

THE SURGEON'S KNIFE

Operations for Ovarian Troubles Increasing in Our Hospitals.

Mrs. Eckis Stephenson of Salt Lake City Tells How Operations May Be Avoided.

The universal indications of the approach of woman's great enemy, inflammation and disease of the ovaries, are a dull throbbing pain, accompanied by a sense of tenderness and heat low down in the side with occasional shooting pains.

On examination it may be found that the region of pain will show some swelling. This is the first stage of ovaritis, or inflammation of the ovaries.

If the roof of your house leaks, my dear sister, you have it fixed at once; why not pay the same respect to your body? Neglect and the dreadful surgeon's knife go hand in hand. How many thousands of our poor suffering sisters might have escaped the hospital and its dreadful experiences if they had only done as the lady whose portrait and letter we are permitted to publish. Oh, what more can we do to make women believe.



MRS. ECKIS STEPHENSON.
State Chairman Young Peoples' Temperance Union, Salt Lake City, Utah.

"DEAR MRS. PINKHAM:—I suffered with inflammation of the ovaries and womb for over six years, enduring aches and pains which none can dream of but those who have had the same experience. Hundreds of dollars went to the doctor and the druggist. I was simply a walking medicine chest and a physical wreck. My sister residing in Ohio wrote me she had been cured of womb trouble by using Lydia E. Pinkham's Vegetable Compound, and advised me to try it. I then discontinued all other medicines and gave your Vegetable Compound a thorough trial. Within four weeks nearly all pain had left me; I rarely had headaches, and my nerves were in a much better condition, and I was cured in three months, and thus avoided a terrible surgical operation."—Mrs. ECKIS STEPHENSON, 250 So. State St., Salt Lake City, Utah.

Another Operation Avoided in Philadelphia.

"DEAR MRS. PINKHAM:—Some time ago I was taken very sick with pains caused by internal trouble (ovarian) and was unable to attend to my household duties. I consulted several doctors but got no relief. They advised an operation which I was almost tempted to undergo when I read in the paper of the wonderful cures Lydia E. Pinkham's Vegetable Compound was making. So I began taking it and after taking several bottles feel like a new woman. No praise is too great for it. It is woman's friend and no woman should be without it."—Mrs. LIZZIE MILNER, 1616 Taniata St., Philadelphia, Pa.

Remember, every woman is cordially invited to write to Mrs. Pinkham if there is anything about her symptoms she does not understand. Mrs. Pinkham's address is Lynn, Mass., her advice is free and cheerfully given to every ailing woman who asks for it. Her advice has restored to health more than one hundred thousand women. Why don't you try it, my sick sisters?

\$5000 REWARD.—We have deposited with the National City Bank of New York, \$5000, which will be paid to any person who can find that the above testimonial letters are not genuine, or were obtained by the writer's special permission. Lydia E. Pinkham Medicine Co., Lynn, Mass.

Giant Strength comes from

Toasted Wheat Flakes

Thoroughly Cooked

sweetened with Malt Honey Nature's Health Sweet.

They invigorate, strengthen, satisfy. The genuine bear a picture of the Battle Creek Sanitarium on the package.

BATTLE CREEK SANITARIUM FOOD CO., Battle Creek, Mich.
Original Manufacturers of Battle Creek Flakes.

100 per cent nutrition

known to the American housewife, but formerly recognized as a desert. Arrange alternate layers of peeled oranges cut into chunks and grated or desiccated apples and garnish with white sugar. Shredded pineapple may be added. Cover the top with a layer of coconut and serve with a few candied cherries, rose leaves or violets over the top.

Inquiries Answered.

Mrs. F. S. Writes: I have been reading your recipes for potted meats. I would like to know how to make them. Please write rules for time and seasoning; also what kind of a jar is most desirable and where it can be obtained.

ENGLISH METHOD OF POTTING MEATS.

In the article referred to we have given both English methods.

Large meats, game and poultry are cooked and if they are not served while hot the English method is used. The meat is packed in small jars, such as are used by preserving firms for marmalades and jams, same size top and bottom and holding from one gill to half pint. The clarified butter is poured over the meats to preserve them. It can be used for basting other meats or for paste for meat loaf, so is not wasted.

Small birds, like quails, pigeons, etc., rabbits and hares, if designed to be kept some time and eaten cold, are cut up into joints, seasoned and packed down closely into a small pan; large pieces of butter laid on top; then tied up close with a cover of coarse flour paste and paper and baked gently in the oven. When done let stand until perfectly cold, two days is not too long. Then pack the pieces in stone-jars, put such as are used for packing butter. Pour the clarified butter over the meat and cover and keep in cold, dry place. For roasting rabbits use such seasoning as are used for game and fowl. With the meats such herbs and spices as are used in pickling, thyme, marjoram. We think the time required for cooking is given with most of the recipes. For soups, stews with your potted meats for flavoring, unless you intend to serve them hot, the vegetables which are used for soups. The so-called fresh potted meats and birds served on American tables are cooked according to the methods of training, by steam or moist heat in closed vessels and generally with vegetables and seasonings under the meat.

Small birds and game can be jugged instead of potted by putting the pieces in a stoneware jar at once instead of the pan and covering and baking slowly in the oven; then covering with butter when cold. If they are to be kept some time do not put too many in one jar as it will take too long to cook.

CLEANING LACE.

Small pieces of lace, such as you kindly tell how to dry clean battenberg or point lace?

We would advise our correspondent to send the lace to a reliable cleaner for dry cleaning as she will find it more satisfactory, we think.

ball of the forward foot really receives the weight of the body. Then, an instant after, the little spring, or movement of propulsion given by the rear foot, will carry the body forward again in a most graceful manner. The foot which was in front then becomes the rear foot, and the action is repeated at giving the spring or forward impulse.

The Popularity of Mrs. Cleveland.

Mrs. Grover Cleveland is the most popular woman in Princeton. Her charming, unaffected and unassuming ways have captured the hearts of the people. Rarely a day passes that she is not out on the streets walking with her three daughters. She visits sick neighbors and makes a pleasant word for most of them. Her visiting list is one of the largest in Princeton and many names are on it that do long business in Princeton's exclusive society. Mrs. Cleveland belongs to the charitable societies and takes a personal interest in their work. She visits sick neighbors and makes an active interest in everything that goes on, says the Sunday Chronicle.

She is as charming as when she went to the White House as a bride. When a reporter called at the Cleveland home last week to inquire about the ex-president's health, she came bounding down the stairs to answer the inquiry. Her dress was simplicity itself. She wore a walking gown of heavy dark gray material, with a collar of black stuff, with dots of white. She wore no jewelry. Her face was tanned and beamed with perfect health. Her eyes were as clear and frank as they were in the days when as the bride of the White House she won the hearts of the whole country. She evidently lives much in the open air.

She devotes most of her time to her household, her three girls, Ruth, Esther, Marion, and her boy Dick. Dick is now two years old. The girls are cared for by a governess. The quiet life is as much to Mrs. Cleveland's taste as it is to that of her husband. She was first met in love with Princeton and suggested it as a future home. She had gone to Princeton with Mr. Cleveland, where he was to speak at the sesquicentennial. She was impressed by the quiet, dignified air of the town and wanted to go there to live. The idea pleased Mr. Cleveland and he bought his present home from Mrs. Silldell. His lectures at Princeton are a feature of the university. His grave illness threatened to prevent his coming to Princeton people. They are looking forward to the institution of a big new department, over which he will preside.

Aphorisms From Emerson.

Man is the image of God; why run after the unreal?

My creed is very simple—that goodness is the only reality.

Prayer is profitable only as they respect.

Nature hates monopolies and exceptions.

Nature loves analogies, but not repetitions.

Never mind the ridicule, never mind the defeat; up again, old hero!

The people can again be brought to the aid of the oppressed.

No man can escape his griefs as lightly as he might.

Obedience alone gives the right to command.

Omit the negative propositions; nerve with incessant affirmations.

Prayer is the contemplation of the facts of life from the highest point of view.

Prayer is the highest duty of every young gentleman, whom such things should not deter.

Put God in your debt; every stroke shall be repaid.

Self-trust is a perpetual victory.

Self-trust is the essence of heroism.

Self-trust is to be misundoubtedly.

Self-trust is the most precious of all powers.

Self-trust is the wisdom which does not depend on wealth.

Self-trust is the wisdom which does not depend on wealth.

Self-trust is the wisdom which does not depend on wealth.

The "Gracile Glide."

Fashion has produced a new walk for women called the "gracile glide." It is founded upon the Delorsat idea, which carries the chest forward, the head easily and allows the shoulders to take care of themselves. The "gracile glide" has this one point in common with the "kangaroo walk"—in both the chest is supposed to lead. An expert advises those who wish to acquire this new walk speedily to let the chest lead always, and hold the weight of the body on the front foot before giving the little movement of propulsion which comes from the toe of the rear foot, still touching the ground, says the Sunday Chronicle.

If the walker is careful to keep the weight of the body always over the ball or toe of the rear foot, still touching the ground for a moment after she is ready to start, the "gracile glide" will be maintained unbrokenly and the movement is easy, gliding and graceful.

The whole foot should strike the ground at once, practically, but it should all happen so quickly that the

The Shirt Waist Set.

The shirtwaist, with hat to match, is no novelty, but the shirtwaist set is completely new. The set includes the hat, the stock, the belt and the umbrella.

A fashionable woman of New York wore a few days ago a gown in dark brown, with a white shawl, and a "set" which went with it. This set, in tonate red, was charming in its way of carrying out the costume, says the Sunday Chronicle.

White, all in tomato red panne and scarlet tips, was supplemented by a stock of tomato colored silks, which in turn were made into a shawl, with a white and red sash, lined with silk black velvet put on in rows. And all were set off by a red umbrella.

The brown gown is in two parts, a shirtwaist and a skirt. The shirtwaist is tucked in front and buttoned to the back; the skirt had tucked hips and a flared bottom. The shawl was a simple affair, as it means so much in the way of dressing up the costume; the set, not to mention the accessories, such as a necessary dress.

Those who are very exquisite in dress and who wish to be in the color of the hat, the stock, or belt. For the most part, however, the set is a very fair one.

Health and Beauty.

Onions eaten every other day, it is said, have a clearing and whitening effect on the complexion, and it is pretty generally acknowledged that onions do nothing else that will so quickly tone up a worn out system.

White specks on the finger nails are usually caused by the misuse of the cuticle, and the best remedy is to rub the white spots are caused by an interception under the nails of the particles of juice which nourish them. The sharp edge of a nail should never come in contact with a sharp blade. Many manicures press the nail down and the result is a white spot, which will not reveal a white spot, which is nothing more nor less than a scar. The best remedy is to rub the white spots of Burgundy pitch and myrrh melted and applied to the nails at night. It will sometimes cure the spots.

Nine physicians out of ten nowadays in suggesting a diet for a neurotic or anemic patient, will give eggs the first place on the list. These are to be taken raw, and in the quantity of four pieces, starting to the uninitiated. "Begin with six a day," advised one doctor recently, "and increase the number by one daily until twelve are consumed every twenty-four hours." Another doctor made seven—the limit and sanitarium patients—swapping stories—have not hesitated to take a daily egg, and the prescription is by-four eggs. The simple, natural and condensed form of this nourishment makes it undoubtedly more valuable in point of fact many persons find it extremely difficult to take. If the egg can be taken in a little talk with a dash of flavoring, nutmeg, cinnamon, sherry, or any of the usual condiments, it is not so hard to follow; but not everyone finds this combination palatable or even possible. To break the egg and mix it with a little plain sherry is another way to serve the dose and one young woman who manages to get a not very good egg entirely straight, but in the dark. If she sees the egg she can not swallow it.

Table and Kitchens.

Conducted by Lida Ames Willis, Marquette building, Chicago, to whom all inquiries should be addressed.

All rights reserved by Banning Company, Chicago.

Something More About Salads.

Times change and we change with them. Not so many years ago the American kitchen but little of salads unless he went abroad to that land distinctly noted for the delicate art of salad making. For a long time France led in this accomplishment. Americans are imitative in suggestion only and while other countries



popondour is the effect to be sought, and if the forehead changes to be too high for that, a curly fringe of hair is a wise addition.

A woman with a large or a "pug" nose needs to exercise special care in hairdressing.

For her the knot half way between the crown and neck is usually safe when all the front hair is waved. An extremely low dressing accentuates the prominence of the nose.

In conclusion, if every woman, after dressing her hair in the desired style, would study it with a hand mirror, before her toilet table, and note every line and curve from back, front and side, she could soon see the difficulty, if any, and try another way. The difference of an inch higher or lower on the head may make the difference between a graceful, artistic contour and an awkward and unattractive one.

For the Working Girl.

Working girls are among the most independent of mortals and in matters of dress are a law unto themselves. It should not be necessary to say anything about how these girls should gown themselves, but every now and then one sees a vision in some little clerk or secretary that makes one eager to protest against the wearing of finery to an office, says the Sunday Chronicle.

The girl who overdoes when she goes to business to help keep the wolf from the door is usually young, very young, and she has ideas about brightening up the dingy, workaday world, and becoming a sunbeam to the unfortunate men who are plodding along the road to fortune in her office.

With this end in view she puts a bow of ribbon in her elaborate coiffure, dons a soiled silk waist and a trailing skirt and proceeds on her mission, thoroughly satisfied with herself. In route she meets many older and more worldly wise women attired in clumpy shoes, short skirts and plain shirt waists, but she regards these pityingly as grubs who lack aesthetic sense, and continues her butterfly existence until age or experience or her employer leads her to the knowledge that pretty fat-fals are not for wear during business hours, but should be reserved for evenings at some of the numerous social friends to be impressed.

Mrs. Rebecca D. Lowe.

A REMARKABLE WOMAN.

Mrs. Rebecca D. Lowe, president of the General Federation of Women's Clubs, is not one who neglects her home in order to attend to the duties devolving upon the modern club woman. Not only is she an accomplished housekeeper and does her own marketing, but she is also a most successful florist and gardener. Her servants, most of whom have been with Mrs. Lowe for over 20 years, are so well trained and familiar with their work that the domestic machinery of her handsome Atlanta home moves along in the smoothest possible manner, says the Sunday Chronicle.

A Dainty Winter Girl.



Black velvet jacket with revers of black silk applique edged with Persian lamb. Silk sash and long ends.

The people who have put off from week to week the selecting of their Christmas presents until now the time is only nine days off, go about with troubled faces and wrinkling foreheads, and the constant query, what shall I do? The loads and loads of pretty things shown in all of the stores up and down the avenue fail to give them any inspiration, and they internally vow never to be so procrastinating again.

There are countless things that will make delightful Christmas presents, and there are articles in the reach of all. The greatest difficulty is in selecting them and adapting them to the right people.

The jewelry stores are always attractive, but there is one rule that must be adhered to and that is, never give jewelry unless it is good. Good jewelry costs money and so the ordinary Christmas giver crosses from him list.

If one knows the likes and dislikes of her friends it is a comparatively easy matter to select gifts for them, but if she is in doubt, she should choose some staple article such as handkerchiefs, an umbrella, a pretty picture or something else of a like nature.

There are more pretty Christmas novelties than ever before, and things that will suit even the most fastidious. Following are a few suggestions which may be of assistance to hurried Christmas shoppers.

Burnt leather cushions, blotters, pen-wipers, carved leather, too, is always appreciated.

Burnt wood is one of the season's fads.

A bit of dainty china is almost sure to be appreciated by any woman.

A pretty bag for dancing slippers, opera glasses, or for thimble parties.

Any pretty article for one's dressing table, such as comb and brush, cold cream jar, nail file or cuticle knife.

A book or picture is sure to please any one.

A bottle of perfumery and an atomizer, or some similar toilet requisite.

A fan or a pretty silver or gold hat pin.

A pretty oriental head or bit of plaster, both are in vogue this season.

A stock collar, necktie or a Fiorodora.

Material for a shirt waist with the requisite trimmings.

Material for a pretty neck ribbon, daintily tied up.

If it were earlier in the season there are dozens of things which might be made at home, but as Christmas is so near at hand it will be necessary to buy everything.

When one begins to shop for the children there are such quantities of articles to choose from that one is bewildered. Dolls and toys are the stand-by and must always be given to the children until they are perfectly well appreciated them. Now, nearly all of the little tots have rooms of their own and mixture of such as are used for packing used by their elders will make them happy.

The doing up of a Christmas present is an important as the selection of it, a simple little twenty-five cent book, if carefully tied up in a bit of tissue paper with a dainty ribbon, will in most cases give more pleasure than a much more expensive one if carelessly done up in a crinkled piece of wrapping paper.

The Low Coiffure.

Now that the low coiffure is established in the fashionable world, all women, whether of that world or not, will find it to their advantage to devote an hour or two to studying its adaptability to their special case.

The woman who knows that a high dressing is more becoming must not be led by any desire to be up to date into adopting a pronouncedly low arrangement but should compromise with the utmost care, if compromise may be made becoming. Otherwise, she will, if wise, adhere to the high coiffure, says the New York Tribune.

There are few cases, however, in which some arrangement cannot be found to strike a happy medium. The first point to be considered is the shape of the head, the second is the shape of the face, with special reference to its profile. The contour of the head should be studied from every side; the length and type of nose, the way the eyes are set, the breadth and shape of the forehead—all must be noted critically before making the attempt.

Just here a few general hints may be useful. When the upper part of the face is broader than the lower, the fluffy hairs must be avoided, as it accentuates the shape almost to caricature. Extremely low dressing of the hair is equally undesirable, and the remedy for this type is found in a softly waving arrangement at the side and a long colling just showing above the crown, to the nape of the neck.

The woman whose face is square should dress her hair in coils or puffs on top of the head, with fluffy side arrangements. This softens the severity of the square face.

When the face is round and short—the "faced" style of beauty—the hair should be generally more becoming, but a moderately low one may be adopted if the entire front of the hair is so fluffed as to add to the apparent height of the head. A soft