



SYRUP OF FIGS

ONE ENJOYS

Both the method and results when Syrup of Figs is taken; it is pleasant and refreshing to the taste, and acts gently yet promptly on the Kidneys, Liver and Bowels, cleanses the system effectually, dispels colds, headaches and fevers and cures habitual constipation. Syrup of Figs is the only remedy of its kind ever produced, pleasing to the taste and acceptable to the stomach, prompt in its action and truly beneficial in its effects, prepared only from the most healthy and agreeable substances, its many excellent qualities commend it to all and have made it the most popular remedy known.

Syrup of Figs is for sale in 50 cent bottles by all leading druggists. Any reliable druggist who may not have it on hand will procure it promptly for any one who wishes to try it. Do not accept any substitute.

CALIFORNIA FIG SYRUP CO.
SAN FRANCISCO, CAL.
LOUISVILLE, KY. NEW YORK, N.Y.

Prayers by Telephone.

At a small dinner given recently in a Western city the guest of honor was a young married woman who is the proud mother of two handsome boys, both under five years of age. In their education she endeavors to follow a system, after the manner of most young mothers, and is very particular to live up to any rule she has made for them.

During an early course in the dinner, and in the middle of an animated conversation with her host, she suddenly paused with a startled look and cried:

"There, if I did not forget those boys again! Have you a telephone in the house, and may I use it?"

She was taken to the telephone by her host, and the murmur of her voice in earnest conversation floated back to the dining-room. After a short pause she returned.

"I do hope you will pardon me," she said, "but, you see, I always have George and Eddie say their prayers for me before they go to sleep. I forgot it to-night in the hurry of coming away, so I just called up their nurse. She brought them to the phone, and they said their prayers over the wire, so my mind is relieved."

—Chicago Post.

The Rhind manuscript, now in the British Museum, is the oldest intelligible mathematical work extant that has been deciphered.

MRS. PINKHAM'S ADVICE

What Mrs. Nell Hurst has to Say About It.

DEAR MRS. PINKHAM:—When I wrote to you I had not been well for five years; had doctored all the time but got no better. I had womb trouble very bad. My womb pressed backward, causing piles. I was in such misery I could scarcely walk across the floor. Menstruation was irregular and too profuse, was also troubled with leucorrhoea. I had given up all hopes of getting well; everybody thought I had consumption.



After taking five bottles of Lydia E. Pinkham's Vegetable Compound, I felt very much better and was able to do nearly all my own work. I continued the use of your medicine, and feel that I owe my recovery to you. I cannot thank you enough for your advice and your wonderful medicine. Any one doubting my statement may write to me and I will gladly answer all inquiries.—Mrs. NELL HURST, Deepwater, Mo.

Letters like the foregoing, constantly being received, contribute not a little to the satisfaction felt by Mrs. Pinkham that her medicine and counsel are assisting women to bear their heavy burdens.

Mrs. Pinkham's address is Lynn, Mass. All suffering women are invited to write to her for advice, which will be given without charge. It is an experienced woman's advice to women.

Go to your grocer to-day and get a 15c. package of

Grain-O

It takes the place of coffee at 1/4 the cost.

Made from pure grains it is nourishing and healthful.

Insist that your grocer gives you GRAIN-O. Accept no imitation.

OUR NAVY'S DISCIPLINE

ITS STANDARD EQUALS THAT OF THE WORLD'S BEST NAVIES.

No Laxity Allowed on American Men-of-War—Uncle Sam's Ships Cleaner Than Any Other Naval Vessels—Our Tars Are Far Superior to the Indolent Spaniards.

The discipline preserved on American men-of-war not only equals that of every other navy in the world, including the navy of Great Britain, but that it is more rigid, more rigorous, more military and sailorly, and more admirable in every way, than the discipline that prevails on the ships of several navies of the world that vastly surpass it in size and strength.

The writer, as a man-of-war's man, had ample opportunities to study the discipline ruling warships of all the great navies of the world. He has made repeated and protracted visits to as many as a dozen men-of-war, first and fourth class, battleship and gunboat, of the British navy, and he has carefully observed the whole routine of the day on at least two ships of every important navy, including the navy of Japan. He is perhaps measurably well fitted, therefore, to draw comparisons.

Probably the safest standard from which to draw conclusions as to the nature of discipline on a man-of-war is the standard of cleanliness, and from this point of view the most unscientific housewife might be quite as competent a critic as the naval expert. Nothing is more absolutely cock-sure and certain than that a dirty man-of-war infallibly points to a slouchy, undisciplined crew, as well as forward. A warship's crew of officers and men that does not possess sufficient energy and decency to keep its ship sweet and clean and spick and span from cat-head to mizzen flagstaff was never yet known to be a well disciplined crew.

There is a very high standard of cleanliness and sanitation on men-of-war of today—a standard necessarily high when it is considered how closely men are huddled together on a naval vessel. The ships of the United States navy more nearly attain even the medical department theoretical standard of cleanliness than the ships of any other navy in the world, including those of the British navy. This is not to say that British men-of-war are not clean. As a rule they are quite clean, even if it does take the "lime-jucers," as American men-of-war's men call the British naval tars, an unconsciously long time, for instance, to "swab the smut out of the ship's eyes" after coaling ship. But the average British man-of-war is not as clean, fore and aft, as the average American man-of-war—not by a long shot. A good many British naval jacks have got the slatternly housemaid's habit of hiding dirt and of stowing it away in corners, so that, while to the uncritical eye their ships might present a general swabbing and shiny look, they could certainly not endure the sharp inspection of an American commanding officer without some of the men forward finding themselves in a heap of trouble for slouchy ship polishing.

A couple of days after the Maine disaster a Madrid dispatch quoted Weyler as saying that the "affair was no doubt due to the indolence of the ship's crew." Weyler has often been aboard the men-of-war of his own country. Therefore this remark sounds delightfully funny. There could be no more realistic portrayal of the entire meaning of the word "indolence" than that exhibited by the crew of a Spanish warship. Fore and aft, from all hands at dawn until pipe down at night, the dolce far niente on board a Spanish man-of-war is almost of the dreamy, blissful, all-pervading sort as that which obtains at high, scorching noon in the "dobe shacks" of Mexican peons. Aft, in the officers' quarters, a fair degree of cleanliness is occasionally to be found on a Spanish war vessel, but forward, where the men dodder through their days, the average Spanish man-of-war is not alone dirty, it is simply filthy. The fo'c'sle of the average Spanish man-of-war is no better in respect to cleanliness than the main deck of a rank, evil-smelling East Side New York tenement house. There is no bias or spread-eagle prejudice whatsoever in this statement. It is simply a matter of common knowledge and notoriety among men who know navies. Moreover, Spanish naval sailors are not alone (as a class) stupid, inapt, pluggish and pig-headed; they are sullen and ugly and mighty difficult to handle, especially by officers who look upon all men forward as being not much above the level of beasts. The Spanish man-of-war's man is fed barbarously, punished barbarously and treated barbarously in general.

In none of the world's navies can you see men perform their routine and extraordinary work and their drills with more snap, vim, ambition, determination and genuine liking for the business than on an American ship of war. It is a matter of pride with a United States navy sailor to be up to the mark of his rate, whether the rate is that of a landsman or a chief bosun's mate. The American bluejacket is a man of such independent spirit that he would just about as lief get into the brig in double irons as to get called down in the presence of his mates for dereliction of duty, and in general he sees to it that he does not deserve such a calling down. If he doesn't deserve it, he doesn't get it—in the American navy.—Washington Star.

Flogging Russia.

Flogging has become so indispensable in Russia that some inventor has perfected a machine which saves the human arm. Under the flagellation of the machine taxes and arrears are to become speedily collected.

HELPS FOR HOUSEWIVES.

Colored Cotton Fabrics.
Colored cotton fabrics will not fade by subsequent washing if placed in boiling water to which has been added three gills of salt to every four quarts of water. Do not remove the cloth until the water is cold.

Aromatic Vinegar for Sprinkling.
Aromatic vinegar for sprinkling in apartments during the prevalence of fevers or any contagious complaint can be made as follows: Take common vinegar, any quantity desired, and stir into it enough powdered chalk to neutralize the acidity. When it stops foaming, and the chalk is precipitated, draw off the liquid and dry the white powder by the fire or in the sun. When perfectly dry, put into a stone vessel and pour upon it sulphuric acid until the white fumes stop ascending.

White Pine Screens.
For that open fireplace which is not in use come little white pine screens at low rates. These are fitted out with small shelves and brackets for odds and ends of bric-a-brac. A bottle of gilt paint, a small can of enamel and a good-sized brush are all the necessities for production in a very pretty little affair from this raw material, or strips of heavy wall paper representing old woods can be had at the house furnishing establishments. And this screen, covered with this, will resemble a handsome carved wood cabinet. Another good idea is to fit this kind of screen with hooks, to which may be attached small baskets filled with flowers, ferns, vines or grasses.

Cooking for the Sick.
Mrs. S. T. Rorer lays down these rules for "Cooking for the Sick and Convalescent," in the Ladies' Home Journal. "In cooking for the sick a moderate heat is necessary to bring out and intensify, rather than destroy or keep within, the delicate flavorings of the materials used. Where receipts call for butter it must be added to hot dishes after they have been taken from the fire. All fried things must be avoided.

"Gruels or semi-starchy foods require long, slow cooking. Meats must be cooked but not overdone. Under no circumstances should raw meats, raw beef juice, or raw beef tea be used. Pasteurization is necessary to remove the danger of disease germs.

"Serve hot foods hot; cold foods cold. This does not mean the extreme of either.

In arranging the tray keep everything as dainty as possible, using white or very pale colors. A simple vase of flowers, with not too decided an odor, will prove an added attraction. Roses, violets, lilies-of-the-valley or bouvardais are advisable for their daintiness and absence of heavy odor."

Recipes.

Date Loaf—Cook one cup of oatmeal in one quart of water (adding three-quarters of a teaspoonful of salt) until soft. Stir into this one pound of washed, dried and stoned dates, and turn into a mold. Cut and serve with whipped cream. Simple and delicious.

Asparagus Salad—A very acceptable salad can be made from asparagus left over from previous day's dinner. Cut it in small lots. Mix with an equal amount of buttered bread crumbs that have been browned slightly in the oven. Place a portion on small leaves of lettuce and cover with mayonnaise dressing.

Sweetheart Cake—Cream together the yolks of two eggs, one cup sugar and one tablespoonful butter; add one-half cup sweet milk and one and one-half cups flour, sifted with one heaping teaspoonful baking powder. Bake in heart-shaped tins with blanched almonds pressed in centre, or shredded cocoanut may be strewn over.

Raspberry Shortcake—One large cup thin sour cream, one-half teaspoonful soda, a little salt. Stir the flour in quickly after the soda is added. Shape into dough; roll thin for two or three layers, spreading butter before baking. When done, pull apart; butter generously and pile on canned raspberries well sugared. Drain off most of the juice. Prepare just as you serve.

Chocolate Gems—Beat to a cream two tablespoonfuls of butter, adding slowly one cup sugar; stir in half-cup of water, a pinch of salt and one and a half cups of flour. Beat thoroughly, and before adding the last half-cup of flour put one teaspoonful of baking powder in it. Then add two teaspoonfuls of cocoa, teaspoon (scant) of vanilla and two eggs well beaten. Pour into greased gem tins and bake in a moderate oven twenty minutes.

Creamed Horseradish—An excellent sauce for cold meat or poultry is made from grated horseradish, yolk of an egg and whipped cream. Squeeze every particle of vinegar from three tablespoonfuls of the horseradish and mix thoroughly with the yolk of egg and half a teaspoonful of salt. Add six tablespoonfuls of whipped cream and mix again. Serve in the centre of a small platter, arranging the slices of cold meat around it with a border of parsley.

Fish Souffle—This creamed fish is given because no eggs are used, which is often preferable. Use one pint of cold fish picked fine. Boil together two tablespoonfuls each of butter and flour, one teaspoonful of mustard, half-teaspoonful salt, pinch of cayenne and one pint of cream or milk. Stir in the fish and place all in buttered baking dish; cover top with bread crumbs and bits of butter. Bake twenty minutes. This is also fine for veal or chicken. Serve with walnut fish sauce.

THE REALM OF FASHION.

Novelties in Hairdressing.

How to dress the hair in a becoming manner, and at the same time carry as light a load as possible, is a problem that will try the brains of women during the coming spring months. The problem has been partly solved by the inventor of what is known as the "simplex" foundation. It is used in building up the coiffure produced



BUILDING UP THE COIFFURE.

herewith. Not only is it light as air and perfectly durable, but it supplies nature's deficiencies without detection. It is used principally in a new development of the Victorian style, arranged in three high loops on top of the head in conjunction with a pretty tortoise shell comb. The foundation is made up of a bang and a tress. By reference to the picture it can be seen that an ingenious hair fastener enters into its composition. The ingenuity of the contrivance lies not only in the fact that it is a hair fastener, but it keeps in place and conceals a switch of additional hair, which enables one to add to the importance of the tresses while fixing them into the bandage necessary for their proper arrange-

bicycles is a small silver name plate to be placed on the tool bag.

A clasp on the plaids belts is of silver, gilt and represents an army button surrounded by a wreath. It is also worn on belts of black seal leather.

A neat brooch is in the shape of an open oyster shell, the natural colors being represented in enamels, with a small pearl mounted in the deeper half of the shell.

Another belt is of oxidized silver wire forming a sort of lathwork mounted on a drab silk ribbon. The clasp is in the form of two rosettes, in the centers of which tanzanite is mounted. At the back are two rosettes of the same design as the clasp, and one is also worn at each side.

Silk and leather belts are again becoming popular. A combination of the two materials consists of a silk ribbon on a leather belt. The silks are chiefly plaids and are applied so that the lines run diagonally across the belt. Appropriate buckles and slides of silver, gilt, and are the favorite mountings.

Flowers play an important part in the recent designs for brooches. Among the blossoms which seem to be favorites are violets with petals spread apart, pansies, clematis and apple blossoms. They are all enamel in natural colors and often have a small pearl or diamond mounted in the center, or in the more deeply colored flowers on one of the petals, in which cases it represents a dew drop.

Millinery Hints.

The smartest toques and bonnets and picture hats flaunt gorgeous bouquets of ribbon in place of glassy-eyed little songster, and it is undeniable that the ribbon is answering just as well as the birds did for effec-



SPRING WALKING COSTUMES.

ment. The entire arrangement is pretty, light and becoming to most features.

Hints About Walking Costumes.

The cotton gowns are now being built very much on the lines of the winter models. The paquin skirt is admirably adapted to thin fabrics of all kinds, as the circular flounce gives a pretty fullness about the feet. Straight flounces are also applied in the same manner and they launder better. The bodices of organdie are very elaborate and the skirts are flounced, and rows of lace are set in them. The guimpe bodice, which has been so popular during the winter, will be much in evidence this summer. Dainty guimpes are built of fine sheer white batiste or muslin, tucked or corded in groups, with narrow Valenciennes insertion between them. The sleeves in some instances match the neck, but they are quite as good style if they are of the organdie. There is slight change in shirt waists from those of last season. Stocks are the smartest finish to the necks, and if collars are worn they must turn over. Pique skirts will be as much in demand as ever, and chic little Etou coats, built on severe lines, will be worn. Silk skirts will rival cotton ones. Blue, pink and yellow will be the prevailing colors. They are tucked, shirred, trimmed with rows of narrow black satin and velvet ribbon, and often the ribbon is gathered into little frills. A letter from Paris, from an up-to-date individual, states that the prevalence of the separate foundation has been somewhat overestimated, and that the greater proportion of the skirts are lined. This is especially true of cloth skirts, and as every woman knows, walking costumes are more comfortable made with the foundation and skirt in one piece. Tailor skirts for the most part will be made without trimming; but a number of the jacket bodices are quite elaborately decorated. Revers of silk in a contrasting color will be embellished with braid and embroidery.

Up-to-Date Sailor Hat.

The early straw sailor hats will be trimmed with loops of ribbon and one or more quills. It is evident that this is to be a floral season, and many of the imported toques are composed en-



SAILOR HAT.

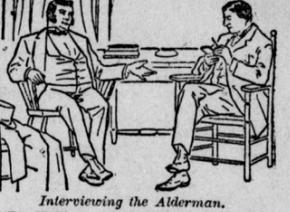
tirely of flowers and leaves. Fine flowers are used for the crown and brim, and roses with leaves wired into aigrets. Violet hats are now the craze, and they suggest pleasantly the approach of spring.

Donkeys in Demand.

In South Africa there is a great demand for donkeys, as they are proof against climate, plague and flies.

Gained 22 Pounds in 5 Weeks.

From the *Dy-Stander*, Macomb, Ill.
Alderman Louis W. Camp, of our city, has quite astonished his friends, by a remarkable gain in weight. He has gained 22 pounds in five weeks. Those of his friends who do not know the facts of his sickness will read with interest the following: "I was broken down in health and utterly miserable," said Mr. Camp to our reporter. "I was unable to work much of the time and so badly afflicted with a form of stomach trouble that life was a veritable nightmare."



Interviewing the Alderman.

"Dr. Williams' Pink Pills restored me to health and I most heartily recommend them."

L. W. Camp on oath says that the foregoing statement is true.
W. W. MELLOAN, Notary Public.
Following is the physician's certificate as to Mr. Camp's present condition.
I am a regularly licensed physician of Macomb, McDonough County, Ill. I have very recently examined Mr. L. W. Camp as to his general physical condition, and find the same to be all that could be desired, appetite and digestion good, sleeps well, and has all the evidences of being in a good physical condition. SAM'L RUSSELL, M. D. Subscribed and sworn to before me this 30th day of September, 1897.
W. W. MELLOAN, Notary Public.

A German has invented a neat little brush for the hat, which has a spring wire loop attached to its back, by which it is supported in the crown of the hat when not in use.

The Crystal Palace, Sydenham, accommodates more people than any other building in the world. It will hold 100,000 people.

Deafness Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube. When this tube gets inflamed you have a rumbling sound or imperfect hearing, and when it is entirely closed deafness is the result. In many cases inflammation can be taken out and this tube restored to its normal condition, hearing will be destroyed forever. Since the cause of inflammation is catarrh, which is nothing but an inflamed condition of the mucous surfaces, we will give One Hundred Dollars for any case of Deafness (caused by catarrh) that cannot be cured by Hall's Catarrh Cure. Send for circulars free.

Sold by Druggists, 75c.
Hall's Family Pills are the best.

Several of the catacombs at Rome are now lighted by electricity, and the system will soon be extended to all the catacombs.

Don't Tobacco Spit and Smoke Your Life Away.

To quit tobacco easily and forever, be magnetic, full of life, nerve and vigor, take No-To-Bac, the wonder-worker, that makes weak men strong. All druggists, 50c or \$1. Cure guaranteed. Booklet and sample free. Address Sterling Remedy Co., Chicago or New York.

Epping Forest is the largest public recreation ground in the world.

Oh, What Splendid Coffee.

Mr. Goodman, Williams Co., Ill., writes: "From one package Salzer's German Coffee Berry costing 15c I grew 300 lbs. of finer coffee than I can buy in stores at 30 cents a lb." A C I
A package of this coffee and big seed and plant catalogue is sent you by John A. Salzer Seed Co., La Crosse, Wis., upon receipt of 15 cents stamps and this notice.

The average amount of sickness in human life is nine days out of the year.

Educate Your Bowels With Cascarets.

Candy Cathartic, cure constipation forever. 10c, 25c. If C. C. C. fail, druggists refund money.

Two persons die of starvation in London every week.

Asheville and Hot Springs, N. C.

These two charming resorts, located in the mountains of Western North Carolina, are now being rapidly filled with winter tourists from the North. A more delightful place cannot be found to avoid disagreeable, sharp frosts. They are readily reached from New York, via Pennsylvania and Southern Railway, by the Washington and Southwestern Limited, which leaves New York daily at 4:20 P. M., making the trip within twenty-two hours in through Pullman drawing-room sleeping cars. For full particulars, etc., call on or address Alex. S. Thwaites, Eastern Passenger Agent, 271 Broadway, N. Y.

The crusade against the spitting nuisance has been taken up by the health association of Germany.

Why Suffer Like Job

When St. Anthony's Ointment will heal all sores, new or old, or money refunded, 50 cents per box, all druggists or St. Anthony Mfg. Co., Chicago, Ill.

The number of Chinese in San Francisco is about 20,000, including 2500 women.

To Cure A Cold in One Day.

Take Laxative Bromo Quinine Tablets. All Druggists refund money if it fails to cure, 25c.

Hereafter the American Express Company will use horseless wagons exclusively in Chicago.

To Cure Constipation Forever

Take Cascarets Candy Cathartic. If C. C. C. fail to cure, druggists refund money.

France has a law forbidding the titer of birds smaller than larks.

Fits permanently cured. No fits after first day's use of Dr. Kline's Great Nerve Restorer. 23c. Trial bottle and Dr. R. H. KLINE, Ltd., 381 Arch St.

The wood of Northern Minnesota never so full of wolves.

Chew Star Tobacco—The Best. Smoke Sledge Cigarettes.

An abandoned railroad tunnel of Edinburgh is being used for a farm.

No-To-Bac for Fit. Guaranteed tobacco habit. Men strong, blood pure. 50c.

A traveler can now go as far in fifty days.

Mrs. Winslow's Soothing Syrup. Teething, softens the gums, allays pain, cures wind.

Electrically operated car great success in London.