

Sticky Sweating Palms

after taking salts or cathartic waters—did you ever notice that weary all gone feeling—the palms of your hands sweat—and rotten taste in your mouth—Cathartics only move by sweating your bowels—Do a lot of hurt—Try a CASCARET and see how much easier the job is done—how much better you feel.

CASCARET is a box for a week's treatment, all drugists. Biggest seller in the world. Million boxes a month.

Afflictions mark the difference between iron and steel.

Garfield Tea cannot but commend itself to those desiring a laxative, simple, pure, mild, potent and health-giving.

When you find excess of speech look for shortage on sight.

Dr. Pierce's Pellets, small, sugar-coated easy to take as candy, regulate and invigorate stomach, liver and bowels and cure constipation.

Love does not depend for its strength on concentration.

Rich Cured in 30 Minutes by Woolford's Sanitary Lotion. Never fails. At drugists.

There's Many a Slip.

"What is the name of the song the lady is singing?"

"Meet Me in Heaven."

"Don't you think she's taking a great deal for granted?"

Woman as Bank Cashier.

Miss Ethel Boynton is cashier of the National Bank of Bayside, L. I., the only woman in the state holding such a position. She says that to be trustworthy a man or woman must first be kind, then he cannot find it in his heart to betray the trust that is reposed in him.

Important to Mothers

Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it bears the

Signature of *Dr. H. H. H. H.*

In Use For Over 30 Years.

The Kind You Have Always Bought.

Crutches or Biers.

Richard Croker, at a dinner in New York, expressed a distrust for aeroplanes.

"There's nothing underneath them," he said. "If the least thing goes wrong, down they drop."

"I said to a Londoner the other day: 'How is your son getting on since he bought a flying machine?'"

"On crutches, like the rest of them," the Londoner replied.

WHERE IT WAS LACKING



She—You puckered up your lips so then that I thought you were going to kiss me.

He—No; I got some grit in my mouth.

She—Well, for goodness' sake swallow it! You need it in your system!

IT'S FOOD

That Restores and Makes Health Possible.

There are stomach specialists as well as eye and ear and other specialists.

One of these told a young lady, of New Brunswick, N. J., to quit medicines and eat Grape-Nuts. She says:

"For about 12 months I suffered severely with gastritis. I was unable to retain much of anything on my stomach, and consequently was compelled to give up my occupation."

"I took quantities of medicine, and had an idea I was dying, but I continued to suffer, and soon lost 15 pounds in weight. I was depressed in spirits and lost interest in everything generally. My mind was so affected that it was impossible to become interested in even the lightest reading matter."

"After suffering for months I decided to go to a stomach specialist. He put me on Grape-Nuts and my health began to improve immediately. It was the keynote of a new life."

"I found that I had been eating too much starchy food which I did not digest, and that the cereals which I had tried had been too heavy. I soon proved that it is not the quantity of food that one eats, but the quality."

"In a few weeks I was able to go back to my old business of doing clerical work. I have continued to eat Grape-Nuts for both the morning and evening meal. I wake in the morning with a clear mind and feel rested. I regained my lost weight in a short time. I am well and happy again and owe it to Grape-Nuts." Name given by Postum Co., Battle Creek, Mich.

Read "The Road to Wellville," in book "There's a Reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

For Velveten



THE first design sketched is a simple coat and skirt in nut-brown velvet, very useful and very smart; the skirt is quite plain and a good walking length; the coat has a deep collar cut off square in front; the fastening is formed by tabs in which buttonholes are worked, and bone buttons. Velveten toque trimmed with two ostrich tips. Materials required: 12 yards 24 inches wide, 5 yards silk for lining coat, 4 yards satin for skirt.

In the second picture we show a plain long coat in black. Our model is lined throughout with pale blue cashmere satin. This style is also suitable to be copied in seal plush, which

is now so much used for long coats. Materials required: 8½ yards velvet 72 inches wide, 5 yards lining 44 inches wide.

The third costume shown is in laurel leaf green. The skirt has a panel front and back, and at sides is trimmed with a band of burnished gold and green trimming. The coat has a vest of the same trimming; a band of it is taken from each side the front and raised high in the centre back. Hat of folded satin trimmed with long grey wings. Materials required: 12½ yards 24 inches wide, 4 yards trimming, 5½ yards satin for lining coat, 4 yards satin for skirt lining, 4 buttons.

WHEN MAKING A VALANCE

Difficulties Not at All Insurmountable If They Are Properly Approached.

The main difficulty in making a valance is to keep it in place without putting tacks into the furniture or having it on narrow strips that pull out from under the mattress. One woman has hit upon a plan of having heavy unbleached sheeting cut just the size of the bed, or a little within the line of the sides. The sheeting is shrunk before being used. The valance is sewed to it on each side and across the end.

The cover is then spread over the springs and under the mattress, which holds it firmly in place. If the valance is of thin material, that needs frequent washing, it is a good idea to put it into a narrow band, provided with buttonholes at intervals close enough to prevent sagging. Buttons are sewed to the sheeting in places to correspond.

ADORNMENT FOR HAIR.



Fillet for the hair made of gold cloth sewn with turquoise. The aigrette is white.

To Clean Felt Hats.

First, all the trimming is removed and the felt given a thorough brushing. From a hardware dealer purchase for a few cents a sheet of the finest sandpaper made. Cut into piece around a convenient-sized block of wood, begin sandpapering the hat, being careful always to rub in the direction of the nap. Continue this process, using a new piece of sandpaper when necessary, until the felt begins to take on a new and clean appearance. When the felt becomes clean the nap is slightly dampened and the felt pressed with a moderately hot iron.

The Newest Tea Cosies.

Quite the newest tea cosies are fascinating creations heavily embroidered in an open pattern to show off a silk lining of a gay color. That the cosies may fit over any sized teapot, even the most capacious, it has and pieces let in, and these are of plain linen, unadorned like the rest, so that here the colored lining does not show through. The seams of the cosies are covered by a handsome white cord, artistically knotted here and there to give a pretty effect.

DESIGNED FOR THE NURSERY

Pretty Things That Will Properly Set Forth the Apartments of the Little Folks.

So many charming things are made for the nursery nowadays that it is a delight for young mothers to set out to furnish the apartment devoted to the little folks.

Sets of basin and pitcher in neat enameled stands are decorated with Kate Greenaway figures.

Bassinets like large market baskets having stout handles and lined with silk and lace, are very convenient with silk and lace, and very convenient when moving the wee baby from room to room.

A stand of enameled wicker has four trays for holding baby's clothes. It is very compact when shut, but when required these may all be opened at the same time by pushing out different ways.

Small clothes-trees of white painted wood are copies in miniature of what the grown-ups use.

A basket, with compartments to hold six small bowls, is handy when dressing the infant. The porcelain bowls are marked safety pins, sponge, soap, nipples, etc.

Some Uses for Matting.

Straw matting may be put to many uses besides the conventional one of covering floors.

Table covers may be made of the fine, closely woven Japanese matting, hemmed at each end.

As a finish to the lower part of a wall matting which is not too heavy serves quite as well as burlap and a change from the more usual covering.

Settee cushions may be made, or at least covered, with fine, pliable kind of matting, to match the strip on the porch floor.

Window shades and awning to keep the sun off, which are tied back or rolled up when not in use, are also practical made of matting.

They are hemmed top and bottom and hung upon rings at the top, which in turn are hung on little brass hooks screwed into the window frame or porch beam.

Bordered Foulards.

There is nothing smarter and few things more handsome than the new bordered foulards brought in for spring. Many of the most attractive pieces have borders that take up more than twenty inches of the forty-five or forty-six-inch width of the silk. These wide borders usually have a band of solid color four or five inches wide at the edge of the piece. The rest of the border may be of Persian design in lovely green, blue, rose, lavender, gray or other color scheme to harmonize with the ground of the rest of the silk.

Empire Waist Line.

The straight, narrow lines not over-accentuated and the shortened waist line are very pretty in the one-piece frothing frocks of linen, silk, etc., which are being made for southern wear, though the empire waist line must always be handled very carefully in connection with a street frock if it is not to give the frock an air suitable to the boulevard rather than the street.

WASHINGTON GOSSIP

Have Hopes for Lakes-to-Gulf Canal



WASHINGTON.—The fact that congress continues to nurse various projects for artificial waterways may probably be taken to indicate that sooner or later some of these canals will be constructed. The rivers and harbors bill, as amended by the senate, and as it will probably stand when finally passed, directs the national waterways commission to make a careful study of the advisability and feasibility of the proposed canal from Lake Erie, by way of Fort Wayne, or by some other direct and feasible route, to the southern end of Lake Michigan, and of a canal from the Ohio river, at a point near Pittsburg, to Lake Erie. The commission is also directed to look into the feasibility and practicability of a canal to connect the Anacostia river, here at the national capital, with Chesapeake bay, or some tributary of that bay.

In the case of the proposed canal from the Ohio river to Lake Erie, the bill provides that the expense of investigating as to its feasibility and practicability shall be borne by the local interests affected.

No such provision is put in with respect to the investigation of the proposed canal connecting Lake Erie with Lake Michigan. By the terms of the new rivers and harbors bill, the waterways commission is to have two years from the 4th of March in which to investigate these projects. In making the investigations the commission is authorized to call upon the engineer corps of the army to furnish data.

Nearly every observer with a large range of vision is convinced that sooner or later, a canal connecting Lake Erie with the lower end of Lake Michigan will be built, and that a canal will eventually connect Lake Erie or Lake Michigan with the Ohio river. Persons who have devoted some study to this subject of artificial waterways are disposed to believe that when the country is ready for a canal connecting the Ohio river with one of the great lakes the demand will be for a canal extending from Lake Michigan, through Indiana to the Ohio river.

There are many reasons for believing that as soon as the Panama canal is completed, the building of artificial waterways here at home will be undertaken on a large scale. It is generally assumed that the lakes-to-the-gulf waterway will be the first of the projects put through.

Uncle Sam Would Have Us Eat Venison



UNCLE JIM WILSON, of the department of agriculture, hopes to put venison, that luxury of the rich, on the table of every citizen in our country, and at a less cost than that of beef. He aims to accomplish this by convincing farmers that they can raise small herds of deer or elk or antelope on land that is at present absolutely valueless and with practically no attention after the start is once made.

In many parts of the country there are tracts of land which can be more profitably used for raising venison than any other purpose.

The propagation of game is a legitimate business as the growing of beef or mutton, and, according to the department, the producer should be permitted under reasonable regulation, to dispose of his product at any time, either for breeding purposes or for food. This some of the state laws now prohibit.

The flesh of young antelope is said to be much superior to ordinary venison. That of mature animals, particularly the males, has a strong flavor; but this may be greatly improved by domestication. A full grown pronghorn weighs from 100 to 125 pounds, and will dress from 65 to 80 pounds.

The deer family stands next to the cattle and sheep family in general utility. The flesh is a valuable food. Venison was more common than beef on the tables of medieval Europe and was the flesh most commonly eaten by early settlers and frontiersmen in North America. Its dietetic value is enhanced by the fact that it is especially adapted to invalids who require a nourishing, yet easily digested food.

The American elk, with all its claims of attention, is fast disappearing from the earth, with scarcely an effort for its preservation or domestication, the department declares. By domestication it does not mean simply taming, but a course of intelligent breeding and protection. A series of experiments has furnished the scientists with sufficient evidence to say confidently that this business may become of great importance to the country.

Men Hold Trump Card in Social Game



THERE is a story abroad in Washington, whether true or not, that the pampered men of the capital go about accepting invitations and then at the last moment turn a flip-flop if they get a card from a hostess where there is apt to be more fun going on. Anyway, it is the men of Washington who hold all the trump cards in the social game, as one may infer from this declaration of a dashing young American baroness who left here not a great while ago:

"Sorry to go to Turkey? Sorry to set up housekeeping in Constantinople? Not a bit of it! Why, my dear things will be changed completely. Over there I will not have the delirium of wondering whether I'll have men enough to go around if I give a dance or a dinner—no, indeed, it will be just the other way about. I'll be

picking and choosing, and each dear man will be fidgeting properly as to whether I'll choose him or his brother. Turkey for me! The men here are spoiled foolish. To be sure, you have enough of 'em and to spare; the only trouble is if they are so generally willing to consult their own convenience without regard to the anxiety they cause the women who entertain."

This baroness enjoyed the reputation of scaring the wits out of the other dames who were contemplating dinners or dances.

"For pity's sake," they used to wait, "does anybody know if the Baroness Blank has any notion of doing anything such-and-such a night? If she has, away will flock the men to her side—it will never do to pick the night she hits upon for any of her doings."

Wherefore, putting two and two together, the baroness' departure was not accompanied with more grief than one could weep for—even though she did do things up so beautifully, and besides was a very kind and considerate personage when the debutantes and near-debutantes were concerned.

Increase in Our Foreign Criminals



THIS is the land of the free and the home of the brave. It is the haven of the down-trodden and the hope of the oppressed. It is the asylum of the homeless and the opportunity of the willing. Millions in overcrowded Europe cast longing eyes hitherward and annually hundreds of thousands succeed in reaching our shores. We have room for them. There are work and opportunity here for each of them—if they are of the right sort. Our broad acres and our prosperous cities can care for another hundred millions as easily as they support those who are here. All we ask is that they be earnest in the desire to be good Americans capable of self-support, healthy of mind and body.

But, unfortunately, in our generous hospitality we are imposed upon. This great country of ours in fairness to

ourselves should not be made the dumping ground of the mentally incompetent, the physically incapable, the morally perverted, and against these objectionables the barriers should be made higher and more nearly impenetrable.

We try at Ellis Island to maintain some sort of supervision of immigration and we do turn back many whose presence among us would be a danger and a burden. But we should go further than this.

What stronger object lesson of the necessity for careful espionage on immigration do we need than the report of the New York state superintendent of prisons, Cornelius V. Collins? He tells us that, notwithstanding the growth of the parole system, our prison population is increasing rapidly; that our state prisons are shockingly overcrowded, and that—here's the point—more than 54 per cent. of this prison increase is directly traceable to the trend of foreign criminals to the United States.

Our government can do nothing more beneficial to the country than to prevent the incoming of foreigners of criminal record or tendency.

OTTUMWA WOMAN CURED

By Lydia E. Pinkham's Vegetable Compound

Ottumwa, Iowa.—"For years I was almost a constant sufferer from female trouble in all its dreadful forms; shooting pains all over my body, sick headache, spinal weakness, dizziness, depression, and everything that was horrid. I tried many doctors in different parts of the United States, but Lydia E. Pinkham's Vegetable Compound has done more for me than all the doctors. I feel it my duty to tell you these facts. My heart is full of gratitude to you for my cure."—Mrs. HARRIET E. WAMPLER, 524 S. Ransom Street, Ottumwa, Iowa.

Consider This Advice. No woman should submit to a surgical operation, which may mean death, until she has given Lydia E. Pinkham's Vegetable Compound a fair trial.

This famous medicine, made only from roots and herbs, has for thirty years proved to be the most valuable tonic and invigorator of the female organism. Women residing in almost every city and town in the United States bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound.

Mrs. Pinkham, at Lynn, Mass., invites all sick women to write her for advice. Her advice is free, confidential, and always helpful.

One might fight a lie and still not follow the truth.

FILES CURED IN 6 TO 14 DAYS. Four druggists will refund money if PINKHAM'S VEGETABLE COMPOUND fails to cure any case of itching, itching, itching, or protruding files in 6 to 14 days. No.

Take Garfield Tea to arouse a sluggish liver—all druggists sell it.

A man may go up when you kick him, but you cannot claim credit for kindness.

A Quick Sideshow. Merchant (to widow)—I am willing to buy your husband's working business and good-will for \$5,000. Widow—Well, but I happen to be part of the working business. Merchant—Then I'll take only the good will.—Flegende Blaetter.

Real Courage. He was the small son of a minister and his mother was teaching him the meaning of courage. "Supposing," she said, "there were twelve boys in one bedroom, and eleven got into bed at once, while the other knelt down to say his prayers, that boy would show true courage." "Oh," said the young hopeful, "I know something that would be more courageous than that? Supposing there were twelve ministers in one bedroom, and one got into bed without saying his prayers?"

HAD A REASON FOR BEING

Carnegie Elicited Information Asked For, but it is Doubtful if He Appreciated it.

At the recent dinner given by Andrew Carnegie, an eminent lawyer, seated half-way down the table, was deeply immersed in conversation with his neighbor when the host opened up the subject of the British coinage system, and showed signs of wishing undivided attention.

"Every other civilized nation," he declared, "has the decimal system, while England adheres to the absurd and cumbersome table of pounds, shillings and pence." Rap-rap-rap.

The raps were for the lawyer, who remained absorbed in his own conversation. "And even farthings," continued the host-master. "Is there anything else in finance so ridiculous as the farthing?" Rap-rap.

The lawyer glanced around somewhat impatiently.

"Judge G—," Mr. Carnegie called out, "why do the British continue their coinage of farthings?" "To enable the Scotch to practice benevolence, Mr. Carnegie," returned the lawyer.

RHEUMATISM



Munyon's Rheumatism Remedy relieves pain in the legs, arms, neck, waist, swollen joints. Contains no morphine, opium, cocaine or drugs to deaden the pain. It neutralizes the acid and drives out all rheumatic poisons from the system. Write Prof. Munyon, 534 and Jefferson Sts., Phila., Pa., for medical advice, absolutely free.

PISO'S is the name to remember when you need a COLD or COUGH remedy.