



ONE ENJOYS

Both the method and results when Syrup of Figs is taken; it is pleasant and refreshing to the taste, and acts gently yet promptly on the Kidneys, Liver and Bowels, cleanses the system effectually, dispels colds, headaches and fevers and cures habitual constipation.

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

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

At a small dinner given recently in a Western city the guest of honor was a young married woman who is the proud mother of two handsome boys, both under five years of age.

During an early course in the dinner, and in the middle of an animated conversation with her host, she suddenly paused with a startled look and cried: "There, if I did not forget those boys again! Have you a telephone in the house, and may I use it?"

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

MRS. PINKHAM'S ADVICE

What Mrs. Nell Hurst has to Say About It.

DEAR MRS. PINKHAM:—When I wrote to you I had not been well for five years; had doctored all the time but got no better. I had womb trouble very bad. My womb pressed backward, causing piles. I was in such misery I could scarcely walk across the floor.

I felt very much better and was able to do nearly all my own work. I continued the use of your medicine, and feel that I owe my recovery to you. I cannot thank you enough for your advice and your wonderful medicine.

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

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

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

It takes the place of coffee at 1/4 the cost. Made from pure grains it is nourishing and healthful.

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

OUR NAVY'S DISCIPLINE

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

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

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

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

Probably the safest standard from which to draw conclusions as to the nature of discipline on a man-of-war is the standard of cleanliness, and from this point of view the most unscientific housewife might be quite as competent a critic as the naval expert.

There is a very high standard of cleanliness and sanitation on men-of-war of today—a standard necessarily high when it is considered how closely men are huddled together on a naval vessel. The ships of the United States navy more nearly attain even the medical department theoretical standard of cleanliness than the ships of any other navy in the world, including those of the British navy.

This is not to say that British men-of-war are not clean. As a rule they are quite clean, even if it does take the "lime-juciers," as American men-of-war's men call the British naval tars, an unconsciously long time, for instance, to "swab the smut out of the ship's eyes" after coaling ship.

A couple of days after the Maine disaster a Madrid dispatch quoted Weyler as saying that the "affair was no doubt due to the indolence of the ship's crew." Weyler has often been aboard the men-of-war of his own country. Therefore this remark sounds delightfully funny.

There could be no more realistic portrayal of the entire meaning of the word "indolence" than that exhibited by the crew of a Spanish warship. Fore and aft, from all hands at dawn until pipe down at night, the dolce far niente on board a Spanish man-of-war is almost of the dreamy, blissful, all-pervading sort as that which obtains at high, scorching noon in the "dobe shacks" of Mexican peons.

Aft, in the officers' quarters, a fair degree of cleanliness is occasionally to be found on a Spanish war vessel, but forward, where the men dodder through their days, the average Spanish man-of-war is not alone dirty, it is simply filthy.

In none of the world's navies can you see men perform their routine and extraordinary work and their drills with more snap, vim, ambition, determination and genuine liking for the business than on an American ship of war.

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

HELPS FOR HOUSEWIVES.

Colored Cotton Fabrics.

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

Aromatic Vinegar for Sprinkling.

Aromatic vinegar for sprinkling in apartments during the prevalence of fevers or any contagious complaint can be made as follows: Take common vinegar, any quantity desired, and stir into it enough powdered chalk to neutralize the acidity.

White Pine Screens.

For that open fireplace which is not in use come little white pine screens at low rates. These are fitted out with small shelves and brackets for odds and ends of bric-a-brac.

Cooking for the Sick.

Mrs. S. T. Rorer lays down these rules for "Cooking for the Sick and Convalescent," in the Ladies' Home Journal. "In cooking for the sick a moderate heat is necessary to bring out and intensify, rather than destroy or keep within, the delicate flavorings of the materials used.

"Gruels or semi-starchy foods require long, slow cooking. Meats must be cooked but not overdone. Under no circumstances should raw meats, raw beef juice, or raw beef tea be used.

In arranging the tray keep everything as dainty as possible, using white or very pale colors. A simple vase of flowers, with not too decided an odor, will prove an added attraction.

Recipes.

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

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

Sweetheart Cake—Cream together the yolks of two eggs, one cup sugar and one tablespoonful butter; add one-half cup sweet milk and one and one-half cups flour, sifted with one heaping teaspoonful baking powder.

Raspberry Shortcake—One large cup thin sour cream, one-half teaspoonful soda, a little salt. Stir the flour in quickly after the soda is added. Shape into dough; roll thin for two or three layers, spreading butter before baking.

Chocolate Gems—Beat to a cream two tablespoonfuls of butter, adding slowly one cup sugar; stir in half-cup of water, a pinch of salt and one and a half cups of flour.

Creamed Horseradish—An excellent sauce for cold meat or poultry is made from grated horseradish, yolk of an egg and whipped cream. Squeeze every particle of vinegar from three tablespoonfuls of the horseradish and mix thoroughly with the yolk of egg and half a teaspoonful of salt.

Fish Souffle—This creamed fish is given because no eggs are used, which is often preferable. Use one pint of cold fish picked fine. Boil together two tablespoonfuls each of butter and flour, one teaspoonful of mustard, half-teaspoonful salt, pinch of cayenne and one pint of cream or milk.

THE REALM OF FASHION.

Novelties in Hairdressing.

How to dress the hair in a becoming manner, and at the same time carry as light a load as possible, is a problem that will try the brains of women during the coming spring months.



BUILDING UP THE COIFFURE.

Flowers play an important part in the recent designs for brooches. Among the blossoms which seem to be favorites are violets with petals spread apart, pansies, clematis and apple blossoms. They are all enamel in natural colors and often have a small pearl or diamond mounted in the center.

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

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

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

Another belt is of oxidized silver wire forming a sort of lathwork mounted on a drab silk ribbon. The clasp is in the form of two rosettes, in the centers of which tanzanite is mounted.

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

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Millinery Hints.

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



SPRING WALKING COSTUMES.

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

Hints About Walking Costumes.

The cotton gowns are now being built very much on the lines of the winter models. The paquin skirt is admirably adapted to thin fabrics of all kinds, as the circular flounce gives a pretty fullness about the feet.

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

Belts, Clasps and Brooches. An embossed silver prayer bookcase has a blue ribbon enameled around the edges.

A silver gilt spoon has a design of ferns for the handle and the bowl is enameled to represent the United States shield.

Gained 22 Pounds in 5 Weeks.

From the By-Stander, Macomb, Ill. Alderman Louis W. Camp, of our city, has quite astonished his friends, by a remarkable gain in weight.

"I was broken down in health and utterly miserable," said Mr. Camp to our reporter. "I was unable to work much of the time and so badly afflicted with a form of stomach trouble that life was a veritable nightmare."



Interviewing the Alderman.

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

L. W. Camp on oath says that the foregoing statement is true.

W. W. MELLOAN, Notary Public. Following is the physician's certificate as to Mr. Camp's present condition. I am a regularly licensed physician of Macomb, McDonough County, Ill.

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

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

Deafness Cannot Be Cured

by local applications, as they cannot reach the diseased portion of the ear. There is only one way to cure deafness, and that is by constitutional remedies. Deafness is caused by an inflamed condition of the mucous lining of the Eustachian Tube.

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

Don't Tobacco Spit and Smoke Your Life Away.

To quit tobacco easily and forever, be magnetic, full of life, nerve and vigor, take No-To-Bac, the wonder-worker, that makes weak men strong.

Oh, What Splendid Coffee.

Mr. Goodman, Williams Co., Ill., writes: "From one package Salzer's German Coffee Berry costing 15c I grew 300 lbs. of finer coffee than I can buy in stores at 30 cents a lb."

Educate Your Bowels With Cascarets.

Two persons die of starvation in London every week.

Asheville and Hot Springs, N. C.

These two charming resorts, located in the mountains of Western North Carolina, are now being rapidly filled with winter tourists from the North.

Up-to-Date Sailor Hat.

The early straw sailor hats will be trimmed with loops of ribbon and one or more quills.

Why Suffer Like Job

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

To Cure A Cold in One Day.

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

To Cure Constipation Forever

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

Chew Star Tobacco—The Best.

No-To-Bac for Eff. Guaranteed tobacco habit, men strong, blood pure. 50c

Electrically operated car

great success in London.



SAILOH HAT.

tirely of flowers and leaves. Fine flowers are used for the crown and brim, and roses with leaves wired into aigrets.

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