

NEW FANCY IN EMBROIDERY.

Biedermeier Has Many Qualities to Recommend It.

One of the latest fancies in embroidery is known as the Biedermeier. This is in a way a return to the old-style simple embroidery that was in vogue before the idea of many tines of color. While different tones are used, only one tone appears in a single figure. The embroidery is on linen, for table covers, scarfs, pillows and other useful articles.

The designs are stamped, and with each piece comes the quantity and selection of threads and colors to use. One of the designs, for instance, is for a pillow cover. In the center is a wreath, and below this at either side an orange tree or similar conventional figure. The wreath is of green leaves and roses. There are roses of three or four different shades of pink, but only one shade is used in a rose. The one shade of yellow is all that appears in the oranges.

In the center of one wreath is a miniature portrait, the bonnet of one color, the dress of another, the drapery of a third. In the center of another wreath is a portrait in silhouette (in profile and all black). It would be quite easy to make this silhouette portrait that of the giver or the recipient and thus give an added value to the pillow.

The trend of the day is to make fancywork less difficult than formerly and to that end are many parts of embroidery that come ready to apply to the foundation of whatever is used. This more simple embroidery will be eagerly sought, not only for the ease with which it may be accomplished, but because it is particularly suitable for a room having mission furniture.

GOOD METHOD FOR SKIRTS.

Simple and Effective Way of Arranging the Tucks.

There is a simple way to save future trouble in finishing the bottom of skirts for young people from tots to half grown girls. It is better than letting out tucks in the usual way when the plain spaces usually come in the wrong place.

With this plan, which may be used whether there are or are not other tucks, the tuck is laid directly over the hem, making practically two hems, which, after being pressed, have the appearance of one.

As in all things, there is a simple and easy way to accomplish it, the way in this case being to turn the lower edge of the goods back and forth in three folds. First, turn under the tiny raw edge on the bottom of the skirt and then turn under the hem two and a half inches deep, which makes the first fold. Double this back on the right side the same distance, creating the second fold. The three layers of the cloth are then turned back under again, which creates it the third time. This forms a tuck directly over the hem. When ready to stitch turn the tuck up and stitch twice, putting one row of machining under and one over the middle crease.

When ready to let the dress down, rip out the top stitching and the hem is ready and undisturbed.

About Furnishing.

The woman of moderate means will do well to insist upon simplicity in her furnishings, particularly if her house is very small or if she must accommodate herself to a few rooms. Let all that she buys be the best of its kind, even if very simple, and let her avoid much carved wood work, particularly if she must do her own dusting.

This is one of the greatest charms about the so-called "mission" furniture. It presents a good appearance and does not require much painful and intricate brushing and chamouising.

It is much better to have a room fairly bare of furniture for a while than to crowd it with a lot of odd pieces which do not suit it, and require much care at housecleaning times.

The woman who learns that coziness does not necessarily mean a crowded look has made a great stride in interior decorating.

Simple Fumigating Method.

To fumigate, or disinfect, a room, place an ordinary house shovel over the fire until it becomes thoroughly heated (not red hot); move to the center of the room with it and pour on it an ounce of No. 4 or No. 5 carbolic acid.

The shovel should be so placed that none of the fluid can run off it onto the floor.

The carbolic acid will be given off in a vapor which will be strong enough to disinfect a room, and if genuine carbolic is used, which is not a mineral corrosive acid, the vapor will in no way injure pictures, metals or fabrics.

Turquoise is Popular.

Ladies who have put away in their jewel caskets the pretty blue turquoise sets that were once so fashionable should take them out at once, as the turquoise is to be one of the fashionable stones of the fall. With black lace costumes they are especially effective and have been much seen in the east this summer.

A Table Novelty.

A delightful table novelty is a little silver attachment to fasten flowers to a finger bowl. It consists of a tiny rim of silver fitting over a portion of the edge of the bowl, with loops to catch in a fixed position a few violets or flower buds. The effect is very pretty.

"A SMALL THING."

Do you believe in progress? Do you believe that all the wonderful achievements of the nineteenth century—the railroad, the telegraph, the telephone, electric light, kerosene, sewing machine, agricultural machinery, steamships, trolley cars, etc.—have made life easier and better worth living? I do. I believe that a man who lives 40 years under modern conditions has experienced more life and better life than Methusalem, though he had lived 20 centuries of his time.

The triumphs of the nineteenth century were triumphs of human service—the placing of knowledge and the fruits of knowledge within the reach of the common man. Every man's life is better, happier, more secure because of them. We live more comfortably, more sociable lives in better and more comfortable houses because of them. Even the hopeless dweller in the worst city slums is more comfortable in his physical conditions than the middle-class citizen of the days of George Washington.

In little things as in great, comfort and convenience have been the legacy of the "Century of Improvement." Paint, in a certain sense, is a minor matter, yet it gives beauty, healthfulness and durability to our dwellings. Fifty years ago painting was a serious proposition, a luxury for the owners of stately mansions who could afford the expense of frequent renewals. Today ready mixed paint is so cheap, so good, and so universal that no house owner has an excuse for not keeping his property well painted.

A small thing, indeed; yet several hundred large factories, employing thousands of chemists and skilled workmen, are running every day in the year to keep our houses fresh, clean and wholesome.

A small thing, yet a can of good ready mixed paint, such as one may buy from any reputable dealer, embodies the study of generations of skilled chemists, the toil of a thousand workmen in mill, laboratory and factory, and the product of a long series of special machinery invented and designed just to make that can of paint and to furnish us an infinite variety of tints, colors and shades.

It was a wonderful century, that nineteenth of our era, and not the least of its wonderful gifts was that same commonplace can of paint.

What He Most Wished For.

John Fiske, the American historian, was an ardent lover of music and himself no mean musician. Furthermore, he was extremely corpulent and felt the hot weather painfully. He was once delivering a course of lectures at a summer school in a small city of the middle west. The heat was terrific and adjoining the house where the lecturer stayed was a church where an ill-matched but zealous "quartet" practiced and performed during all hours of the torrid afternoons and evenings. One evening, seeing the famous man sit for a time unoccupied and apparently oppressed by this combined affliction, the young daughter of his hostess attempted to divert him by offering him a new novel, then just becoming popular. "I think 'The Choir Invisible' is perfectly splendid, Mr. Fiske," said she. "Wouldn't you like to read it?" The historian put the book aside. "My dear young lady," said he, "the only choir in the world in which I could feel any interest at this moment would be the choir invisible."

Condemn Daytime Naps.

Prolonged "40 winks" during the day are severely condemned by many doctors on the ground that they affect one's regular sleep. Scientists have found that in the ordinary course in the human being there is the greatest vitality between ten a. m. and two p. m., and the least between two o'clock and six o'clock in the morning. Long sleeps during the day interfere with this order of nature and sometimes affect various organs, causing headache. The nap of 40 winks, but only 40, proves refreshing to many because it is too short to have any injurious consequences.—London Telegraph.

LOOSE TEETH

Made Sound by Eating Grape-Nuts.

Proper food nourishes every part of the body, because Nature selects the different materials from the food we eat, to build bone, nerve, brain, muscle, teeth, etc.

All we need to eat the right kind of food slowly, chewing it well—our digestive organs take it up into the blood and the blood carries it all through the body, to every little nook and corner.

If some one would ask you, "Is Grape-Nuts good for loose teeth?" you'd probably say, "No, I don't see how it could be." But a woman in Ontario writes:

"For the past two years I have used Grape-Nuts Food with most excellent results. It seems to take the place of medicine in many ways, builds up the nerves and restores the health generally."

"A little Grape-Nuts taken before retiring soothes my nerves and gives sound sleep." (Because it relieves irritability of the stomach nerves, being a predigested food.)

"Before I used Grape-Nuts my teeth were loose in the gums. They were so bad I was afraid they would come day all fall out. Since I have used Grape-Nuts I have not been bothered any more with loose teeth."

"All desire for pastry has disappeared and I have gained in health, weight and happiness since I began to use Grape-Nuts." Name given by Postum Co., Battle Creek, Mich. Get the famous little book, "The Road to Wellville," in pkgs. "There's a reason."

WHEN EGGS ARE SCARCE.

Ways in Which Housekeepers Can Economize in Their Use.

The housekeeper expects eggs to be high at holiday time, just when she wants to make extra good things, but to offset this condition the cold weather allows more sugar and fat in food, and the lack of eggs is not quite so serious as it might be. When eggs are nearly 40 cents a dozen at the beginning of September, as they were this year in the large cities, the price has a decided influence on the daily menu. The first point in which to begin economy of eggs is in serving them as a substitute for meat. Something at less cost can temporarily be taken by giving the matter a little thought, although eggs are so staple a part of the usual breakfast as to come first to mind.

When eggs are scarce it is not necessary to make ten egg sponge or angel cake; neither is it wise to scrimp too much by using baking powder to take the place of eggs. If a recipe calls for a certain number, do not take out one or two and expect to have a satisfactory result, for the proportion of materials has been changed. It is greater wisdom to select a recipe in which the number of eggs is smaller. "No egg cake" is seldom satisfactory, but there are many good cakes made with but two eggs. Raised hot breads can for a time take the place of muffins and other breakfast cakes made with eggs, yet even here it may not be wise to entirely omit them, for a pan of light, feathery muffins will all be eaten, but if made without eggs two or three of the cakes are likely to be wasted. It takes but a small per cent. of waste in this way to turn economy into extravagance.

SKIRT-HANGERS EASILY MADE.

Set Makes an Acceptable and Suitable Gift for Bride.

A set of clothes-hangers makes an acceptable gift for a bride, a traveler or a college girl. The set consists of waist and skirt hangers—a dozen of each. The best waist-hangers are those of copper wire, found at any furnishing store. They should be wound with narrow ribbon, finished with a tiny bow at each shoulder end. The skirt-hangers are easily made at home. Take an inch strip of pine wood. Cut it into eight-inch lengths. Wind these also with ribbon. Screw into the middle of the upper edge a fairly large-sized brass cup-hook, and two cup-hooks of smaller size near the ends of the lower edge to hold the loops of the skirt-band. Many closets now are provided with a small brass rod fastened across at a convenient height. The hangers are hooked on this. Closets sometimes have a shelf running across for the entire length. In that case three large cup-hooks can be screwed to the under side, to hold any sort of a rod, from brass to broomstick. It is astonishing what a number of waists and skirts can be hung without crowding on a rod four feet long.

Back Stairs.

A woman who found her steep back stairs a little ornamental as they were useful has had them converted into two closets, one opening out of her dining room, the other on the second floor. The steps were removed bodily and a glass door opened into the dining room from where they had been. The space inside she had paneled and rows of shelves were built in, well up to the ceiling. The lower ones were used for china and the upper ones for preserves. A small window cut into the side yard admitted light into what was really a small shelf-lined room. The whole cost little. Upstairs a capacious linen closet filled in the vacant space.

Another woman who did not wish to have the stairs actually taken out had the upper landing converted into a closet, but left the stairs underneath, using them from the first floor as a store closet for brooms, buckets and the like.

Rust Marks.

Linen suits have a way of showing an ugly rust mark on the top of the shoulders—from the coathanger upon which it was carefully kept whenever out of use.

Coathangers should always be covered before they are used for white or delicate colored things. Little bags of silk or linen or dimity can be drawn over the long sides and held in place by narrow ribbons, tied into pretty bows. And then, even if the weather is damp enough to make everything rust, the brunt of it won't come upon one's very best bib and tucker, but upon an easily replaced thing.

Home-made Towels.

A nice way to finish home-made towels is to scallop the ends, and three inches above the scallops have a fancy drawn-work stripe. The monogram or initial is then embroidered, long narrow letters being the most effective. Huck, damask and a good weight bird's eye all can be done in this manner, and for much less than the cost of an ordinary towel you get a very good quality of any of these mentioned materials, all coming by the yard.

Her Own Color.

Every season brings at least one popular color—this fall there are two, royal purple and sage green. Neither color is becoming to all women, but it is to be feared that will make precious little difference. Only the wise woman studies the effect of colors and clings to those which suit her coloring. The reign of a particular color does not trouble her an atom.

NO REST NIGHT OR DAY.

With Irritating Skin Humor—Hair Began to Fall Out—Wonderful Result from Cuticura Remedies.

"About the latter part of July my whole body began to itch. I did not take much notice of it at first, but it began to get worse all the time, and then I began to get uneasy and tried all kinds of baths and other remedies that were recommended for skin humors; but I became worse all the time. My hair began to fall out and my scalp itched all the time. Especially at night, just as soon as I would get in bed and get warm, my whole body would begin to itch and my finger nails would keep it irritated, and it was not long before I could not rest night or day. A friend asked me to try the Cuticura Remedies, and I did, and the first application helped me wonderfully. For about four weeks I would take a hot bath every night and then apply the Cuticura Ointment to my whole body; and I kept getting better, and by the time I used four boxes of Cuticura I was entirely cured, and my hair stopped falling out. D. E. Blankenbush, 319 N. Del. St., Indianapolis, Ind., Oct. 27, 1905."

New York's Great Ocean Trade.

New York is the second great seaport of the world. In 1903 over \$9,000,000,000 tons of imports and 8,700,000 tons of exports were cleared through New York harbor. London is the greatest seaport, exceeding New York in imports, though not by exports. Antwerp and Hamburg are third and fourth, respectively.

\$100 Reward, \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known for the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in its curative powers that they offer One Hundred Dollars for any case that it fails to cure. Send for list of testimonials.

Address F. J. CHENEY & CO., Toledo, O. Sold by all Druggists, 75c.

Take Hall's Family Pills for constipation.

Remarkable Double Wedding.

A remarkable double wedding has been celebrated in a Viennese church. A manufacturer named Muller married a widow, while at the same time his son married the widow's daughter. Thus the father becomes the father-in-law of his own son, and the mother also the mother-in-law of her daughter.

Cheap Excursions South.

On the 1st and 3rd Tuesday of each month the Big Four Ry. will sell excursion tickets to most all points in Virginia, South Carolina, Tennessee, Alabama and Georgia at rate of one fare plus \$2.00 with return limit 30 days. Liberal stopover privileges. Write I. P. Spining, General Northern Agent, Big Four Route, 238 Clark St., Chicago, for further information.

Evangelists Torrey and Alexander are under engagement to conduct meetings next winter in the following cities: Nashville, Omaha, Winnipeg, Buffalo, Pittsburg and Montreal.

Washing Windows.

The method of washing windows has changed very much of late. Have a pail of lukewarm suds made from Ivory Soap. Dip a soft cloth in the water; squeeze all dry, and wipe the glass off. Then polish with chamois as it leaves no lint and does the work with more ease.

ELEANOR R. PARKER.

The most important events in the average man's career are his birth and death.

Smokers appreciate the quality value of Lewis' Single Binder cigar. Your dealer or Lewis' Factory, Peoria, Ill.

About two-thirds of a man's friends are enemies in disguise.

Hurt, Bruise or Sprain. St. Jacobs Oil relieves from pain.

People with real troubles never advertise them.

NERVOUS DEBILITY

A Scranton Woman Tells How Dr. Williams' Pink Pills Made Her Well and Strong.

Nervous debility is the common name for what the doctors term neurasthenia. It is characterized by mental depression, fits of the "blues," or melancholy, loss of energy and spirits. The patient's eyes become dull, the pink fades from the cheeks, the memory becomes defective so that it is difficult to recall dates and names at will. Some of these symptoms only may be present or all of them. The remedy lies in toning up the nervous system and there is no medicine better adapted for this purpose than Dr. Williams' Pink Pills.

Mrs. Jane J. Davies, of No. 314 Warren street, Scranton, Pa., says: "Some years ago I became greatly reduced in health and strength and my nervous system became so debilitated that I felt wretched. I could not rest or sleep well at night and woke up as weary and languid in the morning as I was when I went to bed. My head ached in the morning and often there was a pain in my right side which was worse when I sat down. My nerves were on edge all the time, every little noise bothered me and I was generally miserable. Then I decided to try Dr. Williams' Pink Pills for Pale People, as my husband had taken them with good results, and they did wonders for me. Now I have no more pain in my side, no more headaches, I sleep well and feel strong and able to do my work."

Dr. Williams' Pink Pills cured Mrs. Davies and they can do just as much for other weak, pale, ailing men or women who are slipping into a hopeless decline. They strike straight at the root of all common diseases caused by poor and impoverished blood.

Dr. Williams' Pink Pills are sold by all druggists, or will be sent postpaid, on receipt of price, 50 cents per box, six boxes for \$2.50, by the Dr. Williams' Medicine Co., Schenectady, N.Y.

WHO SHE WAS

SKETCH OF THE LIFE OF LYDIA E. PINKHAM

And a True Story of How the Vegetable Compound Had Its Birth and How the "Panic of '73" Caused It to be Offered for Public Sale in Drug Stores.

This remarkable woman, whose maiden name was Estes, was born in Lynn, Mass., February 9th, 1819, coming from a good old Quaker family. For some years she taught school, and became known as a woman of an alert

restore the family fortune. They argued that the medicine which was so good for their woman friends and neighbors was equally good for the women of the whole world.

The Pinkhams had no money, and little credit. Their first laboratory was the kitchen, where roots and herbs were steeped on the stove, gradually filling a gross of bottles. Then came the question of selling it, for always before they had given it away freely. They hired a job printer to run off some pamphlets setting forth the merits of the medicine, now called Lydia E. Pinkham's Vegetable Compound, and these were distributed by the Pinkhams sons in Boston, New York, and Brooklyn.

The wonderful curative properties of the medicine were, to a great extent, self-advertising, for whoever used it recommended it to others, and the demand gradually increased.

In 1877, by combined efforts the family had saved enough money to commence newspaper advertising and from that time the growth and success of the enterprise were assured, until today Lydia E. Pinkham and her Vegetable Compound have become household words everywhere, and many tons of roots and herbs are used annually in its manufacture.

Lydia E. Pinkham herself did not live to see the great success of this work. She passed to her reward years ago, but not till she had provided means for continuing her work as effectively as she could have done it herself.

During her long and eventful experience she was ever methodical in her work and she was always careful to preserve a record of every case that came to her attention. The case of every sick woman who applied to her for advice—and there were thousands—received careful study, and the details, including symptoms, treatment and results were recorded for future reference, and to-day these records, together with hundreds of thousands made since, are available to sick women the world over, and represent a vast collaboration of information regarding the treatment of woman's ills, which for authenticity and accuracy can hardly be equaled in any library in the world.

With Lydia E. Pinkham worked her daughter-in-law, the present Mrs. Pinkham. She was carefully instructed in all her hard-won knowledge, and for years she assisted her in her vast correspondence.

To her hands naturally fell the direction of the work when its originator passed away. For nearly twenty-five years she has continued it, and nothing in the world shows when the first Lydia E. Pinkham dropped her pen, and the present Mrs. Pinkham, now the mother of a large family, took it up. With woman assistants, some capable as herself, the present Mrs. Pinkham continues this great work, and probably from the office of no other person have so many women been advised how to regain health. Sick women, this advice is "Yours for Health" freely given if you only write to ask for it.

Such is the history of Lydia E. Pinkham's Vegetable Compound; made from simple roots and herbs; the one great medicine for women's ailments, and the fitting monument to the noble woman whose name it bears.



and investigating mind, an earnest seeker after knowledge, and above all, possessed of a wonderfully sympathetic nature.

In 1843 she married Isaac Pinkham, a builder and real estate operator, and their early married life was marked by prosperity and happiness. They had four children, three sons and a daughter.

In those good old fashioned days it was common for mothers to make their own home medicines from roots and herbs, nature's own remedies—calling in a physician only in specially urgent cases. By tradition and experience many of them gained a wonderful knowledge of the curative properties of the various roots and herbs.

Mrs. Pinkham took a great interest in the study of roots and herbs, their characteristics and power over disease. She maintained that just as nature so bountifully provides in the harvest-fields and orchards vegetable foods of all kinds; so, if we but take the pains to find them, in the roots and herbs of the field there are remedies expressly designed to cure the various ills and weaknesses of the body, and it was her pleasure to search these out, and prepare simple and effective medicines for her own family and friends.

Chief of these was a rare combination of the choicest medicinal roots and herbs found best adapted for the cure of the ills and weaknesses peculiar to the female sex, and Lydia E. Pinkham's friends and neighbors learned that her compound relieved and cured and it became quite popular among them.

All this so far was done freely, without money and without price, as a labor of love.

But in 1873 the financial crisis struck Lynn. Its length and severity were too much for the large real estate interests of the Pinkham family, as this class of business suffered most from fearful depression, so when the Centennial year dawned it found their property swept away. Some other source of income had to be found.

At this point Lydia E. Pinkham's Vegetable Compound was made known to the world.

The three sons and the daughter, with their mother, combined forces to

NO MORE MUSTARD PLASTERS TO BLISTER. THE SCIENTIFIC AND MODERN EXTERNAL COUNTER-IRRITANT. CAPISICUM VASELINE EXTRACT OF THE CAYENNE PEPPER PLANT A QUICK, SURE, SAFE AND ALWAYS READY CURE FOR PAIN—PRICE 15c.—IN COLLAPSIBLE TUBES—AT ALL DRUGGISTS AND DEALERS, OR BY MAIL ON RECEIPT OF POSTAGE STAMPS. DON'T WAIT TILL THE PAIN COMES—KEEP A TUBE HANDY. A substitute for and superior to mustard or any other plaster, and will not blister the most delicate skin. The pain-alleviating and curative qualities of the article are wonderful. It will stop the toothache at once, and relieve Headache and Sciatica. We recommend it as the best and safest external counter-irritant known, also as an external remedy for pains in the chest and stomach and all Rheumatic, Neuralgic and Gouty complaints. A trial will prove what we claim for it, and it will be found to be invaluable in the household and for children. Once used no family will be without it. Many people say "It is the best of all your preparations." Accept no preparation of Vaseline unless the same carries our label, as otherwise it is not genuine. SEND YOUR ADDRESS AND WE WILL MAIL OUR VASELINE PAMPHLET WHICH WILL INTEREST YOU. CHESEBROUGH MFG. CO. 17 STATE STREET, NEW YORK CITY

Enameline NO DUST NO SMOKE NO STAIN NO SPILL STOVE POLISH REAL ESTATE. WHAT WILL YOU DO WHEN YOU GET OLD A WILL sell you land in No. Georgia that produces from \$50 to \$200 per acre; price \$20 to \$25. 20 to 30 front lots, \$1.50. Fine pine, good water; it is the garden for the north. Send for our 242-500 map, booklet, etc. free. You will learn of things you never knew before. F. W. WARD & SONS, 100 N. 3rd St., New York City. Georgia, Fla. & Florida. By Dept. of Marine, U.S. Navy.

REAL ESTATE. You Ought to Know Have you heard about our wonderful Blue Land, that brings more revenue than any other lands in America? Do you know that they will also produce fine crops of corn, oats, cotton, fruit and vegetables? Do you know that three new railroads thru this section are going to make the price of land jump? Write us and let us send full information. W. W. DUBSON & SONS, Crowley, La.

REAL ESTATE. WHAT WILL YOU DO WHEN YOU GET OLD A WILL sell you land in No. Georgia that produces from \$50 to \$200 per acre; price \$20 to \$25. 20 to 30 front lots, \$1.50. Fine pine, good water; it is the garden for the north. Send for our 242-500 map, booklet, etc. free. You will learn of things you never knew before. F. W. WARD & SONS, 100 N. 3rd St., New York City. Georgia, Fla. & Florida. By Dept. of Marine, U.S. Navy.

20,000 ACRES Good soil, convenient to railroads, near Lynchburg, Va. Quality Best; will produce 1,000 bushels of corn per acre; price \$1.50 per acre. Write for full information. F. W. WARD & SONS, 100 N. 3rd St., New York City. Georgia, Fla. & Florida. By Dept. of Marine, U.S. Navy.