

# Woman's World

## A WOMAN JAILER.

How She Manages the Male Prisoners of Aigle, Switzerland.

There is only one official woman jailer in the world. Her name is Jenny Porchet, and she lives in Switzerland. She is governor and warden of the prison of Aigle, in the Rhone valley. It came about in this way:

Thirty years ago Mme. Porchet married the chief warden of the prison and soon proved to be a helpmeet indeed, for, being a strongly built woman and with proper notions of discipline, she



MME. PORCHET.

made as good a jailer as her husband and more than once did his work when he was ill or away.

So when he died the authorities asked her to take his place permanently, and she accepted.

All the year round the Aigle prison contains from twelve to twenty male prisoners, sentenced to terms of imprisonment ranging from three months to three years, and although the woman jailer has no assistants, she has never had any trouble with the prisoners, except, indeed, on one occasion many years ago, when a burly ruffian attacked her.

Mme. Porchet taught him a lesson in good behavior that confined him in the hospital for several weeks.

Strict disciplinarian though she is, the woman jailer has the kindest of hearts and takes great interest in her "guests," as she calls them. Many a prisoner has been set on the straight path again by her wise and kindly advice.

## Do Not Feed Crackers.

The habit of giving baby something to chew, etc., between meals is not to be advocated, and crackers should be banished from the nursery. Far from being digestible, they are otherwise, for moisture by much saliva they go into the stomach in solid mass more or less putrid-like in effect and give the tiny organs hard work. When baby is old enough to have any such article of food, zwieback should be substituted for crackers.

Unless there is good reason for the change, a child, no matter what age, should be kept on the food on which it thrives. If the feeding varies from what the infant has been accustomed to the method should still be followed. For instance, if there is a child visited the house its usual hours must be known and continued, and if it has been in the habit of getting its heavy meal at a time different from those at home effort should be made to let the individual regime continue. Otherwise the visitor is likely to become ill.

For example, a child of nine years who has been having her heavy meal at 6 o'clock went recently to visit some relatives who gave it to her in the middle of the day, with bread and milk at night. On coming home she told her mother that she had been hungry all the time at night and was unable to sleep, and she really felt for three days afterward. It was entirely a result of changing hours of feeding.

## A Quick Way.

No matter how much a woman may like to sew, she often gets very tired of the work, especially when there are just a few more stitches needed to complete an article. This is true of the busy mother who is always planning for the making of something else before the garment in hand is finished. By such a woman a helpful hint is appreciated.

For instance, when making a corset cover it takes time to cut and turn in the edges of material for a casing through which to run the ribbon necessarily used at the waist line of the article. A piece of strong tape of sufficient width will not have to be turned in, but merely to be sewed along each edge on the sewing machine and used as a casing.

## An Ingenious Tuck.

The mother who grows over the destructiveness of her young son on the knees of his stockings should adopt the plan of one ingenious mother who has learned how to make stockings last twice as long.

In buying she selects stockings as long as they can be bought and before wearing runs a flat tuck about the ankle just below the shoe top, where it will not rub in walking.

When the knees of her son's stockings become hopelessly darned the tuck is ripped and the worn part raised so that it slips under the short trousers, while a whole knee takes its place.

## Coming to the Point.

After half an hour of silence Hiram suddenly spoke. "Sally, I've been a-payin' my respects to you for five years come next August, ain't I?"

"Yes, indeed, Hiram," was the tremulous reply. "Why?"

"Well, all I'm a-goin' to say is that I'm durned sick of the installment plan."

"So'm I!" said Sally.

## WELL GROOMED WOMEN.

For, After All, Nature Hasn't Done Much For Them.

An Englishwoman writing in the Queen declares that she considers Nature very much overrated in the matter of taste.

"For instance," says the lady, "it is perfectly evident that Nature considers the ideal color for human hair to be that of a potato. Suggest to her the charm of auburn or midnight black, and she says in effect: 'Too! Give me a good durable shade like potato brown!'"

"So she proceeds to give it to us. 'Straight hair too! Wavy hair is more becoming to ninety-nine cases out of a hundred, yet I suppose not one woman in a thousand has real, naturally wavy hair. Nature likes a shiny nose. Not Venus herself would look well with a shiny nose, yet life's path-way would be illuminated by countless millions of them if we left the matter to Nature."

"When it comes to our attitude or carriage, how many of us would not stoop if we were simply natural? Our arched ancestors probably stooped frightfully. Our feet! Theories to the contrary notwithstanding, I assert that running about without shoes spoils the beauty of one's feet."

"Though nobody thinks less of a small waist than I do, I assert that if I had a waist of more than twenty-five inches I should look dowdy unless it was round. The lucky possessor of an absolutely round waist may have one of twenty-five inches and still appear to measure only eighteen."

"Nothing can be more beautiful than an absolutely lovely, natural woman—a woman with perfect skin and hair, features and figure, a woman for whom Nature has done everything at her very best—but how often do you find her? Once in a million times perhaps."

"As for most of us, we want our hair, even if abundant, to be coaxed into brilliancy and form; we want our possibly natural teeth carefully preserved and kept clean. The same with our skin. We want to be taught to walk and dance and hold ourselves properly, to wear the right stays, the right boots, the right clothes. We want our color intact and our general taste trained; we want to be taught in youth not to talk through our noses or out of our loots, not to laugh too loud or in an unfortunately acquired manner. We want to be taught to take care of our nails—the will left to Nature does Nature but scant justice. In short, we require civilization where our appearances are concerned if we are to be fit to look at."

## BEAUTY HINTS.

Many nervous women find that they can sleep better if they take a bran bath just before retiring.

Every time you pick up something from the floor let the bending come absolutely from the hips and not the knees. This exercise will make the waist supple.

One cannot have a pretty hand if the fingers are broad at the tips. Pressing down on the ends of the fingers from the first joint to the tip will, if done many times a day, remedy this defect.

Any exercise that works muscles and chords about the stomach promotes digestion, and for this reason specialists at foreign baths strongly recommend that no person shall sit immediately after eating.

The middle aged figure is to be feared. You can avoid it by diet and exercise, which will keep your limbs firm and solid and which will do away with the fatty rolls on hips and abdomen. Every day order from your grocer a pound and a half of round steak chopped fine. Heat this without butter in a frying pan. This amount will do for three meals. Shun butter, potatoes, cream, sugar and fats. A little care and you will be slender again.

## Three Salads.

A delicious salad served at a luncheon recently came in on individual plates. On each plate there was a white lettuce leaf, and heaped in the middle of it shredded celery dressed with mayonnaise and sprinkled with strips of Spanish red peppers.

For a hasty fruit salad when fresh fruit is not at hand open a can of peaches, drain it and arrange the halves of the fruit on lettuce leaves, sprinkle them with shredded almonds and a few cherries if they are at hand, and dress them with mayonnaise. If nuts and cherries are not at hand the peaches are excellent alone.

A woman with a long salad repertory boils English walnut meats with a slice of onion and a blade of mace for fifteen minutes, then drains and chills them and serves on lettuce leaves with sections of hard boiled eggs and mayonnaise. As a garnish she uses strips of olives.

## To Save the Slippers.

For the very fine slipper, whose softness needs little more than the old time stuffing of crumpled tissue paper, there is a homemade spreader that will save the price of a shoe tree.

Take a pair of long, covered steeles, those that come for boning waist seams. Cover them with puffed ribbon or silk and stick one end of each into a tight ball of cotton, also covered with shirred ribbon or silk. This ball should be big enough to fill the vamp of the slipper and should be securely sewed to the steel. Finally it is to be placed in the slipper's toe, after which the other end of the steel is sprung into the heel.

## The Original Micawber.

The conquered gladiator cast his eyes imploringly at the gallery. "What are you looking for?" asked the victor, flicking him playfully in the ribs with his spear.

"I'm just waiting for something to turn up," answered the other, with a wan smile.

History neglects to tell us which way the thumbs of the spectators pointed.—Cleveland Leader.

## FEEDING THE STALLION.

A well known breeder of thoroughbreds says of feeding stallions:

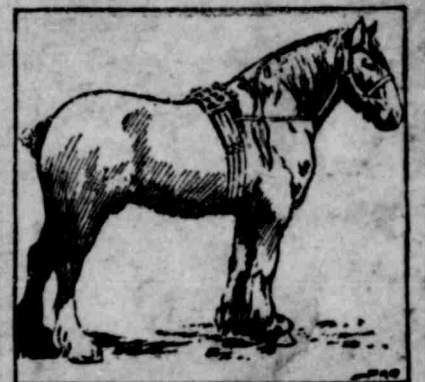
"Much space in papers and books has been devoted to treatises on how to feed stallions, and some weird and wonderful fancies have darkened the pages of good white paper concerning this subject. Some very wise ideas have also gained wide publicity by the same means, but they may all be reduced to a very few simple maxims. Stallions are horses and require horse food; also with horses, as with men, one's food is another's poison, and the idea of prescribing so many oats, corn and so much hay and some of the 'trimmings' (so fond to the heart of the office theorist) as the only way to feed any stallion and the way to feed all stallions is so patently ridiculous as not to require extended comment. But there is one thing which most stallions do lack and which is of the greatest value, grass."

"To eat green grass, growing, is of the very greatest value to all horses and to none more than the sires. Many owners are satisfied on this subject by the grass is cut and fed to the horse in the stall; but, while so fed it is not entirely valueless, it misses many of the most important objects to be attained. The eating of the grass, getting the head down, having the processes of mastication retarded by the wandering about in search of the choicest morsels and the operation of nipping them off is part of nature's plan for making the larger quantities of food a horse will eat accommodate itself to the relatively small receptacle that constitutes the animal's stomach. Some owners go to the other extreme and reserve nature's process by putting the feed box and hayrack as high up as the horse can possibly eat from them, the idea being presumably to stretch his neck in the other direction as much as may be."

"Many other things enter into the proper feeding of stallions, and the horse is always a better judge than the man, and each horse must be treated according to his own individual idiosyncrasies. If you have ever 'grazed' a stallion you cannot have failed to remark how his judgment will differ from yours. You will notice a particularly inviting plot of luxuriant herbage and lead the horse there to only to find him tugging at the halter strap in an effort to wander on to another spot where he will graze greedily upon what to your eye is much less edible growth."

"And how often you find your horse burying his teeth in the pure black earth, eating the dirt with a greediness and evident relish that are highly significant and suggestive."

"Many horses are as notional about their meals as are their owners, and



A CHAMPION CLEVELAND.

you can no more feed a stallion by rule of three than you can a man. And the horse will indicate to you whether or not you are attending to your duties as chef and purveyor properly in no uncertain manner. The trouble with too many owners is that they want to constitute themselves the judge of what the horse should eat rather than permit the horse to show them what he likes and wants and then providing it for him. Many horses do not like to eat corn on the cob, but if the owner for any reason thinks corn is the proper ration the horse will be offered corn and may take it or leave it. Some horses will eat what they don't like rather than starve.

"Try all possible ways of determining what the horse wants. Notice what he goes for avidly and 'cleans up' to the point of licking the bottom of the box for more and feed him those things until he begins to show signs that he wants a change. The horse knows what he likes better than you do, and what he likes will be good for him. Horses have much better sense than people."

"Exercise and feed are two important matters, but are far from exhausting the subject. One thing that owners, particularly of small farms, often overlook is that stallions like company, and many a good breeding horse has suffered great deterioration from loneliness. Horses exhibit no feeling more plainly at times than homesickness and the desire for companionship with their kind."

"Stallions ought not to be bled and pruned. Nothing is better for them than the gospel of hard work. And they should never be subjected to very material changes. Their work should be about the same all the year around, and if changes are made they should be introduced very steadily."

## The Young Pigs.

Do not make the food too sloppy. Keep plenty of charcoal in pen. Castrate pigs at three weeks, not later.

Observe regularity in feeding and let them out for a run occasionally. As the young pigs come in, do not allow them to lose their baby fat, but keep them in good condition right from the time they are weaned.

## SELECTING A JACK.

Points to be Considered in Purchasing a Well Bred Animal.

The high prices which have prevailed for some time in the mule market have prompted many farmers to look into the subject with a view to turning their attention to the production of this valuable draft animal. Considering the perplexities connected with the purchase of jacks, the following suggestions from a Missouri breeder may be of some interest.

and valuable:

"I wish to call the attention of all those in the market for a jack to some pertinent facts regarding the purchase of such an animal for breeding purposes. My experience covers an extended period in the business, and I therefore feel qualified to speak. A jack under fourteen hands high cannot be registered. It is also important to see that the color is black and that the points are white, as, if the animal answers to any other description, he is ineligible to register. The buyer who would be discriminating in the selection of a jack should carefully look over every animal and give special attention to the following points. He should have a good hoof and a wide heel, and it is always well to look for big bone, heavy head and ears."



A WELL BRED JACK.

Besides this, the buyer should assure himself that the animal is a proved breeder. When you have secured these points in an animal you can be pretty sure of getting your money's worth."

"As in all lines, there are tricks which every man who starts out to buy a jack should know in order to protect himself from being made the object of untrustworthy dealer. The difficulty is a very easy matter to explain the average jack buyer, as nine out of ten who are out to purchase know nothing about the requirements of a good animal, and invariably they are taken advantage of. There are a good many breeders in the business who are practicing the policy of selling direct to the buyer instead of letting their productions go to the large cities and there being retailed to buyers from different parts of the country. This plan of buying direct from the breeder has every advantage, and I would recommend it strongly. There are a good many things regarding the purchase of a jack which cannot be explained on paper, and therefore the buyer who would get the most worth of his money should use some discrimination in the choice of those whom he patronizes."

"Lack of Water Lessens Milk Flow. Don't let the cows shift for themselves in the matter of water. They must have all they want of such a temperature as will induce them to drink enough to supply their needs. Many a cow 'falls down' in her milk production because she is starving for water, the water being either difficult of access or too cold to be palatable."

## THE SHEPHERD.

Have a hospital pen where the sheep that give evidence of being sick can be isolated and treated. Many a contagious disease can in this way be kept from spreading in a flock.

We've Wire Best For Fence. Fences for sheep should not be less than three feet high, with post every sixteen feet, and preferably of woven wire with a single barbed wire at the top. Barbed wire is apt to cause the loss of wool, because sheep when in full fleece are frequently crowded through, especially if the wires are not stretched tightly.

Facts About Sheep. From records kept at the Wisconsin experiment station of 240 ewes covering a period of five years the following conclusions were drawn:

Shropshire ewes appear to be more prolific than any other breed. Ewes six years old produce the largest percentage of increase, while young ewes have the greatest percentage of single lambs. The percentage of ram lambs increases and the percentage of ewe lambs decreases as the age of the ewe advances. A ram is at his best at two or three years of age. The age of the ram does not have any effect on the sex of the offspring. Ram lambs average about one-half pound heavier at birth than ewe lambs. The larger the ewe the greater the percentage of increase, while the ram has no effect on the lambs in this respect.

Feeding Sheep. It is always advisable in feeding sheep not to feed too much corn. Clover, hay and corn in equal parts by weight should be given during the fattening period. Except for fattening purposes it is better not to feed sheep on corn at all. Corn is said to contain about 60 per cent of starch and 6 per cent of oil, both being very digestible. Oil makes fat, and the starch produces heat, and so fat. On account of its heat producing power it is inadvisable to feed corn. Because of there not being any great quantity of protein in corn it is necessary to feed something else with it, either clover or alfalfa.

## Sowing Vegetable Seeds.

If the soil has been properly watered after the sowing of vegetable seeds little attention in this direction will be needed before the proper time for transplanting. This will depend largely upon the character of the weather.

In bright, sunny weather, when free ventilation is required, the flats may need an application of water almost daily. Excessive watering, however, should be guarded against, as it tends to produce tender, spindling plants.

How to Measure an Acre. Tie a rope, say 600 feet of a rope, the distance being just sixty-six feet between them. Tie a piece of colored cloth exactly in the middle of this. One acre of ground will be four times the length and two and a half times the width, or the equal of sixteen rods one way and ten rods the other, making the full acre 160 square rods. Keep the rope taut so it will not stretch. A rod is 16 2/3 feet. An acre is 4,840 square yards, or 43,560 square feet.

## REMOVAL.

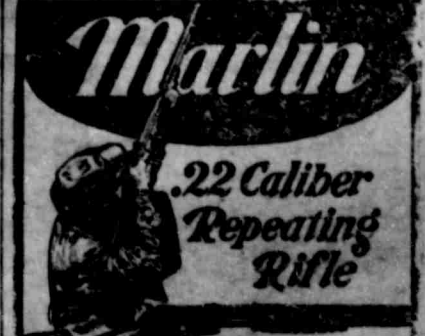
I have moved to McCormick near Campion Junction, where I will continue my business of making.

## Monuments and Tombstones.

Any one wanting anything in my line will please write me at McCormick, Ky. I will make monthly visits to Jackson and hope all my friends will save their orders for me.

## R. M. SHEL

The precious angels and just been cast out of heaven. In the swift downward flight Lucifer overtook Beelzebub. "What's troubling you, Bub?" he called. "An old problem," answered the future foul fiend between some saults—"Where are you going this fall?"—Philadelphia Record.



The safety, comfort and convenience of the Marlin solid top, closed breech and side ejection features are combined with the quick, easy manipulation of the popular sliding fore-end or "pump" action in the new Model 20 Marlin rifle.

In rapid firing—the real test of a repeater—the Marlin solid top is always a protection and prevents smoke and gas blowing back the ejected shell is never thrown into your face or eyes, and never interferes with the aim; the fore-end fits your hand and helps quick operation.

It handles the short, long and long-range cartridges without change of adjustment, and the deep Ballard rifling guarantees the accuracy, making it the finest little rifle in the world for target shooting and for all small game up to 150 or 200 yards.

For full description of all Marlin Repeating Rifles, just get our 15-page catalog. Mailed free for 2 stamps postage.

The Marlin Firearms Co., 42 Willow Street, NEW HAVEN, CT.

"So the world is getting better?" "So most people think."

"Or are we just getting used to it?"—Louisville Courier-Journal.

Engines, Boilers and Sawmill outfits of highest quality on reasonable terms and at a living price can be had of The Russell Co., of Louisville, Ky. Write for Catalogue "B" or call on H. P. Stevens, Jackson, Ky.

don regrets that he cannot possibly receive him," she directed.

"Carolina!" There was a ring of protest and pain in Hope Georgia's voice as she darted out of the door after the servant.

## Here Is Relief for Women.

If you have pain in the back, Urinary, Bladder or Kidney trouble, and want a certain, pleasant herb relief from Women's ills, try Mother Gray's "Australian Leaf." It is a safe, reliable regulator, and relieves all Female Weaknesses, including inflammation and ulcerations. Mother Gray's Australian Leaf is sold by Druggists or sent by mail for 50 cents. Sample sent free. Address: The Mother Gray Co., Le Roy, N. Y.

DeWitt's Little Early Risers, the famous little liver pills, small, gentle and sure. Sold by Jackson Drug Co.

## Better Not Get Dyspepsia

If you can help it. Kodol prevents Dyspepsia, by effectually helping Nature to Relieve Indigestion. But don't trifle with Indigestion.

A great many people who have trifled with indigestion, have been sorry for it—when nervous or chronic dyspepsia resulted, and they have not known how to cure it. Use Kodol and prevent having Dyspepsia.

Everyone is subject to indigestion. Stomach derangement follows stomach abuse, just as naturally and just as surely as a sound and healthy stomach results upon the taking of Kodol.

When you experience sourness of stomach, belching of gas and nauseating full, bloated sensation, gnawing pain in the pit of the stomach, heart burn (so-called), diarrhoea, headaches, dullness or chronic tired feeling—you need Kodol. And then the quick take Kodol—the better. Eat what you want, let Kodol digest it.

Ordinary pepin, "spasmodic" physics, or "drugs" are of much less value in the digestive ailments. Kodol is prepared at the laboratories of E. C. DeWitt & Co., Chicago.

## Change of Firm.

Notice is hereby given that after May 1st, 1909, the members of the firm of Noble & Noble will be Henry B. Noble and Clarence Noble, instead of Georgia Noble and Elijah Noble who were the old members. The new members assuming all of the legal and lawful indebtedness of the old firm.

The Puritans and Christmas. Because Christmas is really a survival of the heathen festival called by the Celts "Yule" and is by many not regarded as the actual birth date of Christ the Puritans of the seventeenth century not only did not observe the day, but made laws against its celebration. In 1644 parliament of that date actually passed an act ordering that Dec. 25 should be kept as a solemn fast and that all people should spend the day lamenting the sins they had committed in past years when they kept the day as a feast. There were fearful rows. Soldiers were sent to houses where the inhabitants were suspected of the heinous offense of eating mince pies and ordered to search for such delicacies and carry them away. Pitched battles were fought in the streets between Christians and anti-Christians.—Chicago News.

Everybody is likely to have kidney and bladder trouble. In fact nearly everybody has some trouble of this kind. That is the reason why you so often have pains in the back and groin, scalding sensation, urinary disorders, etc.—that's your kidneys. The best thing to do is to get some of Dr. Witt's Kidney and Bladder Pills right away. Take them for a few days or a week or so and you will feel all right. In this way, too, you will ward off dangerous and possible serious ailments. They are perfectly harmless, and are not only antiseptic, but allay pain quickly by their healing properties. Send your name to E. C. DeWitt & Co., Chicago, for a free trial box. They are sold here by Jackson Drug Co.

Little four-year-old Allen had been given a "Noah's ark" on his birthday. One day he put the animals all in, shut the door and sat silent. "What are you waiting for, Allen?" "Who is that handsome man over there?" Papa Figaro makes one guest ask another at a dinner party. "That is Louis XIV."

"How absurd! What do you mean?" "Well, his name is Louis, and he is always invited when—without him—there would be thirteen at table."

If you expect to get the original Carbolized Witch Hazel Salve, you must be sure that it is De Witt's Carbolized Witch Hazel Salve. It is good for cuts, burns, bruises, and is especially good for piles. Refuse substitutes. Sold by Jackson Drug Co.

Offhand Courtship. On the shores of the Moray firth—the spot need not be more specifically localized—there is a flourishing little village of some 1,400 inhabitants, consisting chiefly of fisher folk. The young man and maiden do not court in the orthodox fashion. Their method is much more prosaic, and what is characteristic of one case may generally be accepted as characteristic of them all. There is, of course, an occasional instance of genuine old-fashioned courtship, but that is a rather rare exception.

"Mother," said one young man on his return from a successful herring fishing, "I'm going to get married." "Well, Jenna, I think ye shud jang an' ask yer cousin Marack." And as he had no particular preference he went straight away to ask her. "Will ye tak me, Marack?" was the brusque and businesslike query which he put to the young woman in the presence of her sister Bella.

But Mary had promised her hand to another the same evening. "I canna tak ye, Jenna," was her reply, and then, turning to her sister, "Tak ye, Bella!" And the sister took him. —Chambers' Journal.

DeWitt's Little Early Risers, the famous little liver pills, small, gentle and sure. Sold by Jackson Drug Co.

## L. & E. RAILWAY

EFFECTIVE AUG. 1, 1908.

WEST BOUND.

No. 1	No. 2	No. 3	No. 4
Ex. Sun	Daily	Daily	Only
Lv Jackson	6 10	2 20	7 00
O & K Jet	6 15	2 25	7 05
Elkntawa	6 20	2 30	7 10
Oakdale	6 23	2 44	7 23
Athol	6 40	2 52	7 30
Tallega	6 49	3 00	7 38
St. Helens	6 59	3 11	7 48
Buttville Jet	7 07	3 20	7 54
Fincastle	7 15	3 28	8 02
Torrent	7 30	3 41	8 15
Glencairn	7 40	3 50	8 22
Nat'l Br'ge	7 45	3 55	8 26
C'mpton Jet	7 48	3 57	8 28
Dundee	7 52	4 03	8 32
Fission	8 03	4 14	8 42
Rosslyn	8 09	4 20	8 48
Stanton	8 15	4 26	8 54
Clay City	8 25	4 35	9 02
Ind'n Flds	8 45	4 53	9 20
L & E Jet	9 00	5 07	9 34
Winchester	9 12	5 20	9 46
Wyandotte	9 25	5 33	9 56
Avon	9 32	5 40	10 03
Montrose	9 40	5 50	10 12
Ar Lexington	9 55	6 05	10 25

EAST BOUND.

	PM	
Lv Lexington	2 25	7 30
Montrose	2 38	7 40
Avon	2 48	7 50
Wyandotte	2 53	8 00
Winchester	3 05	8 10
L & E Junct	3 20	8 20
Indian Fields	3 34	8 30
Clay City	3 50	9 00
Stanton	3 58	9 05
Rosslyn	4 05	9 15
Filson	4 14	9 25
Dundee	4 25	9 35
C'mpton Junct	4 30	9 38
Natural Bridge	4 35	9 40
Glencairn	4 38	9 45
Torren	4 40	9 50
Fincastle	4 50	10 00
Beattyville Junct	5 10	10 10
St Helens	5 17	10 20
Tallega	5 28	10 30
Athol	5 37	10 40
Oakdale	5 45	10 50
Elkatawa	6 00	11 00
O & K Junct	6 03	11 05
Ar Jackson	6 10	11 10