#### Oures Rhoumatiam and Catarrh -- Medicine Sent Free.

These two diseases are the result of an wful poisoned condition of the blood. If you have aching joints and back, shoulder plades, bone pains, crippled hands, legs or et, swollen muscles, shifting, sharp biting pains, and that tired, discouraged feeling of rheumatism, or the hawking pitting, blurred eyesight, deafness, sick tomach, headache, noises in the head, muous throat discharges, decaying teeth, bad breath, belching gas of catarrh, take Botanic Blood Balm (B. B. B.) It kills the poison in the blood which causes these awful poison in the blood which causes these awful symptoms, giving a pure, healthy blood gupply to the joints and mucous mem-brates, and makes a perfect cure of the worst riseumatism or foulest catarrh. Cures where all else fails. Blood Balm (B. B. B.) is composed of pure Bôtanic in-gredients, good for weak kidneys. Im-proves the direction cures dynapsia. A proves the digestion, cures dyspepsia. A perfect tonic for old folks by giving them new, rich, pure blood. Thoroughly tested for thirty years. Druggists, \$1 per large bottle, with complete directions for home oure. Sample free and prepaid by writing Blood Balm Co., Atlanta, Ga. Describe trouble and special free medical advice sent in sealed letter.

NOT ADAPTED FOR THE PART.

#### Richard Carle's "Find" Turned Out of Little Value.

Shortly before "The Maid and the Mummy" company opened its season, Richard Carle was looking for an actor to play the part of a wild man with the musical comedy. He wanted a big, blustering fellow with a bad man's face and the voice of a steam calliope.

After examining several applicants for the part Mr. Carle finally selected a man who filled all the requirements save that of voice. Orlando Wilson was the giant's name, but like many big fellows he was modest and retiring in manner and speech. In fact, his voice was only a few notes removed from an infant's treble.

"Why don't you shout?" exclaimed Mr. Carle, after listening to a 2x4 voice exuding from a man who stood 6 feet 5 inches in his stockings. "Yell! Give your lungs a chance! Imitate a tipsy cowboy-like this!" To illustrate, Mr. Carle cut loose with a cowboy yell, "Yi-i-i-ip!"

"Go home and practice that," he said to the big chap, "and come back to rehearsal to-morrow prepared to make a noise."

Next morning, when the giant put in his appearance, Mr. Carle said, Well, are you all right?"

'Yes," he replied, "almost perfect; but I'm going to give up my part." "Why?"

"I live in a flat."

"What has that to do with it?" "Everything. I started to rehearse that cowboy yell last night, and the

neighbors thought I was murdering my mother. I nearly got lynched." 'Why don't you move?"

"Well, my parents have always supplied me with good board and lodging and if I move they might get out of the habit. I don't believe I'm cut out for that part. You'd better engage some other kind of a person." "I will," said Mr. Carle; "I'll engage

a man.'



The home that is graced with a charming hostess in a wife and mother is thrice blessed. Hospitality is the life of a home and sure test of enjoyment may be estimated by the ease with which guests are entertained. Great wealth does not always extend this warmest and most gracous welcome. The key to success in this realm of pleasure is self-poise and generosity.

One little woman in most moderate c'roumstances is the queen of a large and wealthy circle, and she seems to have been a born entertainer. Mansions are thrown open to these charmed members of society and gay times are numerous, but when the season is over it is to the little woman of tact and culture that the vote of thanks goes for the winter's entertainment.

She is not rich, but no one misses the lack of money. She is not strong. but no one ever realizes ft. She is gracious to every one. She has no maid and every one is made comfortable by her own charming service. She serves such things as can be prepared and made ready some time before the eleventh hour is at hand. There is a general atmosphere of cordiality. She is always ready to fall in with suggestions of others. She is never too tired to be interested in all. She can sing and play and dance and talk and cook and live happily for herself and others. No one should plan to entertain be-

yond their ability in any way-means, strength, willingness or delight.

DON'TS FOR BUSINESS WOMEN. Don't bring your home troubles to he office and air them there.

Don't criticise those who work with ou or those for whom you work.

Don't be late to your work and hen expect consideration because ou are a woman.

Don't sprinkle yourself with heavy perfume. Your particular kind of perfume may be exceedingly obnoxious to those about you.

Don't try to be mannish either in dress or manner. The mannish business woman is out of fashion, fortunstely.

Con't expect to be treated as if you yere in society. You are probably doing the work that was done former ly by a man, and if in small ways yon are not considered as much as you are at home, remember that you are in business.

Don't wear overtrimmed and fussy

worn with a long crepe veil, while as soon as the vell is shortened the millinery at once takes on a most coquettish appearance.

Combined with creps for hat trimming are stiff wings, dull jet; and for lighter mourning, but still with crepe black ostrich plumes fastened with jet buckles are not thought at all extrome.

Black serge is now included in the list of mourning fabrics, but of as dull a black as possible; again trimmings of crepe are used, and buttons of dull jet. A crepe hat with stiff wing at the side completes a neat and smart street gown built on the latest fines for mourning .- Harper's Bazar.

GARDENING AS EXERCISE.

I'm sorry for the woman whose standards, social or physicial, do not permit her to handle a hoe. It seems to me as graceful an instrument as a golf club. An hour's exercise along a tidy garden row will produce the finest kind of a glow, and, withal, you get so much more done with a hoe! It is but a poor-spirited person who will "putter with flowers" but dare not work in the vegetable garden for fear that some one may think she has to do it. If the neighbors are scandalized because I turn the baby loose in the shade on the grass and push the wheel hoe instead of the perambulator it is their lookout. Perhaps, now, they are dying to dig and have not quite dared for fear of my scathing criticism! Let them know the worst. I purpose to dig. to rake, to sow, to weed, to hoe, and to harvest, for the sake of what I get out of it in mental growth, flowers, exercise, aesthetic uplify and vegetables. I shall take my turn, too, with the bicycle, the tennis racket, and the golf clubs; but next to the go-cart the wheel hoe is my favorite vehicle. -Mary Rogers Miller in Success Magazine.

#### BUCKLES AND COMBS.

Buckles in goldsmith's work are much in vogue, and are one of the luxuries of the season. Ancient buckles are very much sought after, especially those of the Empire and Restora" tion periods. These buckles are ornamented with turquoises, amethysts, and engraved algues-marines.

Shou'd one be fortunate enough to find combs that harmonize with these decorations they can be employed in the hair. It is possible by cutting in

# The Value of Nuts as Food

By C. W. Burkett,

all of the

AM a great believer in nuts as a human food. It is not a mere theory with me. I like nuts. There is nothing among all human foods that furnishes a better feeding stuff-the materials that the system needs for muscle, energy and activity than the common things we call nuts. But someone says, "nuts are not easy for digestion." I never heard the vegetarian say this. I have never heard a person who has made an attempt to like nuts say this

It is the meat consumer-the fellow that eats meat three times daily-who says that nuts do not agree with him. I like nuts because they contain so much protein, the part of food that builds up muscle, the tissue that goes to make food flesh and blood; good, strong'internal organs. Then, too, nuts furnish materials that make work easy and the fat that produces energy. When nuts are properly eaten it is not likely that people will call them hard of digestion. Of course if we eat a hearty meal of meat, fish and pastry, we will not be disposed to think very highly of nuts as a finishing course. The stomach is then full, and I surmise that few of us chew our food quite as perfectly toward the last of the meal. If indigestion follows, it is hardly right to lay the blame to nuts. Just try a different plan. Eat nuts at the beginning of the meal; chew them thoroughly and get the flavor and the richness through mastication. I think that a good deal of ice water, pastry, and coffee or tea are more likely to cause indigestion than nuts. Let us make nuts a part of the daily food. Walnuts, peanuts, chestnuts, pecans, any of these well-balanced feeding stuffs.

The following shows the composition of chestnuts, peanuts, corn, pola-The toes and oatmeal, feedings stuffs commonly used on the dining table. composition of each is given, so any one can readily estimate the nutritive value of each:

Chestnuts (native), ash, 1.62; protein, 7.55; fiber, 1.78; starch, 39.66; fat.

9.39. Peanuts, ash, 2.21; protein, 26.62; fiber, 2.41; starch, 16.75; fat, 42.01. Corn, ash, 1.5; protein, 11.5; fiber, 2.1; starch, 69.6; fat, 5.4

Potatoes, ash, 1.0; protein, 2.1; fiber, 6; starch, 17.3; fat, 1.

Oatmeal, ash, 2; protein, 14.7; fiber, 9 starch, 67.4; fat, 7.1.

Take peanuts for instance. While this nut is not considered as a nut, properly speaking, it can be used in this classification. You see they take high rank as human food. They contain more mineral matter than oatmeal and nearly twice the quantity of protein-the blood, the muscle and the nerve maker. Nuts, then, including peanuts, should readily find a place on the home table. They are nutritious, wholesome and appetising. Properly used they are unsurpassed, and all the time they are cheap in price. From the standpoint of value a dollar will purchase more of puts or peanuts, than scarcely anything else eaten by man.

## S 2 The United States and the North Pole

By Robert E. Peary,

(Just before sailing for the Arctic Circle Commander Peary sent to Collier's this estimate of the value of his project.)

meaning of the Discovery of the North Pole to the United States is two-fold, scientific and moral. In science it means valuable additions to geographic knowledge. It means the possibility (in the minds of reputable scientists even the probability) of lifting a new land, with a new fauna and flora, out of the "terra incognita" that now surrounds the Pole. It means opening up the secrets and revealing the economics of an area of some 3.

000,000 square miles which stands today as a challenge and reproach to us It means an opportunity for observations of refinement with the pendulum, to determine the precise figure of the earth; and in the fields of magnetism and meteorology to permit a clearer definition and more precise application of the laws of those sciences. It means the cognizance of the general hydrographic features of the now unknown central polar basin. It means enriching our studies and museums with data and collections in zoology, geology, and physics.

The Discovery of the North Pole means to the United States national pres tige. Nansen's expedition, fitted out by his king, his parliament, and wealth private citizens, impressed the world with the material which makes up th descendants of the Vikings. Abruzzi's expedition, costing two hundred thousand dollars, was worth to Italy many times its cost, for it drove home to the civilized world the fibre of which Italians are made. And now should an American put the Stars and Stripes on the Pole, every American would feel prouder, and that increment of justifiable pride to millions of us would alone be worth ten times the money outlay.

Aside from all this it would be an impetus to further geographical work in other important fields; and to every boy and girl with an atom of energy, ambition, and intelligence, it stands as an emulating object-lesson of high ideals.

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His First Visit. "Look here, Halton, why in creation

did you lure me into buying a ticket for that lawn fete?" 'Why, did you pay out much?"

"Much Why, they charged me 50 cents for lemonade and \$1 for ice cream.

"That was exorbitant."

"Then I was lured through the 'mane of mystery,' 'witches' caldron,' etc., and by the time they finished telling my fortune I didn't have a penny.'

#### "That was tough."

"O, I could have recovered from that, but it was the sequel. When i reached home dead broke my wife accused me of playing poker and hasn't spoken to me since."--Chicago News.

#### Girl Writes Verse.

Violet Firth, a thirteen-year-old English girl, has written a volume of verse which was sold more than 3,000 copies.

OLD FASHIONED FARE. Hot Biscults, Griddle Cakes, Pies and Paddings.

The food that made the fathers strong is sometimes unfit for the children under the new conditions that our changing civilization is constantly bringing in. One of Mr. Bryan's neighbors in the great State of Nebrasks writes: 1

"I was raised in the South, where hot biscuits, griddle cakes, pies and puddings are eaten at almost every meal, and by the time I located in Nebraska I found myself a sufferer from indigestion and its attendant ills-distress and pains after meals, an almost constant headache, dull, heavy sleepiness by day and sleeplessness at night, loss of flesh, impaired memory, etc., etc.

"I was rapidly becoming incapacitated for business when a valued friend suggested a change in my diet, the abandonment of heavy, rich stuff and the use of Grape-Nuts food. I followed the good advice and shall always be thankful that I did so.

"Whatever may be the experience of others, the beneficial effects of the change were apparent in my case al most immediately. My stomach, which had rejected other food for so long, toos to Grape-Nuts most kindly; in a day or two my headache was gone. I began to sleep healthfully and before a week was out the scales showed that my lost weight was coming back. My memory was restored with the renewed vigor that I felt in body and mind. For three years now Grape-Nuts food has kept me in prime condition, and I propose it shall for the rest of my days.

"And, by the way, my 21/2 year old baby is as fond of Grape-Nuts as I am, always insists on having it. It keeps her as healthy and hearty as they make them." Name given by Postum Co., Battle Creck, Mich. There's a reason. Read the little book "The Road to Wellville" in pkgs.

lothes. Wear plain clothes with appropriate bleuses. Don't forget that all of the evil

passions are traceable to two rootsanger and worry. These are the thieves that steal precious time and energy from life .- St. Louis Post Disnatch.

FOR HOME DRESSMAKERS.

Since countless women and girls nake their own clothes, and many of them have not the opportunity to take more than a passing glance at the hest models (some not even that), it is in order, perhaps to indulge in a little plain talk. This plain talk is designed to make clear the fundamental principles of the average dress or costume. Very many of us look at a rich oreation and are absolutely dazzled; so much so that it might have been fashioned by magic for all that this average feminine gleans to the contrary. She looks at its, sighs and turns away, hopeless as far as achieving anything to compare with it goes. Yet all she needs is a hint. "The merest key will open the whole secret. First of all in looking at an elaborate creation the earnest seeker af-

ter sartorial knowledge should look through the froth and frivol the superstructure, so to speak, and solve the secret of the foundation. That is most important.

It matters little what one chooses to add in the matter of overdress or trimming, so that it be pretty, becoming and of good cut. Nearly every amateur knows what she wants a

dress to look like after it is complete. It's the beginning that worries her. It's the cutting into the new fabrics

and not knowing how to start, and fearing that one will cut wrong. Now, if the amateur can get away from this decision, can see her way clear from the first, half the battle is won. By some little study she will discern that though the vast number of new dresses all look different each in built like the others. It will not be long before our amateur can systemptize the whole thing and, with one foundation dress in her mind's temper .- Times of India, Bombay. ye, can conjure up a dezzling host of "callingar! rot on'y that --- she can

rarard them calmly, as an Eastern juggler does his paraphernalia, being mistress of the situation.

#### MOURNING FASHIONS.

Only on elderly women is the close. fitting small bonnet with long veil seen. The crepe veil is worn, but more often on a hat than on a bonnet. and with its fulness adjusted in most graceful folds, until the original idea of a veil to hide one's features from the gaze of too curious or sympathetic friends has apparently been quite lost sight, of. Small round hats, tur- mand, owing to the vogue of the short hane and flat hats worn a little over .- ------

two the combs of this period, which were very large, to make side combs, which are thoroughly suited to modern colffure. There are some of this kind, ornamented with pearls, topazes' small brilliant, and enamel, which are most successful in effect -- New Haven Register.

#### LACE POPULAR.

Never has lace been more popular than it is at present. Old lace and new lace, real lace and imitation, hold sway. The woman with lace heirlooms is the envied creature of the hour. No frock is complete without its touch of lace. Even the severe tailor-made gown must have at least its little turnover collar of delicate lawn with lace insertions, and its cuffs of the same, says Women's Life. Valenciennes is seen trimining broadcloth, in the shape of deep rows of insertions sewn together in a broadshouldered piece. Evening gowns are one mass of lace frills, and the lace hat is the correct thing for fashionable afternoon functions.

#### THE MODERN MAID.

Mrs. Grundy has been having a bad time of it the last few years, since the advent of cycles and the independence of maidenhood. Girls may have gone too far, and do go too far, sometimes, even now; but they have had their kicks for freedom, and are becoming more content to settle down to a quiet trot and a gentle gallop .--The Queen.

### WOMEN'S SHOPPING.

If one studies the physiognomy of tradesmen who have to deal only with the sterner sex, like tobacconists and tailors, evidence will probably be found of a far higher level of vital exuberance and mental serenity than is depicted on the faded features of the draper's assistant. The customers of the former demand clothes or tobacco, as the case may be; they do not insist on half an hour's sport as well at the expense of his time and

#### FASHION HINTS.

Trimmed and untrimmed skirts are as modish as ever, choice being left entirely to individual taste.

Since the introduction of the folding suit case umbrella a new idea has been brought to notice in the shape of a combination cane and umbrella. Dame Fashion has set her seal of apparel on the princess gown.

The vogue for velvet for Winter wear is universal.

Velvet never losses its place in feminine esteem.

Braclets are more than ever in de-

persistence, and determination. It means enduring fame to America, because it is the plucking and holding forever of the last great prize for which strong and adventurous nations have struggled with tireless persistency century after century. It is the one great prize never to be rewon, never to be surpassed It is man's physical conquest of the world.

S S Hospitality in the Orient. By J. R. S. Sterrett.

HE villagers who entertain the stranger in their houses naturally enough expect him to talk to them, for thus only can he give them the return they anticipate for their hospitality; as a general rule, they will accept no remuneration for the food and shelter they give, but they do expect payment for the feed of the animals. The conversation one has to carry on with the host and the

other villagers who drop in to see and pay their respects to the stranger is entertaining and even amusing as long as one is a novice in the country, because it is unsophisticated prattle, such as one must have heard in Europe in the Middle Ages. One unfailing topic is the rotundity of the world the negative side of the question being always defended; they cannot believe that the sun remains stationary,-for why should they disregard the evidence of their own eyes, which show them that it does move across the vault of heaven. They ask you how much tribute your contrymen pay to their Padiahah (whom we wrongly call Sultan), whose foot is upon the neck of all nations, as they firmly believe; they inquire minutely into your business at home and your reasons for travel in their country, etc. They handle with childlike joy and amazement your rifle and revolver, your knife, pen, pencils, your helmet and clothing, and the women can never have enough of feeling and fondling your socks, which are more evenly and closely knit than their backwoods, homemade article.

One must submit to an examination of this kind wherever one stops, often several times a day. Finally it palls on the traveller, unless he be gifted with the patience of Job, and from that moment he tries to avoid village hospitality. A further reason for such avoidance is the fact that the acceptance of the hospitality of villagers makes it impossible for the traveller to put into durable form his road-notes of the day while matters are still fresh in his mind. For the scientific traveller or the archaeologist this is of the utmost moment. Now, among Turks writing in the house of your entertainer would simply be impolite and a boorish return for the hospitality, but the Arabs regard the man who writes or draws as a spy, and will not permit it at all .- Harper's Magazine.

An Arctic Dog. that city and asked the proprietor for It is said of Dr. John Brown, the a pound of nails. The small package genial and much-loved author of "Rab, was made up and the price, a nickel. and His Friends," that he was per- handed to the merchant, when the sonally acquainted with every dog in customer asked if the purchase could Edinburgh. Once while out driving be sent to his house, which was in a he stopped in the middle of a sen- distant part of the city. The mertence and looked out eagerly at the chant assented, and calling an errand back of the carriage.

"Is it some one you know?" askel nickel he had just received for it the friend who was with him and said: "No," he replied; "it's a dog I don't

know." And old resident of Ediaburgh tells house." this story, which has never before found its way into print. A dog had recently been brought to the city from | to take the parcel out?" Iceland, and for a long time apparently suffered from all the pangs of chant. "I wouldn't think of asking

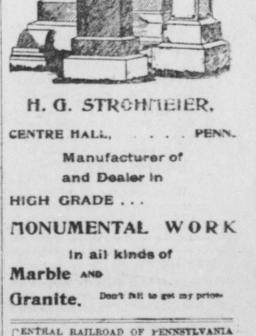
Dr. Brown became much interested "That dog is all right now. He

at home here."-Youth's Companion. their legs so that they trailed after the wearer.

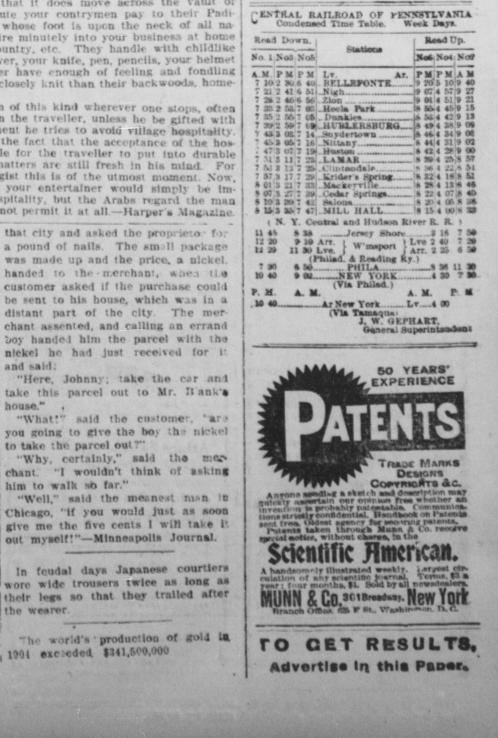
#### Another Meanest Man.

A well-to-do Chicago real estate. The world's production of gold in owner came into a hardware store in 1991 exceeded \$341,500,000

him to walk so far."



8292 738



homesickness.

in that animal, and tried frequently Chicago, "if you would just as soon to comfort it. At last, one day, he came to the house of his iriend, Dr. out myself!"--Minneapolis Journal. Peddle, with a smiling face and said:

went out last night and saw the pole In feudal days Japanese courtiers star, and that has made him feel quite wore wide trousers twice as long as