

such railway companies and in the receipt and control of their earnings.

This gigantic pool under a new form was enjoined at the outset by the state of Minnesota, re-enforced later on by the department of justice, acting under orders of President Roosevelt. The contention of the attorney general was that if the combination was held not to be in violation of the act of congress then all efforts of the national government to preserve to the people the benefits of free competition among carriers engaged in interstate commerce will be wholly unavailing and all transcontinental lines—indeed, the entire railway system of the country—may be absorbed, merged and consolidated, thus placing the public at the absolute mercy of the holding corporation. In this contention the prosecution was sustained by the highest courts of Minnesota and the supreme court of the United States.

THE LATEST WAY TO IRON OUT WRINKLES FROM THE FACE.

Beauty is the chief quality which thrills every masculine heart and gives woman her world-ruling magnetic power. Vigor and beauty are her rightful inheritance. Beauty of soul she may have, but unless her spirituelle beauty be expressed in bodily comeliness, it is invariably passed by unnoticed. With the passing of youth and beauty passes also that charm and power which places woman upon a pedestal above all the sordidness of life.

It used to be a serious matter to discover ugly wrinkles beginning to transgress upon the features, the plump, smooth skin becoming flabby and loose, relaxing into unsightly folds, and showing here and there disfiguring hollows and angles. It has become a simple matter now, however, to recall the charms which win hearts as in days of yore, restoring that which was lost, and preserving that which still remains against departure.

The simplest and most ideal method is by means of a gentle massage with a little electro-magnetic massage roller, which is rolled over the skin of the face, neck, arms, shoulders and bust, creating a gentle exhilarating and stimulating effect, not alone by means of electro-magnetism, but also by the sensation of its soft little rolling, the knobs indenting the surface so softly that it feels like velvet, but yet stimulating and renewing the circulation of the blood, gradually increasing in rapidity until all the layers of the skin are alive and glowing with the rapidly renewing processes of the blood, building up as fast as it tears down the tissues through nature's fires, restoring youthful freshness to faded complexions and completely restoring the rounded contours of youth.

Keep The Tissues Young.

The rapidly consuming fires of renewal of the tissues keep them young and fresh. It is only when allowed to become sluggish that they become old before their time. They must, therefore, be kept alive.

As electricity is the essence of life, the process is doubly nature's own, since it reacts upon the circulation of the blood, besides giving the skin the gentle massage which would naturally be effective even without magnetism.

This little roller is just the size to fit under the chin, into the hollow of the neck, roll around the eyeball or into the angle of the nose with the cheek and the forehead. In fact, there is no corner which it may not reach. Its soft texture is pleasant to feel, besides its gentle stimulating effect. It gives the most agreeable and soothing sensation. That it merely indents the skin, does not pull it aside, stretch it or in any way interfere with the contour of the face is a distinctly agreeable advantage. The expression of the face, if desired, may be ultimately changed by following the directions given for keeping the ball rolling in the right direction, lifting up instead of dragging down, brightening the expression, and, by suggestion from the mirror, changing pessimism to optimism.

In order to obtain the greatest refreshment from its use, the surface of the skin to receive the manipulation should be softened and warmed, and the pores opened by the application of hot, wet towels without rubbing, simply laying them on the skin for a moment. The moistness can then be taken up by a soft linen cloth applied in soft pressure, but not rubbed.

Like Soft Magnetic Fingers.

Then comes the roller massage, the soft knobs on the surface of the ball touching the skin like so many soft little magnetic fingers, soothing the nerves and producing the most delightful and invigorating sensation. It is just firm enough to iron out every wrinkle, and just so velvety as not to irritate the most sensitive skin.

Beginning just over the nose and between the eyebrows, roll it in a rotary movement, increasing the size of the circles until they extend from brow to hair. Then roll the ball up and down the forehead perpendicularly, and back and forth horizontally the full width; ending with a rotary movement in little circles all the way across from temple to temple. Stop at one temple and continue the

same rotary movement for the smoothing out of those laughing wrinkles which, if neglected, become crows' feet in time—keeping the roller a-rolling—continuing the moving rotation of circles across the forehead again and down to the other temple.

From each temple roll the ball into the outer corner of the eye, and gently roll it around first from left to right, and then from right to left, circling the eyeball. This will stimulate the circulation in the eyeball as well as around it, so that the eyes become more brilliant.

From the outer corner of the eye roll the little roller in a diagonal path down the cheek to the corner of the mouth, allowing it to mould itself to every curve and hollow as it rolls along, keeping it held tightly so that the massage may be gentle though firm.

Never drag the ball, for dragging stretches and irritates the skin, making wrinkles.

Give each side of the face equal manipulation unless there is some blemish on one side only, which requires extra attention. The two sides of many faces differ, but can be made alike thus.

Reduces Double Chin.

Roll the ball in the same rotary movement on each cheek, increasing the size of the circles to the full size of the cheek, to make them round, plump and rosy, first from left to right, and then vice versa. Finishing the face with a horizontal dash across the upper lip and back again, then round and round the mouth, bringing the rich red blood to the lips, and developing the muscles so as to make the lips appear more mobile—remembering always to keep the ball rolling.

To reduce a double chin, the ball should be rolled from ear to ear quite vigorously, also up and down from chin to neck. As this ball is entirely under the control of the user, it can be pressed lightly or heavily, as is required, in a circular movement, up and down, across and every way desired, leaving not a line or hollow of the face or figure unvisited by its stimulating and beautifying influence.

The development of the bust and curving beauties of the neck and shoulders is of prime importance to every woman. When the ball is used for this purpose it should follow the curves desired to be developed in order to enliven the muscles so that they will naturally do their own work. The circular movement of the rolling ball should be wide at first, then narrow down to small rotations which move along in larger circles, but always in the rotary movement.

There should also be a long, straight roll of the ball from the shoulder line until the ball meets a curve which it should follow, drawing gradually into a smaller and smaller circle, then wider again and running downward to the waist line.

The same movement should be followed out from a point under one arm to the same point under the other, from side to side, following the natural curves.

There should be a very nutritious skin developing food used after this massage. (We recommend either Girard's "Electric Creme" or Girard's "Creme Marquise.")

As for all parts of the body which are suffering from superfluous flesh; a very vigorous massage with the Electric Sponge attachment, used in connection with Girard's Astringent. With this liquid astringent one can paint one's self at night, keeping it on all night, and washing the fat away with it in the morning. The fat melts as snow in the sun before such treatment. Girard's Liquid Astringent \$1.00 per bottle.

An undesirable plumpness of the arms, hands, neck, shoulders, bust or abdomen can be self-treated in the privacy of the home, with satisfaction and secrecy.

The heavy pressure reduces, and the light pressure develops. Hot water softens and cold water hardens. Relaxed muscles and flabby skin are made firm. Hollows are filled out. The curves of beauty appear as if by magic. The lines of age are literally rolled out, and the quickly coursing blood changes the nature and appearance of the sluggish skin from a pallid or sallow hue to a clear, pink and white. All blemishes disappear, and the rejuvenation is complete, and by nature's own methods.

The laughing dimples of youth once more take the place of the wrinkles of old age at the corners of the mouth, and superfluous flesh is rolled off from the shoulders and back of the neck, leaving only a dimple or so.

There is a noted beauty who claims that she can "make a dimple wherever she wants it," and she has proved it to the satisfaction of her friends.

Even the pale white ear lobe becomes a shell pink with the invigorating influence of stimulated circulation.

All nerves are forgotten, dull headaches disappear; all worries vanish as the mist before the sun, when health and beauty spring to life in the flesh in the marvelous rejuvenating process.

All of which takes about ten minutes night and morning, after the hot steam, and followed by Girard's Electric Cream (a delicious skin food.)

The beautiful model declares that it even enlivens the hair. Be that as it may, every roll of this little magic electro-magnetic massage roller brings that charm of vigor and beauty which is the sceptre with which woman rules the world supreme.

Price \$5.00 complete.

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SINCE Mr. Bryan's European tour a year ago he has been besieged by requests for copies of letters describing his travels abroad. These letters together with a number of his lectures and other public addresses, have been gathered together and published in book form. The European letters contain Mr. Bryan's account of what he saw and learned while in Europe, and present interesting views of Ireland, England, Scotland, France, Switzerland, Germany, Russia, Holland, Belgium, and the Netherlands, together with a description of his visits with Count Tolstoy and Pope Leo. In this volume Mr. Bryan writes entertainingly of the "Birth of the Cuban Republic." He also included his lectures on "A Conquering Nation," and "The Value of an Ideal."

Other articles in the volume are "The attraction of Farming," written for the Saturday Evening Post; "Peace," the address delivered at the Holland Society dinner in 1904; "Naboth's Vineyard," the address at the grave of Philo Sherman Bennett; Democracy's Appeal to Culture, address before the Alumni Association of Syracuse University; and an account of his recent trip to the Grand Canyon entitled "Wonders of the West." The book is illustrated, well printed on good paper and substantially bound.

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The sale of Under Other Flags has been very gratifying to the author. Although the first edition appeared in December the fifth edition is now on the press. The volume of sales increases from day to day. Agents find the book an easy seller and order them in lots of from 25 to 100.

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