

**"Durability is Better Than Show."**

The wealth of the multi-millionaires is not equal to good health. Riches without health are a curse, and yet the rich, the middle classes and the poor alike have, in Hood's Sarsaparilla, a valuable assistant in getting and maintaining perfect health.



Austria. The citizens of Prague who are called upon to act as jurymen have unanimously refused to attend for that purpose unless a new hall is built to accommodate them, the old one being unhealthy and too small.

**The Summer Bath.**  
Nothing is more refreshing and invigorating in summer than a daily bath. But to have it effectual soft water and good soap must be used. Ivory soap is the best for the purpose; it is pure, dissolves quickly, sweetens and purifies the cuticle, gives a healthy glow, and leaves the skin soft and white. Early morning, or just before retiring at night, is the most favorable time for bathing.  
ELIZA B. PARKER.

The Lutheran Church in Iceland numbers about 72,000 baptized members, which is about the total population.

**To Cure Constipation Forever.**  
Take Cascarets Candy Cathartic, 10c or 25c. If C. C. C. fail to cure, druggists refund money.

Algeria and Argentina are the only countries in the world where the horses outnumber the human beings.

**Edicate Your Bowels With Cascarets.**  
Candy Cathartic, cure constipation forever. 10c, 25c. If C. C. C. fail, druggists refund money.

For several years the Church Extension Society of the Methodist Episcopal Church has furnished aid for the erection of two churches a day.

During the past few months the Baltimore and Ohio Road has materially extended the runs of the passenger locomotives on through trains. Formerly engines were changed on an average every 100 or 150 miles. It was thought that the mountain grades of the Baltimore and Ohio Road would prevent an extension of the runs. However, the experiment was made. It has proved successful and reduced the number of locomotives formerly required by 24, which can be used in other branches of the service and save the purchase of more motive power. Under the new plan, locomotives are double crewed and make from 7,000 to 8,000 miles a month, as against 2,500 to 4,000 under the former method.

**THE MAKING OF A MENU.**

Things to Consider if It is to Result Successfully

The planning of menus is one of the most exacting duties of a hostess who desires to make or keep a reputation as a successful entertainer. "Pot luck" and "take us as you find us" are all well enough up to a certain point; but there are occasions that demand a carefully thought-out arrangement of a dinner, and when anything less would be a discourtesy to one's guests.

In making up a menu the season limits one at the start, for, although it is said that one can now buy anything at any time of the year in the city markets, that pre-supposes a fatter pocketbook than most planning housewives possess. Within a short time, however, the best of everything will be comparatively cheap, and so much will be in season that one need not stop at anything on that account.

A stumbling block that remains through all seasons are the limitations of one's cook. If you are not the possessor of a skilled chef it is of no use to expect high-art cooking and elaborately concocted dishes. Plan your menu within the range of your cook's capabilities.

It may be impossible to please all one's guests, but it will be well to have those things on the menu that will appeal to the greatest number. A hostess who has divided the idiosyncrasies of her guests and is able to humor them is sure of success. One of the chief attributes of success is the ability to give a personal or distinctive note to one's dinner, something by which your dinner may be differentiated from every one else and remembered with especial pleasure. The method of serving the character of some especial dish, the decorations, any one of a dozen things may bring this about under the management of a clever and ingenious woman.

**To Mrs. Pinkham, Lynn, Mass.**

[LETTER TO MRS. PINKHAM NO. 41,207]

"DEAR FRIEND—A year ago I was a great sufferer from female weakness. My head ached all the time and I would get so dizzy and have that all gone feeling in the stomach and was so nervous and restless that I did not know what to do with myself. My food did me no good and I had a bad case of whites. I wrote to you and after taking Lydia E. Pinkham's Vegetable Compound as directed, I can truly say that I feel like a new woman and cannot tell you how grateful I am to you.

"I have recommended it to all my friends and have given it to my daughter who is now getting along splendidly. May you live many years to help our suffering sisters."—Mrs. C. CARPENTER, 253 GRAND ST., BROOKLYN, N. Y.

Over eighty thousand such letters as this were received by Mrs. Pinkham during 1897. Surely this is strong proof of her ability to help suffering women.

**OUR NEW NATIONAL PARK.**

**Mount Rainier Now Stands as the Sentinel of the Most Beautiful Park.**

(Seattle, Wash., Letter.)  
Mount Rainier, the grandest mountain peak in America, is holding up its massive, snow-capped head with added dignity. Its tremendous greatness has been recognized by the congress of the United States, and it now stands as the sentinel of the most beautiful natural park in the world.

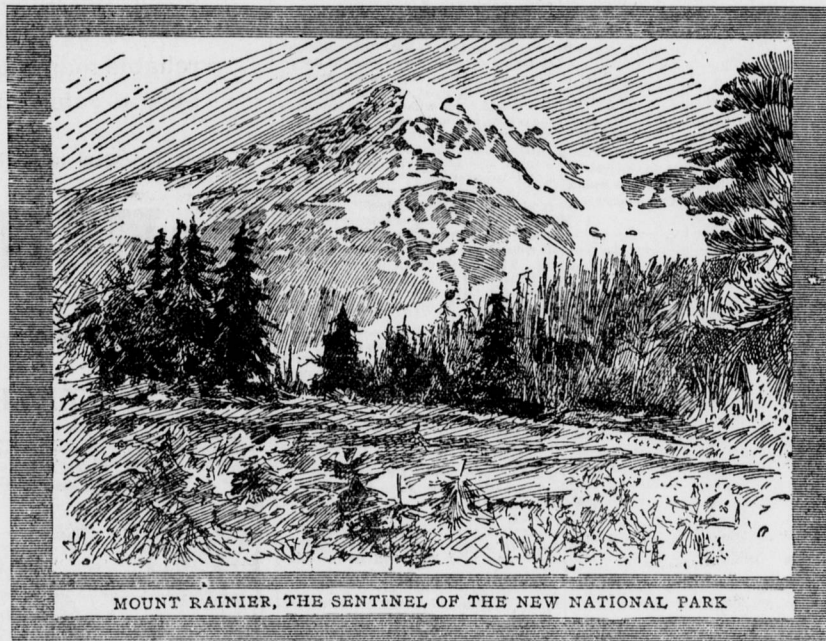
On March 2 last President McKinley approved an act to set aside a certain portion of lands in the state of Washington known as the Pacific Coast Reserve, which future generations will call the Mount Rainier National Park. A great transcontinental railway company was forced to return to the government its title to many, many thousands of acres of the eighteen square miles in the newly established park. The land is now under the jurisdiction of the interior department, which will at once take steps to care for it so that the people may fully enjoy the many advantages that it offers.

The improvement of transportation facilities, which is already being considered, will make the Mount Rainier National Park the Mecca for tourists from all parts of the world. It is now, with all its difficulties of ascent, the goal for the world's famous mountain climbers who have not yet reached its summit. Scores of people have climbed its slippery sides over glacier ice and snow, and many others will

Liberty Cap. The billowing tops of successive mountain ranges stretch off in every direction. Below, to the east and south, lie the plains of Eastern Washington and the Columbia river valley, a valley that is known at least by reputation to every person in the country.

To the west and north are the timber covered foothills of the Cascades and the Olympic mountains, the great coast range. Beyond these a light blue haze tells where the old Pacific rocks. Puget Sound lies between like a scroll of molten silver in its emerald setting of green forests of fir and cedar. In several directions, looking like tiny threads of white, the Puyallup, Carbon, Nisqually and Cowlitz rivers can be seen racing on to mingle their waters with the salt waves of the sound. Their glacier sources shine like diamonds when the sun is bright.

In 1883 Professor Zittel, a well-known German geologist, and Professor James Bryce, member of parliament, and author of the "American Commonwealth," made a report on the scenery of Mount Rainier. Among other things they said:  
"The scenery of Mount Rainier is of rare and varied beauty. The peak itself is as noble a mountain as we have ever seen in its lines and structures. We have seen nothing more beautiful in Switzerland and Tyrol, in Norway



**MOUNT RAINIER, THE SENTINEL OF THE NEW NATIONAL PARK**

attempt the ascent within the next few months.

Washington's National Park is undoubtedly the peer of the famous Yellowstone and other parks in this country. In fact, comparison is impossible, as there are no points of similarity between Yellowstone and Rainier. Yellowstone is simply a grand beauty spot with a few hot-water fountains when compared with Rainier, its majestic scenery and boundless attractions for lovers of nature.

Mount Rainier must be named with Fujiyama, St. Elias, Ararat and Blanc. It is more like the mighty mountain of sunny Japan than the supreme peak of the snowy Alps. Unlike Mount Blanc, it is not merely the dominant peak of a chain of snow mountains; it is the only peak in view for hundreds of miles. Mount St. Helens and Mount Adams are similarly isolated and are many miles away to the south. Rainier rises from 7,000 to 8,000 feet above the surrounding mountains in majestic loneliness. It springs out of a valley of wondrous beauty 11,000 feet in seven miles. Eminent scientists and mountain climbers the world over are ready to bear witness to its grandeur. The first view of the mountain to the newcomer is awe inspiring. But its beauty is not confined to the huge peak alone. There are acres of meadow land running clear up to the snow line—veritable flower banks—and in the summer season gorgeous with a brilliancy that can scarcely be described.

There are wonderful glaciers, scarred with grim crevices of unknown depth. These are bordered with evergreen forests, and they present a spectacle of wild beauty that is not equaled elsewhere in the world. On the summit of the mountain is the crater of an extinct volcano, out of which jets of steam and boiling water are continually spouting, giving evidence of terrible and unknown things in the depths of the mighty pile of rock and snow. There are man-made streams full of ice water dashing over rocks and precipices into waterfalls and then finding their way down to the low lands until they become lost in the rivers that empty into Puget Sound.

The greatest on the list of superlative things that the mountain park affords, however, is the magnificent view from the summit. This summit consists of three peaks, the central and highest being Crater Peak. To the south is Peak Success and to the north

or the Pyrenees, than the Carbon river glacier and the great Puyallup glaciers; indeed, the ice of the latter is unusually pure and the crevasses unusually fine. The combination of ice scenery with woodland scenery of the grandest type is to be found nowhere in the old world, unless it be in the Himalayas, and, so far as we know, nowhere else on the American continent.

There are several routes to the summit, but the only one that has ever proved practical is known as the Paradise valley route. All of the more interesting features of the great mountain and the park that surrounds it can be seen from this road and it will probably be the only one used this summer.

The start under present arrangements is made by stage from Tacoma. For two days the prospective mountain climber travels rapidly over a good road through one of the Washington forests of gigantic trees to Longmire Springs. Timber line is then but six miles away, over a plain trail. The distance can be covered by pack horses or by walking.

Paradise Park, which is a place of beauty beyond description, has been named by untrained mountain climbers. Here muscles are hardened by climbing over the snow fields and glaciers and one becomes generally accustomed to the high altitude. Here also guides are to be obtained, for it is not safe to attempt the ascent without an experienced escort. That strangers have gone to the top of the mountain and returned in safety is no proof that others can do the same. The elements at this high altitude are very uncertain and a storm is likely to blow up at any time. Then the danger is very great for even those who know the mountain thoroughly.

To any one except a hardy mountaineer the ascent requires more than ordinary strength. This is especially true in the case of women, and none of the gentler sex should attempt the journey without at least a month's training by taking long walks until twenty miles or more can be covered without fatigue.

From Paradise Park the climb commences. Two full days are usually required for the ascent, although it has been made by small parties in much less time. Camp should be broken very early in the morning, and with the

necessary baggage strapped on pack animals the journey is slowly continued until Camp Muir is reached.

The night is spent at this point, and a second start is made at 4 a. m. on the following day, in order to pass Gibraltar Rock before the sun begins to loosen rocks on the side of the mountain. The route continues past a spur which divides the Nisqually and Cowlitz glaciers, and on to the famous rock, which has proven a stumbling block to so many. The terrors of passing this butte causes the nerves of the novice to tingle. He is ready to be frightened to death by the first real or imaginary danger, and unless securely roped to competent guides is likely to fall to his death.

**A REMARKABLE TRIP**

Of an Ocean Liner in Trying a New Route.

The steamer Gaspesia, which was first to attempt to reach London by the new route via the Gulf of St. Lawrence and Milford Haven, Wales, had three months of such experience as happily but seldom falls to the lot of an ocean liner. The dream of a certain group of capitalists is over, for although the distance is appreciably less by the way proposed, the fate of the ship which came limping back into port ten weeks after every one had given her up will cast a damper upon all future efforts. The Gaspesia left Milford Haven on Jan. 11; she made the south coast of Newfoundland on the 19th, and entered the gulf on the 20th. She should have reached Pasphebian in one day. The trip actually took six. It was Feb. 7 when she started out, with her return

**DUNKHORST A MAMMOTH.**

Record of the Boxer Who Will Fight at Athens.

Since the days when Joe McAuliffe came out of the west to win fame in the prize ring there never was a boxer of note who possessed the same generous proportions claimed by Ed Dunkhorst, who meets Joe Butler at Athens tomorrow evening. Dunkhorst is six feet high, and weighs, in condition, 225 pounds. He has been nicknamed the "Mastodon," and it is well earned. But Dunkhorst is different from most of the big fellows in that he is fast as a feather-weight. Those who witnessed his terrific fight with Peter Maher at the Arena need no further verification of that statement. Fast as Maher was, Dunkhorst was equally so, and, although Maher won, he did not get off scot free by any means. While a comparatively newcomer in the ring, Dunkhorst's dozen battles have already demonstrated the possibilities of his huge frame, when thoroughly seasoned. One peculiarity of Dunkhorst's is that he seems to be immune from the blows sported, which so many boxers succumb to. Up to the present time he has never been knocked out, and it looks as though he never will be. Although he was in no condition for a contest when he met Maher at the Arena, and the Irish champion landed again and again on his jaw the pummeling he received did not seem to affect "Dunk." He took it all good naturedly, and Maher, who always believed his good right hand was invincible, was dumfounded. Dunkhorst has declared that had he been in shape he would have beaten Maher that night, and many good judges agree with him. When Gus Ruhlin was at his best and Dunkhorst only a novice it took the former twenty-two rounds to win from the Syracuse man at the Greater New York Athletic club. The experience he gained there did Dunkhorst good, for he went right up to Toronto and beat Charley Strong so badly that the referee stopped the bout in the fourth round. Frank Childs, the colored giant, met "Dunk" at Detroit for eight rounds, and the Cadillac Athletic club witnessed the fastest fighting ever seen in that section.

The Church Missionary Society of England has been celebrating its centenary. This society dominates missionary thought and action in England, and has the largest income of any missionary society in the world. It has sent out over 2,000 missionaries, the first going in 1803.

**Beauty is Blood Deep.**  
Clean blood means a clean skin. No beauty without it. Cascarets, Candy Cathartic clean your blood and keep it clean, by stirring up the lazy liver and driving all impurities from the body. Begin to-day to banish pimples, boils, blotches, blackheads, and that sickly bilious complexion by taking Cascarets,—beauty for ten cents. All druggists, satisfaction guaranteed, 10c, 25c, 50c.

The Afro-American Review advocates an alliance of all African Methodists. They number 6,500,000, and represent four large bodies and numerous smaller ones.

**FIFTY YEARS OLD**

Why let your neighbors know it? And why give them a chance to guess you are even five or ten years more? Better give them good reasons for guessing the other way. It is very easy; for nothing tells of age so quickly as gray hair.

**Ayer's Hair Vigor**

is a youth-renewer. It hides the age under a luxuriant growth of hair the color of youth. It never fails to restore color to gray hair. It will stop the hair from coming out, and also. It feeds the hair bulbs. Thin hair becomes thick hair, and short hair becomes long hair. It cleanses the scalp; removes all dandruff; and prevents its formation. We have a book on the Hair which we will gladly send you. If you do not obtain all the benefit you expect from the use of Ayer's Hair Vigor, write the doctor about it. Probably there is some difficulty with your general system, which may be easily removed. Address, Dr. J. C. Ayer, Lowell, Mass.

**CARTER'S INK**  
—IT DOESN'T FADE.  
Costs you no more than poor ink. Might as well have the best.

Did you ever run across an old letter? Ink all faded out. Couldn't have been CARTER'S INK.

WANTED—one of bad health that is P-A-N-S. If it not benefit, send sets to Ripans Chemical Co., New York. For 10 samples and 100 testimonials.



The harvester earns his bread by the sweat of his brow, but when evening comes, after resting and cooling off, a tub of clear water and a cake of Ivory Soap will make him feel like new. The Ivory Soap bath will fit him for a good night's sleep.

Ivory Soap costs less than medicine and will do more to keep the man in good working order.

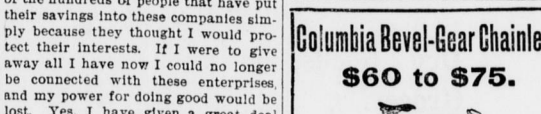
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**NO DISGRACE.**

Russell Sage Will Die in Full Possession of His Riches.  
"A disgrace to die rich?" asked Russell Sage. "Certainly not. Wealthy persons should use their money to bless the world—that is my theory. But if they give it all away early in their lifetime they will lose their capacity for doing good." Mr. Sage was standing in his office, with a light brown overcoat on and a soft felt hat in his hand as he uttered these philanthropic opinions, and he declared that he had been misquoted in reference to Andrew Carnegie's utterance. "I believe," said Mr. Sage, "that it is my business to husband my resources as far as possible and conserve the great property and great highways that I have been instrumental in building up (referring to the Manhattan and other railroads), and that I should protect the interests of the hundreds of people that have put their savings into these companies simply because they thought I would protect their interests. If I were to give away all I have now I could no longer be connected with these enterprises, and my power for doing good would be lost. Yes, I have given a great deal for charity, and shall continue to do so, but I must keep the bulk of the invested interest of others."

**PIMPLES**

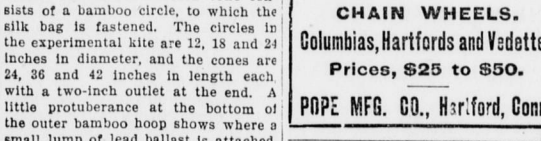
"My wife had pimples on her face, but she has been taking CASCARETS and they have all disappeared. I had been troubled with constipation for some time, but after taking the first Cascarets I have had no trouble with this ailment. We cannot speak too highly of Cascarets." FRED WARTMAN, 5708 Germantown Ave., Philadelphia, Pa.



Pleasant, Palatable, Painless, Taste Good, Do Good, Never Sicken, Weakens or Grievs. See, See... CURE CONSTIPATION. Sterling Remedy Company, Chicago, Montreal, New York, etc.

**HO-TO-BAC** Sold and guaranteed by all druggists to CURE TOBACCO HABIT.

**Columbia Bevel-Gear Chainless**



**\$60 to \$75.**  
Ask riders of the Columbia Bevel-Gear Chainless their experience with the wheel. We have yet to hear of one who does not say that the Chainless is easier to take care of than the chain wheel; that it has a longer life; that every ounce of power applied to the pedals is made effective—that it seems to possess an activity and life of its own and that you will notice this in starting, stopping, back-pedaling, riding on levels and especially in ascending grades.

**CHAIN WHEELS.**  
Columbias, Hartfords and Vedettes  
Prices, \$25 to \$50.  
POPE MFG. CO., Hartford, Conn.

**"BIG FOUR" "THE SEA LEVEL ROUTE" TO NEW YORK.**

DOUBLE DAILY SERVICE. WAGNER SLEEPING CARS. DINING CARS.  
E. E. INGALLS, President. WARREN J. LYNN, Gen. Pass. & Ticket Agt.

**GOLDEN CROWN LAMP CHIMNEYS**

Are the best. Ask for them. Cost no more than common chimneys. All dealers. PITTSBURGH GLASS CO., Allegheny, Pa.

**"A Good Tale Will Bear Telling Twice." Use Sapolio! Use SAPOLIO**

Consumption. E. B. Walthall & Co., Druggists, Horse Cave, Ky., 887. "Hall's Catarrh Cure cures every one that takes it." Sold by Druggists, 75c.