



HOUSE-HOLD TALKS

A Beautiful Young Society Woman's Letter.

St. Paul, Minn.
531 Wabasha St.
Dr. Hartman, Columbus, O.,
Dear Sir:

"I took Peruna last summer when I was all run down, and had a headache and backache, and no ambition for anything. I now feel as well as I ever did in all my life, and all thanks is due to your excellent Peruna."
—Bess F. Healy.

The symptoms of summer catarrh are quite unlike in different cases, but the most common ones are general lassitude, playfulness, tired-out, run-down feelings, combined with more or less heavy, stupid, listless, mental condition. Relish for food and the ability to digest food seems to be lost.

Skin eruptions, swollen complexion, biliousness, coated tongue, fitful, irregular sleep, help to complete the picture which is so common at this season.

Peruna so exactly meets all these conditions that the demand is so great for this remedy at this season of the year that it is nearly impossible to supply it.

Peruna Contains No Narcotics. One reason why Peruna has found permanent use in so many homes is that it contains no narcotics of any kind. Peruna is perfectly harmless. It can be used any length of time without acquiring the drug habit.



Thousands of women suffer from pelvic catarrh and catarrhal nervousness and don't know it. If you feel ragged out, begin at once taking Dr. Hartman's Peruna. It will relieve your catarrhal affliction and all your organs will be restored to health. Buy a bottle to-day, as it will immediately alleviate your case.

The Barkeeper's Percentage.
The men who draw the beer from kegs in Munich restaurants get no pay from the proprietor. They are responsible for a certain number of glasses each keg; whatever they can sell beyond that, by not quite filling the mugs, is theirs.

When Your Grocer Says
he does not have Defiance Starch, you may be sure he is afraid to keep it until his stock of 12 oz. packages are sold. Defiance Starch is not only better than any other Cold Water Starch, but contains 16 oz. to the package and sells for same money as 12 oz. brands.

A gentleman is a man who agrees with you; a crank is one who doesn't.

All spinsters are single from choice—they say.

Lewis' "Single Binder." The richest quality cigar on the market at straight 5c. Always reliable. You pay 10c for cigars not so good. Lewis' Factory, Peoria, Ill.

A man often thinks he's mighty independent when he's only henpecked.

WABASH
"FOLLOW THE FLAG"
TAKE THE WABASH TO SAINT LOUIS THE ONLY LINE TO THE WORLD'S FAIR MAIN ENTRANCE.

Stopovers allowed. All Agents can route you via the WABASH. For beautiful World's Fair folder and all information address HARRY E. MOORES, Gen. Agt. Pass. Dept., Omaha, Neb.

DOMINION EXHIBITION
WINNIPEG, MANITOBA,
JULY 26th to AUGUST 6th

THE BEST EXPOSITION OF AGRICULTURE AND INDUSTRIAL RESOURCES OF CANADA EVER MADE.

An Aggregation of Attractions Never Before Equalled at an Exhibition of this Kind.

Ample Accommodation for Visitors. Low Railroad Rates from all United States Points. Particulars Given by Canadian Government Agents or Nearest Ticket Agent.

Wiggle Stick
Wiggle-Stick LAUNDRY BLUE
Wash, spin, break, freeze, no spot clothes. Costs 10c, and equals 20c worth of any other bluing.

PISO'S CURE FOR
CURE FOR ALL THE TUBERCULAR AFFECTIONS OF THE LUNGS
Best Cough Syrup, Tastes Good. Use in time. Sold by Druggists.

Origin of Veil Lest.
It is hard to tell where the wearing of the veil first had vogue; many think it originated in Egypt, for it was worn there centuries ago. The Greek brides wore chaplets instead of a veil. These wreaths were plucked by the brides themselves for good luck. They usually were made of wild thyme, myrtle, evergreen, and roses. Roman maidens wore yellow veils crowned with a wreath of verbena.

A Trip to Colorado, Utah or California
is not complete unless it embraces the most beautiful resorts and grand scenery in Colorado, which are found on the Colorado Midland Railway, the highest standard gauge line in the world. Exceptionally low summer round trip rates to Colorado, interior state points, Utah, California and the Northwest are offered by this line. For information address Mr. C. H. Speers, General Passenger Agent, Denver, Colo.

Good Old English Toffee.
The following ingredients make a good old English toffee that won't hurt the youngsters' teeth: Two pounds of moist sugar, half a pound of butter, ten drops of essence of lemon, a teaspoonful of cold water. Put the sugar, butter and water into a saucepan; boil well for two hours, not stirring the mixture. When just done add ten drops of essence of lemon. Then pour it on a well buttered dripping pan to cool.

To the housewife who has not yet become acquainted with the new things which are reasonably satisfied with the old, we would suggest that a trial of Defiance Cold Water Starch be made at once. Not alone because it is guaranteed by the manufacturers to be superior to any other brand, but because each 10c package contains 16 ozs., while all the other kinds contain but 12 ozs. It is safe to say that the lady who once uses Defiance Starch will use no other. Quality and quantity must win.

Wash Sheep With Fire Engine.
A remarkable use for the fire engine in agricultural England is sheep washing, which may be seen in progress on a large estate at Uxbridge, about fifteen miles from London. There a little steam fire engine throws 100 gallons a minute on the fleeces of each animal. Even horses are washed in a similar manner.

I do not believe Piso's Cure for Consumption has an equal for coughs and colds.—JOHN F. BOYER, Trinity Springs, Ind., Feb. 15, 1900.

Poets Are So Unpractical.
There is a very pretty little poem beginning with "Dainty little dandelion, smiling on the lawn." Ever hear it? It sounds pretty, doesn't it? "Dainty little dandelion, smiling on the lawn." So many things sound pretty in poetry that are pests when met out of doors.—Aitchison Globe.

Do Your Feet Ache and Burn?
Shake into your shoes, Allen's Foot-Powder, a powder for the feet. It makes tight or New Shoes feel Easy. Cures Swollen, Hot, Sweating Feet, Corns and Bunions. At all Druggists and Shoe Stores. Sample sent FREE. Address Allen S. Olmsted, LeRoy, N. Y.

Here is Aristocracy. The finest looking people of Europe are the Trizanes, or gipsies of Hungary. Physically they are splendid specimens of men and women, and are rarely ill. So pure is their blood that their wounds quickly heal without the application of medicaments.

Derivation of Dozen.
"Dozen" is from the French douzaine, a collection of articles generally numbered together. It is used in the Herefordshire poems, 1,200, and shows French for the first time encroaching upon English numerals.

When the bunko man builds an air castle he uses sand and gold bricks. Paradoxical though it may seem, a spoiled child is always fresh.

A Hat for Summer.
An excellent way to utilize a last year's lace collar (the collar which came about to the shoulder seam) is to use it as a trimming for one of your summer hats. With a wreath of flowers and a last year's lace collar the prettiest sort of a hat can be made. Use a frame without much crown, and face it with shirred or plaited chiffon in some becoming shade. Gather the neck of the collar until it forms a tiny crown. Place on the frame, allowing about one and one-half inches to hang over. Tack securely, but loosely. Join the back of the crown with a wreath of roses, forget-me-nots or any flower preferred, which will add width to the crown. Arrange the wreath so as to allow a spray of leaves to droop a trifle over the back of the hat, to conceal the joining of the collar.

Any of the soft sash-ribbons which are so charming this season will make a very dainty crown for a hat. The pompadour ribbons scattered with flowers are the prettiest for this purpose. The crown may be in the form of a tam-o'-shanter, or the ribbon may be put over a rather high-frame crown and shirred a trifle at the top. The brim may be of lace, or of tulle or chiffon matching the color of the flower seen in the ribbon.—July Woman's Home Companion.

Recommended for Cook.
Back of the pantry door hang a long white apron, white oversleeves and a white cap; not the pretty coquettish cap worn at cooking school, but a cap of large proportions, fitted with an elastic tape which holds it close around the face. Under this cap not a hair can escape, which precludes any possibility of hairs in the food when one is cooking. The apron and sleeves cover the gown perfectly, so that it is unnecessary to change one's dress when it is time to prepare dinner. If one is careful it is possible to cook without allowing a drop to fall, and having on a good gown teaches one to be careful. The apron and sleeves, as well as the cap, are of white linen—a cheap quality of table linen. They wear for years and are easily washed, besides looking clean at all times. At least when they are soiled one can see it at a glance, and this does away with any chance of cooking with a soiled apron. We insist on our trained nurses wearing white aprons in order to have everything clean about the sickroom. There will come a time when we will realize that it is as important to be surgically clean in the kitchen when people are well, in order to keep them so, as it is to be thus clean in the sickroom, in order to cure them when they are ill.

Not for Rude Boreas.
"Twentieth century fashions," sighed a dame, "forget there were such things as winds. These plaited skirts we wear are veritable wind traps. These large hats draped in lace, with broad, floppy brims, are like so many balloons for catching the wind and flying up from their moorings unless we grab them and hold them firmly down. Our boas and our stoles, how they rise up and hit us in the face or wind themselves round and round our neck like a hangman's noose! These fashions were devised for wear in a country where it is always afternoon, not in blowy, blustering, wind-swept America."

Box Coat.
Box coats of linen, taffeta and pongee make the smartest of all the season's wraps and are as comfortable as they are fashionable. This one is made of natural colored linen with pipings of red and matches the skirt, but white and all colors are used and silk and velveteen are greatly in vogue for odd wraps as well as for costumes. When liked the collar can be omitted and the neck finished with a facing only.

The coat is made with fronts and backs, and is fitted by means of shoulder, under-arm and center back seams. The sleeves are in regulation coat style, with roll-over cuffs, and a pocket is inserted in each front. As illustrated the closing is made invisible by means of buttons and buttonholes worked in a fly.

The quantity of material required for the medium size is 3 3/4 yards 27 inches wide, 2 1/2 yards 44 inches or 2 yards 52 inches wide.

"Machine for Magnifying Time."
"A machine for magnifying time" is the misleading name given to a new electrical invention which makes it possible to observe rapidly moving wheels and other parts of machines more clearly. By its means one may watch the stitch of a sewing machine and see exactly how it is made, or observe the flying spokes of a bicycle wheel, which, to the naked eye, would appear but a flimsy spider's web, and note exactly the vibrations and strains. The machine that produces this result is simple once the principle is clearly understood. By means of electric sparks fired at rapid intervals the machine is illuminated. If the flashes coincide exactly with the revolutions of the machine they will show it always in one position, and the machine will seem at rest. By slightly retarding the flashes so that they lag behind their time the machine under observation will seem to move slowly. This is because at each revolution the machine is shown at a slightly later stage. The machine is called the stroboscope, and will prove of great use in studying the effects of rapid motion.

And Now It's Wicker!
The newest thing in parasol handles is the wicker finish. The knob or crook end is used, and a bow of ribbon matches the color prevailing in the cover. These wicker handles are especially effective with pongee parasols.

The Curtain Veil.
Among the recent importations are lace veils, 52 inches square, which are just now the rage on foreign race tracks. They are draped over the entire hat and permitted to fall over the face like a curtain.

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Girl's Blouse Costume.
No style of frock suits little girls better than this simple one, which consists of blouse and box plaited skirt. The model is made of white linen, trimmed with banding of blue and white, and is charmingly dainty and attractive; but natural colored linen and all the simpler washable fabrics of the season are equally appropriate for immediate wear and flannel and serge for the cooler days.



The costume consists of the skirt, body lining and blouse. The skirt is box plaited, each plait being stitched at its edges to yoke depth, and is joined to the body lining, the two being closed at the centre back. The blouse is made with fronts and back, and is finished with a box plait at the centre front beneath which the closing is made. At the neck is a big sailor collar and the sleeves are full, laid in box plaits above the elbows and forming puffs below.

The quantity of material required for the medium size (10 years) is 8 yards 27 inches wide, 6 3/4 yards 32 inches wide or 4 3/4 yards 44 inches wide, with 2 3/4 yards of banding to trim as illustrated.

Of Silk Handkerchiefs.
A writer in the current number of Good Housekeeping tells how she made a concert waist out of four large silk handkerchiefs. She was soprano in a glee club and had gone out of town for a concert. On opening her suit case at the theater she found that the bodice of her gown was missing. Consternation reigned, for there could be no concert without a soprano, and in half an hour the curtain was to go up. But the sister of the soprano was an ingenious person, and, dashing to the men's dressing room, she demanded all the white silk handkerchiefs she possessed. The handkerchiefs were produced—four of them. One made the back of the bodice and one the front, and the other two did duty as sleeves. Some spangled tulle, stripped from the skirt, hid the pinned sleeves, and a bunch of chrysanthemums covered up the peculiarities of the waist line. Ever at the reception which followed the concert no one detected the impromptu character of this garment and some one remarked: "What a pretty little waist that soprano has on."

Tomato Sandwich.
Cut slices from a French roll a quarter of an inch thick and spread with boater paste and butter rubbed well together. Peel some raw ripe tomatoes that are smooth (and round), cut into thick slices, season with salt, pepper and a little French dressing. Cut the slices of rolls out with a round cutter, place a slice of tomato on each round and cover the top with hard-boiled egg yolk pressed through a sieve. Sprinkle a little chopped caper over the top of each and arrange on lace paper doilies with sprigs of parsley between them.

"Glazed" Turnips.
"Glazed" turnips are particularly nice if prepared from the fresh, tender young vegetables. Slice and boil in slightly salted water. Drain and cover with flour and powdered sugar. Have ready in a skillet enough melted butter or fine beef drippings to prevent the turnips from scorching. Turn them in and stir gently while they simmer until they are a delicate golden brown, then arrange on the edge of a platter as a garnish to chicken or veal cutlets.

The good man who goes wrong is a bad man just found out.
Important to Mothers.
Examine carefully every bottle of CASTORIA, a safe and sure remedy for infants and children, and see that it is the signature of *Dr. J. C. Watson*. In Use For Over 30 Years. The Kind You Have Always Bought.

Milkman's Stool Always Handy.
While passing a pasture recently I saw a cow with a rope tied to her horns about ten feet long with a cedar block tied to the end of the rope. I did not know what it was for, and asked the owner of the cow. "That's me milkin' stool," said he. "I milk in the pasture and when I find me cow, me stool is always handy."—Bangor News.

This Will Interest Mothers.
Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York, Cure Feverishness, Bad Stomach, Teething Disorders, move and regulate the bowels and destroy Worms. Sold by all Druggists, 25c. Sample FREE. Address A. S. Olmsted, LeRoy, N. Y.

The Cotton Crop in Egypt.
The sowing of cotton begins generally about the 15th of February in upper Egypt and terminates in the first fortnight of April in the most northerly provinces of lower Egypt; occasionally, in exceptional years, the sowing is continued right up to the end of April, without any injury to the crop.

Acutely Honest in Gambling Finesse.
In China drunkards as well as total abstainers are almost unknown. Gambling debts are pre-eminently debts of honor there, and are more willingly and speedily paid than any others. To pay them a Chinaman will pawn all his property and even sell his children.

Seems Out of Place.
Among the monuments to great men erected in Westminster abbey, says the London Daily Mail, "in the holy quiet of the cloisters, is a monument to—a prizefighter."

Odd Cause for Fine.
A shabbily dressed man, wearing a pair of army trousers, was arrested and fined in Stratford, England, for "bringing discredit on his majesty's uniform."

Boer Women to Make Lace.
Miss Hobhouse of New York intends to take some Venetian lacemakers to South Africa and have them teach their art to the Boer women.

Ships Spars to Maine.
A Seattle firm has shipped to Maine a large number of spars for use in shipbuilding. The sticks range from 95 to 118 feet in length.

Largest Screw Ever Made.
A screw, 85 feet long, and weighing eighteen tons, has just been completed in England. This is the world's record.

Greenland People.
Greenland has about 12,000 inhabitants. The largest two villages have only 332 and 333 inhabitants.

Strange Diet of Squirrels.
Gray squirrels have been known to eat meat and rob birds' nests.

House Fly Is Prolific.
An ordinary house fly will lay 120 eggs during its existence, and 90 per cent of them will be hatched out. Twelve or thirteen generations of flies are produced in an ordinary summer.

A woman's idea of economy is to trade some old thing she needs for some new thing that she has no use for.

Smokers find Lewis' "Single Binder" straight 5c cigar better quality than most 10c brands. Lewis' Factory, Peoria, Ill.

It is up to a man to pay his rent or get a move on himself.

"FREE TO TWENTY-FIVE LADIES.
The Defiance Starch Co. will give 25 ladies a round-trip ticket to the St. Louis exposition to five ladies in each of the following states: Illinois, Iowa, Nebraska, Kansas and Missouri who will send in the largest number of trade marks cut from a 10-cent, 16-ounce package of Defiance cold water laundry starch. This means from your own home, anywhere in the above named states. These trade marks must be mailed to and received by the Defiance Starch Co., Omaha, Neb., before September 1st, 1904. October and November will be the best months to visit the exposition. Remember that Defiance is the only starch put up 16 oz. (a full pound) to the package. You get one-third more starch for the same money than of any other kind, and Defiance never sticks to the iron! The tickets to the exposition will be sent by registered mail September 5th. Starch for sale by all dealers.

How good a few barrels of silence sounds the day after!

Canada's Attractions.
The Dominion Exhibition is one that attracts hundreds of thousands each year. This year it will be held in Winnipeg, Manitoba (Canada), and with the material assistance given it by the Dominion Government, it will be one of the most successful ever held. Besides the number of special attractions that will be offered, there will be brought together an exhibit of the Agricultural and Industrial resources of Canada such as is rarely attempted by any country. Visitors will be there in large numbers from the United States, owing to the low rates offered by railways, connecting with the Canadian roads. It is expected that Hon. Clifford Sifton, Minister of the Interior, will be there on the opening day to declare the exhibition open. A splendid opportunity will be afforded by this exhibition to meet friends. Hotel accommodations will be quite ample.

Manufactured by THE DEFIANCE STARCH CO., Omaha, Neb.
BEGGS' BLOOD PURIFIER CURES catarrh of the stomach.



Women who work, whether in the house, store, office or factory, very rarely have the ability to stand the strain. The case of Miss Frankie Orser, of Boston, Mass., is interesting to all women, and adds further proof that woman's great friend in need is Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—I suffered misery for several years. My back ached and I had bearing down pains, and frequent headaches. I would often wake from a restless sleep in such pain and misery that it would be hours before I could close my eyes again. I dreaded the long nights and weary days. I could do no work. I consulted different physicians hoping to get relief, but, finding that their medicines did not cure me, I tried Lydia E. Pinkham's Vegetable Compound, as it was highly recommended to me. I am glad that I did so, for I soon found that it was the medicine for my case. Very soon I was rid of every ache and pain and restored to perfect health. I feel splendid, have a fine appetite, and have gained in weight a lot."—Miss FRANKIE ORSER, 14 Warren St., Boston, Mass.

Surely you cannot wish to remain weak, sick and discouraged, and exhausted with each day's work. Some derangement of the feminine organs is responsible for this exhaustion, following any kind of work or effort. Lydia E. Pinkham's Vegetable Compound will help you just as it has thousands of other women.

The case of Mrs. Lennox, which follows, proves this.
"DEAR MRS. PINKHAM:—Last winter I broke down suddenly and had to seek the advice of a doctor. I felt sore all over, with a pounding in my head, and a dizziness which I had never experienced before. I had a miserable appetite, nothing tasted good, and gradually my health broke down completely. The doctor said I had female weakness, but, although I took his medicine faithfully, I found no relief.
"After two months I decided to try what a change would do for me, and as Lydia E. Pinkham's Vegetable Compound was strongly recommended to me I decided to try it. Within three days I felt better, my appetite returned, and I could sleep. In another week I was able to sit up part of the day, and in ten days more I was well. My strength had returned, I gained fourteen pounds, and felt better and stronger than I had for years. I gratefully acknowledge its merits. Very sincerely yours, Mrs. BERT E. LENNOX, 120 East 4th St., Dixon, Ill."
\$5000 FORFEIT if we cannot forthwith produce the original letters and signatures of above testimonials, which will prove their absolute genuineness. Lydia E. Pinkham Med. Co., Lynn, Mass.

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ALWAYS ASK FOR THE BEST WESTERN MADE SHOES.
These brands will guarantee you a good shoe for men:
Star and Crescent Comet **E. Z. Walker Cock of Walk**
Our PRAIRIE QUEEN leads all others in Women's and Children's Shoes.
See that our name is on the shoes you buy.
F. P. KIRKENDALL & CO. Manufactured in OMAHA.

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Send 10c for package to THE HANDY BLUEING BOOK CO., 87 E. Lake St., Chicago Or Druggist

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To TORONTO and MONTREAL DAILY
Lv. ST. LOUIS, - - - 9.05 P.M.
Ar. TORONTO, - - - 9.10 P.M.
Ar. MONTREAL, - - - 7.35 A.M.

To PORTLAND Every Monday and Thursday
Lv. ST. LOUIS, - - - 12.30 Noon
Ar. MONTREAL (SECOND DAY) - - - 7.15 P.M.
Ar. PORTLAND (THIRD DAY) - - - 8.05 A.M.
To BOSTON DAILY
Lv. ST. LOUIS, 9.00 A.M. 9.05 P.M.
Ar BOSTON, 5.20 P.M. 9.50 A.M.

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