tionsewises Should know That Disordered digestion in adults is

Physicians are advocating the use of sheer exhaustion, into the first chair she pure olive oil for weak lungs. It bids comes to. While the lights were bright fair to take the place of cod liver oil, and it is thought by many pleasanter

To clean wall paper, use bread about a day old. If the paper is only dusty, flick and rub it with a soft mop. If it is marked with grease, hold a piece of blotting paper over the spot with a hot flat iron for a few seconds.

To clean oilcloth: It should be washed with a large cloth dipped in lukewarm water (hot water should never be used on account of the paint). If the oilcloth is very dirty, it can be cleaned with yellow soap, but the less water used the better.

A baked custard is one of the easiest things to make and one of the easiest to spoil in baking-if left to its own devices. It must be made of fresh materials, and bakes better in a shallow dish than in a deep one. The dish containing it should be placed in a shallow tin pan holding hot water, and the oven must be moderate. Watch it, and just as soon as the blade of a knife comes out clean when you try it-take it out. If you leave it longer it will be watery.

To give looking-glasses and mirrors are in the great majority. There are few women who are free from diseases a brilliant polish apply alcohol with a sponge, then dust whiting over the glass, rub it off with linen cloth, and polish with chamois. The following French method may be preferred by some: Pour into half a pint of boiling water, three tablespoonfuls of vinegar, then drop into it a piece of chalk weighing about 2 oz. It will sink to the bottom, but it will give the water a milkly color. The fluid must be poured off and strained before all the chalk has quite settled. Smear this liquid over the mirror, and rub it quickly with linen.

Grease Spots.

Photographs are being continually damaged through being handled with greasy fingers (especially by children), drops from oil lamps and many other causes. When the stains are fresh they can usually be removed with benzole; the difficulty is with stains of long duration, says the Philadelphia Record. Der Leiten Fabricant proposes the following mixture for their removal from delicate textile fabrics; at all events, it is worthy of careful trial: Analine and soap, one part each, dissolved in 19 parts of water.

Colonial Sponge Cake.

The following recipe took the prize awarded by the N. Y. Journal, for sponge cake. Mrs. C. D. Merrill, of Detroit. Mich., was the winner:

Ingredients: Ten eggs, one pound of sugar (fine granulated), one-half pound of flour, weighed after sifting;

juice of one-half fresh lemon. Directions: The success of the cake depends upon the beating of the eggs by two persons (one the whites, the other the yolks) for half an hour. the yolks. Stir flour in very gently, only enough to mix it. The cake will be tough if beaten after the flour is put in. Bake in a moderate oven.

A Glass of Water at Bedtime.

The human body is constantly undergoing tissue changes. Water has the power of increasing these changes, which multiply the waste products, but at the same time they are renewed by its agency, giving rise to increased appetite, which in turn provides fresh nutriment. If you do not accustom yourself to drink water regularly, you are liable to have the waste products! form faster than they are removed. Any obstruction to the free working of natural laws at once produces disease. Great weakness and languor on rising in the morning is generally due to a large secretion of these waste products, and the remedy is to drink a tumblerful of water-either hot or cold-just before retiring. This materially assists in the process during the night, and leaves the tissues fresh and strong, ready for the active work of the next day.

Berlin Has Many Women Students.

The University of Berlin has no reason to complain of any lack of women students this winter session, says a German correspondent. In all, 371 women are attending the different lectures; of these 253 are Germans and 118 foreigners, 61 sailing from Russia, 33 from America, two from France, two from Roumania and Bulgaria, one from Austria, one from Sweden and one from Switzerland. The senior woman is 61 years old. Of the total number, 348 are spinsters, 19 are mar-

Church Lights and Social Leaders.

its group of energede women, who lead often the outcome of being compelled and light the way in every local enter-It it is charity, a bazaar, a church or any other benevolent undertakas paintable as one made with six they simply do double service. Many eggs, if it is fresh, well baked, and tlay- a husband knows what it is to bring his hour of midnight and see her drop, in

her, she didn't realize her own weari-

came her. If a woman were thoroughly

robust, without ache or pain, she could not keep this work up without under-mining her health. What shall be said

then of those women, who are not strong,

who suffer from headache, backache,

bearing-down pains, and other consequences of a diseased condition of the

womanly organism? And these women

BURNING THE CANDLE AT BOTH ENDS.

That expressive saying not only sug-

gests the most rapid form of waste but also the most foolish. When a woman

overtaxes her strength in any cause, whether in the enjoyment of social

pleasures, or in the service of church or charity, she is rapidly hastening to the end of her public activity.

The proof of this is found right at

dancing any more, church workers who

are no more active; these have not stepped aside because of loss of interest but because of lack of strength.

There is not a weak woman who would

not like to be made strong again. There is not a sick woman who would not like

to be made well. And there is not the

least reason, in ninety-eight cases out of

every hundred, why women should con-tinue to be weak and sick. The first step to the re-establishment of the gen-eral health is to establish the local

"I feel that it is only my duty to send

you a statement of my case," writes Mrs. Mary E. Wilcox, of Emo (Rainy River),

Mary E. Wilcox, of Emo (Rainy River),
Algoma Co., Ont. "I suffered untold
misery for many years with uterine
trouble, until I commenced taking Dr.
Pierce's good medicine and used the
local treatment as advised. I took two
bottles of 'Pavorite Prescription' and
two of 'Golden Medical Discovery.' I
also sent for one box of your 'Antisertic

also sent for one box of your 'Antiseptic and Healing Suppositories.' I have only used two and that was two months ago. Have not had to use any since, but I shall keep them in the house. I would also every woman who suffers from

Young matrons who are not

peculiar to their sex.

THE WAY OF ESCAPE from the diseases which afflict women, marked by the footsteps of hundreds and the talk and langhter were all about Pierce's Favorite Prescription. It estab-

ouse. It is a wonderful medicine."

It is the best medicine in the world. Also write to Dr. Pierce for his advice.

> lishes perfect regularity, dries the drains which weaken women, heals in-flammation and ulceration It cures backache, headache, and the other painful nerves, encourages the appetite, and induces refresh-

send you this testimony," writes Mrs. Tillie Linney, of Gravel Switch, Marion do it?"
Co., Ky. "I had been a "W sufferer from uterine trouble skillful physicians but finding only temporary relief om medicines prescribed them. I was advised a friend to take 'Favorite Prescription,' which I did, and after taking six bottles I find that it has

effected a complete cure. "My niece was troubled with female weakness for about four years before I asked for your advice," writes Mr. J. W. McGregor, of 62d Street and Princeton Ave., Chicago, Ills. "You advised her to take Dr. Pierce's Favorite Prescription which she did faithfully for nine months, and now we must acknowledge to you that she is a well woman We cannot thank you enough."

YOU CAN BE CURED by "Favorite Prescription" if your dis- entertainments. ease is curable by medicine; and the facts show that only two women in every hundred who have given "Favorite Fre-scription" a fair and faithful trial have have suffered for years and have had the Mrs. Wadburn is very jealous of her advantages of the most skillful medical social hospitality. Prescription" and been cured. Women who had been pronounced incurable, and given up to life-long suffering, have been perfectly and permantly cured by the use of Dr. Pierce's Favorite Prescription. Sick and ailing women are invited to consult Dr. Pierce, by letter, free. All correspondence is held in sacred secrecy

sional privacy observed by Dr. Pierce in verbal consultation with sick women at the Invalids' Hotel and Surgical Institute, Buffalo, N. Y. Address Dr. R. V. Accept no substitute for "Favorite on but better for him because of the little more profit paid by

ARE YOU 21? Then at the expense of one-cent for each year of your life you can pay the expense of mailing a free copy of Dr Pierce's Common Sense Medical Adviset in paper covers. This great me li large pages and over 700 illustrations and is sent absolutely free on receipt of stamps to pay expense of mailing or Send 21 one-cent stamps for the book paper covers, or thirty-one stamps for the cloth-bound volume. Address Dr. R. V. Plerce, Buffalo, N. Y.

LAWYER BESTS MEAN CLIENT. ever, I got to thinking about the mat-How an Attorney Collected an Unexpected Fee

Some years ago ex-Judge Harper of Indianapolis was consulted by a merchant named Gossitt. The merchant was badly embarrassed, as he owed about \$20,000 and the wholesale houses were pressing him. The lawver learned that Gossitt's wife had some time before come into possession of about \$1,500, which had been given her by her father. This money she Mix sugar with whites and cut into had loaned her husband and it was invested in his business.

The attorney advised Gossitt to secure his wife the first thing, and he did so. "Well, we finally got the matter settled up," said Judge Harper in telling the story the other day, "and Gossitt and his wife started in business again. The creditors, of course, were losers to a certain extent, but I felt it my duty to advise the man to look after his family first. I didn't see him for several weeks after the business was settled and I began to wonder about my fee. I ought to have had at least \$200, I thought.

Gossitt didn't come around, and one day I sent a note asking him to call at my office. He came in a day or two and I asked about my fee, stating that I would be willing to square up for \$100. I also recalled to his mind that I had performed a legal service for him to the best of my ability and I thought I should be paid. As soon as

up and started for the door.

"'I haven't got time to talk about that to-day,' he snapped as he went out of the door. Of course I made up my mind that my fee was an assured thing and I let the matter run for a few months. Finally one day I met Gossitt on the sidewalk in front of the Vance block and I 'held him up.' I asked him to come to the office, as I wanted to talk with him. He was inclined to be a little impatient and wanted to know if I couldn't do my

talking where I was. "'Well, I might, Gossitt.' said I. but it is possible I might say some things that you would not want the

ried and 4 are widows. The study of medicine is being taken up by 27, that signified his willingness to come with self. No comband as conficulty presented its conficulty p of law by only two, that of language signified his willingness to come with self. No one had a corkscrew, but and literature by 388, that of history me. We came up-stairs, and as soon while a hunt was being made about as we got into the office he drew a the vessel the flasks were brought into piece of paper from his pocket, and, use. These did not furnish stimulant Those who are unsportsmanlike throwing it down on the table, he re- long and it was absolutely necessary

enough to bet on a sure thing might marked: 'Take that or nothing.' to open a bottle. try this: A bets that B cannot eu- "I picked up the piece of paper and One man suggested that the neck of dure a piece of ice on his arm for two saw that it was a note that had been the bottle be broken, but objections minutes. A to select a place between given by a man named Balder several were made to this because some broken the fingers and the elbow. B bares years before. It had been outlawed glass might get into the liquid and inhis arm, and A puts a piece of ice on long ago. The principal and interest jure those who drank it. Another the pulse in the wrist. In 41 seconds amounted to something over \$800. I man suggested that the cork be picked usually the pain becomes so great that knew Mr. Balder, and remembered out, but this was objected to because B gives it up. This catch originated on the London Stock Exchange. It is said that Guy Kickalls, the cars- years before. I shoved the note in the drink and make it unpleasant. man, is the only one who ever endured drawer of my desk as a worthless in- "Give the bottle to me," said a quiet strument. A week or two later, how- man, who had been watching the Cor. Third and Columbia Sts., Olympia, Wash

every month.' Of course I was

money now, I expect to pay every cent

"Well, to make a long story short, that man, within a few months, paid off every dollar that note called for A short time after he had finished paying the note Gossitt came into my office one day. What do you think he said to me? He said that he had understood that Balder had paid off the note in full, and, since I had only demanded a fee of \$100, he supposed I would pay over the remainder to him. Did I do it? Not much. I simply recalled to Gossitt's mind that he had thrown an apparently worthless note on my desk with the suggestion that I 'take that or nothing.' Gossitt

I finished my speech Gossitt jumped scowled and walked out of the office." HOW TO UNCORK A BOTTLE. Simple Nethod by Which a Corkscrew May Be

New York Sun. A party of yachtsmen recently chartered a small vessel to go out and witness the races between the seventyfooters. They had been careful about everything on board the vessel they had engaged except the liquid refreshment, and in that they were a little shy. On counting up flasks and bottles, however, they declared that they had enough to last, with a little care. The boat got under way, and before

it had proceeded far someone on board was thirsty and it was suggested that "I think Gossitt understood that he a bottle of whisky be opened. Then

trouble, but had said nothing. "I'll ulceration of the uterus and piles to use Dr. Pierce's Golden Medical Discovery. show you a new trick."

I have felt better in the past seven months than I have for years, Every month I used to have to go to bed and have hot poultices and take laudanum to the pain. I don't go to bed now, nor do I take laudanum. Every spring I used to be troubled with piles, but I did not have any trouble of that kind this spring. I keep Dr. Pierce's Comhe folded them neatly and placed one pound Extract of Smart-Weed in the on top of another until he had made quite a pad of paper, which he placed on the deck. Then he removed the REDER & PHIPPS. of thousands of women who have been tin foil from the cork and lifting the raised to strength from weakness and bottle in the air brought it down from sickness to health, by the use of Dr. smartly on the wad of paper, striking

The onlookers gasped. They imagined the bottle broken and their and cures female weakness. short supply of liquor considerably lessened, but to their astonishment when the bottle struck the wad of disease. It tranquilizes the paper the cork flew out of the neck with a pop and not a drop of the

> "That's a new one on me," was the general exclamation. "How did you

"When you strike the bottle fairly for twelve years, having the liquid in it compresses the air under the cork and forces it out. Never saw it to fail."

> CASTORIA The Kind You Have Always Bought

The Deacon-Mrs. Wadburn is greatly offended at your sermon against the extravagance of social

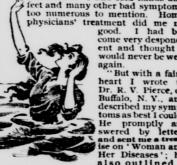
The Pastor-Why, I did not point it so directly at her, did I? The Deabon-That's just the trouble.

A Denial.

"So," exclaimed Senator Sorghum indignantly, "that man told you my vote was for sale?"

"He said so in so many words." "Well, you can go to him and reand the written confidences of women are guarded by the same strict profes fute the calumny. It's for rent once

"I Thought I Would Never Be Well Again." One of the saddest things that can hap-Prescription" though the dealer says that it is "just as good." If he told the whole truth he'd say the substitute was betternot better for you but het're.



ever, I got to thinking about the matter, and sat down and wrote Balder a note, asking him to call at my office if he should happen to be in the neighborhood. He came within a few days and I showed him the note.

"'Yes,' said he, 'I gave that note, and it is perfectly good. Now I'll say to you that within two days I'll pay \$200 on that note, and will settle the remainder by paying \$100 or \$200 every month.' Of course I was Women would understand their own men-

women would understand their own mental and physical natures better; they would make better wives and mothers; they would make better wives and mothers; they would make better wives and mothers; they would be every way healthier, happier, and more capable, by reading and studying Dr. Pierce's great thousand-page illustrated book, The People's Common Sense Medical Adviser. It is a veritable, complete family medical library in one magnificent volume. More than half a million copies have been sold at \$1.50 each, but a free copy, paper-bound, will be sent to any woman on receipt of 21 one-cent stamps, woman on receipt of 21 one-cent stamps, to pay the cost of mailing only; or it a heavier, handsome cloth-bound book is preferred, send 31 stamps.



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