

### RHEUMATISM RECIPE.

PREPARE THIS SIMPLE HOME-MADE MIXTURE YOURSELF.

Buy the Ingredients from Any Druggist in Your Town and Shake Them in a Bottle to Mix This Harmless Preparation.

A well-known authority on Rheumatism gives the readers of a large New York daily paper the following valuable, yet simple and harmless prescription, which any one can easily prepare at home.

Fluid Extract Dandelion, one-half ounce; Compound Sarsaparilla, three ounces.

Mix by shaking well in a bottle, and take a teaspoonful after each meal and at bedtime.

Be certain that the ingredients can be obtained from any good prescription pharmacy at small cost, and, being a vegetable extraction, are harmless to take.

This pleasant mixture, if taken regularly for a few days, is said to overcome almost any case of Rheumatism. The pain and swelling, if any, diminished with each dose, until permanent results are obtained, and without injuring the stomach. While there are many so-called Rheumatism remedies, patent medicines, etc., some of which do give relief, few really give permanent results, and the above will, no doubt, be greatly appreciated by many sufferers here at this time.

Inject at the drug stores of even the small towns the information that these drugs are harmless and can be bought separately, or the druggist will mix the prescription if asked to.

He Silenced Him. "The corporation must be crushed—erushed!" cried the candidate.

"Hold on," shouted a man in the gallery, "you yourself are a stockholder in at least three corporations that I know of."

"The candidate frowned darkly.

"Well," he cried, "if there were no stockholders there wouldn't be any corporations."

"I admit it," shouted the man in the gallery.

"And if there were no corporations they couldn't be crushed, could they?"

With a withering glance at the man in the gallery the candidate resumed his argument.—*Cleveland Plain Dealer.*

Mr. Watson's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, etc. a bottle.

Picked Cotton in the Snow. Picking cotton in the snow was the usual experience that cotton pickers in the Chieftan Nation, I. T., were confronted with after a snowstorm. The cotton fields were covered with about two inches of snow, but the snow was light and dry and little of it stuck to the opening bolls of fiber. After the storm had passed no time was lost by the cotton raisers in this section in getting their pickers into the fields. Snow on the ground, the white bolls of cotton and negroes with overcoats and gloves made an unusual picture in the fields surrounding Chickasha.

Mexican Church Legends. Queretaro was a town before the Spanish conquest and was made a city in 1533. A legend of Queretaro is that an Otomitic chief, Fernando de Tapia by name, undertook to convert the city to Christianity in a way that seem novel to us, but was common enough to his day.

Old Soakings. Get Saturated with Coffee. When a person had used coffee for a number of years and gradually declined in health, it is time the coffee should be left off in order to see whether or not that has been the cause of the trouble.

A lady in Huntsville, Ala., says she used coffee for about 40 years, and for the past 20 years had severe stomach trouble. "I have been treated by many physicians but all in vain. Every remedy failed to give relief. Was prostrated for some time, and came nearly dying. When I recovered sufficiently to partake of food and drink I tried coffee again and it soured on my stomach. I finally concluded that coffee was the cause of my troubles and stopped using it. I tried tea in its place and then milk, but neither agreed with me; then I commenced using Postum, and it properly made and it was very pleasing to the taste.

"I have now used it four months, and my health is so greatly improved that I can eat almost anything I want and can sleep well, whereas, before, I suffered for years with insomnia. "I have found the cause of my troubles and a way to get rid of them. You can depend upon it I appreciate Postum." "There's a Reason." Read "The Road to Wellville," in pika.

## THE SEPT

BY J. FENIMORE COOPER  
A STORY OF THE REVOLUTION

CHAPTER VII.  
The last sounds of the combat died on the ears of the anxious listeners in the cottage, and were succeeded by the stillness of suspense. Frances had continued, by herself, striving to exclude the uproar, and vainly endeavoring to summon resolution to meet the dreaded result. After witnessing the escape of his son, Mr. Wharton had joined his sister and eldest daughter in their retreat, and the three continued carefully watching for news from the field. Unable longer to remain under the painful uncertainty of her situation, Frances soon addressed herself to the uneasy group, and Cesar was directed to examine into the state of things without and report. The father now briefly related to his astonished children the circumstances of their brother's escape. They were yet in the freshness of their surprise, when the door opened and Captain Wharton, attended by a couple of the guides and followed by the black, stood before them.

"Henry—my son, my son," cried the aged parent, stretching out his arms; "what is it I see? Are you again a captive, and in danger of your life?"

"The better fortune of these rebels has prevailed," said the youth, endeavoring to force a cheerful smile. "I strove nobly for my liberty; but the perverse spirit of rebellion has even lighted on their horses. The steed carried me into the very center of Dunwoody's men."

"And you were again captured," continued the father, casting a fearful glance on the armed attendants.

"That, sir, you may safely say: this Mr. Lawton, who sees so far, had me in custody again immediately."

Frances had stood supporting herself by the back of a chair, catching in breathless anxiety every syllable as it was uttered; her color changed rapidly; her limbs shook under her, until, with desperate resolution, she inquired:

"Is any officer hurt on—the—on either side?"

"Yes," answered the man, cavalierly; "these southern youths are full of mettle; one of the wounded told me that Captain Singleton was killed and Major Dunwoody—"

Frances heard no more, but fell lifeless in the chair behind her. The attention of her friends soon revived her, when the captain, turning to the man, said, fearfully:

"Surely Major Dunwoody is unhurt?"

"Never fear him," added the guide, disregarding the agitation of the family; "they say a man who is born to be hanged will never be drowned; if a bullet could kill the major, he would have been long ago. I was going to say that the captain is being killed; but I had known how much store the lady set by him, I wouldn't have been so plain spoken."

Frances now rose quickly from her seat with cheeks glowing with confusion, and leaning on her aunt, was about to retire, when Dunwoody himself appeared. The first emotion of the agitated girl was unalloyed happiness; in the next instant she shrank back appalled from the unusual expression that reigned in his countenance. The sternness of battle yet sat on his brow; his eye was fixed and severe.

"Mr. Wharton," he earnestly began, "in times like these, we need not stand on idle ceremony; one of my officers, I am afraid, is hurt mortally, and, presuming on your hospitality, I have brought him to your door."

"I am happy, sir, that you have done so," said Mr. Wharton, at once perceiving the importance of conciliating the American troops.

"If I, I think you, if you please, will have him conducted where the surgeon may see and report upon his case, without delay." To this there could be no objection; and Frances felt a chill at her heart, as her lover withdrew, without casting a solitary look on herself.

Captain Wharton voluntarily gave a pledge to his keepers not to attempt again escaping, and then proceeded to execute those duties, on behalf of his father, which were thought necessary in a host. On entering the passage for that purpose, he met the operator who had so dexterously dressed his arm, advancing to the room of the wounded officer.

tage, after he paid his parting compliments, with an unwillingness to return, that he thought proceeded from his solicitude for his wounded friend. His blood had ceased to flow with the impulse created by the battle. The stern expression of his eye gradually gave place to a look of softness; and his reflections on the victory brought with it an unsatisfied content that compensated for the sacrifices by which it had been purchased. While turning his last lingering gaze on the Locusts, he remembered only that it contained all that he most valued.

(To be continued.)  
Relic of the Mayflower. Probably few are aware of the fact, but a direct descendant of a signer of the declaration of independence and a man who crossed to the new world in the Mayflower is living in Denver. She is Miss Eusta Bartlett, great granddaughter of Josiah Bartlett, who signed the declaration of independence. Her great great grandfather was one of the men who faced privation and hunger to cross the water in the Mayflower.

Miss Bartlett remained on the soil later called Massachusetts. It is from him that Miss Eusta Bartlett is descended.

Although the Bartletts who came before her ranked with the elite of society and aristocracy, she is happy and content to earn her living working as a seamstress.

Miss Bartlett spends her evenings with many other lonely young women with the Young Women's Friendly Club, 2243 California street, and she lives in the simplest manner.

The home of the Bartlett family has been broken up. The mother died when they lived in Hastings, Neb., and the family scattered. The only son is in Kansas City, one daughter is in Los Angeles with her father and the fourth and last member of the family is toiling daily in Denver.

One of the most precious wedding presents received by Miss Bartlett's father and mother when they were married in 1856 was a portion of a set of dishes brought to America by the Bartlett brothers in the Mayflower. These are the last dishes that are known to exist which came over in the old ship in 1620.

Miss Eusta Bartlett, of Denver, is now the happy possessor of these valuable and historic pieces of chinaware.—*Denver Times.*

World's Debt to Insects. Professor Darwin said that if it had not been for insects the world never would have had any more imposing or attractive flowers than those of the elm, the hop and the nettle. Lord Avebury compares the work of the insect to that of the florist. He considers that just as the florist has by selection produced the elegant blossoms of the garden so the insects, by selecting the largest and brightest blossoms for fertilization, have produced the gay flowers of the field.

Professor Plateau of Ghent has carried out a series of remarkable experiments on the ways of insects visiting flowers. He considers that they are guided by scent rather than by color and in this connection he is at variance with certain British naturalists.

Whatever may be the attraction in flowers to insects—as yet it appears undefined—it is certain that the latter visit freely all blossoms alike, making no distinction between the large, bright-colored and the less conspicuous blooms like those of the currants, the lime, the plane-tree, the nettle and the willow.

A President's Daughter. When President Grant's only daughter, Nellie, afterwards Mrs. Sartoris, was a miss of twelve years she attended a private school in Washington. One afternoon, says the author of "The Olivia Letters," Nellie's lessons were not learned. The carriage came for her, but the teacher dismissed it with the request that it should return at the end of a half-hour.

The half-hour came and glided away with the lesson still unlearned. The carriage came again, and was dismissed. At the end of the second half-hour the lesson was committed, and Miss Nellie was permitted to go.

The next day at the usual hour the young lady arrived, accompanied by her mother. The teacher began to fear she had lost her most cherished pupil, but Mrs. Grant came to thank her for performing her duty.

"Teach her," said Mrs. Grant, "that she is only plain, simple Nellie Grant, subject to the same rules which govern all the scholars. This course will have my sincere approbation."

Verdant. Senator Beveridge was talking one afternoon in Washington to a group of newly elected congressmen.

"You boys," he said, "must on no account appear green. Keep cool, go slow, think before you speak; then you won't give yourselves away."

The unruly congressman laughed, and Senator Beveridge continued: "I should hate to hear that one of you had acted as a new congressman once did."

"He, as soon as he reached Washington, went off to a photographer to be photographed. "I want my likeness taken," he said. "Cabinet?" the photographer asked. "The southerner reddened and looked pleased. "No," he answered, "just plain, every-day congressman."—*Buffalo News.*

To Gentle. They were talking about fair.

## WOMEN AND FASHION

Household Money. Personally, says a clever man in a housekeeping discussion, when my wife is from home I hand the housekeeping money to my cook, who is a careful soul with simple ideas, and she invariably has a surplus at the end of the month—and I lose weight, I believe, but am in better health. I have even done the housekeeping myself.

My wife and I consider the allowance for food, etc., as a trust fund (no matter who has it), to be expended for a certain purpose in the home, the victualling of the house, not for powder and paint, nor for cigarettes or pipes, but for victualling the home.

It is certainly the wife's duty, if she is doing the housekeeping, to expend the whole, or else to tell the husband she can do with less allowance in that direction, or put it in the rainy-day fund. It is not fair for anybody concerned that the wife should cut down supplies or use poorer food in order to save money for other, and perhaps private, purposes other than for the purpose the money was obtained. That would be misappropriation of the funds at her disposal.

The wife has her allowance for "pin money," as it is called, and the husband does not claim her surplus of that, if any. Why should the wife claim the surplus money from store allowance or housekeeping?

Need for Companionship. There is a wise old German saying that "only a god or a brute can dwell in solitude." Men and women need congenial companionship, both for the sake of health and happiness. Just as your lungs, after using up all the oxygen in a close room, need to be filled with fresh, out-of-door air, so your minds need contact with other minds to get new ideas. There is such a thing as mental as well as physical hunger. Herdets on the cattle ranches of the West frequently become mad from the isolation they are forced to endure. Women on lonely farms and in small villages grow morbid and mildly insane, and people do not guess that the cause is want of companionship. It is for this reason that a woman's work at home is always more trying than that of her husband, who goes to his office, sees new faces and has the friction that is produced by meeting other people. Even the farmer has more intercourse with his neighbor at market or at the village grocery than his wife, who may not see any one outside of her own family for weeks.

It is a great mistake for young people to isolate themselves. Even if their tastes lead them to a quiet life, they should make it a point to cultivate a few agreeable friends.

Man Jolly; Woman Serious. A woman, when the first exuberance of youth is over, is apt to become deadly serious, says an English exchange. She ceases to believe in the fun in life, and loses all relish for play. (A man remains at heart a big child and in consequence honestly enjoys the society of children. A father is refreshed by a romp with his little ones, a mother is usually tired by it. She may be her boys' and girls' guardian angel, friend, comforter, but is only rarely their playmate. I think women lose much when they lose this capacity for play. Without it, they are unable to throw off the burden of their cares as a man does and enjoy the good of the present moment, careless of the worries that are past or the worries that may be in the future.

As to Hand Shaking. The old, old custom of shaking hands is used pretty generally these days, except in very formal functions where there is not time for details. It puts two people on a cordial foundation, and you will seldom go wrong in always offering your hand. If you are a hostess, you must invariably rise when you greet your guests, but if a man is brought up to you to be introduced, you need not rise. However, a man must always rise when being introduced to a woman.

Walking Gown. A handsome walking gown of dark gray cloth, trimmed with braid, is sketched here. The front of the waist and skirt are in one piece and the closing is under the first plait at the side. The two straps at the neck are fastened with the buttons after the closing is made. The cuffs on the undersleeves and the turnover sections on the large sleeve are of velvet braided with satinette, which is also used to form the buttons and loops. The braid extends to the belt in the back.



Chintz Much in Favor. Chintz is very much used in the daintiest of bedrooms, and is much to be preferred to cretonnes, which look quite common beside the more beautiful material. The Americans do not know as well as the English how to wash chintz so that it will have the "calendered" look, but it retains its shine for a long time.

Colored Waists in Vogue. Colored tailored shirt waists are shown for winter and early autumn wear, and it is said that they are selling so well that they are certain to be seen to the exclusion of other kinds of waists. With white collars and with stocks these waists are very attractive.

Velvet Thrust Bands. A little ornament is becoming quite universal among exclusive dressers, either with high or low neck, and with or without other necklaces or sautoirs. It is a half-inch band of black velvet ribbon clasped tightly with jewels about the throat, and studded with many little jeweled slides.

Elastic Belts Popular. The elastic belts studded with beads, jewels or cut steel are so satisfactory that undoubtedly they will remain, as they are now, in the front rank of popularity.

Individual Perfumes. The woman who uses a scent at all should aim to have it individual as well as elusive. Always choose the same perfume or sachet powder. The best effect is gained by keeping sachets oforris root among one's clothes. If the real Florentine orris is bought it keeps its strength indefinitely. If, however, a perfume is preferred, buy the very best you can afford, and then be downright stingy in the use of it. Remember, a mere suspicion of violets or heliotrope is mysteriously fascinating; to reek of them is decidedly vulgar.

Headgear for Rough Sports. The best head covering for rough sports is unquestionably the knit Tam-o-Shanter, but for those who do not fancy this rough and ready headgear there are smart little cloth caps of various shapes which can be made of the same material as the suit and can be further smartened by a bright quilt if this is desired. There are also the plain soft felt hats which are bright and comfortable.



For dresses in lightweight materials the lining of the bodice should be quite a small affair, extending back and front just below the waist line. When a bodice is made with this half lining the fullness of the waist line is fastened into a piece of regular waist beltting. Or, if the bodice is quite thin material, it may fasten, like a shirt-waist, with a tape sewed across the

### GOWNS FOR HOUSE AND CARRIAGE WEAR.



back, leaving the front hanging quite straight and loose. In shortening or lengthening a sleeve pattern an equal amount must be taken out, or added, at each edge in order to preserve the shape of the pattern. If the pattern is too long shorten it by laying a plait of even width across the pattern at the elbow. Lengthen the sleeve by cutting the pattern at the elbow and separating the two pieces an even width at each edge, so as to give the desired length, says the Ladies' Home Journal. To make the sleeve smaller at the hand and elbow take up the outside seam of the sleeve.

If walking dresses are to be four inches from the ground, as the men tailors insist that they must be, ladies should really use them for walking. Anything adapted so nicely to service should not be made to do duty in heated shops alone, but should inspire the wearer to long jaunts in the country ways or through the length of quiet streets at any rate.

Weighting the Baby. It is well to weigh the baby regularly. In some cases the weight is taken daily, but once a week is usually often enough. Nothing tells so accurately how he is thriving.

The best time to weigh him is when he is undressed, just before his bath. The same scales should be used each time, and these must be accurate. The scoop kind are best for young infants. Before putting him in the scales be should be undressed and wrapped in a small blanket. The scales are then balanced and the amount noted, after which the baby is removed and dressed, says the New York Herald. Then the blanket in which he has been wrapped is weighed and this amount deducted from his weight. A normal baby usually doubles his weight at the end of the fifth month, and by the end of the first year will weigh three times his weight at birth. When properly fed, a healthy baby does not lose weight. There are times, however, when the baby will gain very slightly, and, probably, for a few weeks will not gain at all, and still be in a healthy condition. During the teething period and during very hot weather the baby seldom gains, or, at least, gains very little.

Rusted Buckles. Steel shoe buckles which have become rusty and tarnished may be successfully cleaned with emery powder. The best way of brightening the intricacies of cut steel is to put the ornament into a bag of emery powder. This should be well shaken and rubbed between the hands until the rust is removed.—*Woman's Life.*

She Gets Exercise Enough. A lady has been making experiments with a pedometer, and has discovered that she covers over seven miles a day in the execution of her ordinary household tasks.

Hot Water for Headache. When the head aches from overwork or worry, apply flannel wrung out of very hot water to the back of the neck and bathe the face and temples with warm water, and then lie down for a short time if possible.

Take a Nap After Dinner. Complete relaxation after eating—a suspension of mental and physical activity—will favor the processes of natural digestion, not only because of its tranquilizing effect upon the nerves,

but because the stomach may use the surplus unused energies of the body in the processes of digestion. Happy the man or woman who can take an "after-dinner nap." It means health, happiness and long life.

ABOUT THE BABY



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