HEALTHY WOMEN

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





MRS. M.J. BRINK

FIRST STAGE OF CATABRH

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 iungs. It beginning is easily and considerable fever, or it may be so slight as to not hinder a person is paid to the first stage of catarrh, and hence it is that nearly one-half of the people have chronic catarrh. As soon as any one discovers the first symptoms of catching cold ite that nearly one-half of the people have chronic catarrh. As soon as any one discovers the first symptoms of catching cold ite that nearly one-half of the people have chronic catarrh and hence it is that nearly one-half of the people have chronic 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 thronic catarrh, and hence it is that nearly one-half of the people have chronic catarrh and hence it is that nearly one-half of the people have chronic catarrh and hence it is that nearly one-half of the people have chronic catarrh and hence it is that nearly one-half of the people have chronic catarrh and hence it is that nearly one-half of the people have chronic catarrh and hence it is that nearly one-half of the people have chronic catarrh and hence it is that nearly one-half of the people have chronic catarrh and hence it is that nearly one-half of the people have chronic catarrh and hence it

THOUGHT MULES WERE BETTER.

Stockholder Unable to See Advantages of Electricity.

Down in Fiorida a few years ago at one of the famous summer resorts was a small street railroad-a little affair that did not amount to much, but was supposed by its proprietors to be sufficient for all ordinary purposes. One day in the course of a discussion the owners were accused of being old fegles and behind the "Why don't you get together and be up to date?" they were asked. "You really ought to have a modern equipment for a place of this character, instead of an old road of mule-drawn cars that date back to

After considerable deep meditation and with many misgivings the road was ordered changed to an electric line, and an eighty-horse power equipment was ordered. The outfit arrived and was installed but for some recson failed to operate properly. An outside expert was then called in to things we are sure of. trouble. At a special directors' meeting he reported that the rated efficiency of the plant was eighty horsepower, and that eighty horse-power were being used for the actual operation of the road. At this one of the directors jumped up and exclaimed excitedly: "Eighty horse-power for what we used to do with six mules? I guess we had better go back to the

Toilet of a Lady Art.

A raturalist has been making observations on the tollets of certain ants, and has discovered each insect goes through most ciaborate ablutions.

They are not only performed by herself, but by another, who acts for the time as lady's maid. assistant starts by washing the face of her companion, and then goes over the whole body.

The attitude of the art that is being washed is one of intenso satisfaction. She lies down with all her limbs stretched loosely out; she rolls over on her side, even her back, a perfect picture of case.

The pleasure the little innect being thus combed and sponged is really enjoyable to the

Hunter's Humorous Story. "A friend of mine," writes an army

officer, "when returning to camp after | bers. a day's shooting suddenly came in sight of a big she-boar with two cubs following in single file, proceeding along a ridge, the forms of the three being sharply silhouetted against the It was a very long shot, but he determined to try it, so he drew a bead on the old bear and fired. The result was curious. The procession stopped, the she-bear scratched her-self hastily, then turned round and, regarding the cub immediately behind with grave disapproval, boxed its ears soundly and then went trundling or along the ridge, evidently under the impression that her frollesome off spring had been up to some unusu-ally objectionable tricks."

n-Helio! What's your rush?

-But you're got over half an

and the cold is sure to pass away without leaving any bud 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 dreaded unsettled weather because of my extreme liability to eatch 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.

Love and Yon Stars.

MISS SARA MCGAHAN.

of what PERUNA could do, I decided to

A VERY FINE MUMMY.

Body of Priest Unearthed After Four

Thousand Years.

The German Oriental society has

been most successful in its explora-

tions 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 Jechvet,

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 dur-

ing 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

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 lazuii, in imita-

tion 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 sup-

Soudan. The eyes are turned toward

the rising sun. Two staffs were found

beside the body, and a little wooden

TCLD OF SCHOOL CHILDREN.

Shrewd Answers Given by Tota in Ex-

minations.

name derivatives therefrom. Governor

was easy, and there were many who

as, "Mr. Bates is Governor. Mr. Crane

in Governor," but when governable

there was no proper example of their

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

On another day exercises in draw-

ing 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

Tossed Coin for a Bride.

beauty was beloved by two men, one

a lawyer, the other & clergymaz. Both had asked her hand, but she

knew not to which one to give her

heart. Accident brought the two to

gether at a dinner party and the lady

frankly told her swains she could not decide between them, and then, with

a laugh, she asked it either had a sliver quarter in his pocket. If se they might tess up and the winner she would marry. No sooner said than done and the coin rang down on the table. The lawyer won and she married him. In twelve months he died and recently the lady's friends received cards appropriate her marries.

About two years ago a Boston

recent election.

Transcript.

The word "govern" was on

such as is still in use in the

"But how can you be certain that you but now can you be certain that you love me?" she asked as they finally got away from the crowd, and they were sure that nobody could overhear them. "Darling!" he exclaimed, "how can you ask me that? Do you see you stars?"

stars?"
"Yes," she whispered, permitting him to draw her a little closer to him.
"How splend! I they seem!"
"How can I be sure they are above us? I know they are. In the same way I know that I love you as I have never loved before—as I will never love.

But," she answered, after a long. long sigh, we are not sure that the stars are above us. They may really be below us. The carth is whirling in

"Ah, my sweet one," he interrupted 'never mind the stars. You know I go; a divorce last week, don't you?"

she murmured, snuggling yet

"Yes," she "And we know that you've got one a day or two, don't we my love," she said, "I am trem-I saw the judge examine the plant and locate the on the car this afternoon and flirted all the way downtown. shall be so happy, won't we, dearest?"
His head was bent downward. Their faces were very close together.

She Took the Sulte.

'In every house, Miss Powelson,' said young Mr. Haybenslaw, with som agitation. There is a spare room. It is kept for the use of some honored st. In every heart, too"-and he his hand impulsively on his own "There is a spare room—"
"And we find one, too, in so many

heads!" she nurmured.
"Miss Powelson-Irene!" the young man exclaimed, choking down a large and expansive lump of rising sighs, "in my heart there is a spare room sacredly set apart for you."
"Only one, Mr. Haybenslaw?" she

asked dreamily. "Do not mock me, Irene Powelson! It shall be a whole suite if you like. More than that! You shall have the entire premises, if you'll only say so, and if that isn't big enough we'll tear down and build bigger."

"This spare room—this suite or rooms, Arthur," said the maiden soit . "hat you are speaking of-how-ow are they furnished?" first-class modern style, Irene,

replied the young man, with a busi-ness-like ring in his voice. "Uncle Bullion died last week." "Say no more, Arthur," whispered blonde head on the young man's heart and listened to the wild thump! thump that resounded through its spare cham-

Tribe of Eskimos Found.

I'll take them.

The remnant of a remarkable and atherto lost tribe of Eskimos has reently been discovered on Southampto Island, at the extreme north end of litudion Bay, It is said that until recently these people have never had an apportunity of seeing a white man. Their huts are built of the great jave of whales, covered with skins. In the middle is an elevation, on which is a middle is an elevation, on which is a stone lamp used for lighting, heating, cooking, melting snow and drying clothes. The lamp is only a dish of fiale oil, in which is a wick of dry moss. Indeed, the whale is the chief means by which these people live, the bones being stilized for making plates, cups and sledges, but they also use being and walves tusks, with deer sledges and walrus tusks, with deer antiers for cross pieces. The tribe is almost extinct, as only some sixteen are left. They speak a dialect peculiar to themseives and are very daring hun-

PAYING HONEST DEBTS.

Week by week we see the surplus we had good. Meanwhile the old machine planned for disappear,
And we're sure the same conditions must kept niling up forward. I tried to open

Tis no hollow hope I'm holding out, O be full of snow and water, brother mine, in song— "So then I knew I was in for it

-S. W. Gillilan, in Los Angeles Herald.

REPREKERT Getting in on Time.

in the engineer's room up at air on full. the junction one night; he

But I was a kid then, I was the young-So when I came down to the roundhouse that night I wasn't fit to work. onds to spare. I was simply crazy. I was walking on nir and nothing jarred me It was 114 down through the yards, and by 11 o'clock, which was the Limited's bell time, there was about an inch of the white stuff on the ground. But that didn't feaze me; neither did the seven Pullmans and two extra ex-

presses bother me.

"When Carruthers gave me the signal I pulled out, and the old girl slipped and slid out over the crossovers, dragging fourteen cars behind her out into the night. I was as easy with her as I could be; but when the rails are all ice you can't be very easy, and then, as I've said, I was just crazy happy. Well, nothing very much happened until after we'd got out past Hornersville, where the Rush River Branch runs off. Then the fun commenced. There was nothing wrong with my train, but everything else on the road was upside down. It happens that way sometimes. Of course the lot of cussedness lying around loose. We had to dodge freights, all of which did have a clear track it was so blamed when he returned. ley you couldn't get more than forty miles out of it.

"Well, the long and short of it was minutes late; and Brown, the des- of a reception he was likely to get. so's to melt the wires. It was up to he had been. me, so to speak, and I was just crazy | don't lie to me," she said. enough to appreciate the beauties of Limited's time was four hours. As I was late, I had just three hours and you tell me one." twenty-five minutes to do it in. That wasn't bad, and I could have done it on an ordinary night; but with six inches of snow on the ground and a didn't tell a lie?" whole road tied up in front of mewell, it was a different story. But I was crazy that night, as I've already said. I told the fireman to keep busy, board and the pupils were asked to to get the old 114 under way in pretty good shape, but I emptied my sand could give such examples of its use, road and things were going very nicely, managed to knock out the eightyand ungovernable were mentioned eight miles to Swinbourne in two hours and twenty minutes, which was very use offered, as the children seemed disheartening. I stopped at Swinbourne and went up to the tower.

> going to bring the Limited in on time." "Then I went back and climbed up do it. You'll readily see how crazy by Dr. William Thornton, who also I was. But a man only gets accepted planned the Capitol. It has always reby the girl he loves once, so it was ex- mained in the possession of the Taylor cusable. But I oughtn't to have taken family.-New York Tribune.

the Limited out. "Once we struck the top of the grade I pulled the throttle out to the last notch and jammed the lever way for a hearty chuckle over the discomfiture ward. The old ten-wheeler jumped as of a well known retired officer who is a if her firebox was loaded with dynn- familiar figure at several clubs. This mite, and she blew a stream of sparks into the air that made her look like Vesuvius. My fireman cursed me good ago, so the story goes, the officer marand loud, but I gave him a kick in the ried a fortune, and soon after discovered ribs that kept him quiet for awhile, that he had heart disease, and went on When he got his breath he simply showelled coal. Little by little I got the lever back, and the old 114 simply laid herself out in earnest. I coaxed her all I could and finally when I got her up to her best galt I looked around. Behind me the fourteen cars were of that for some time, and I think that the level of the sound in the sight-year-old, with grave deliberation, "I've been thinking of that for some time, and I think that the level of the sound in the sight-year-old, with grave deliberation, "I've been thinking of that for some time, and I think that When he got his breath he simply shovherself out in earnest. I coaxed her all I could and finally when I got her up to her best gait I looked around. Behind me the fourteen cars were slamming around like mad, each one seewing to be going off on a line of its own. The scenery went past me in a white aireak, and the wet snow commenced to bank up hard on the front of all our top gear. The bell got buried of all our top gear. The beli got buri in it, the headlight glass was covered range half an inch thick, and as for the cab windows they simply weren't any use at all. But I didn't care; I was making Post.

up time. And so I simply sat there and grinned like a jackass and thought

Bright side? Bless your heart, there's nothing in the universe without;
Massive bars of sunshine's bullion, poorly hidden, lie about;
Every day we are ignoring opportunities to smile.

And we frown and weep and worry over petty things the while.
In our fruitless fight for fortune what's the use to fume and fret.

While it's still such worlds of pleasure paying off an honest debt?

In our fruit less fight for fortune what's the use to fume and fret.

While it's still such worlds of pleasure paying off an honest debt? I had it wouldn't have done me any continue year for year;
Then Despair comes 'round and taunts us with a flendish, mocking grin,
And life's battle seems to offer little chance for us to win.

Laugh it off and tell Surrender: "Not them with an axe. Then I slid open For there's lots of lov in living—great old fun to pay a debt!"

the side windows and tried to look ahead, but I couldn't any more than the side windows and tried to look get my head out before my face would

brother mine, in song—
Since my own life learned the secret I've
ben singing, loud and long;
Every paltry dime expended to dispel an
honest need

"So then I knew I was in for it
anyway, and once more I got reckless.

If I was going to be killed I might as
well have a good big wreck as any well have a good big wreck as any honest need

Is a raw recruit en isted in the fight against King Greed;

Smile a benediction on it—speed it not with eyelids wet.

For there is no purer pleasure than to pay an honest debt.

Well have a good big wreck as any other kind; for then Milly could be sort of proud of the heap I piled up. So I let her out a little more and sat there and listened to the track going by underneath. I know the switches and derneath. I know the switches and let her out a little more and sat there derneath. I knew the switches and crossovers pretty well, and so I managed to keep a sort of dead reckoning as to where we were.

"And then all of a sudden I came out of my trance with a shock, for I heard the crash and rattle as we pounded over the diamond at Melotropolia Junction, only two miles out of the station. I slammed the throttle in. OB SHACKLEY told me this threw the lever back and shoved the

"Of course I went up against the told it without my asking for front windows for my pains, and I it, and without any introduction. He staid there, like a fly glued to the simply looked up from his paper and wall, while the old 114 had convulsions over the frogs in the yard. I "In the first place," said he, "I should knew she was sliding, and I smiled never have taken the Limited out that grimly as I thought how 'the King' night. No man in my condition should would swear over the flat spots in the have gone out, not even on a shifter, drivers. And then suddenly everything became very quiet and I knew the est engineer on the road, and when thing had stopped. I leaned back on Harry Wilkes had died the week be- the seat and then climbed down like fore they picked me from the whole one dazed and looked about. We were gang to run the Limited on off nights. right abreast of the platform at Melo-I had been at it just a week, as I tropolls, and just about six inches said, when 'the King' came out and ahead of our pilot was the rear end of gave me the train for keeps, and raised the Overland. On the platform people me to \$4. The next afternoon I went | were getting out as if nothing had hapdown to Milly's and asked her the pened, the trunks were being thrown question I had been keeping back until about and then Carruthers came up, got that raise, and she accepted me. snapping his watch. 'You did well, Bob,' said he; 'you've got thirty sec-

"And then his lower jaw dropped and he turned white as a sheet. 'Good God!' snowing lightly as I backed the old he said. I climbed out to see what the matter was, and then I nearly fainted. "There was old 114 just a solid hill of snow from the point of her pilot back to the top of her cab. I certainly had been mad. But Milly was tickled when she heard I'd done eighty-five miles through the snow in fifty-nine minutes and a half. But I wouldn't

do it again, not even for Milly." And then Bob Spackley rose and walked out to the locker room.-New York Evening Sun.

Where Bistory is Silent.

The old story of a mother who, when she feared her boy was lost, recalled all his virtues, but on his being restored to her immediately punished him soundly for running away, is repeated with rather a different ending by the New York Evening Post:

He was but four years old, and was allowed to play on the street with other snow, which was pretty thick, had a little tots who were as yet too young to good deal to do with it, but even mak- go to school. His mother would freing allowances for that, there was a quently go to the front window to see what he was doing.

One day when she went to the winwere late, and at Boothtown we were dow he was nowhere in sight. She held up ten minutes on a crossed order. waited there quite a while, but he did Then the draw at James Creek got not appear. Again and again she went jammed with ice, and that took up to the window but could get no glimps some more of our time. And when we of him. She was becoming alarmed

He seemed to be proud of having run away, but with the pride there was also an expression of anxiety, not to that we crept into Emerson thirty-five say fear. He did not know what sort

patcher at Melotropolis, was swearing | His mother sternly asked him where "Be careful, now, and The boy's face brightened. "Mam-

the situation. From Emerson to ma," said he, "did George Washington Melotropolis it was 173 miles, and the ever tell a lie?" "No," was the reply, "and don't

> The boy's face still shone. "Mam ma." he continued, "did George Washington's mamma whip him when he

Where Dolly Madison Entertained. The fumous old Octagon House has passed into hands which assure the and then we pulled out. I managed preservation of the historic structure erected in 1798 by Colonel John Tayloe. The Octagon House takes precedence box doing it. However, it was all level by seniority over nearly every other Washington mansion. It is considered the most perfect specimen of Colonial architecture in the country, -its curving doors and many angles making it unusually picturesque. When the British occupied Washington and set fire to "Tell Brown." I said, 'that I want a the White House, President Madison clear track into Melotropolis, as I'm occupied this house, and the little garden, surrounded by a brick wall and a few gnarled old trees, is pointed out as into the cab of 114 and pulled out. I the scene of many receptions held by had just an hour to do the last eighty- Dolly Madison. Here, also, in one of five miles, and I counted on the down the broad rooms, the Treaty of Ghent grade from Swinbourne to help me was signed. The house was designed

> A Chip of the Old Block Army and Navy officers are enjoying

officer has a son of considerable promise, but, of tender years. A few years

when I'm a man I'll get heart dis and go on the retired list papa."—New York Tribune.



New York City.—Box pleated waists | in the end. Beautiful velvets and the with drop yokes, or deep yoke collars, are much in vogue and are generally becoming as well as smart. This fash-



BOX PLEATED BLOUSE.

ionable May Manton model is shown in pale blue peau de cygne, with the yoke and cuffs of the material, banded with black velvet ribbon held by fancy stitches in black corticelli embroidery slik, and is further trimmed with drop | line the edges of the wider braids, and ornaments in black silk. All waisting and light weight dress materials are, however, appropriate, as the waist suits the odd bodice and the gown equally well.

The foundation lining fits smoothly and closes at the centre front, but separately from the outside. The walst proper consists of fronts and back. that are box pleated and arranged over the lining at yoke depth, closing invisibly beneath the centre pleat. The yoke is separate and closes at the back, being simply tacked to position, and is finished with a stock that is trimmed to give continuous lines. The sleeves are box pleated and form puffs above the snug fitting cuffs.

The quantity of material required for the medium size is four and one-half yards twenty-one inches wide, four and one-half yards twenty-seven inches wide or two and one-fourth yards forty-four inches wide.

Woman's Fancy Collarette.

Collarettes have become so generally worn as to be numbered among the necessities of correct dress. The very smart May Manton model shown in

costliest embroideries are part of the modes of the moment, and never has luxury been carried to such a pitch in jewelry. The neck, arms and head are covered with gems, so are the fronts of the bodices, and many women in-troduce beautiful jewels on to the skirts-real, not imitation. Rows of pearls are festooned over many of the draperles on low bodices. Embroider ies of wreaths and sprays of flowers in their natural tints, made of chiffor and shaded silk, are much worn.

How Chains Are Knotted.

The proper way to wear beaded chains is shown in the shops by the attendants who sell them. Hang the chain about the neck and then take hold of it as high up as possible and swing the long end through your loop and then allow the doubled or quad rupled curves of bends to hang down as far as they will. The chains are nearly always knotted in this manner, which makes a broad ornamental resette of loops.

Season For Braiding. This is the season for braiding. Braid is seen everywhere, in the most severely simple and in the most elaborately ornamented styles. Often a narrow contrasting braid is used to outa pretty braid effect is given to the new cloth in braids of cloth cut and stitched to form any design used in braiding.

Leather at the Throat.

Leather fobs carrying a metal monogram or a design in baroque pearls or chinestones are now worn at the collar fastened with a knotted thong of leather about the thront, and strongly remind one of the tags worn by poodles.

For the Short Hairs. Crescent shaped pins for catching the short hairs at the back are enjoying considerable vogue and white, pink, gray and occasionally black pearls are

utilized for their embellishment. A Petticont Color. The old fashloned shade known as ashes of roses is seen among the latest

displays in silk petticoats. Embroidery in pale blue introduces an effective color note. Baby Doll's Outfit.

Every little girl delights in a baby doll. The complete little outfit illustrated is copied directly from that of the large drawing is adapted to silk, the real live baby, and for that reason chiffon, Liberty silk and to combina- possesses many charms. In the origtions with lace, and is eminently to be | inal the shirt and petticoat are made of



WOMAN'S COLLARETTE.

about the throat, for which reason collarettes of silk often take its place even in mld winter, while for all other seasons silk, chiffon and the like take fully as are those of the infant's wardfirst rank. As shown, the model is made of heavy white French crochet lace, combined with black chiffon, but bishop sleeves. The pettleoat consists various laces can be used or the collar of a fitted body, and long, full skirt. can be of silk.

The collarette is made with the fitted cape collar, to which the frills are at-tached, and a standing collar that is cut away in front and concealed by the ruche. At the front edge are ties and rosettes. The ruche is double and pleated at the centre, but the frills are edged with a tiny quilling, then laid in pleats at the upper edge.

The quantity of material required is six and one-fourth yards twenty-one inches wide or three yards forty-four inches wide with one-half yard of allover lace for collar.

Gan Metal Novelties. Gun metal increases in favor in nov-

elties for feminine decoration. When this metal first became popular it was used in making men's jewelry alone but the vogue for it soon necessitated its being made up in pretty concelts for maids and matrons. It is especially worn by women who are wearing slight mourning. The chief attraction of gun metal is that it never tarnishes. and that its soft shade harmonizes well with any fabric or color with which it is combined. Among the new orna-ments that have been made for women to wear are long chains, belt buckles such plus, entire belts of this mets wrought into filigree work, handba mounts, card cases, purses and sho buckles. The more elaborate of their are set with semi-precious atones.

shlous of to-day point to en

desired. Fur arways is handsome, but fine white cambric, the dress of nainto many people it is overheating worn | sook with embroidery, the coat of cashmere, the cap and the little sack of fine flannel.

> Each garment is modelled as care robe. The little dress is made with a round yoke of tucking, full skirt and The shirt is opened at the front, and finished with the regulation bib portions at the neck edge. The sack is prettily shaped and finished with a round collar at the neck, all the edges being buttonholed with silk. The coat is made with the short fitted body, long full skirt, and regulation sleeves. It can be worn either with or without the cape, which is simply circular and cut without seam. The cap is extreme ly simple, and consists of a smooth front portion that is gathered into the round crown, the edges being finished with a lace frill and wide string ties

are added that bow under the chin. To cut this outfit for a doll eighteen nches long, seven-eighth yard of camhric will be required for the shirt and petticont; one yard of nainsook with seven-eighth yard of all-over tucking for yoke; two and one-fourth yards of embroidered edging and one and one

