



FOR FAIR READERS

SLEEP WITHOUT A PILLOW.

A girl who is noted for her grace of carriage sleeps on a hard straight bed. She says that at first she found it difficult to get to sleep on its somewhat rigid surface after the luxurious feathered couch she had been used to. But now she would on no account return to the soft resting place. There is no doubt that the practice of sleeping with the head high is not nearly so restful or conducive to good carriage as a flatter pose. The head should only be raised slightly.

REDUCING FLESH.

Fatness is a lost unnecessary affliction, and much easier to prevent than to cure. By following the proper diet and taking a sufficient amount of exercise no woman need ever "run to flesh" and be a burden to herself and an uninteresting object to behold. This does not apply to the woman who persists in eating anything she likes and is too lazy to take the exercise necessary. Many women in their desperation take to the wheel and pedal until they are exhausted and overcooked; others think by simply eschewing potatoes, soups and bread the desired effect can be had. Nor, on the other hand, is there any need of a starvation system, which invariably fails because it is injurious to the general health.

The woman who wants to reduce her flesh should eat no fatty, sweet or starchy food; she should give up milk and desserts and all vegetables containing starch. She can eat fish, game, poultry and cold meats, asparagus, peas, spinach, tomatoes and green beans. She should walk rather than ride, for the fresh air oxygenizes her blood, destroying the carbon, which is fat.

In all things she should be systematic. Do not think that a few weeks of proper living will have the desired effect. You must "continue in well doing."—American Queen.

WHAT WOMEN ADMIRE IN A MAN

There seems to be no limit to the ugliness a man may possess without in any way lessening the chances of a woman loving him. How often one sees a really beautiful woman mated to an exceptionally ugly man, and vice versa. A man may be crippled, hideous, deformed, and yet find a woman who will gladly share his lot, and for this reason women are often sneered at by people who suppose them to be so anxious to marry that they are not in the least fastidious as to whom they take.

Here they are completely at fault, for love with a woman is not half so often induced by good looks as by other qualities which compel her admiration far more strongly. In the first place the chief thing which women admire in a man is strength, both moral and physical, and perhaps next she admires most the quality of courage, for a man who is afraid seems to a woman at once the most extraordinary and miserable creature on the face of the earth.

Another thing she greatly admires is determination, and that is the reason why persistence generally wins her in the end, though she will try it to its utmost limit.

Sometimes she admires less striking qualities in a man; she will think that a certain bearishness toward other people is a quality to be proud of, provided he is always kind and tender toward herself. She often imagines that rough manners are a sign of strength, and therefore does not mind his speaking to other people in a rude, bullying fashion.

Masterfulness is a characteristic that excites her deep, though perhaps secret, admiration, and she despises in her heart of hearts the husband who invariably allows her to get the upper hand. No henpecked husband was ever looked upon except with contempt by his wife, and it is a certain thing that if he had but the confidence to resist her to her face she would, as a rule, be only too delighted to take second place without a murmur.—New York News.

English counties of Lancashire, Yorkshire and Cheshire.

Mrs. Nellie M. Moore, of East Pepperell, Mass., a cousin of Abraham Lincoln, is preparing a family genealogy. Her father was born in the same log cabin in which the great President was born in 1809.

Twenty years ago only seven women had taken their medical degree in France. The 3000 physicians now established in Paris include fifty-seven women. The latter all have busy and remunerative practices. Two among them hold semi-official posts.

A Russian girl, Mile. Kanyefsky, has taken a degree as mechanical engineer at the Paris Ecole des Ponts et Chaussées. She is the first woman to pass the examination at this school. Mile. Kanyefsky intends to apply for a position on the Russian railroads.

A Chicago girl, Miss Ellnor C. Clapp, has won reputation as a designer of odd jewelry. An apt student of arts and crafts she creates distinctive effects with metals and the semi-precious stones for material. Her work is so much admired that many have sought to imitate it, but with indifferent success.

The oldest woman in the State of Maine is Mrs. Lorica Cox, of Norway, who has lived in three centuries and is still in fairly good health. Mrs. Cox is 101 years old and gave a house party on the occasion of her last birthday. She remembers well the excitement in Maine that immediately followed the War of 1812.

In what are known as the commercial arts women have found a fruitful field for the display of their talents and energy. A woman is at the head of a large preserving and pickling house. Her special work consists in devising the labels and selecting names for new brands, but she also attends to the pictures and placards used in advertising the firm's wares. A woman artist finds it remunerative to draw the advertisements for a biscuit factory, while another woman of artistic ability is employed to decorate the stone jars in which a firm making a specialty of rare preserves puts up its goods.



Buttons vie with stitching for decorative purposes.

Poplin is a material which is coming once more into vogue for afternoon toilets.

Heavy lace insertions are noted on sheer white dresses, which is an innovation.

Some of the newest negligees are dainty little affairs, reaching only to the waist.

A large rosette ties up the shoulder of many smart bodices in a decidedly effective fashion.

High draped belts are almost indispensable adjuncts of fussy gowns of diaphanous stuff.

White mohair shirt waist suits, made unlined so they will readily launder, will be among the summer favorites.

Lace caps falling over the top of the arm, or set in with the sleeve, are very prominent upon the latest dress waists.

Embroidered waistcoats, with jeweled or rhinestone buttons, are to be a feature of many handsome spring costumes.

A distinguishing feature of the spring tailor gown is the great favor shown the light, airy crêmes, mistrales and twine cloths.

Two skirts, one short enough for street wear and one for the house, are now considered necessary for each complete costume.

The newest belts are fashioned with bows of ribbon, primly tied in the back with loops and ends from twelve to fourteen inches long.

Except for quite stout women, the smartest stuff for a short skirt suit this spring is a light colored cheviot or tweed in a mixed pattern of gray or brown.

If milady wishes to appear strictly up-to-date she will have her belts, necks and cuffs to match, and this effect, when a suitable waist is worn, is really very smart.



A petition to Parliament asking for the franchise has been presented by 10,000 women textile workers of the

I will listen to any one's convictions, but may keep your debts to yourself. I have plenty of my own.—Gentle.

WOMAN'S GENTLE NATURE CALLS FOR GENTLE TREATMENT

Delicately formed and gently reared, woman will find, in all the seasons of her lives, as maidens, wives, or mothers, that the one simple, wholesome remedy which acts gently and pleasantly and naturally, and which may be used with truly beneficial effects, under any conditions, when the system needs a laxative, is—Syrup of Figs. It is well known to be a simple combination of the laxative and carminative principles of plants with pleasant, aromatic liquids, which are agreeable and refreshing to the taste and acceptable to the system when its gentle cleansing is desired.

Many of the ills from which women suffer are of a transient nature and do not come from any organic trouble and it is pleasant to know that they yield so promptly to the beneficial effects of Syrup of Figs, but when anything more than a laxative is needed it is best to consult the family physician and to avoid the old-time cathartics and loudly advertised nostrums of the present day. When one needs only to remove the strain, the torpor, the congestion, or similar ills, which attend upon a constipated condition of the system, use the true and gentle remedy—Syrup of Figs—and enjoy freedom from the depression, the aches and pains, colds and headaches, which are due to inactivity of the bowels.

Only those who buy the genuine Syrup of Figs can hope to get its beneficial effects and as a guarantee of the excellence of the remedy the full name of the company—California Fig Syrup Co.—is printed on the front of every package and without it any preparation offered as Syrup of Figs is fraudulent and should be declined. To those who know the quality of this excellent laxative, the offer of any substitute, when Syrup of Figs is called for, is always resented by a transfer of patronage to some first-class drug establishment, where they do not recommend, nor sell false brands, nor imitation remedies. The genuine article may be bought of all reliable druggists everywhere at 50 cents per bottle.

CALIFORNIA FIG SYRUP CO.

A DEDUCTION.

"If life began at the north pole, as our eminent brother asserts," said the first scientist, "what conclusion would you draw from that? What effect has that had on our everyday life?"

"Why," hazarded the second scientist, "doesn't it show that what we have hitherto considered the pole-seeking craze is merely an instinctive manifestation of homesickness?"—Judge.

Aigie—How are you spending your time nowadays, Bertie?

Bertie—Oh, as usual—thinking up some way to spend it.—Chicago News.

PROPER ANTIDOTE.

Nurse (excitedly)—Oh, doctor, I have just given the patient a teaspoonful of ink by mistake. What shall I do?

Doctor (calmly)—Give him a blotter to eat right away.—Chicago News.

CLOSE TO THE PEOPLE.

Doan's Kidney Pills have leaped into Public favor because the people can write direct to the makers and secure a trial free. Thus has been built the greatest fame and largest sale known to any Kidney medicine in the world.

CURTICE, O.—I had such severe pain in my back that I could not walk. I used the sample of Doan's Kidney Pills with such good results I sent to Toledo for another box, and they cured me.—SARAH E. COTTRELL, Curtice, O.

FALMOUTH, VA.—I suffered over twelve months with pain in the small of my back. Medicines and plasters gave only temporary relief. Doan's Kidney Pills cured me.—F. S. BROWN, Falmouth, Va.

WEST HAVEN, CONN.—Eight months ago I took a severe pain in my back. The sample box of Doan's Kidney Pills helped me so much I purchased two boxes; one on my second box. My back does not bother me as it used to and I feel well.—SARAH E. BRADLEY, No. 377 Elm Street, West Haven, Conn.

HOUSTON, TEX.—I took the sample of Doan's Kidney Pills with such great benefit I bought a box at our druggist's. Used over, half and stopped, because my urine which before had only come dribbling, now became so free. I had medicine enough, I had lumbago and the pills rid me of it. I should have written sooner, but you know how soon a well person forgets about being sick.—Mr. C. H. HENCKEL, No. 2319 McKenny Ave., Houston, Tex.

WELL DRILLING MACHINERY

J. H. Hattox, of Erie, Miss., writes as follows: "I will say that I have never seen a Well Drilling Machine that would equal the 'Ohio' Machine for this part of the country. It is the fastest machine in earth or rock that I ever seen, and I am well pleased with it. I have had no trouble with it since I started it."

Parties wishing to buy it is kind of Well Machinery address LOOMIS MACHINE CO., Tiffin, Ohio.

DROPSY

10 DAYS TREATMENT FREE.

Have made Dropsy and its complications a specialty for twenty years with the most wonderful success. Have cured many thousands of cases.

E. H. GREEN'S CURE, Box B, Atlanta, Ga.

COMPRESSED-AIR POWER.

"Say!" the man who had never before attended a concert remarked as the cornet soloist began his number, "who's the feller wavin' the little stick?"

"Sh!" replied his neighbor, "that's the conductor of music."

"Oh! and is the feller with the horn the motorman?"—Philadelphia Press.

TOO TRUE.

Tom—"How would you analyze obstinacy?"

Jerry—"Well, in the clearest definition—obstinacy is noiseless self-conceit."—Detroit Free Press.

SUBORDINATE.

Mr. Byrnie Coyne—Ah, sweetest one, may I be your captain and guide your bark down the sea of life?

Mrs. Berymore (a widow)—No, but you can be my second mate.—Detroit Free Press.

ACHING BACKS ARE CURED.

Hip, back, and loin pains overcome. Swelling of the limbs and dropsy signs vanish.

Their correct urine with brick dust sediment, high colored, pain in passing, dribbling, frequency, bed wetting. Doan's Kidney Pills remove calculi and gravel. Relieve heart palpitation, sleeplessness, headache, nervousness, dizziness.

FREE—GRAND FOR SPRING KIDNEY ILLS.

Doan's Kidney Pills

FORGOTTEN BY MANY Co. Buffalo, N. Y.

Please send me by mail, without charge, trial box Doan's Kidney Pills.

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(Cut out coupon on dotted lines and mail to Forgive-Missure Co., Buffalo, N. Y.)

Medical Advice Free—Strictly Confidential.

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THE BURGLAR'S LAMENT.

Missionary—I hope that you will watch yourself hereafter.

Red Lary—You kin just butcher life I will. If I had been doin' the way in, instead of the other feller, it's me wot would have got away instead of him.—Sing Sing Star of Hope.

CRITICIZING HIS OWN.

"But, my dear husband, it really is unjust of you to abuse mother-in-law so. There are good ones."

"Well, well, never mind. I have not said anything against yours; it's only mine I'm grumbling about."—Boston Traveller.

To Cotton Ginners.

We Manufacture the Most Complete Line of Cotton Gin Machinery of Any Company in the World, namely, the

PRATT, WINSHIP, MUNGER, EAGLE, SMITH.

We also make Linters for Oil Mill's, Engines and Boilers.

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