

JOHN HENRY ON OBESITY CURES

BY GEO. V. HOBART, ("HUGH M'HUGH.")

Dear Bunch: Your letter from Vienna received, and glad we are to know that you and Alice are crowding the occasion with the joy of living.

On next year's trip Peaches and I hope to be with you, and what we'll do to Europe will be a pitiable shame. I met Jack Golden the other day, and he sends his kindest to you and Alice.

Jack says he's going to get married some of these days and do that European gag himself. Can you imagine Jack with a thousand dollars' worth of blushing bride hanging on his elbow, hiking through Europe and stopping in at the Louvre occasionally to make faces at the paintings? I can't.

If ever a bride drags Jack away from Stone street she'll be the limit in ladies' dress goods, and that's no jovial outburst.

We are all well at home with the exception that some fresh friend told Aunt Martha that she was getting stout, and the old lady promptly fell for every obesity cure known to modern science.

Even at top weight Aunt Martha doesn't go over 154 pounds, but she got the idea in her head that compared with her Barnum's original fat lady was a pikereet, so she decided to go after that obesity thing with an ax. We tried to flag her and talk her out of it, but she saved us all back, and said she'd made up her mind she wasn't going through this world leading a double chin.

Well, Bunch, Aunt Martha started in to put the sabots to the fatty tissue, and for a week Uncle Peter's peaceful home across the road looked like a moving picture entitled "The Original Rough House."

First flop out of the box Mrs. Grimshaw, who weighs 278 in her war-paint, told Aunt Martha that exercise was the only thing to keep down the weight, so Uncle Peter was chased off to town for a rowing machine, a set of Indian clubs and a proud assortment of deaf and dumb bells.

Presently the muscle goods arrived, and next morning about daylight Aunt Martha jumped on board the rowing machine and bore away to the northwest, with a strong ebb tide on the port bow.

She was about four miles up the river and going hard when a strap broke, whereupon Aunt Martha went overboard with a splash that upset most of the furniture in the room and knocked her manicure set down behind the bureau.

One of the oars went up in the air and landed on the bridge of Uncle Peter's nose, because his face happened to be in the way when the oar came down.

When loving hands finally pulled Aunt Martha out of the interior of her rocking-chair, she found that, with the help of the rowing machine, she had lost nearly two pounds, mostly off the end of her elbow.

The next day Mrs. Cooper, who weighs about 248, told Aunt Martha that she wasn't using the best kind of physical torture, so Uncle Peter was once more chased off to the store, where he bought one of those rubber contrivances you fasten on the wall and then try to pull it off again with the handles.

Bright and early the next morning Aunt Martha grabbed the handles, and was getting away from her obesity at the rate of an ounce an hour, when suddenly one of the rubber strings broke and something kicked Aunt Martha just where a good singer gets her coloratura.

When Aunt Martha fell wounded on the field of battle every picture on the walls fell with her, and there was such a crash that the cook thought the end of the world was coming, so she ran screaming in the direction of Paterson, N. J.

They had to pour about a bucket of water over Aunt Martha's map be-

fore she came to, and then she found that all she had lost by this new process was her breath and a couple of side combs.

Mrs. Gaddings dropped in that day and told Aunt Martha that the only way to reduce the flesh is to take a long walk, so Auntie picked out a long walk and took it.

After she was gone about six hours, and it was getting dark, she called Uncle Peter up on the long distance telephone and broke the news to him that she had walked 15 miles, and that she had been so extravagant she had used up all the walk that was in her, and that she would have to stay there in a foreign land alone, among utter strangers, unless he sent a cab for her.

When Aunt Martha got home that night she found that all the flesh she had lost was her pocketbook with ten dollars in it, and Uncle Peter lost about ten dollars for cab hire, making a total of four pounds, English money.

A day or two later Mrs. Carruthers told Aunt Martha that the only sure cure for obesity was to take electric baths, so Uncle Peter had one rigged up which was a great shock to his pocketbook.

As soon as it was up Aunt Martha went inside of the frame-work and sat among the electric lamps with only her head out in the atmosphere for about two hours.

Then she came out smiling, and said she felt fine and that she must have lost ten pounds.

Uncle Peter peeped inside to look the bath over, and found that she had forgotten to turn the current on.

Next morning when Aunt Martha went after the electric bath, Uncle Peter turned the current on himself to make sure, and when Auntie stepped in it she accidentally put her foot on an ohm or something, which tickled her so that she let a blood-curdling yell out of her that could be heard 27 miles as the crow flies.

Then she put her other foot down, and that landed on a volt or an ampere or some foolish dings which

caused Aunt Martha to become short-circuited.

Bunch, she was the shortest circuit that ever happened.

For a couple of minutes that room looked like a thunderstorm, with Aunt Martha playing the thunder.

When Uncle Peter finally got the current turned off and all the live wires out of her hair, Aunt Martha collapsed on the sofa, screaming: "Take it away! Take it away! Now I know what a hard life the third rail must lead!"

I think the electric treatment has cured Aunt Martha.

At any rate all the exercising paraphernalia has been thrown out in the back yard, and I think that now she will be perfectly satisfied to go through life leading a double chin as nature intended.

Yours in the current of friendship, JOHN.

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Why He Escaped.

Two men who had not seen each other since they parted after an ocean voyage that was noteworthy for its roughness stopped to talk about the journey.

"Do you remember that particularly rough day on the Banks," one of the men asked the other, "when you were the only man who went to lunch?" The good sailor allowed that he did.

"Well, sir," pursued the other, "you never knew how near you came to death that afternoon. When Gillen and I saw you coming out on deck with a novel in one hand and a cigar in the other, looking disgracefully well, Gillen said to me: 'Any man who has the nerve to flaunt his ability to stand this rolling in the face of men as sick as we ought to be thrown overboard.' I agreed with him. But you escaped because neither of us was able to get up to do it."

Thrift in Children.

Some day the plan of providing for children by starting a bank account for each baby at birth and adding to it on each birthday will become general, and there will be a hope of fostering thrift in growing children. The possession of a bank book which they cannot wholly own till legally free from the guidance of parents is often a matter of pride which prompts saving. Everybody knows how hard it is to save the first hundred dollars, and how much the difficulty lessens with every addition to that.

Voile for Traveling.

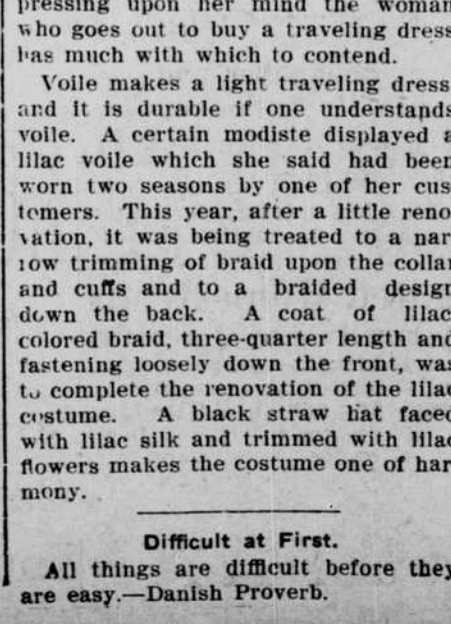
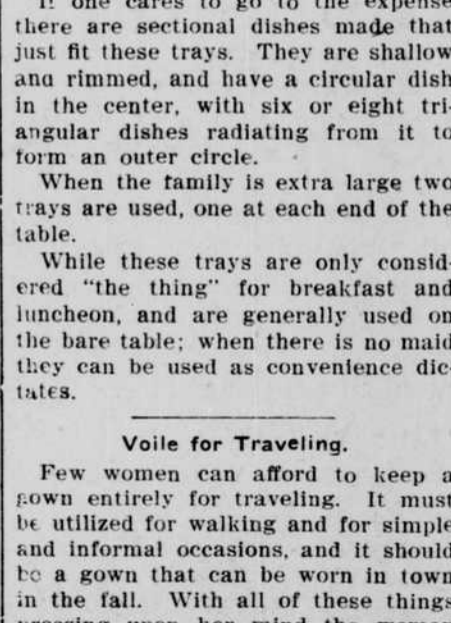
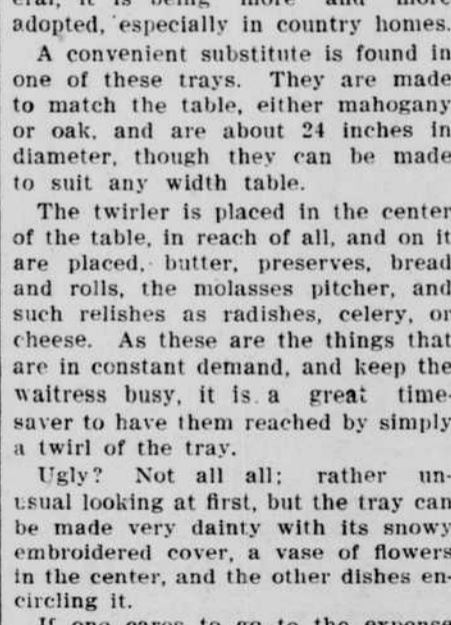
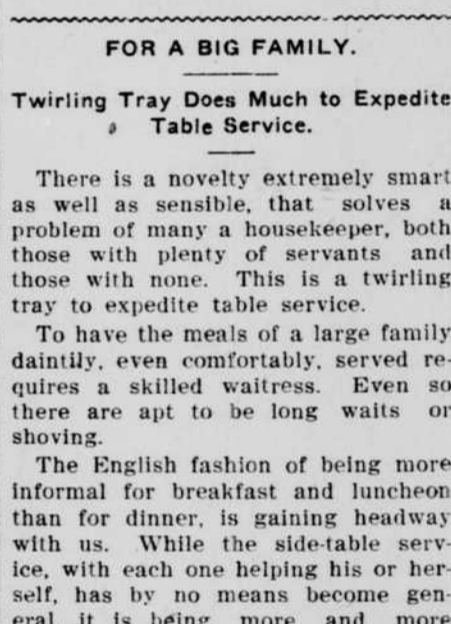
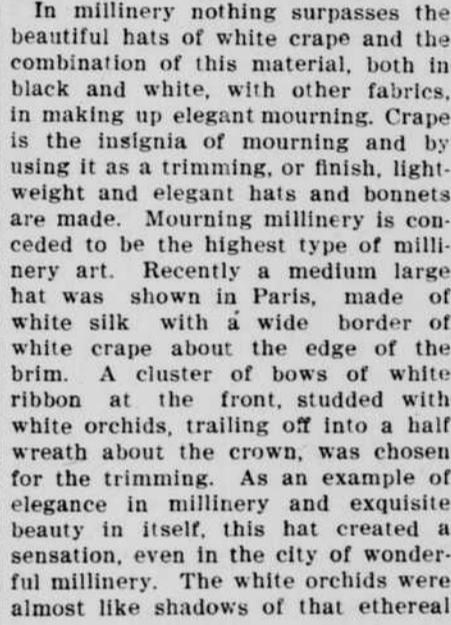
Few women can afford to keep a gown entirely for traveling. It must be utilized for walking and for simple and informal occasions, and it should be a gown that can be worn in town in the fall. With all of these things pressing upon her mind the woman who goes out to buy a traveling dress has much with which to contend. Voile makes a light traveling dress, and it is durable if one understands voile. A certain modiste displayed a lilac voile which she said had been worn two seasons by one of her customers. This year, after a little renovation, it was being treated to a narrow trimming of braid upon the collar and cuffs and to a braided design down the back. A coat of lilac-colored braid, three-quarter length and fastening loosely down the front, was to complete the renovation of the lilac costume. A black straw hat faced with lilac silk and trimmed with lilac flowers makes the costume one of harmony.

Difficult at First.

All things are difficult before they are easy.—Danish Proverb.

New Modes for Those in Mourning

By Julia Bottomley



flower, and might be termed Angel orchids very appropriately.

The mourning millinery illustrated here shows the combinations of net and crape, silk and crape, and white crape alone. In the sailor hat the shape is covered with folds of crape. The ruche about the crown and the veil is short and full and the model one of the best, always in style and becoming to nearly every face.

A very smart hat of white crape is shown. This is intended for a young woman. Bonnets and veils of this exquisite fabric are worn by women with white hair and the effect is very striking and charming.

For a widow or mother in mourning the bonnet of black silk grenadine trimmed

effectively with folds of crape is serviceable and very appropriate. The veil, when worn in the summer, is of net bordered with crape or silk grenadine. For winter it is of silk grenadine bordered with crape, except when one is in deep mourning, when it is entirely of crape.

A word of caution to those buying crapes and grenadines. These fabrics are sometimes almost imperishable. There are varieties, however, that are easily ruined by moisture. Always test the material by immersing a piece of it in water. In the right kind the color will not run, nor the crimp come out. These fabrics may be successfully renovated and made to look like new by steaming them, when the moisture-proof kind is bought.

FOR A BIG FAMILY.
Twirling Tray Does Much to Expedite Table Service.

There is a novelty extremely smart as well as sensible, that solves a problem of many a housekeeper, and those with plenty of servants, and those with none. This is a twirling tray to expedite table service.

TO HAVE THE MEALS OF A LARGE FAMILY...
The English fashion of being more informal for breakfast and luncheon than for dinner, is gaining headway with us. While the side-table service, with each one helping his or herself, has by no means become general, it is being more and more adopted, especially in country homes.

A convenient substitute is found in one of these trays. They are made to match the table, either mahogany or oak, and are about 24 inches in diameter, though they can be made to suit any width table.

ECONOMIC ARRANGEMENT OF FIELDS FOR FENCING

Carefully Worked-Out System of Crop Rotation for Hog Pasturing—By D. A. Gaumnitz, M. S. Minnesota.

Since fencing is quite an item in the cost of pastures and in hogging off corn, the arrangement of fields in such a way as to use the least possible amount of fencing and still have the hogs near the farm buildings so they may be sheltered, watered and fed economically is essential. The fact that clover is one of the best crops for pasture and that it cannot be depended upon to live for more than one year's pasturing, will suggest at



once the idea of a rotation of crops on a few small fields near the farmstead in which the crops may be conveniently pastured. A hog pasture plowed up makes one of the most desirable places to grow corn.

Such a piece of corn land, if fenced, could very easily and profitably be fed off with hogs. Corn land disked and well prepared is an excellent place to grow any kind of a grain crop, and clover sown with the grain crop on such soil has an excellent chance of being in good condition for pasturing the following year. Thus a productive three-year rotation is naturally worked out. See Fig. 1.

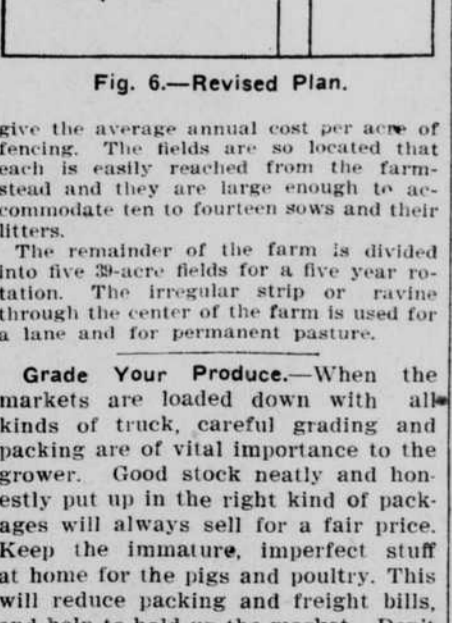
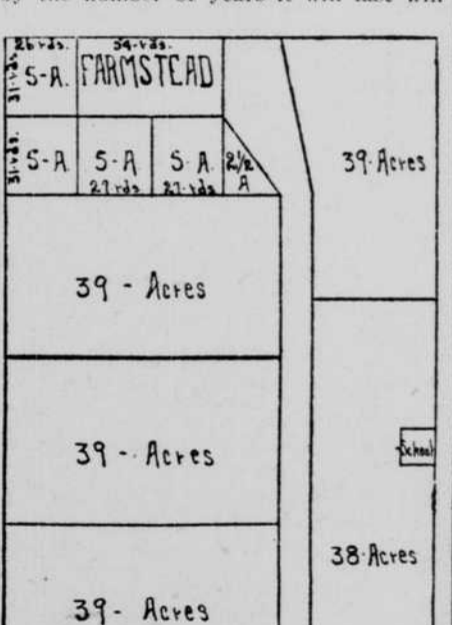
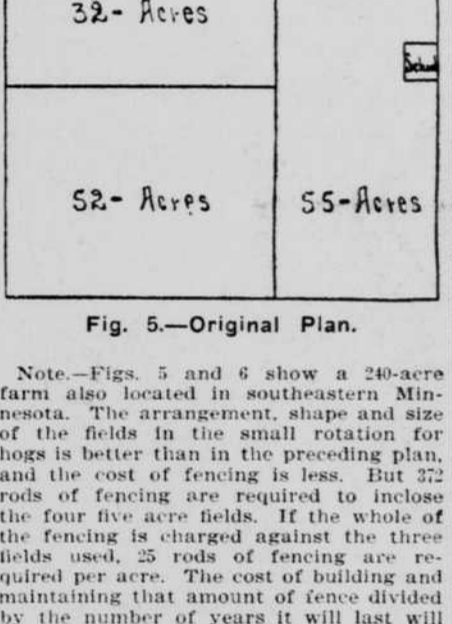
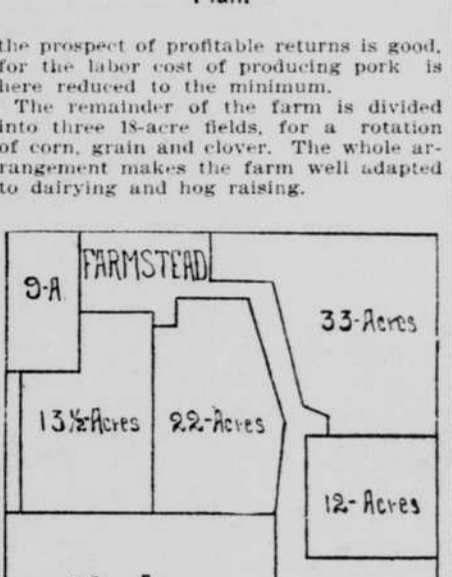
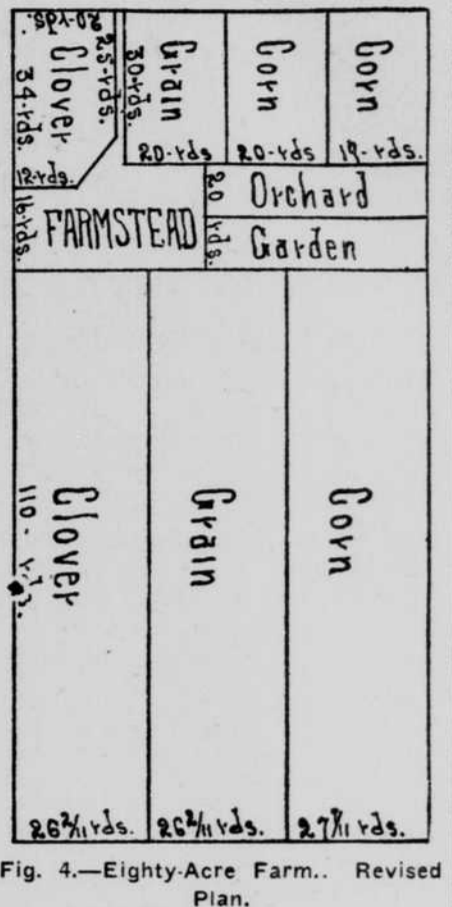
Fig. 1.—Three-Year Rotation for Hogs. Crops Underlined Are to Be Fed Off.

Fig. 2.—Four-Year Rotation for Hogs. Crops Underlined Are to Be Fed Off.

Fig. 3.—Eighty-Acre Farm. Original Plan.

Fig. 4.—Eighty-Acre Farm. Revised Plan.

charged against the three fields used each year. Such a rotation will accommodate conveniently six or eight brood sows and their litters. The winter feed for the sows, the grain fed to the sows and pigs during the summer to supplement the pasture, and in some years a few weeks feed for the pigs in the fall to fit them for market, will necessarily have to be provided from some other part of the farm. Even though another ten acres of land is needed to supply the extra feed,



There is nothing little to the really great in spirit.—Dickens.

AVOID RISK IN BUYING PAINT.

You take a good deal of risk if you buy white lead without having absolute assurance as to its purity and quality. You know white lead is often adulterated, often misrepresented. But there's no need at all to take any chances. The "Dutch Boy Painter" trade mark of the National Lead Company, the largest makers of genuine white lead, on a package of White Lead, is a positive guarantee of purity and quality. It's as dependable as the Dollar Sign. If you'll write the National Lead Company, Woodbridge Bldg., New York City, they will send you a simple and certain outfit for testing white lead, and a valuable book on paint, free.

A Doctor's Disadvantage.
"In one way," said a collector, "it is easier to get money from a doctor than anybody else who is slow pay. It is more difficult for him to swear that he hasn't been able to make any collections himself since the first of the year. A doctor's reception room is open to all possible patients. A collector with a grain of ingenuity can find a way to worm out of the men on the waiting list information as to the terms of payment. After an interview with three or four persons who have paid spot cash for treatment and who have told the collector they paid, it takes a mighty nerve on the part of the doctor to insist that he hasn't a dollar to his name."

Even the Hash.
Embarrassed in the fashionable restaurant by the menu written in French, the Wall street man of business exclaimed:
"Hang these froids, entremets and hors d'oeuvres—bring me a plate of good plain hash, if you've got such a thing on the premises."
"You mean an olla podrida, sir," said the waiter, in a tone of dignified reproach. "And afterwards?"

The extraordinary popularity of fine white goods this summer makes the choice of Starch a matter of great importance. Defiance Starch, being free from all injurious chemicals, is the only one which is safe to use on fine fabrics. Its great strength as a stiffener makes half the usual quantity of Starch necessary, with the result of perfect finish, equal to that when the goods were new.

Close Quarters.
The following extract from a letter of thanks is cherished by its recipient:
"The beautiful clock you sent us came in perfect condition, and is now in the parlor on top of the bookshelves, where we hope to see you soon, and your husband, also, if he can make it convenient."

WE SELL GUNS AND TRAPS CHEAP & buy Furs & Hides. Write for catalog 105 N. W. Hide & Fur Co., Minneapolis, Minn.

Had Something Coming.
"That's the person that married me." "Shall I soak him one for you?"..
Simplicissimus.

Lewis' Single Binder—the famous straight 5c cigar, always best quality. Your dealer or Lewis' Factory, Peoria, Ill.

Married life should be a grand, sweet song, but the divorce courts frequently make a duet of it.

Mrs. Winslow's Soothing Syrup. For children teething, soothes the gums, reduces inflammation, allays pain, cures wind colic, etc. See bottle.

It Cures While You Walk. Allen's Foot-Powder for corns and bunions, hot, sweaty, chafing feet. See all Druggists.

He has no force with men who has no faith in them.

HELPFUL ADVICE

You won't tell your family doctor the whole story about your private illness—you are too modest. You need not be afraid to tell Mrs. Pinkham, at Lynn, Mass., the things you could not explain to the doctor. Your letter will be held in the strictest confidence. From her vast correspondence with sick women during the past thirty years she may have gained the very knowledge that will help your case. Such letters as the following; from grateful women, establish beyond a doubt the power of

LYDIA E. PINKHAM'S VEGETABLE COMPOUND

to conquer all female diseases. Mrs. Norman R. Barndt, of Allentown, Pa., writes:
"Ever since I was sixteen years of age I had suffered from an organic derangement and female weakness; in consequence I had dreadful headaches and was extremely nervous. My physician said I must go through an operation to get well. A friend told me about Lydia E. Pinkham's Vegetable Compound, and I took it and wrote you for advice, following your directions carefully, and thanks to you I am today a well woman, and I am telling all my friends of my experience."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, orner, or prostration.

Kidnaping Boys.
"Speaking of kidnaping," sighed the mother of the grown boy, "something ought to be done about this kidnaping of boys by older women. You see I have no jewelry on, that I never wear it. Well, wait till I tell you. My beautiful boy, just 20, began to waltz with a woman of 35, who led him into a room. After they had been dancing a day or two my baby boy, he was nothing else, came to me heart-broken, saying he didn't want to be married, he didn't want to be married."