

HEALTHY WOMEN

Praise Pe-ru-na as a Cure for Colds and a Preventive of Catarrh.



MISS ELIZABETH UBER

MISS SYBIL A. HADLEY

MRS. M. J. BRINK

FIRST STAGE OF CATARRH.

A Serious Mistake Which Thousands Are Making.

The first stage of catarrh is what is commonly known as "catching cold." It may be in the head, nose, throat or lungs. Its beginning is sometimes so severe as to cause a chill and considerable fever, or it may be so slight as to not hinder a person from his usual business. In perhaps a majority of cases little or no attention is paid to the first stage of catarrh, and hence it is that nearly one-half of the people have chronic catarrh in some form. To neglect a cold is to invite chronic catarrh. As soon as any one discovers the first symptoms of catching cold he should at once begin the use of Peruna according to directions on the bottle.

and the cold is sure to pass away without leaving any bad effects. Unless this is done the cold is almost sure to end in the second stage of catarrh, which is making so many lives miserable. If Peruna was taken every time one has a cold or cough, chronic catarrh would be practically an unknown disease.

Miss Elizabeth Uber, No. 57 Bassett street, Albany, N. Y., writes: "I have always been unsettled weather because of my extreme liability to catch cold, when a catarrhal trouble would quickly develop through my entire system, which it would take weeks to drive away. I am thankful to say that since I have taken PERUNA I do not have any reason to dread this any more. If I have been at all exposed to the damp, wet or cold weather, I take a dose or two of PERUNA, and it throws out any hint of sickness from my system."—Miss Elizabeth Uber.

Mrs. M. J. Brink, No. 320 Michigan avenue, St. Joseph, Mich., writes: "This past winter during the wet and cold weather I caught a sudden and severe cold, which developed a catarrhal condition through my entire system, and so affected my general health that I was completely broken down, and became nervous and hysterical and unfit to supervise my home. My physician prescribed for me, but somehow his medicine did me no good. Reading of PERUNA I decided to try it. After I had taken but three bottles I found myself in fine health."—Mrs. M. J. Brink.

Sybil A. Hadley, 26 Main street, Huntington, Ind., writes: "Last winter after I had taken but three bottles I found myself in fine health."—Mrs. M. J. Brink.



MISS SARA MCGAHAN

of what PERUNA could do, I decided to try a bottle, and you can imagine how glad I felt when it began to relieve me in a very short time. In less than two weeks I was completely cured."—Sybil A. Hadley.

Miss Sara McGahan, No. 197 3d street, Albany, N. Y., writes: "A few months ago I suffered with a severe attack of influenza, which nothing seemed to relieve. My hearing became bad, my eyes became irritated and feverish. Nothing seemed right and nothing I ate tasted good. I took PERUNA and within two weeks I was perfectly well."—Sara McGahan.

A VERY FINE MUMMY.

Body of Priest Unearthed After Four Thousand Years.

The German Oriental society has been most successful in its explorations at Abu-Sir in Egypt, and most interesting "finds" were distributed among the Berlin museums during the month of October. One of the most important discoveries was a perfectly preserved mummy of Jen Em Jechweh, the high priest of the temple, who died about 2,000 years before Christ. The body was found in a family vault, which also contained the remains of his priest and reader and their wives. Only three tombs of such an age have been found in good preservation during the last century, and this is the first time that the contents have been brought safely to Europe. Jen lay in his coffin enveloped in a brown linen shroud, just as he had been placed there 4,000 years ago. In accordance with the fashion of the time, he has small side whiskers, and a longer tuft on his chin, and his eyes are made to appear unnaturally long by means of the careful application of rouge. The wig, which is large and parted down the middle, has a bluish tint verging on green, and must originally have been the color of lapis lazuli, in imitation of the hair worn by Egyptian gods. The mummy was lying slightly on the left side, as Egyptians sleep to-day, and the head rested on a support such as is still in use in the Soudan. The eyes are turned toward the rising sun. Two staffs were found beside the body, and a little wooden statue.

TOLD OF SCHOOL CHILDREN.

Shrewd Answers Given by Tots in Examinations.

The word "govern" was on the board and the pupils were asked to name derivatives therefrom. Governor was easy, and there were many who could give such examples of its use, as, "Mr. Batee is Governor. Mr. Crane is Governor," but when governable and ungovernable were mentioned there was no proper example of their use offered, as the children seemed to have no acquaintance with them at all. At last one held up a hand and said with confidence, "Oh, I know teacher. Gaston is ungovernable." Gaston was the defeated candidate for Governor of Massachusetts at the recent election.

On another day exercises in drawing being in order, one child was told to draw a person sitting in a chair. When called up some time after, she showed a sketch of a child, or a very small person, standing at the side of a chair, as tall only as the seat of the chair. "But," said the teacher, "why didn't you make this person sitting in the chair, as I told you to?" "Oh," said the child, "when you called me up I was just going to bend her."—Boston Transcript.

Steamfitters at Buffalo, N. Y., will receive an increase of 25 cents a day on April 1.

Chicago boasts of a ninety horse power gasoline street car.

IDEAS FOR THE FAIR ONES

WOMEN AND PHARMACY.

Miss May Cartledge, a Georgia woman, has the honor of being the first pharmacist of her sex in the Southern States. She has had this distinction thrust upon her, in that what appeared misfortune, but was the working of destiny for the higher development to which few without stress would attain.

Losing her father, a skilled and successful pharmacist, she beheld to her consternation his entire business devolve upon her. Her college course not yet completed, she shed her tears, crying out, woman fashion: "I can never do it!" and rose then to the situation. And with but six months of practical training, assumed control, with every department of the business—prescription work, bookkeeping, buying—under her personal supervision, studying the while, and successfully passing the examination before the State Pharmaceutical Board in Atlanta.

Ten days before the date set she came to this city and availed herself of a special course of lectures, which was all the outside preparation she had—the rest she did for herself while actively engaged in business. The examination she passed in on record as creditable to a high degree, and as opening up to women in the South a field hitherto not entered by them.

In every avenue there has had to be a "first woman." In pharmacy to one of such frail and delicate a physique the requirements of so strenuous and exacting a profession would have appeared to be formidable; and to a less redoubtable spirit this might have been the case. For it is not acquired without the most concentrated application nor kept without practice. No young woman need think to take up pharmacy lightly—it will require the best that she is capable of, and where there is not physical endurance an insupportable will to take its place.

Miss Cartledge, after selling out her own business, and prior to accepting her present position, went for a short time into one of the largest pharmacies of the South. Her experience leads her to say that whatever her ability and industry, since woman's strength is not commensurate with man's she cannot hope to go safely quite the same length without injury to her health. In a similar business where the hours are compatible with proper rest and recuperation there is no profession, perhaps, more suited to a fine sense of nicety and detail, which is the feminine instinct.

In the hospital where all work is systematized and the beauties of pharmacy—hand in hand with medicine—so finely brought out, the work is the most fascinating and satisfying.—Chicago Chronicle.

WHERE BABY REIGNS.

The wise mamma is the up-to-date one, even if she be a young one, and she realizes that no room in the house needs greater care than the one where baby reigns supreme.

This does not necessarily mean that the nursery should be an expensively furnished room, for it should not be. The simpler it is the better for the wee one who is growing to health and strength in it.

The first thought of the mother in selecting a place in which her wee ones are to be housed should be that its sanitation is perfect, and then let comfort be the thought to follow. The really homey, happy nursery is not a place of frills and lace, for what growing youngster does not scorn and squirm at starch?

The walls of the room should be covered with some coarse burlap, and the woodwork should be enameled. This is better for sleeping and also for play. In front of each little bed, however, a rug should be placed, and one may be laid in front of the fireplace, but for freedom of sport and games the rest of the floor should be unobscured.

Simple white muslin curtains may adorn the windows, but these should ever be well drawn back to admit every bit of light and sunshine that the world affords.

In the model nursery the crib never rocks, and neither does it boast of feather nor yet of down. The little mattress is made of fine curled hair, and so is the little pillow upon which the wee one sleeps.

The crib as well as the bassinet, is on a standard. This saves the mother from stooping, and from the backache that is sure to follow. A folding bathtub, made of rubber, is one of the accessories of the modern nursery. It is also well raised from the floor, and

it is considered preferable to a porcelain one, as it can be easily carried to and fro, and is not cold to the touch.

For the older children there should be a long, broad deal table. This is splendid for their books and games. Of chairs there should be plenty, and if the room has not a closet in it, an old-fashioned wardrobe, with drawers in it, should be procured, not for their clothes, but for their toys and books. Tidiness and order should be one of the first things taught a child, and when the shadows of twilight come on each small man and each small woman should put away the playthings that have helped to make the day a joyous one.—New York American.

CARE FOR THE EYES.

Keep a shade over your lamp or gas burner.

Never read or sew in front of the light, window or door.

It is best to let the light fall from above, obliquely over the left shoulder.

Never sleep so that on first waking the eyes shall open on the light of a window.

Never begin to read, write, or sew for several minutes after coming from darkness to light.

Do not use the eyesight by light so scant that it requires an effort to discriminate, whether twilight, moonlight or on cloudy days.

Finally, the moment you are instinctively prompted to rub your eyes that moment stop using them.

FASHIONS FOR COLLARS.

Fanciful collars, big and flat, are the vogue of the moment. They are charming in themselves and useful in renovating the bodice, and there really seems no end to the style, from which to choose. Some have the effect of a deep bertha, while others show the stole design so much the fashion. They are hand embroidered, trimmed with narrow velvet ribbons and appliqued with cloth and lace designs. Some are of lace, with an applique of embroidered chiffon roses, and others are of cloth, with a lace applique and an embroidered design in steel threads. In fact, they may be quite what one fancy wishes to make them and still be the mode if only good taste is used in their fashioning.—Woman's Home Companion.

EMBROIDERIES ON SHOES.

White kid is used instead of satin as a foundation for embroideries, all silver lined beads and silver paillettes. Kid shoes are more durable than satin, and do not tire the feet. Turquoise blend with gold on black shoes and on white, and emeralds are let into the gold stitching. Black satin and kid shoes are worked with rhine stones, finely cut jet and an admixture of steel paillettes. Jet and steel are very well worn. Embroidered butterflies appear on the toes of many beautiful shoes and graceful lace-like effects are produced by cord paillettes and gems. A great many embroidered bronze kid shoes are worn; they go so well with any dress.

CHIFFON LINING FOR LACE.

Try lining your lace collars and berthas with chiffon or tulle. The soft lining brings out all the beauty of the lace and is useful as well as ornamental, in that it preserves the delicate lacework. If you would line lace with chiffon, as it is done by the best dressmakers, cut a strip of chiffon the width of the lace and lay the lace over it. Do not have the chiffon wider than the lace nor wide enough to project beyond the figures. Use precisely as though it were not lined.

RIBBON TRIMMING.

Ribbon trimming is revived and is used in all styles. On some of the latest frocks ribbon is pleated in fine quillings. A white serge skirt has the ribbon slipped through the pleats and tied in bows in front. Any color can be used for the effect.



FASHION NOTES.

Broadtail and gray fox is an effective combination in the coat line.

Some beautiful low bodices are trimmed with triple folds of the material, with a large Renaissance jewel as a central ornament.

Chinchilla is used for trimming smart costumes of velvet in dark violet, gray and brown.

Embroidered hop sack is one of the new fabrics utilized for smart gowns.

Facings, revers, vests and cuffs of white or cream-colored cloth still appear on many of the stylish cloth costumes designed for special wear.

Some of the French and English tailors are lining Henrietta cloth, cashmere, vigogne, and the other light wool skirts with plaided silks—not the clan tartans, but patterns showing very novel and pretty color blendings.

BUDGET OF HUMOR

A SERIOUS QUESTION.

What makes people laugh? 'Tis a mystery great;
To solve it we struggle in vain.
We tell of the apples that small Johnny ate
And sing of his subsequent pain.
They describe his demise in a jocular way,
With phrases both flippant and pat,
And yet think it over and tell me, I pray,
Is there anything funny in that?

When Bridget, a lass who is honest and kind,
And willing and anxious to learn,
Endeavors to kindle the fire, but to find
That the fuel refuses to burn;
We laugh with a merriment softly serene
When the house in a rain lies flat,
And she's blown to the clouds, "can she
she tried kerosene,
Is there anything funny in that?"
—Washington Star.

FEMININE AMENITIES.

Miss Thirtyodd—I want to give my fiancé a surprise on his birthday. Can't you suggest something?

Miss De Flipp—Well, you might tell him your age.

THE USUAL WAY.

He—How did you come to get interested in that story?
She—I liked the way it ended.—Detroit Free Press.

THE REJECTED ONE.

"Let me see," remarked the ignorant personage, "time means frost, doesn't it?"

"Mine usually does," remarked the unsuccessful poet, absent-mindedly.—Cincinnati Commercial Tribune.

OUR SOCIAL TERMINOLOGY.

Little Ethel (horrified)—We've invited too many children to our tea party. There isn't enough for them to get more than a bite each.

Little Dot (resignedly)—That's too bad. We'll have to call it a reception.—New York News.

NATURAL SEQUENCE.

"He seems down on everybody these days. What's the matter, do you think?"

"Oh, he's down on his luck."—Detroit Free Press.

GIVING HIM PRACTICE.

Aspiring Poet—I'll set the world ablaze yet.

His wife—I do hope you will, dear. Would you mind making a fire in the kitchen stove—just as a matter of practice, you know.

A STRONG MAN.

"Jaysmith is a strong man," said Tenpot.

"Indeed?" asked Goslin.

"Yes, I have seen him break a twenty-dollar gold piece."

"Ah, I presume you mean that he is a strong man financially."—Detroit Free Press.

A YOUNG HERO.

Mother—Why, Willie, you have been fighting again.

Willie—Yes, mother, but I was trying to protect a good little boy from being thrashed by a bad boy.

Mother—Well, that excuses you somewhat. Who was the good little boy you were protecting?

Willie—It was myself.—New York Times.

HUMAN NATURE?

"I wonder if Miggles is making any money writing books?"

"You can find out easily enough. Ask him if he would advise any of his friends to go to writing books for a living."

"And if he is successful himself he will say yes, I see."

"Not at all. If he is succeeding he will say no."—Chicago Herald.

AN ALTERNATIVE.

"Now, then," said the professor of logic, "give us all an idea of your knowledge of the question in plain words."

"Why—er—I'm afraid," stammered the student, "that I can't exactly—"

"Perhaps then you may give up an idea of your ignorance of it in any old words."—Philadelphia Press.

PARENTAL AGGRAVATIONS.

Johnny—I wish my folks would agree upon one thing, and not keep me all the time in a worry.

Tommy—What have they been doing now?

Mother won't let me stand on my head, and dad is all the time fussing because I wear my shoes out so fast.—Boston Transcript.

NO AGENCY IN IT.

Hicks—I didn't know you had gone in for literary work.

Gussie—Me? How?

Hicks—Jokely told me you collaborated with him on that character sketch of his about the chappie who continually says, "Bah, Jove."

Gussie—Oh, come now, bah Jove! I assure you I had nothing to do with it. Swange of him to tell you that, bah Jove!—Catholic Standard and Times.

The English Government is expected to issue the Transvaal loan in March.