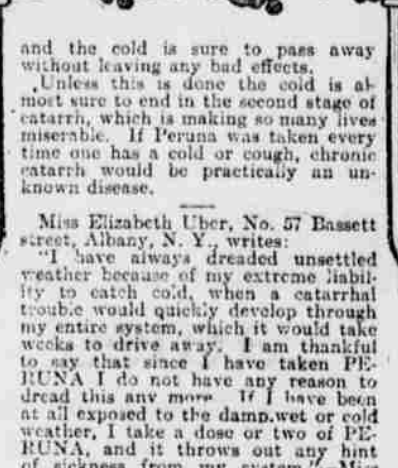


# HEALTHY WOMEN

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



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.

MISS ELIZABETH UBER

### THOUGHT MULES WERE BETTER.

#### Stockholder Unable to See Advantages of Electricity.

Down in Florida 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 fogies and behind the times. "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 the 'fifties."

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 reason failed to operate properly. An outside expert was then called in to examine the plant and locate the trouble. At a special directors' meeting he reported that the rated efficiency of the plant was eighty horse-power, 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 mules."

MISS SYBIL A. HADLEY

### TOILET OF A LADY ART.

#### A naturalist has been making observations on the toilets of certain ants, and has discovered each insect goes through most elaborate ablutions.

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

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

The pleasure the little insect evinces being thus combed and sponged is really enjoyable to the observer.

### Hunter's Humorous Story.

#### "A friend of mine," writes an army officer, "when returning to camp after a day's shooting suddenly came in sight of a big she-bear with two cubs following in single file, proceeding along a ridge, the forms of the three being sharply silhouetted against the sky. 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 herself hastily, then turned round and, regarding the cub immediately behind with grave disapproval, boxed its ears soundly, and then went trundling on along the ridge, evidently under the impression that her frolicsome offspring had been up to some unusually objectionable tricks."

### 'Tis Ever Thus.

#### Borem—Hello! What's your rush? Subbubs—I want to catch the 5:40 train. Borem—But you're got over half an hour. Subbubs—That's true, but I have to count upon being held up on my way to the station by three or four chumps who want to know what's my rush.

### Female House Servants Command

From \$15 to \$30 a month in South Africa.

### Tribe of Eskimos Found.

The remnant of a remarkable and hitherto lost tribe of Eskimos has recently been discovered on Southampton Island, at the extreme north end of Hudson Bay. It is said that until recently these people have never had an opportunity of seeing a white man. Their huts are built of the great joints of walrus, covered with skins. In the 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 "hale oil, in which is a wick of dry moss. Indeed, the whole is the chief means by which these people live, the bones being utilized for making plates, cups and sledges, but they also use sledges and walrus tusks, with deer antlers for cross pieces. The tribe is almost extinct, as only some sixteen are left. They speak a dialect peculiar to themselves and are very daring hunters."

### Tossed Coin for a Bride.

About two years ago a Boston beauty was beloved by two men, one a lawyer, the other a clergyman. Both had asked her hand, but she knew not to which one to give her heart. Accident brought the two together at a dinner party and the lady frankly told her swains she could not decide between them, and then, with a laugh, she asked if either had a silver quarter in his pocket. If so they might toss 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 announcing her marriage to the minister.

### 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. "Mr. Bates is Governor. Mr. Crane is Governor," but when mentioned 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.

### TCLD OF SCHOOL CHILDREN.

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Army and Navy officers are enjoying a hearty chuckle over the discomfiture of a well known retired officer who is a familiar figure at social clubs. This officer has a son of considerable promise, but of tender years. A few years ago, so the story goes, the officer married a fortune, and soon after discovered that he had heart disease, and went on the retired list.

"Jack," said a visitor to the son the other day, "what are you going to be when you grow up?"

"Well," said the eight-year-old, with grave deliberation, "I've been thinking of that for some time, and I think that when I'm a man I'll get heart disease and go on the retired list, just like papa."—New York Tribune.

### Field of Activity.

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### PAYING HONEST DEBTS.

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're ignoring opportunities to smile, And we frown and weep and worry over petty things the while. In our lives we're waiting for fortune what's the use to fame and fret? While it's still such words of pleasure paying off an honest debt?

Week by week we see the surplus we had planned to disappear, And we're sure the same conditions must continue year for year; Then Despair comes round and taunts us with a fiendish, mocking grin, And life's a battle seems to offer little chance for us to win; Laugh it off and tell Surrender: "Not quite ready for you yet; For there's lots of love in living—great old fun to pay a debt!"

The no hollow hope I'm holding out, O brother mine, in song— Since my own life learned the secret I've been singing, loud and long; Every paltry dime expended to dispel an honest need, I was never meant to exist in the fight against King Greed; Smile a benediction on it—speed it not with eyelids wet, For there's no truer pleasure than to pay an honest debt. —S. W. Gillilan, in Los Angeles Herald.

### Getting in on Time.

BOB SHACKLEY told me this in the engineer's room up at the Junction one night; he told it without my asking for it, and without my introduction. He simply looked up from his paper and started in.

"In the first place," said he, "I should never have taken the Limited out that night. No man in my condition should have gone out, not even on a shifter. But I was a kid then, I was the youngest engineer on the road, and when Harry Wilkes had died the week before they picked me from the whole gang to run the Limited on off nights. I had been at it just a week, as I said, when 'the King' came out and gave me the train for keeps, and raised me to \$4. The next afternoon I went down to Milly's and asked her the question I had been keeping back until I got that raise, and she accepted me. So when I came down to the round-house that night I wasn't fit to work. I was simply crazy. I was walking on air and nothing jarred me. It was snowing lightly as I backed 'the old' 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 faze me; neither did the seven Pullmans and two extra expresses bother me.

"When Carruthers gave me the signal I pulled out, and the old girl slipped and slid out over the cross-overs, 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're being 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 snow, which was pretty thick, had a good deal to do with it, but even making allowances for that, there was a lot of cussedness lying around loose. We had to dodge freights, all of which were late, and at Boothtown we were held ten minutes on a crossed order. Then the day at James Creek got jammed with ice and that took up some more of our time. And when we did have a clear track it was so blamed dry you couldn't get more than forty miles out of it.

"Well, the long and short of it was that we crept into Emerson thirty-five minutes late; and Brown, the dispatcher at Melotropolis, was swearing so's to melt the wires. It was up to me, so to speak, and I was just crazy enough to appreciate the beauties of the situation. From Emerson to Melotropolis it was 173 miles, and the Limited's time was four hours. As I was late, I had just three hours and 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 whole road tied up in front of me—well, it was a different story. But I was crazy that night, as I've already said, I told the fireman to keep busy, and when we pulled out, I managed to get the old 114 under way in pretty good shape, but I emptied my sand box doing it. However, it was all level road and things were going very nicely. I managed to knock out the eighty-eight miles to Swinburne in two hours and twenty minutes, which was very disheartening. I stopped at Swinburne and went up to the tower.

"Tell Brown," I said, "that I want a clear track into Melotropolis, as I'm going to bring the Limited in on time."

"Then I went back and climbed up into the cab of 114 and pulled out. I had just an hour to do the last eighty-five miles, and I counted on the down grade from Swinburne to help me do it. You'll readily see how crazy I was. But a man only gets accepted by the girl he loves once, so it was excusable. But I oughtn't to have taken 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 forward. The old ten-wheeler jumped as if her firebox was loaded with dynamite, and she blew a stream of sparks into the air that made her look like Vesuvius. My fireman cursed me good and loud, but I gave him a kick in the ribs that kept him quiet for awhile. When he got his breath he simply shoved 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 gait I looked around. Behind me the fourteen cars were slamming around like mad, each one seeming to be going off on a line of its own. The scenery went past me in a white streak, and the wet snow commenced to bank up hard on the front of all our top gear. The bell got buried in it, the headlight glass was covered 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

### up time. And so I simply sat there and grinned like a jackass and thought of Milly and how proud she'd be to hear that I'd got the Limited through on time.

"And then gradually it dawned on me what I was doing. I'd started the heaviest train on the road going down hill like an avalanche, and if ladies had been open before me I couldn't have stopped. I had no sand, and even if I had it wouldn't have done me any good. Meanwhile the old machine raced faster and faster and the snow kept piling up forward. I tried to open the front windows, but they had a foot of solid packed ice and snow against them, and you couldn't open them with an axe. Then I slid open the side windows and tried to look ahead, but I couldn't any more than get my head out before my face would be full of snow and water.

"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 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 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 Melotropolis Junction, only two miles from the station. I slammed the throttle in, threw the lever back and shoved the air on full.

"Of course I went up against the front windows for my palus, and I slid there, like a fly glued to the wall, while the old 114 had convulsions over the frogs in the yard. I knew she was sliding, and I smiled grimly as I thought how 'the King' would swear over the flat spots in the drivers. And then suddenly everything became very quiet and I knew the thing had stopped. I leaned back on the seat and then climbed down like one dazed and looked about. We were right abreast of the platform at Melotropolis, and just about six inches ahead of our pilot was the rear end of the Overland. On the platform people were getting out as if nothing had happened, the trunks were being thrown about and then Carruthers came up, snapping his watch. 'You did well, Bob,' said he; 'you've got thirty seconds to spare.'

"And then his lower jaw dropped and he turned white as a sheet. 'Good God!' 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 Shackley rose and walked out to the locker room.—New York Evening Sun.

### Where History 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 little tots who were as yet too young to go to school. His mother would frequently go to the front window to see what he was doing.

One day when she went to the window he was nowhere in sight. She waited there quite a while, but he did not appear. Again and again she went to the window but could get no glimpse of him. She was becoming alarmed when he returned.

He seemed to be proud of having run away, but with the pride there was also an expression of anxiety, not to say fear. He did not know what sort of a reception he was likely to get.

His mother sternly asked him where he had been. "Be careful, now, and don't lie to me," she said.

The boy's face brightened. "Mamma," said he, "did George Washington ever tell a lie?"

"No," was the reply, "and don't you tell me one."

The boy's face still shone. "Mamma," he continued, "did George Washington's mamma whip him when he didn't tell a lie?"

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New York City.—Box pleated waists with drop yokes, or deep yoke collars, are much in vogue and are generally becoming as well as smart. This fashion—



BOX PLEATED BLOUSE.

In the end. Beautiful velvets and the 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 introduce beautiful jewels on to the skirts—real, not imitation. Rows of pearls are festooned over many of the draperies on low bodices. Embroideries of wreaths and sprays of flowers in their natural tints, made of chiffon 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 quadrupled curves of beads to hang down as far as they will. The chains are nearly always knotted in this manner, which makes a broad ornamental set 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 outline the edges of the wider braids, and a 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 rhinestones are now worn at the collar fastened with a knotted thong of leather about the throat, 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 Petticoat Color.

The old fashioned shade known as ashes of roses is seen among the latest displays in silk petticoats. Embroidery in pale blue introduces an effective color note.

### Woman's Fancy Collarette.

Collarettes have become so generally worn as to be numbered among the necessities of correct dress. The very smart May Mantou model shown in the large drawing is adapted to silk, chiffon, Liberty silk and to combinations with lace, and is eminently to be

### Baby Doll's Outfit.

Every little girl delights in a baby doll. The complete little outfit illustrated is copied directly from that of the real live baby, and for that reason possesses many charms. In the original the shirt and petticoat are made of



WOMAN'S COLLARETTE.

### Gun Metal Novelties.

Gun metal increases in favor in novelties 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 conceits for maids and matrons. It is especially worn by women who are wearing light mountings. 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 ornaments that have been made for women to wear are long chains, belt buckles, ash pins, entire belts of this metal wrought into filigree work, handbag mounts, card cases, purses and shoe buckles. The more elaborate of them are set with semi-precious stones.

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