruna, as I consider it a valuable medicine to take when the system is run down from overwork. About two years ago I felt that I must take a long rest as I had been unable to work for over a month and could not regain my strength. I could not sleep at night and was in a very nervous, high strung condition. I decided to try what Peruna would do to build up my strength, and am pleased to say that I began to improve very shortly, and in less than two months I was able to take up my work, and felt better than I have for years. I take it now twice a year and find that it keeps me in perfect health." Mrs. Kassatt was for over ten years the manager of a plant furnishing ladies' wear and employing hundreds of women.



MISS BERTHA M. RUSH—PITTSBURG.
Miss Rush Suffered With Systemic Catarrh—Was Nervous, Had No Appetite, Grew Thin and Emaciated. She Now Looks Like a New Woman After a Course of Pe-ru-na.

Tired, Nervous Women. There are thousands of them everywhere. A few bottles of Peruna would do them untold benefit. As a tonic and nerve invigorator it has no equal. It builds up the nerves, it gives strength to the circulation and at once restores the appetite and digestion. No feeble woman should be without Peruna.

If you do not receive prompt and satisfactory results from the use of Peruna, write at once to Dr. Hartman, giving a full statement of your case, and he will be pleased to give you his valuable advice gratis. Address Dr. Hartman, President of The Hartman Sanitarium, Columbus, Ohio.

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