

Self-indulgence is the secret of infirmity.

It is folly to boast of your trials before you have built your foundation.

Manchuria and Korea gone—and more broken China to be picked up before long.

There were only nineteen deaths due to football this season. The hunting record beats that all to pieces.

Mr. Carnegie says that he plies the son of a rich man. One is inclined to feel sometimes that Mr. Carnegie exaggerates the joys of poverty.

A Philadelphia horse put his foot into his mouth and it took a crowd of veterinarians to untangle him. Let this be a terrible warning to you.

One of the questions that agitates the man in the street is whether annexation of Panama would bring down the price of his next summer's hat.

A New York preacher became the father of triplets a few days ago. If he can go on preaching peace on earth now it will have to be admitted that he's a wonder.

"Killed, 3,554; wounded, 45,477." This is not the report of a great battle, but the report of the United States Interstate Commerce Commission on the injuries inflicted by our railroads for the fiscal year ended June 30 last.

Appendicular surgery is passing into history. Nearly everybody who can afford to have the malady has paid the bill and the rest of mankind get along very well with ordinary prudence in observance of the laws of digestion.

W. K. Vanderbilt thinks the salaries of preachers should be reduced. Mr. Vanderbilt seems to be rather ungrateful. A preacher did him quite a favor when he wanted to get married while ago and the laws of the Church of England almost thwarted him.

To fish is to prevaricate. The rule is invariable. If Izak Walton presents an apparent exception it must be remembered that he was in reality but little of a fisherman despite the clamor of the fraternity which would push him forward as its chief ex-cupar.

A partially demented man in Maine has had his head completely cleared by a sounding thump on the skull. This case ought to be thoroughly investigated, for if such treatment is of universal applicability, then every city in the land should proceed at once to elect or have appointed an official knocker.

Seventeen thousand new words, or new meanings of old words, appear in the revised edition of a dictionary of the English language. These were selected from half a million words and definitions that had come into use since the dictionary was first printed, only ten years ago. The language, in spite of its antiquity, does not seem to be threatened with senile decay.

Events have not justified the prophecy of those who said a few years ago that bicycle riding was merely a fad, and would soon lose its popularity. It was the fad of a few, to be sure, but the bicycle has proved itself so useful that it has been adopted as a business vehicle in the city as well as in the country. Last year more than six hundred thousand bicycles were sold in the United States; and in France more than twice as many bicycles were ridden as in 1903.

Of some 9,000 members of religious orders expelled from France, it is estimated that 6,100 have settled in England, 1,100 have gone to Canada and 1,800 have entered the United States. The number of men and women who have settled in England is about equal; of those who have gone to Canada the women are in the majority, while those who have settled in the United States are nearly all men. It is estimated that nearly \$22,000,000 has been taken into England by these religious, while the sum of \$10,000,000 has come to the United States and Canada.

A New York doctor gives a formula for a paste that dissolves the hair on a man's face and gives him a shave without a razor. Some fear is felt that it may take the face, too, but what does a man care for that who has tried to shave with an old razor that would draw tears from a face of stone?

Competent American girls are in demand in the Philippines. A business man who lately returned from Manila says that the supply of well-trained stenographers and typewriters is not nearly equal to the demand, although wages are considerably higher than in the United States. Women of many nationalities are constantly arriving in Manila, but American girls are scarce. Englishwomen outnumber them four to one, and now hold the best positions, although nearly all the "want ads" end with, "American girl preferred."

Along with the expressions of alarm over the terribly high percentage of suicides in America, increasing prominence is given to the danger coming from the promiscuous carrying of concealed weapons. It is asserted that

we are becoming "a nation of gun carriers." The majority of cowardly ruffians have little temptation to engage in a quarrel if no weapon is within reach, while shallow headed fellows, who have received considerable of their education from "dime novels" and "nickel libraries," are not only persuaded that a weapon is necessary to their safety, but they are anxious for an excuse to "flash a gun." Peace officers should have authority to suppress the carrying of weapons by irresponsible parties, even if a legal precedent had to be established, such, for instance as would allow them to arrest at sight all suspicious characters in order to search for weapons. Where such were found, heavy sentences would do considerable to discourage the practice. It is better to take the role measures rather than to have homicide statistics which are a national disgrace.

The theory of Dr. J. D. Robertson expressed before a Chicago medical society, to the effect that the bathing habit is injurious and as he said a "dirty habit," an opinion which made the other doctors gasp, but which they could not scientifically refute, remains an observant man of many things that seem queer. He is convinced that our mountain and plains Indians, who never bathe except by accident, or rarely ill and, barring war or accident live to good old age, displaying aggressive virility and force all their lives. On the other hand, the natives of the Pacific islands, who are half their time or more in the water, are well effeminate, disease inclined and short lived. He will recall, also, that in civilization the children who from any cause, either poverty or inclination, wallow in the dirt in city, town or country are generally vigorous, while the pampered children, rich or poor, who are scrubbed to shining are the reverse. Their vitality seems to shrivel up like the skin of a washerwoman.

He may recall, also, a curious New York experience. Some years ago the authorities, desiring to convince the stum-dwellers of the hygienic value of bathing and cleanliness in general and the disease-breeding powers of filth, divided the city into districts, adjusted as to contrast as sharply as possible the districts where over-crowding and dirt prevailed with those wherein the people bathed frequently and wore clean clothes. One district included the territory east of Broadway, south of Fourteenth street, where the population is denser than any where else in the country and quite as grimy. Another was the adjacent and less odorous but still dusty region west of Broadway, and then the districts ran back by degrees into the high, airy, cleanly residence regions above and to the west of Central Park. They then took a hygienic or disease census by district lines, perfectly confident that the showing would be of appalling prevalence of zymotic and probably other disease in the slum districts as compared with the others. When the returns were all in and tabulated the zealous workers for the soap and water habit were appalled indeed, but it was by the fact that the figures showed by far the lowest disease and death rate in the crowded district east of Broadway and south of Fourteenth, where they had expected the highest, and that the rate grew, through all the other divisions, until it rose to really alarming height in the breezy regions of up-town. The east side was never held up to itself as an object lesson. The reformers took the whole matter under advisement and pigeon-holed the census. After all, is not this matter of frequent or infrequent bathing like so many other human habits and tastes, a matter of the individual? "One man's meat is another man's poison," says the old saw, and any kind of crank would die if fed wholly on good common sense.

It is time to quit the grumbling. Time to take a hopeful view. Time to drop the foolish notion that the world is all askew; There are lots of blessings yet. That the world is booked to get, And the good Lord in his mercy's saving some of them for you.

It is time to quit the sighing. Time to look up with a smile, For the good old world's revolving. In the same old steady style; Wicked people day by day Close their eyes and pass away, And there won't be any left here but the righteous, after awhile.

It is time to quit the fretting. Over trifles that go wrong; Think of all the joys you're getting. All the blessings, right along; Don't sit down disheartened, sad, Over small rebuffs you've had; Fortune tries our spirits often, just to make them good and strong.

It is time to quit believing That there's nothing left to do For the ones who'd be achieving; Every day brings something new. Don't give up the hope to rise, Fair ahead the future lies, And to-morrow may be bringing just the needed chance for you.

It is time to quit the grieving For the good old happy days; It is time to quit believing Men are sunk in sinful ways; Still the morning may be bright, Still sweet dreams may come at night, Fate has favors for the cheerful, but our grumbling never pays. —Women's Home Companion.

Method in His Madness. Peckem—I say, old man, why in the world do you wear such a disreputable-looking hat? Expect—Because my wife has emphatically declared that she will not be seen on the street with me unless I get a new one. Best!

MALE AND FEMALE PACKING

Wife—"I am just going to see the things you bought while you were away."

Husband—"Oh I didn't buy anything."

"But you had only one small trunk when you left, and you have come back with two."

"Oh! Yes, you packed my trunk for me, you know. When I came to start back, I had to borrow another trunk to get all the stuff in."

A woman would rather be idolized than understood.

Best in the World.

Estherville, Ia., Feb. 1st.—Mr. George J. Barber of this place says: "Dodd's Kidney Pills are the best medicine in the world. There is nothing as good. I had been sick for over 15 years with Kidney Disease which finally turned into Bright's Disease. I was treated by Doctors in Chicago, but they didn't do me any good. The best Doctor in Estherville treated me for five years with no better success. I heard of Dodd's Kidney Pills and made up my mind to give them a trial. "I am very thankful to be able to say that they cured me completely and I think they are the best medicine in the world."

The honest, earnest, straightforward experiences of real living men and women are the only material used in advertising Dodd's Kidney Pills. One such testimony is worth more than a thousand unsupported claims. The people who have used Dodd's Kidney Pills are those whose evidence is worth consideration and surely nothing can be more convincing than a statement like Mr. Barber's. There are thousands of others just as strong.

THE WHINING NUISANCE

There isn't anything in the world more disagreeable than a whining person. He whines if it is hot. He whines if it is cold. He whines at this, he whines at that, he whines at everything. Whine, whine, whine! It is just a habit he has fallen into. There is nothing the matter with him. It is just a bad habit. The whiner is generally an idle person of a lazy one. What he needs is to be set to work—at real hard work, mental or physical. Some work that will interest him and engage his whole attention and he will not have time to whine. Get the whine out of your voice or it will stop the development and growth of your body. It will narrow and shrink your mind. It will drive away your friends. It will make you unpopular. There is no thing the matter with you. Just quit your whining and go to work.

NOT SO BAD DAYTIME

Film—"I hope you are interested in the crying evils of the day." Flamm—"Well, not particularly. I guess if you had twins, as I have, you'd be more interested in the crying evils of the night, also."—Philadelphia Bulletin.

In Sweden bricks are laid in zero weather by heating the sand for the mortar.

Idaho will make an exhibit of minerals at the world's fair that will call a attention to that state's wonderful resources. Her unrivaled exhibit of 2,000,000 opals is now over a oaded by the report that big discoveries of radium have recently been made. Executive Commissioner Lurtz is arranging for a display of his newest wonder.

In Cuba sixteen tons of cane yield one ton of syrup; in Peru it requires only twelve and a half.

DIDN'T BELIEVE

That Coffee Was the Real Trouble. Some people founder around and take everything that's recommended to them, but finally find out that coffee is the real cause of their troubles. An Oregon man says:

"For 25 years I was troubled with my stomach. I was a steady coffee drinker, but didn't suspect that as the cause. I doctored with good doctors and got no help; then I took almost anything which some one else had been cured with, but to no good. I was very bad last summer and could not work at times."

"On December 2, 1902, I was taken so bad the Doctor said I could not live over twenty-four hours at the most and I made all preparations to die. I could hardly eat anything, everything distressed me, and I was weak and sick all over. When in that condition coffee was abandoned and I was put on Postum; the change in my feelings came quickly after the drink that was poisoning me was removed."

"The pain and sickness fell away from me and I began to get well day by day, so I stuck to it, until now I am well and strong again, can eat heartily, with no headache, heart trouble or the awful sickness of the old coffee days. I drink all I wish of Postum without any harm and enjoy it immensely."

"This seems like a wonderful story, but I would refer you to the First National Bank, the Trust Banking Co., or any merchant of Grant's Pass, Ore., in regard to my standing, and I will send a sworn statement of this if you wish. You can also use my name." Name given by Postum Co., Battle Creek, Mich.

Still there are many who persistently fool themselves by saying "Coffee don't hurt me." A ten days' trial of Postum in its place will tell the truth and many times save life. "There's a reason." Look for the little book, "The Road to Well-Being," in each pkg.

Women's Doings.

What Makes a Woman Popular?

Which of these factors is more potent in the progress of a woman's march to favor? If a society for political study were called upon to vote on this question, it doubtless would cast its ballot for brains. Brains make individual a power, but no amount of gray matter will render a woman popular with her own sex or with her masculine critics if she has no regard for the dainty touches of her toilet.

Dress is not essential to the woman of character say some, it is the man behind the gun who counts, the brain under the hat, the heart beneath the visage that makes friends and wins popularity. Yes, but who can gainsay the fact that a brainy woman is none the less brainy because she wears a becoming hat, or the less magnetic because her bodice is well fitted? It is the duty of every woman to be well dressed and the power to talk in epigrams will not excuse a careless coiffure or shoes run down at the heels. Nor is it always wise for a woman's valet to be as broad as her views. A woman is at her best when she is conscious of looking well, and a pretty town often enhances a good argument.

A pretty gown is, moreover, conducive to graciousness, and the gracious woman is always popular. A well-gowned woman is pleased with herself and consequently sees only the reflection of rose-tinted tints in the faces of her friends. She is joyous herself and makes others feel glad. In her presence trouble is at a discount and troubles are forgotten. But a staid year's froward, which breathes of hard times and cries aloud of frets and frowns, can never put its weary air at her ease, be she as wise as Minerva. An unbecoming garment will constantly remind a woman of his reason to her charms. She will forget to smile, and all the attributes of a gracious woman will disappear in her respect of disapproval. She overlooks the fact that if you bring a smiling visage to the glass you will meet a smile. Friends drop away and the palm of popularity will go to her well-dressed rival.—Philadelphia Evening Bulletin.

The Home Without a Baby.

The home without a baby, Oh, what a home is that? Without little lord or lady, to see "where are you at?"

Lord bless such regions lonely, with at least a bit of cheer, And a spark of gladness only seen when'er a baby's near.

The home without a baby, what a sorry home is such? Where nerves are never kept ready for "Baby mustn't touch!" Where smiles and frowns and kisses come not like summer rains, Where parental griefs and blues meet no baby joys or pains.

The home without a baby, Oh, tell it not in Gath, Or Askelon, for maybe heart vessels that wee hath, Will dry up loving souls and tender at the desolation drear, In homes where the pretender dwells without a baby near.

Oh, withered, wasted cancer abroad throughout the earth, Where homes are ever a stranger to baby joys and mirth, 'Tis a sorry half of life to live, and a dreary half to die, Without a baby voice to give "Good-Morning," and "Good-Bye." —Clarke W. Bryan.

Unlucky Charms.

Unlucky charms! The Parisian has an idea that when all else fails these must bring her good fortune, and so she collects these curious little emblems with an eagerness not often displayed. A round tablet of gold on which the number 13 is largely marked serves as one; a similar little plaque has a large eye upon it, assuredly an evil eye; a peacock's tail feather in emblems; a little bunch of bright green ribbons; a tiny pair of crossed knives suspended from a ring; a mirror chain, cracked right across the center—all these and many others are used worn hanging on a ring of gold. By day they are caught in a chaperaine, in a brooch, thrown in the corner of a handkerchief bag or purse; at night, if no secret in the folds of a corset, they will hang conspicuously in mid-air's poudoir, as if calling for the good luck it has hitherto been supposed it was their mission to avert.

Some Remarks on Corsets.

W. E. Frothingill says that the modern woman wears heavy skirts, the weight of which is supported by bands around her waist—that soft portion of the body that is protected by no body walls. How is it possible to wear around this portion of the body bands which support the weight of numerous and often heavy garments? The answer is, by means of the corset. The garment forms a bridge connecting the firm chest wall with the firm pelvis. The use of the corset is to transmit the pressure of the skirts—bands to the hips and the ribs, and so protect from their pressure the organs in the region of the waist. The conclusion is, that so long as skirts and corsets should be worn. They should be stiffer than usually made if they are effectively to protect the soft, middle portion of the body from the pressure of the waistband. The front should be quite straight, and the waist measurement should be at least as large as the wearer's waist, measured over a single

soft garment. The abuse of the article consists in employing it as a means of compressing that which it was meant to protect from compressing, namely, the soft, middle portion of the body. Fashion in corsets has of late made a motion in the right direction, in the straight, stiff front.—Medical Press and Circular.



Mrs. Thompson B. Ferguson, wife of Oklahoma's governor, is dean of newspaper women in that Territory, having been actively engaged in journalism for a number of years.

Mlle. De Flandre, who has just obtained the degree of doctor of science from the faculty of sciences of Paris, with honorable mention, is the fourth French woman who has ever obtained this honor.

Miss Ellen Terry, the popular actress, has a passion for country cottages. She owns one at Winchelsea, England; Vine cottage, Kingston Vale, seven miles from London, and another at Small Hythe, Kent, one of the finest examples of homely Tudor architecture in England.

Lady Abinger, the mother of the gallant young soldier who carried on so finely the great military traditions of his family, was the first fair American who became a British peeress. Her marriage took place forty years ago, her husband, a Crimean veteran, having met her when taking part in the Canadian campaign of 1862. Lady Abinger has become, to all intents and purposes, an English woman. She belongs to the more thoughtful and cultivated portion of society and is very fond of country life and country pursuits.

Health and Beauty. If used persistently enough salt will cure nasal catarrh. A weak brine should be made and sniffed up the nose, allowing it to run down the throat.

There is nothing better for the relief of tired or weak eyes than to bathe them with a strong solution of salt and water applied as hot as it can be borne.

To ease soft corns rub a little oil of peppermint over them. A piece of tissue paper placed between the toes and renewed every day will frequently cure a soft corn.

One of the most effective remedies known for a sick headache is to place a pinch of salt on the tongue and allow it to dissolve slowly. In about ten minutes it may be followed by a drink of water.

A simple home remedy for a hard corn is a glycerine poultice. Saturate a little lint or cotton wool with glycerine; apply to the corn, cover with a bit of oil silk and wrap in a bandage over night. Repeat for several successive nights and the bulk of the corn may be readily removed.

A good complexion is best preserved not by lotions and powders, but by healthful exercise and eating. Every girl should have at least two hours' physical exercise in the open air each day. If she be a business woman and is confined to her office during the day let her walk to and from her place of business. She should walk with her shoulders well back and step briskly on the ball of her foot.

Cheer Up.

There are three classes of women—those who whine all the time, those who are brave when there's no trouble in the air and howling when there is, and those who are fine and splendid all the time, filled to the brim with dandy courage and ready to help all the world if need be. To this class belong the human life preservers, the mortal poultices, the living comfort and solaces. Most of us are the sort that fly into the clouds over a hope and dash down into the depths at a single fear. It is balance and brains that most of us need. What's the use of all one's fine beliefs if they don't stand by one in the supreme moment of need? Fair weather bravery is the kind that will always rub off at the first touch of trouble. Now, to which of these three classes will you belong? Come, be a good fellow, and 'on the brave of heart! You won't be happy until you do.—Chicago Record-Herald.

A Colony of Women Only.

On a small island in the Greek archipelago there is a colony which is composed entirely of women. It is sort of a religious order, which considers it a disgrace for one of its members to even look at a man. So when a fisherman approaches the island the women pull he gray cowl of their cowcocks over their heads and turn their backs. Provisions are never imported, as the women raise their own produce, being strict vegetarians. Only the matron, who is annually elected head of the colony, is ever allowed to leave the island. The others remain on the island and all their lives, taking their turn at tilling the soil, washing, housekeeping and fishing.

Constant Aching

Back aches all the time. Spoils your appetite, worries the body, worries the mind. Kidneys cause it all and Doan's Kidney Pills relieve and cure it.

H. B. McFarver, of 201 Cherry street, Portland, Oregon, inspector of freight for the Trans-Continental Co., says: "I used Doan's Kidney Pills for backache and other symptoms of kidney trouble which had annoyed me for months. I think a cold was responsible for the whole trouble. It seemed to settle in my kidneys. Doan's Kidney Pills rooted it out. It is several months since I used them, and up to date there has been no recurrence of the trouble." Doan's Kidney Pills for sale by all dealers. Price 50 cents per box. Foster-Milburn Co., Buffalo, N. Y.

GOOD ENOUGH LOCATION. Stranger—"Seems to me this crowd'd street is a queer place for a hospital." Native—"Well, I don't know. Two trolley lines meet here."

Looking for a Home?

Then why not keep in view the fact that the farming lands of Western Canada

are sufficient to support a population of 50,000,000 or over? The Immigration to Western Canada during the past six years has been phenomenal.

FREE Homestead Lands

Write to the Superintendent Immigration, Ottawa, for a descriptive Atlas, and other information; or to the authorized Canadian Colonization Agents: W. V. Bennett, 83 New York Life Bldg., Omaha, Neb.

As you do not sweeten your mouth by saying honey, so you not get virtuous by merely taking of virtue.—Ivan Parov.

Advertisement for SEED, POTATOES, 500,000 BUSHELS FOR SALE CHEAP. Largest seed potato growers in the world. JOHN A. SALZER, SEED & CATTLE CRUISER, WIS.

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No article should be accepted by the public unless the same carries our label, as otherwise it is not genuine. CHESEBROUGH MANUFACTURING CO. 17 State Street, New York City.

In California a great city is going up by halves to harvest the big grain and fruit crop this year. Thomas C. Trueblood, professor of oratory at the University of Michigan, accompanied the Michigan debating team to Minneapolis for the debate between Michigan and Minnesota, Jan 14. He gave a Shakespeare lecture recital at the state normal school at Cedar Falls, Iowa, and on the return trip, he lectured at Ose College Cedar Rapids, Iowa. It is estimated that there are 1,200 tunnels in the world of something like a total of 600 miles.



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