

RHEUMATISM

Cured Through the Feet

External remedy so successful that the makers send it FREE ON APPROVAL to anybody.

TRY IT.

If 100,000 men and women, suffering with every kind of rheumatism, acute or chronic, have been cured by a harmless draft on the foot, isn't it worth a trial?

Send your name to the Magic Foot Draft Co. They have so much confidence in the merit of the drafts that they send them to every sufferer in the world they can hear of—without a cent in advance. You pay One Dollar when satisfied with the benefit you receive—otherwise you pay nothing—you decide.



The Drafts are worn on the soles of the feet because the entire circulatory and nervous systems are most easily reached through the extremely sensitive skin at this point; but they cure rheumatism in every part of the body, to stay cured, by drawing the acid poisons out of the blood through the foot pores. Write today to the Magic Foot Draft Co., XCO, Oliver Bldg., Jackson, Mich., for a pair of Drafts free on approval and valuable free booklet on rheumatism.

conditions when planted, they only ask a chance for their life, and largely repay for the privilege of living.

The best dressed man or woman is the one who chooses the quiet, unobtrusive things of good quality—not necessarily expensive, but at least reliable. The knack of dressing well is natural to some, while with others it must be acquired by giving thought to the subject and by avoiding those things which, though "good form," are yet personally unbecoming. Men of florid, ruddy complexions should wear cravats or ties with dark backgrounds and quiet patterns. Those of dark or swarthy complexions may wear pronounced colors. Blonde complexions should patronize the lighter colors, while the grays, silvery combinations of black and white or gray and white, are always in good taste, and one should, at all times, choose the quiet rather than the "striking" colors and combinations. A gentleman should never be "loud," even in his dress.

Frosted Feet and Chilblains.

Inquiries for relief from these troubles, which differ only in degree, are so numerous as to make one believe that winter has indeed set in somewhere. Most of the directions given below have been tested and pronounced good. If the first appearance of the ailment, which is inflammation and irritation, be regarded, the ailment may be readily overcome by simple remedies. If the blisters are broken, some of the remedies given cannot be used without causing excessive pain. The best time for application of any of them is in the evening, though some should be applied several times during the day.

Apply alcohol to the parts, freely and often.

Apply an ointment made of lard, two ounces, turpentine, half ounce, camphor, one-fourth ounce, melted together.

Immerse in snow or ice cold water, then apply brisk friction and rub in camphorated spirits.

Bathe parts in the water in which

AN OLD AND WELL TRIED REMEDY
MRS. WINSLOW'S SOOTHING SYRUP for children
teething should always be used for children while
teething. It softens the gums, allays all pain, cures
wind colic and is the best remedy for diarrhoea.
Twenty-five cents a bottle. It is the best.

potatoes have been boiled, as hot as can be borne. Repeating this will prevent breaking out.

If unbroken, take sal-ammoniac, one ounce, vinegar, one-half pint, and bathe freely. Vinegar, with one-fourth its quantity of camphorated spirits is excellent.

Apply a poultice made of roasted onions, or a roasted turnip, bound on and left over night; or wash with a decoction of horse-radish made with vinegar and water.

Rub with pure oil (not essence) of peppermint, or with coal oil and lard; these, if the skin has not been broken.

Equal parts of collodion, oil of turpentine and ichthyol; apply with a camel's hair brush or feather.

Take hydrochloric acid, one ounce, rain water, seven ounces; wash the feet with it two or three times a day, or keep cloths wet with it around the feet until relieved.

Woman's Recognition.

Woman will stand on a positive equality with man at the Louisiana Purchase Exposition. A departure from the practice at other previous World's fairs is the absolute absence of discrimination against women. No special classification in exhibits is made for woman's work, and no building is designed exclusively by woman for the use of woman, as at Chicago, but, in all the manifold ramifications of the exposition work, woman participates. Women will hold places on the juries of awards. Women sculptors and painters have done some of the finest work on the exposition buildings. Women have assisted on government, state and other boards in the collection of exhibits and in the exploitation of the exposition. There are even women concessionaires, and a woman contractor competed with men in the actual physical construction of the exposition. Under an act of the United States congress, the Louisiana Purchase Exposition commission selected twenty-three ladies, representing every section of the United States, as a board of lady managers. "The world do move."

Fashion Notes.

Broad shouldered effects are seen in all coats, jackets, outer wraps, plain and fancy waists, and large collars, capes, epaulettes and berthas are largely in vogue. Skirts no longer cling to the figure, but the absolutely correct skirt hangs in graceful ripples from the hips, showing a gradual increase in width.

White waists are largely in demand; the sleeves are made very much larger and fuller than those seen last season. Most of them fit closely around the shoulder and top arm and fall away in very large puffs at or below the elbow, and the puffs are gathered into a tight cuff. Plain and figured velvet waists are worn for ordinary occasions, made in shirt-waist style, tucked to form a yoke, with brass buttons down the front.

Waists of heavy Oxford and vestings in all white are very popular, while the heavy linen is a favorite still. A revival of the old fashion of lace ruffles falling over the hand and around the shoulders is noticed, and it is very becoming to some. Girdles are noticeably wider on all the waists, the dip effect almost entirely disappearing. Sailor collars are worn over the waists, made of lace bands fastened together and edged with trimming to match. Some of the evening waists are free from a collar or stock, finishing the neck with a little band of lace or velvet.

The new skirts are interlined up a few inches with firm muslin or with canvas. Kilted and box plaited skirts are worn for street costumes, and are made to well clear the ground. A favorite model is a deep yoke to the knees, then a kilt or box plait to reach the instep. Instep length skirts

are displayed in tweed, cloth, serge, etc., and are still very popular. Narrow and military braid is coming into vogue, and Russian braids in all designs are used.

Gauging and piping are much indulged in, and many of the newest dresses have skirts with honey-combed yokes and sleeves en suite. Velvet applique trimming are in vogue also. Soft, satin ribbons with tasseled ends outline lace yokes, and are knotted on the shoulders, where the ends fall over the sleeves.

Bookbinding at Home.

A set of books by a favorite author, in a paper edition, can be bound very durably at home, says the Ladies' World, by the following directions:

For a set, it is usually best to choose a plain coloring, taking a light green, grayish blue or tan linen, or any other neat, suitable color, which may be elaborated with designs in India ink, water colors or oil painting, or left plain. A linen or other smooth finished material may be used. Split leather from a regular book-binder's makes very handsome covers, on which pen-work may be done, as it is very smooth. If linen is chosen for the cover, the other materials necessary are card-board for the sides, a stiff starch paste, some heavy note paper and shears. Select paper-covered books, well and firmly bound, if possible, remove the outer cover and any leaves which have advertising matter, leaving only the plain reading and title pages. Cut a strip of linen as long as the back and two inches wider; paste it along the back, leaving the extra inch on each side free. This is to give you something to fasten the stiff sides to. Lay the book down on the card-board and make it even at the back, then allow an eighth of an inch on top, bottom and front. Cut two such pieces for the sides. Put paste on the outer sides of the strip fastened to the back and press the card-boards on either side of the book. Another strip of linen the same width may be fastened over the back and sides for greater strength.

Now cut a piece of linen large enough to cover the entire book, allowing half an inch extra on all sides. The sides of the book may be pasted all over, or merely the inside edge, when you fasten the cover on. Lay it carefully on the card-board and press it perfectly smooth and tight, taking care to keep the threads of the linen straight; otherwise, the book will look crooked. Fasten the edges on the inside. Cut slits half an inch long on either side of the back at top and bottom, turn in the little pieces and paste down the back; then stretch the second side tightly and fasten. Paste a sheet of heavy note paper against the cover inside, leaving the one-half of the sheet for a fly-leaf. Put under a heavy weight and leave until perfectly dry.

Small Savings.

Many families throw away enough to very greatly lessen their grocery bills, if they would only think to gather up the fragments and make proper use of them. It is a good plan to have a pot, jar or sauce pan in which to collect all the odds and ends of fat, the remains of gravies, and the bollings of meats—in fact of anything that is sweet and clean. Once a day, set this on the stove—or, in some cases, once a week may do, adding plenty of water to well cover the contents and allow it to boil for fifteen minutes. If there are solid pieces, these should be cooked tender and the fat pressed out of them, after which the vessel should be taken off the stove, and, unless there is plenty of water, more should be added, so the fat can rise to the top and the im-

purities sink to the bottom. As soon as the fat cools, take it off, add more water to the kettle and boil up again, repeating several times, and you will be surprised to find what a quantity of good shortening you will thus obtain. It is excellent for pastries.

Butter that has become strong may be made sweet for pastry by boiling in plenty of water in which a little soda—in the proportion of a teaspoonful to four or five pounds of butter—has been thrown. After boiling a few minutes set it off the stove and let it cool; take off the cake of butter and boil it in clear water again. When it is cold a second time, take off the butter, scrape the bottom dry and pack away in a cool place for use.

Suet is much nicer if boiled before using. For puddings, boil a quantity for a little time, let cool and take off the cake of grease to be used for some other purpose. When it is cold, put the suet into a pan or bowl and pound with a potato masher. You will now be able to take out every "string" or shred that is in it, and will have a nice amount of pulverized suet ready for short notice use. If kept in a cool place, this will be good for some time.

Sweeping reductions in the wages of the employes of the steel and tin companies of Pennsylvania were made on January 1 and accepted by the employes. The reduction affected also the wages of superintendents and heads of departments. At McKeesport the rolling mills of the United States Steel corporation resumed operations on January 1, thus furnishing employment to 8,000 men.

THE VALUE OF CHARCOAL.

Few People Know How Useful it is in Preserving Health and Beauty.

Nearly everybody knows that charcoal is the safest and most efficient disinfectant and purifier in nature, but few realize its value when taken into the human system for the same cleansing purpose.

Charcoal is a remedy that the more you take of it the better; it is not a drug at all, but simply absorbs the gases and impurities always present in the stomach and intestines and carries them out of the system.

Charcoal sweetens the breath after smoking, drinking or after eating onions and other odorous vegetables.

Charcoal effectually clears and improves the complexion, it whitens the teeth and further acts as a natural and eminently safe cathartic.

It absorbs the injurious gases which collect in the stomach and bowels; it disinfects the mouth and throat from the poison of catarrh.

All druggists sell charcoal in one form or another, but probably the best charcoal and the most for the money is in Stuart's Absorbent Lozenges; they are composed of the finest powdered Willow charcoal, and other harmless antiseptics in tablet form or rather in the form of large, pleasant tasting lozenges, the charcoal being mixed with honey.

The daily use of these lozenges will soon tell in a much improved condition of the general health, better complexion, sweeter breath and purer blood, and the beauty of it is, that no possible harm can result from their continued use, but on the contrary, great benefit.

A Buffalo physician in speaking of the benefits of charcoal, says: "I advise Stuart's Absorbent Lozenges to all patients suffering from gas in the stomach and bowels, and to clear the complexion and purify the breath, mouth and throat; I also believe the liver is greatly benefited by the daily use of them; the cost but 25 cents a box at drug stores, and although in some sense a patent preparation, yet I believe I get more and better charcoal in Stuart's Absorbent Lozenges than in any of the ordinary charcoal tablets."