walls. Around the deer park, where 500 I fell grateful to those in authority for their prompt and unanimous action. You see, odd head of deer roam and browse under the forest primeval, the stone wall is sup- by my marriage to Mr. Sartoris, an Englishplemented with a six-foot iron paling. man, 1 became a subject of Great Britain. The cows do not run with the deer. They I left England when my husband died and

have richer pastures of their own, meadows returned to the United States; I am glad nee-deep in lush blue grass and white to be in America and to be a citizen of my lover, lying either side of Richland creek. father's country. England has the tender-There are 150 of them, high grade Jerseys est associations for me and for my chilor full bloods of the most famous milk- dren, but we shall be happy nore. This is ing strains. The number in milk ranges our home. My con is proud of the fact from ninety to 130. The milking is a pretty that he was born in America and long ago sight indeed. The sleek, deer-eyed, full- he expressed a desire to become identified uddered, creamy-skinned creatures come in with the United States." from the pasture and range themselves each The first news that Mrs. Sartoris had that in her appointed stall. The stalls fill three her son had a thought of going to war was sides of a great square. An open shed when he showed her General Lee's reply: covers it. Outside there runs a trough for "If there is war and I am again in the sadthe dry feed, which serves as an appetizer dle, you shall ride with me." The lieutenfor the abundant grass. In the middle as ant's commission was a long time coming well as about the pastures there are iron- from the president and young Sartoris had Rodermund of Appleton, Wis., made an anwork baskets, open underneath, each with its lump of pure rock salt.

Five stout and jolly black men do the milking. They are marvelously rapid, still more marvelously skillful. They use deep of it in accents that are as strongly English in the lungs, not the heart. That the cirtin pails and can make the milk streams as any sound ever listened to. tunes upon the bottom of them-"Yankee Doodle" or "Dixie"-as the hearers incline to hear. They work in happy waiting for the rest.

The milking shed is a good way off the The dairy itself is a picturesque gray stone building, with ivy upon one wall and a



arate circular chamber for the wise-looking mule which turns the big barrel churns. has had a career of triumphant popularity Only the cream is churned. The milk is set in open cans, gauge covered, within troughs fed with fresh spring water. It stands there twelve hours, then is skimmed, and ties in Washington posed for the benefit the cream kept twelve hours longer before churning. It would be an insult to name butter color in connection with the product. All the year round the pound prints, bear-Ing the Belle Meade stamp, are as yellow as virgin gold.

The windows have wire screens; so has the door. An intruding fly is never permitted. Everywhere the most speckless, the most scrupulous cleanliness reigns. The butter is sold by contract and fetches in yearly some \$19,000. "But I never see it," gava General W. H. Jackson, the master of Belle Meade. "The dairy belongs to my daughters-they need what it brings in for pin money."

GENERAL GRANT'S DAUGHTER.

Mrs. Nellie Grant Sartoris Talks of Pa-

triotism and Hopes for Peace. A very celebrated physician recently re-Washington welcomed Mrs. Sartoris back

Dr. Rodermund Announces a Startling Physiological Theory.

LUNGS THE CENTER OF CIRCULATION Oxygen the Great Propeller of the Stream of Life, While the Heart

Merely Acts as the Governor.

During the session of the National Eclectic Medical association last week Dr. M. J. almost made up his mind to enlist as a nouncement that startled his professional private, for stay at home he would not. brothers, and will very likely startle the There never was such enthusiasm as his scientific world. Dr. Rodermund contends and it is a novelty to hear the expression that the blood receives its propulsive power

culation is kept up by the oxygen breathed The mother is patriotic; she believes in and not by the muscular contraction of ven-"standing by the president" and in main- tricle and auricle. He has devoted many taining the honor of the country, but she years of study to this topic, and believes rivalry, as to who shall milk quickest and is waiting anxiously for the fulfillment of he is thoroughly capable of demonstrating canest. As soon as two cows are stripped her father's sentiment: "Let us have the correctness of his theory. Dr. Roderan they are sent away to pasture without peace." "I cannot say that I am glad to mund's paper in full follows:

see my son go to war. For his sake though Mr. President, Ladies and Gentlemen-It The milking shed is a good way off the dairy proper, to which the milk is wheeled war has already accomplished one thing for strated that the blood circulates in the in deep tin cans, kept scrupulously clean. which my father longed, even in his last blood vessels. During these centuries we moments-the wiping out of rectional lines have been taught by all writers and teachers and the uniting of the whole people, and I on physiology, that the heart is a pump, climbing rose blossoming riotously over the know he would rejoice greatly to see my and by its muscular contraction propels the door. It has a cemented floor and a sep- son riding by the side of General Lee; both blood throughout the body. This theory that the heart propels the

moved by one hope, the success of the stars and stripes." Young Sartoris, by the way, blood is erroneous, absurd and an absolute was the first man in Washington to set the physical impossibility. The heart has no example of removing his hat when 'The more to do with propelling the blood through Star Spangled Banner" was played. the arteries than the stomach or liver.

The house in which Mrs. Grant lives with Just what does propel the blood is o her daughter and her granichildren formerly immense importance, for it concerns vitally was owned by Senator Edmunds and is on all human beings throughout all times and Massachusetts avenue. It is an English places, and all who think will search out basement house, richly farmanel and with the philosophy of the circulation of the an unusually large library. A collection of blood as one of the most wonderful operatiger skins is one of the conso uous beau- tions of nature, and when the real power ties of the place. Mrs. Grant and s'rs. which does circulate the blood is generally Sartoris entertain continually in the season known, and the functions of the heart under stood, we will have found the long hidden and may be speken of as the most prominent of the famous Washington widows in the cord that unites and accounts accurately list of which are included Mrs. Sheridan, important phenomena by which we are surrounded-also remove from the profession vidow of General Sheridae, Mrs. Harsiet

ane Johnson, etc. and the world at large many mysteries that Mrs. Sartoris is a marvel of youthfulness; have beclouded us all-causing much diverhe has the complexion and figure of a sity of ideas and theories, as well as false oung girl and her glorious brown eyes are conclusions regarding health and disease. he most wonderful eyes in Washington. To state the purpose of this paper in one sentence would be simply to say that the Her daughters are both dark like their mother, but the son has inherited from his power that propels the blood is received father the rosy blonde beauty of the typthrough the lungs and not performed by cal Englishman. The young ladies are rothe heart.

was the first entertainment given in Amer-

ica for the war sufferers. Rosemary, Mrs

Sartoris' younger daughter, is still a school

girl, but she will probably come out next

Fritts of Fushion

that the dotted yells.

winter.

ing a photograph.

of education.

inteer Reserve.

Mrs. S. F. Green of Brooklyn has opened

the Woman's Auxiliary of the National Vol-

to one should live in her old home.

much for the schools of Gloucester.

My first forcible thought that the heart mantic in name and in appearance. The does not propel the blood was in observing its life-work: Just as the regulator of an elder. Vivien, has her mother's eyes and has a good deal of beauty of an exquisite, the pulse of sick people. We find in the dreamy type. She is poetical looking and sick that the weaker the patient and the engineer always keeps an extra reserve of s not at all like the ordinary, commonweaker the action of the heart the faster place society girl. She was introduced into the circulation; again at other times we

have a very quick circulation of the blood unless the steam gets below its needed society last year with much pomp and she where the pulse is as full and strong as in amount-then the whole machinery begins the healthy subject. Once impressed with to slacken; So with the system-a good supever since. She was one of the most inthis interesting problem, new observations ply of reserve energy should be kept on teresting performers in the "beauty show' and proofs began to present themselves, and hand, which of course, is generated by the tableaux, in which all the fashionable beau-I was really surprised to think that I had combined functions, and when used up gradnot noticed them before. of the soldiers and sailors wounded in the war, and which, in spite of the contradic-tory claims of the D. A. R. of New York,

Shown at Moment of Birth. Second-Take for instance the circulation of children, the younger or the more delicate the child, the faster the circulation. Tracing these well known facts to fetal life, it is still faster; but at the birth of an infant we can notice several changes that are life and all functions of the body. Nature

strong and incontestable evidence in demonstrating the power that propels the blood. Hats that turn abruptly off the face are What are these changes? First, the plaust now among the very fashionable styles. centa detaches itself by contraction of the uterus, and the umbilical pulse-beat contin-The latest variation of the army button is one with a hinged top, suitable for containues a minute or two and gradually becomes more feeble until it stops and the child is A martial umbrella handle is in imitaion dead. But if the child makes a sudden gasp food or any of the other necessaries of life. sword hilt of gold or silver decorated and begins to breathe, life goes on. What

with patriotic designs. are the explanations of these two phenom-The latest addition to the chatelaine worn enal changes? One is that the placenta is artificially taken. by the women is a small matchbox. Bia storage battery and when exhausted of its cyclists will find it especially useful,

HE EXONERATES THE HEART and the blood cells positively- and thereby generates a powerful self-acting propelling force by each repelling that in the other. Just from the Air We Breathe.

Is not this problem plain, as well as sim-That it is the oxygen from the air we ple? breathe and not muscular contraction of the the capillaries, gradually choking up the proclaims a district of its own. Patent heart that gives this tremendous power to

push the blood through this fine net work blood vessels throughout the body. And this force, not like dynamic pressure, which would strain or even burst the heart, while

pure air. the other works on a different principlethat of mutual antagonism and not of pres-(where the heat expands the air, hence sure. contains less oxygen per volume) get lazy

A fluid charged with electricity through and indolent. It tells why in Chickaan elastic tube will produce the same waves mauga park, where nature has left nothing as we find in the arteries, which we call the undone to have good health-and in that pulse heat; hence we find no pulse beat in park are 50,000 of the physical cream, sethe veins as it moves along leisurely in its lected from all over the country. Yet the negative state toward the heart, after havamount of sickness and and the death rate ing discharged its oxygen in the process of are large. Why so much lung fever, combustion and nutrition. measles and typhoid fever in such splendid

This oxygen or electricity is held in the environments? It is caused by the violaair cells by the breathing crowding the air tion of the law of balance and proportion cells full, which keeps passing through into that is between the external and internal the blood cells, and the air cells being forces, which are the same in each individcharged by the air breathed. This leaves ual, but differ in degree, and when the no escape for the electricity in the air cells. fixed or normal equivalents are changed while that in the blood cells has full libyou change it to something else, and this erty to rush away from that in the air cells something else is what we call disease. to the extremities of the whole system. The I would like to talk an hour on this law muscles and nerves now seize this oxyget f proportion-it is the "Alpha and Omega" thus brought and consume it in carrying of all that exists. It is the greatest and on the various operations and functions of grandest, the simplest, the most useful, but the life process, which leaves this blood negleast understood by man as it applies to ative by the time it gets through these himself, but it does show the great and incapillaries into the veins. This negative finite foresight and goodness of God. state of venous blood now attracts it back to the lungs only to be charged positively

and sent off again on its life sustaining circuit. Just think of the vast amount of power

The American Tract society is developing that is required to propel this blood to the its tract work among the soldiers, and is surface of these minute capillaries and to also seeking to prepare for the occupation overcome all the obstacles it has to enof Cuba. counter; for instance, the pressure of a It is stated by an authority of the sec erson weighing 200 pounds sitting on a retary that the Congregational Sunday fence or board for hours and yet the blood School and Publishing society aids more must be pushed along through this point than 200 Sunday schools cash month. of pressure-between board and bone, in The chaplaincy of a military regiment in spite of this heavy, steady weight and time of peace may be looked upon merely as a social distinction. In time of war it many other like obstructions. Think of the power it takes to resist a woman's becomes a post of danger, hardship and selftightly drawn corset or to keep the blood sacrifice.

ual exhaustion follows.

lowing through the soles of the feet while The massacre of American missionarie standing, or even to resist the pressure of at Rotufunk, on the west coast of Africa the air on the body, which is over 2,000 proves to have been a most barbarous af fair. Six missionaries were literally backed to death. All were women, except one pounds on every square foot of the body's whole surface. Yet this electric principle Christianity still has its martyrs. furnishes power for all that without any The Young Woman's Temperance union strain whatever.

is holding in London, its first world's con-True Function of the Heart. vention this week. The United States sem about eighty delegates. The world's stu-dent conference at Northfield is to begin The function of the heart instead of probelling the blood is the reverse; that is, to July 1, and will continue ten days. regulate and not to propel the blood; but to hold this electrified fluid in check-other-

There is a story going the rounds in England that when Gladstone once attended wise it would circulate too fast to perform service in a church in Scotland he was ais gusted, during prayer, to hear the ministe engine regulates its rotation, although the say: "We pray thee, Lord, to bless the prime minister of this great nation, who is steam that he can turn on at will; the manow worshipping under this roof in the third chinery works with the same evenness pew from the pulpit."

RELIGIOUS.

Just 100 years ago the Connecticut Home

Missionary society was organized,

It also tells us why people in hot climates tastes.

A statement from the American Board of Missions gives the following: "The field, 100,000,000 of the unevangehized; 543 missionaries, 2,956 laborers, 1,501 preaching places, 44,606 living church members, 3,910 added last year, 870 churches, with 70,000 average congregations, 54,615 in schools and

colleges, 7,081 in the higher grades." if you want to labor hard with brain or The Presbyterian general assembly has de muscles, and without exhaustion or incided that Presbyterian churches could jury, breathe abundantly of good and pure neither give letters recommending members air, which contains the anormal amount of to Christian Science organizations nor reoxygen, for it is only oxygen that is taken ceive persons on letters from such organup in the blood. It is the invigorator of izations. The Congregationalist states that "so far as we have knowledge, that is the position generally taken by Christian churches." Nevertheless, various churches, has no panacea like it, for as fire goes down with the scarcity of oxygen and goes out when it disappears, so the fire of life | it is stated, do give letters to their members who wish to join the Christian Science goes out as its supply diminishes and death church.

follows when it disappears, showing that Rev. Dr. William F. Brand, rector of St. oxygen is more indispensable to life than Mary's Episcopal church, Emmerton, Md., who has just celebrated his 84th birthday, any other, for we can live longer without is one of the best known Episcopal clergy but it should always be taken in the form | men in the south. Before taking orders he of pure air-it is rarely of any benefit when was an architect and builder, and became a friend of General Jackson, whom he

From the foregoing we see that breathing greatly assisted during the war of 1812 by supply it stops; the other is that the lungs rightly promotes every life capacity and his knowledge of the country. Later, a of the new-born child are charged by air function, and we should attend more to his own expense, he established a hospital breathing than to eating; yet many breather for soldiers injured in the war of 1812, and

tracis the oxygen; this charges both the air and the more marked this symptom the hair is cropped short, especially behind, With the Victoria Cross upon his breast be more grave the case. It also tells how ty- where it is shingled evenly from the top of appears before the footlights and receives phoid fever and like conditions are often the head to the neck. an ovation. brought about by the person going around Hotel clerks add to this knowledge of the

CANNY "PIPER OF DARGAL"

Findinter's Entrance on the

This performance was repeated for several full of grief, down-hearted, letting his bair one of the wearer's shoes. It makes all nights, until the military and civil magnates head bang, seldom, if ever, taking a full the difference in the world whether they are became scandalized. The cross was ploned upon Findlater's breast by the queen herbreath to send the blood bounding through square, pointed or round. Each fashion self, and consequently it was considered "dreadfully shocking" to find it figuring in fires of life; in fact, it is almost impossible leather shoes with extremely pointed toes to heep up the blues if you keep the blood belong to the south; while people from the bounding through the system, thereby fill. a music hall under such extraordinary circumstances. A committee visited Mr. Finding the lungs full at every breath with soles. These fashions, however, are due later and requested him in the name of good taste and loyalty to discontinue his more to climatic conditions than to local appearance in the show. He stoutly refused,

saying that he never expected to win the Victoria Cross, but having obtained it by pluck and good wind, he was determined to treat it like his pipes and play it for all

Hall Stage and His Quick Exit. It was worth. The pension which the gov-Following the example of "Buffalo Bill, ernment allowed him after his discharge who continued in the circus his heroic exfrom the army on account of his wounds was ploits on the plains, Findlater, the piper of barely sufficient to keep him in bread. So he resolved to enlist the Victoria Cross in the Gordon Highlanders, has been playing his own service and make it help him to in the Albambra theater, London, a part become a self-supporting subject. which he ought certainly to have little diffi-

In despair the committee left him to move culty in remembering. The "Taking of the Plateau of Dargal" was the name of the upon the manager. By solid arguments, or rather inducements, they prevailed upon him to cancel Findlater's engagement and pay was perfectly satisfactory to Findlater, especially as he was getting thoroughly sick of ovations, and they promised him a place of some sort in the service of her majesty.

What He Denied.

Washington Star: "That translated letter is a miserable attempt to misrepresent me, said the Spanish diplomat. "Do you contradict the assertion that you

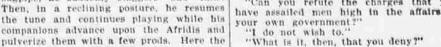
"No." "Can you refute the charges that you have assailed men high in the affairs of your own government?"

pulverize them with a few prods. Here the "The grammar." curtain falls, and Findlater is called out.

piece. The scene represents the summit of the plateau upon which savage Afridis, all armed to the teeth, pour deadly volleys into him up to its full term. This arrangement the prompter's box. Suddenly the fire ceases and the Afridis appear to be astonished. In the distance the march of the Gordon Highlanders, played by fifes and bagpipes, is faintly heard. Mixed ale patriotism rises to So Findlater has retired from the stage. the foaming and overflowing point as the music increases in volume. The Afridis become terrified and begin to waver; but they rally, and the fire is resumed more furiously than before. At the top of the mountain in

Music

the back of the stage Findlater appears in a are a chief of spies?" flood of electric light. While playing his bagpipe, he suddenly staggers and falls.



to a home among her own people severa years ago and she has not returned to England since then, but the formal renewal of her allegiance to the United States did not take place until last April, when she applied to congress for readmission to the



MRS. NELLIE GRANT SARTORIS.

privileges of citizenship. This step was rather unusual one for a woman to take. In taking it, Mrs. Sartoris was ictuated by a sentiment which oddly enough seems to be as strong in her children as it is in her, in spite of their English blood.

In speaking of it, Mrs. Sartoris said: "My here that my revered father lived. I and my children wanted to live here and to be citizens of the United States; I, there fore, asked congress to pass the bill; and



FOR BILIOUS AND NERVOUS DISORDERS such as Wind and Pain in the Stomach. Such as Wind and Pain in the Formen, Giddiness, Fulness after meals, Head-ache, Dizzinoss, Drowsiness, Finshings of Heat, Loss of Appetite, Costiveness, Blotches on the Skin, Cold Chills, Dis-turbed Sleep, Frightful Dreams and all Nervous and Trembling Sensations, THE FIRST DOSE WILL GIVE RELIEF IN TWENTY MINUTES. Every sufferer will neknowledge them to be

A WONDERFUL MEDICINE.

BEECHAM'S PILLS, taken as directed. will quickly restore Females to com-plete health. They promptly remove obstructions or irregularities of the sys-tem and cure sick Headache. For a

Weak Stomach Impaired Digestion

Disordered Liver IN MEN, WOMEN OR CHILDREN **Beecham's Pills are**

Without a Rival LARGEST SALE of any Patent Medicine in the World.

250. at all Drug Stores.

riss-cross meshes, that women were wearing, were making the oculists rich. known, is about 2,000 pounds to every square foot of the body's surface, and by Infants are wearing hosiery quite as gay as that worn by their fashionable fathers Their little half hose are mothers. intil death.

brilliant in color and extreme in design, Third-Another proof of the power and, it is said, afford the average youngster that propels the blood is furnished by holdmore amusement than the loudest-sounding catle

their

with

breath the slower and feebler the pulsation Umbrellas and parasols are getting it their inning nowadays. If a woman would be strictly up to date she must carry a yery becomes in every single person, well or sick; long, and note the slowing of the pulse, and gay and festive looking sun umbrella and her parasol must be all fluff and frills. see how full and bounding the circulation apparel of men, women and children should Curious shades of gray, blue, red and green becomes after taking a few good inspirations prevail in the umbrellas. of pure air-in many instances the rate of Man needn't laugh at woman about wear

the pulse will increase from seven to ing his ties, hats and gloves, and having welve beats-besides being much stronger. her shoes built after the models of his. He has adopted her bar pin for a scarf pin, Fourth-By suddenly cutting off the and considers it quite the correct thing pulsebeat keeps up full for a few moments, particularly if it happens to be set off with but gradually becomes feebler, and as the single diamond. lung cells become exhausted of their air

Sheer white lawn blouses will be very fashionable this summer. They may be in serpentine form with long ends, or folsupply, the circulation stops and life is extinct ow the conventional lines of the blouse Fifth-Another strong argument that the

with a fitted back and deep yoke, formed heart cannot propel the blood in that size f alternate rows of fine linen lace inser-(all other things being equal), is a measure ion and strips of embroidered lawn. of power. It is estimated that the heart The last hot spell sent linen and check skirts to the front in a hurry. Nothing is in order to accomplish the task of propelling akirts more comfortable and certainly nothing the blood to all parts of the body exerts a looks neater and cooler when perfectly power at every pulsation equal to fifty fresh than a skirt of white duck pique or pounds, varying in different persons accordpounds, varying in different persons accordcheviot. The linen skirts aren't so at-tractive, but they are more practical for ing to health, labor, etc. This would be equal to 200,000 pounds every hour awake every-day purposes in a city. and asleep-and this would mean that the a rule, is very artistically conidered this year, and even from red, white heart puts forth energy, sufficient to raise its own weight 20,000 feet every hour-where and blue as key notes in both dress and uillinery, many pretty variations are made. an active pedestrian climbing a mountain The genuine royal red is a brilliant scarlet, can raise himself less than one-twentieth but the shade which appears conspicuously of that distance. fashionable gowning is like a velvet-

Heart Cannot Do It.

volvet collarettes are all the style. They These estimates refute themselves and are as hot as hot rice pudding, but women are so used to being uncomfortable in their dress that they don't notice a little thing prove an impossibility for an organ of its size; they are not made from the size of its muscles, nor from what it is actually known like a velvet collarette in August weather, This accessory is only worn with white to accomplish, but from what it must ac complish in order to send the blood throughterge dresses or those made of heavy wash fabrics. Pale gray, turquoise blue and old out the system as fast and powerfully as we know it actually does circulate; and that all bink are the leading colors and each In speaking of it, Mrs. Sartoris said: "My larette has a narrow belt to match, both this immense power is needed in order to ac mother and my brothers live here. It was being embellished with steel nail heads. complish the circulation is admitted; but complish the circulation is admitted; but The belts are fastened with steel buckles. that the heart does not and cannot supply Feminine Personais.

this power its size alone would prove. Mrs. Magdalene Thoresen, the step-mother of Mrs. Ibsen, says that the author's That it is some tremendous force that does send the blood through the arteries as wife is passionately fond of literature and has exercised a great influence over him. above estimated is easily seen by its spurt ing for yards when an artery is cut. Bu ing for yards when an artery is cut. But Corsets must not be worn by Russian that the heart and blood vessels could withyoung women attending high schools, uni-versities and music and art schools, accordstand all this dynamic pressure from birth until death is impossible. ing to a recent decree of the new minister

Gentlemen, the theory is absolutely wrong What machinery could withstand all this terrible strain? Had we not better look a recruiting office for moth mon and women. She wants to enlist any one, from a cock or a about us and see if nature has not provided nurse to a gunner. She is vice president of some other means more rational, less liable to derangement as well as not contradicted by every law of dynamics?

The widow of Mr. Pixley, the editor who This tremendous power needed to circulate made the San Francisco Argonaut so influ-ential a paper, provided in her will that the blood throughout the system is the same as that which furnishes the motive power the fine house in which she had lived for throughout universal nature-and this power forty years be destroyed, as she desired that is furnished through the lungs by the air Inspired by the high aim of interesting we breathe.

Instead of the blood carrying oxygen he poor and ignorant of Gotham in music. Miss Emilie Wagner of Baltimore, a student through the system it is the oxygen from at the Peabody conservatory and a graduate the air that sends the blood bounding of the women's college at Baltimore, has through all the minute capillary blood established a conservatory of music in a vessels, exactly reversing the old theory that New York tenement house. Miss Carey M. Carroll, who recently aphas been believed by us all for nearly three centuries. In other words, it is the oxygen pcared as one of the lawyers in a case in centuries. In other words, it is the oxygen Jackson county, Missouri, was the first we breathe, based on the fundamental law of electricity.

woman to graduate from the Missouri State University of Law, and is the first to plead You all know that all positive electric rase in Jackson county. Miss Marion Hovey of Boston has given bodies proportionally repel, while all negatives and positives attract each other: hence \$5,000 to the town of Gloucester, Mass. to be held as a fund, the interest of which thin oxygen or electricity, both elementarily the same, is one of the chief agents and shall be given to a graduate of the High school to aid him in defraying the expenses means of life and is introduced into the system by breathing and nothing else. Thin of a course in the Massachusetts Institute of Technology. Miss Hovey has before done air when breathed charges the air cells of the lungs when the iron in the blood at-

ressure-this air pressure, as is well breathing than to eating; yet many breathe so little that the heaving of the chest is in recognition of this General Jackson appointed his youngest son a midshipman in scarcely perceptible, that it almost seems the United States navy. preathing the lungs stay charged from birth as if too lazy to breathe deeply when it is so important to health and so cheap, and most of us might live many times faster and better by redoubling our breathing. Most dent.

ing the breath. The longer you hold the men and nearly all women breathe wholly with their ribs, due largely by suspending their apparel from their hips by bands

it never fails. Try it on yourself, but not too which press just below the disphragm, to Results of Observations by Hotel prevent its easy-downward motion. All hang from the shoulders, not hips. Most women, by noticing their own chests, will that they can always tell to what part of the see that their breath goes down only five country a man belongs, and this by looking or six inches, while every breath should only at his hair. They say that in Kenmove their whole chest; in other words, tucky the hair is worn long behind, so long breathing as by hanging or drowning the fill the lungs full at every breath. Not that it is caught over the ears, permitting one person in a thousand fills his lungs as the oft-repeated gesture of smoothing it full and steady while awake as when asleep, with the fingers as the wearer talks to you. but if they did they would improve their. The ends are cut square, and the fashion

health and vitality a hundred fold. It is requires a certain amount of pomade to when asleep that most of us breathe as we keep it in place. This gloss is imperative. In should when awake.

How it Helps the Doctor. long, but with the ends curled in about the This fact, then, to know the real power, neck almost touching the collar. Further hat propels the blood, is of more value west, across the Rockies, and in the southand importance to all human beings, and west, especially in Texas-where barbers are all yet to be born, than any physiological scarce, or were scarce when the fashion was question brought out for centuries. It is set-the hair is worn cowboy fashion, loos as well of as much importance to the phy-over the shoulders, the untrimmed ends flysicians in the information it gives them ing in the winds. In the eastern states, howin diagnosing and treating disease. It tells ever, and along the whole eastern border of in diphtheria the breathing is the country, except in North Carolina, where him why slow and the pulse feeble and sluggish-lamong the cornerackers it grows wild, the

Let Faces Come First.

for the face rather than for wool.

When wool shrinks, it means only

There is a particular ingredient

a spoiled garment. When a soap

harms the face, it means a spoiled

in Wool Soap that prevents it from

shrinking wool. That quality makes

it especially desirable for toilet and

Other makers haven't our secrets.

using it."-HELEN M. BARKER, Treas. Nat. W. C. T. U.

nem fe

complexion.

bath.

If you use Wool Soap for but one purpose, let it be

It is not necessary to buy woolens so often, nor to buy heal-

ing lotions for a soap-injured skin, if you use this pure soap.

is a white, swimming soap. In washing woolens it is a ne-

soap. It is the only soap so pure that it won't shrink wool.

IT SWIMS.

"Worl Soap is an excellent article, and every woman will be benefited by

During the civil war he was in charge of the education of Jefferson Davis' son, and at the end of the war was visited by the confederate presi-

HAIR TELLS OF NATIVITY.

Clerks and Commercial Travelers. Commercial travelers, and no men it is said are better judges of character, claim

Indiana, they claim, it is worn equally as

MY MAMA I WISH MINE

WOOL SOAP

HAD

Any hady reader of this paper can have a trial package of a remedy that is today the standard for female diseases. It makes no difference whether she is a subscriber or not, she will receive a full size sample package prepaid by male fress to the Hazeline Company. It is works without fatigue, whereas she was neck and worn out all the time before. Mrs, writes to the Hazeline Company. It is work to the danger and after being treat-ed by 12 different doctors who fulled to releve her. A lady living in Toto, Starke Co. Ind. writes that this fremes has no so sick with difficult monthly sickness that she was in be most of the time. From Suorament, the saved the danger and torture of the knife by being cured by Hazeline. A lady five person all of the sum will of the time. From Suorament, saved the danger and torture of the knife by being scured by Hazeline. A lady in the so she is now healthy and happy. Miss Anna B. Foss of Granite Fails, Minn, writes that find words to tell and was de

Any lady reader of this paper can have a pressed in spirit and despondent beyond

