

Cure Rheumatism and Catarrh—Medicine Sent Free.

These two diseases are the result of an awful poisoned condition of the blood...



THE BEAUTY OF HOSPITALITY.

The home that is graced with a charming hostess in a wife and mother is thrice blessed.

The face are all considered good style worn with a long crepe veil...

Combined with creps for hat trimming are stiff wings, dull jet; and for lighter mourning, but still with crepe...

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...

GARDENING AS EXERCISE.

I'm sorry for the woman whose standards, social or physical, do not permit her to handle a hoe.

Take peanuts for instance. While this nut is not considered as a nut, properly speaking, it can be used in this classification.

The Value of Nuts as Food

By C. W. Burkett.

I AM a great believer in nuts as a human food. It is not a mere theory with me. I like nuts.

It is the meat consumer—the fellow that eats meat three times daily—who says that nuts do not agree with him.

The following shows the composition of chestnuts, peanuts, corn, potatoes and oatmeal, feedings stuffs commonly used on the dining table.

Chestnuts (native), ash, 1.62; protein, 7.55; fiber, 1.78; starch, 39.66; fat, 9.29.

Peanuts, ash, 2.21; protein, 26.62; fiber, 2.41; starch, 16.75; fat, 42.01.

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.)

THE meaning of the Discovery of the North Pole to the United States is two-fold, scientific and moral.

The Discovery of the North Pole means to the United States national prestige. Nansen's expedition, fitted out by his king, his parliament, and wealthy private citizens, impressed the world with the material which makes up the descendants of the Vikings.

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.

Hospitality in the Orient.

By J. R. S. Sterrett.

THE villagers who entertain the stranger in their houses naturally enough expect him to talk to them.

One must submit to an examination of this kind wherever one stops, often several times a day.

An Arctic Dog. It is said of Dr. John Brown, the genial and much-loved author of "Rab and His Friends," that he was personally acquainted with every dog in Edinburgh.

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DEMOCRATIC CO. COMMITTEE

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CENTRAL RAILROAD OF PENNSYLVANIA Condensed Time Table. Week Days. Read Down. Stations. Read Up.

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TO GET RESULTS, Advertise in this Paper. The world's production of gold in 1901 exceeded \$341,500,000.

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.

After examining several applicants for the part Mr. Carle finally selected a man who filled all the requirements save that of voice.

"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 stocking.

"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?"

"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."

"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."

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 maze 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."

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

OLD FASHIONED FARE. Hot Biscuits, Griddle Cakes, Pies and Puddings.

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.

"It 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."

"It 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 almost immediately. My stomach, which had rejected other food for so long, today 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 these reasons 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 2½ 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 Creek, Mich. There's a reason. Read the little book "The Road to Wellville" in pkgs.

MOURNING FASHIONS. Only on elderly women is the close-fitting small bonnet with long veil seen.

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 lines for mourning.

BUCKLES AND COMBS.

Buckles in goldsmith's work are much in vogue, and are one of the luxuries of the season.

Don't expect to be treated as if you were in society. You are probably doing the work that was done formerly by a man, and if in small ways you are not considered as much as you are at home.

Don't wear overtrimmed and fussy clothes. Wear plain clothes with appropriate blouses.

Don't forget that all of the evil passions are traceable to two roots—anger and worry. There are the thieves that steal precious time and energy from life.

FOR HOME DRESSMAKERS. Since countless women and girls make their own clothes, and many of them have not the opportunity to take more than a passing glance at the best models (some not even that), it is in order, perhaps to indulge in a little plain talk.

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