

When King Edward Writ

Whatever writing King Edward finds it necessary to do himself is done

in a quick, hurried style of penman-ship, which in itself is a suggestion of the quantity of work he has to per-

form. The king is most particular that all his letters and papers shall be ar-

ranged and filed according to an ex-

cellent system which is largely his own invention, and he never keeps any of

them after the necessity for doing so has ceased. It is an instance of his.

niajesty's reluctance to accumulate "rubbish" as well as his strict regard

for secrecy that every morning the contents of a large waste paper basket

are taken charge of by his private sec

retary, who is personally responsible for seeing that they are burned. He

smokes hard while he is engaged on business matters and invariably has a

box of cigars and another of cigarette

Untold Agony From

Very often they think it is from so

called "female disease." There is less female trouble than they think. Women

suffer from backache, sleeplessness,

mervousness, irritability, and a dragging-

down feeling in the loins. So do men,

and they do not have "female trouble."

few women will ever have "female dis

DOAN'S KIDNEY PILLS

aleep well, no appetite, menstruction feregular, nervous irritability, and back-

sufferers from kidney trouble,"

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Can You Tell Why?

Why do we always talk of putting on

coats and vests when we always

Kany Women Suffer

at his elbow.

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WORLD

MRS. JOHN A. LOGAN.

of the Most Public Spirited We-men of the Nation. Mrs. John A. Logan of Washington, ex-president of the American Red Cross and always an active worker for Cross and always an active worker lost the welfare of that great society, knows personally every national character of importance from President Roosevelt to the smallest Grand Army post com-

Mary Simmerson Cunningham was only seventeen years old when in 1855 she became the bride of John A. Logan, then prosecuting attorney of Gallatin county, Ill., and a hero of the Mexican war while yet in his teens.

Her father, by appointment of President Pierce, was registrar of the land



MRS. JOHN A. LOGAN

office of that county, and she had left her studies at St. Vincent's convent, Kentucky, to become her father's as-sistant, and there it was that the Black Eagle of Illinois met and wooed ner.
While it has never been argued that General Logan was anything but a brave man, yet not many persons know Kidney Trouble. that his wife deserved the greatest of credit for the record made by him.

Few women in this country displayed greater personal bravery during the civil war than she did, for it was her ambition that her handsome husband should become famous. She set the example at her own home by her courageous deeds, of which she would write the general, with the result that he would go into the next battle with renewed spirit and daring.

Why, then, blame all your trouble to The first money General Logan sent ale disease? With healthy kidneys, home out of his pay his wife spent to ward the purchase of a home, and when he returned from the war she The kidneys are so closely conmected with all the internal organs, that handed him the deed for the house and ten acres of land, bought from the when the kidneys go wrong, everything goes wrong. Much distress would be saved if women would only take savings of the remittances which he

Mrs. Logan is a charming woman to meet. Added to the cultivation of a life spent among famous people is the Miss Nellie Clark, Lambeth, Ont., tells of her cure in the following words:—"I suffered for about two years with kidney talent of native genius, and the two have so blended that she ranks among trouble. I ached all over, especially in the small of my back; not being able to

the foremost of her sex in the nation.

Mrs. Logan is a Methodist and a devout worshiper, but in her religious sympathies she is most broad minded, and under her presidency the Garfield hospital grew from the most minute of beginnings to a field of the most wide stregular, nervous irritability, and back-dust deposit in urine, were some of my symptoms. I took Doan's Kidney Pills. The pain in my back gradually left me, my appetite returned, I sleep well, and am effectually cured. I can highly and useful beneficence

Harmless Face Cream.

There is absolutely nothing in this cream to encourage a growth of hair even when used every day for a lifetime. It not only makes the skin white and smooth, but refines it as well. It and smooth, but refines it as well. It is best to use a bowl for cold cream specifing bowl making, a generous cooking bowl placed in a deep pan of water and drawn to the front of the stove. Into the bowl or whatever you use put a scant quarter ounce of white wax, two and a half ounces of spermaceti—also scant weight—and two and a half ounces of oil of sweet almonds. When these are hot and well blended remove

our coats and vests when we always
put on first our vest and then our coat?
Why do we refer to the coverings of
our feet as shoes and stockings when
the stockings are first put on?
Why do we invite people to wipe their
feet when we mean their shoes?
Why in olden times did a father tell the bowl and add one and a half ounces of rose water and a tiny pinch of borax, stirring briskly with a silver his son he would warm his jacket when fork till cool. If the rose water does not scent it sufficiently put in at the same time enough perfume of any kind to give it the fragrance desired. The beating makes it light like whipped cream every one knew he meant his panta-Minard's Liniment Cares Burns, etc ing makes it light like whipped cream or the whites of eggs and is a very necessary part of the operation. Is not this easy? Whatever you use to hold it should be warmed before the cream is put in. Use small receptacles, because the fingers are bound to leave streaks in the cream when you are treating the

Girls of Medium Coloring.

For the vast army of girls of medium coloring the following hints are given: If hair is dark and eyes blue, in choosing a gown seek to match the eyes and contrast the hair. One rule in selecting color is to match the hair by day and the eyes by night. If the complexion is sallow, shades of red and brown are good. If the hair is black and complexion swarthy, avoid black and all shades of mauve, green and violet; yellow, scarlet and pink are to be worn. If fair, with no trace of color, the complexion can be lightened by the addition of rose or yellow, glowing purple, dark blue and dark green. White and nile green is an ideal mixture for the wear of fair young girls with rose leaf complexions. A red head must beware of pink and scarlet; green is her color and white is her standby. There are also browns, oaks and copper tints that make red hair look beautiful.

To Wave the Hair.

To wave the hair get from the drugcist a five cent box of white pine tar,

pour the contents into a bottle (a quart size) of hot water and let stand until cold. The tar will cling to the bottom of the bottle. Do not shake, as you will get the full substance and strength of the tar without shaking. Just use the water from the tar. To use put a little into a small vessel and rub into the scalp of the head and in the hair with a brush—one a little larger than a toothbrush will do—while the hair is wet. Push it forward and press it with the fingers. The constant nonthe fingers. The constant use of this is a sure recipe, it is said, for wavy hair, and it cannot be used too often. when the water is all used from the tar just replace hot water and continue so for two or three months, and the tar will last for that length of time,

Grace in Walking.

If you want to walk gracefully don't look at your feet, but hold your head well up in the air. Don't shuffle. A little thoughtfulness and practice in high stepping will soon break you of this ugly habit. Don't bend back at the waist under the impression that you are thereby walking erect, It throws the stomach forward and is almost as inimical to grate as round shoulders. Finally, don't allow yourself to walk "pigeontoed"—that is, with the toes turned in or straight. You can never be graceful in movement while you do. It is always hard to tell what to do with the hands. The natural way is not beautiful, but is ometimes obviated by carrying a par

Marry Not Too Young. An ancient writer gives this excellent advice on matrimony to those who contemplate it. It is so pithy, so all wise that modern maids might well appreci

"Marry not too young. Let thy liking ripen before thy love, let thy love advise before you choose, and let thy choice be fixed before you marry. Remember that the whole happiness or unhappiness of thy life depends upon this one act. Remember nothing but death can dissolve this knot, and he that repents him of his own act either is or was a fool by confession."

Whisk Broom Holder.
A clever woman has put her knowledge of basketry to good account in the fashioning of a whisk broom holder. This consists of two disks of basket work similar to those used for the bot tom of a fancy basket and caught to gether at the sides by large, fluffy bows of three inch satin ribbon, the color be ing a delicate pink, in harmony with her room furnishings. A band of rib bon of narrow width, but matching in tone, is used to suspend the holder.

Getting Baby Into the Bath, A simple expedient for overcon the fear of the bath which afflicts some nervous children is to cover the bath with a sheet and then lower the little one into the bath, sheet and all. As he does not see the bath, he ses no ly into the pleasantly warm water, he rather enjoys it, as a rule. In a very short time this precaution will be found unnecessary even with the most nervous of babies,

The Kitchen Sink. Placing the sink in front of a window helps to make the routine work of washing pans and kettles less like drudgery, says a household magazine. To secure an architectural effect for the exterior of a house this pleasure of an outlook is often thoughtlessly taken away from the kitchen. The secret of making kitchen work enjoyable is to keep recurring duties at a minimum, relieving them by every possible labor saving device.

Coddled Eggs are the perfection of boiled eggs and once eaten will always be preferred to the other. Have a deep cup or similar receptacle, heated by rinsing with very hot water. Put in O OLD the eggs and pour boiling water over them. Cover closely and let stand five minutes if the eggs are liked soft; longer if further cooking is desired.

The Simmerer.

Every kitchen should have at least one simmerer—that is, a saucepan with a double bottom, the lower one perforated to admit air. There is a space of half an inch between this and the upper bottom. Food cooked in a saucepan of this kind cannot burn, and it may be kept at a gentle heat for hours,

Women's Pockets. Some day a great reformer in who some day a great retorner is whose aspirations sense is duly blended with enthusiasm will make and win a great fight for adequate pockets in women's street clothes. Why woman does not have more and better pockets in her lethes is one of the mysteries of civ-

Carving Cloths.

For carving cloths buy linen with a round thread twenty-seven inches wide and a yard long for each cloth. Draw the threads to allow a hem two and a half inches wide, hemstitch either in double or single hemstitch. They laundry well and always look neat.

If you cannot overcome the tendency to stoop, which will destroy the best natural figure, try walking about the house half an hour daily with some light article on the head.

Those who take cold easily after washing their head should rub a little eau de cologne or other spirit into the scalp after the hair is dried,

A lump of sugar placed in a teapot when put away after use will prevent it from becoming rusty.

To preserve eggs dip them in boiling water for ten seconds.





Perfect Health

The perfect woman is the woman who has perfect health. Beauty is more than skin deep. Beauty is as deep as pure blood and a perfect digestion. Especially is female beauty dependent on the perfect health of the delicate female organism.

If you wish to have the beauty and attractiveness of perfect health, if you wish your eyes to sparkle, your complexion to resume its brilliancy, and your whole body to thrill with the glow of renewed vitality, take that famous woman's medicine,

Lydia E. Pinkham's Vegetable Compound

If you have headaches, backache, organic pains, painful or irregular monthly periods, any womb or ovarian trouble, begin with Lydia E. Pinkham's Vegetable Compound at once. It will save you needless suffering. It will restore your womanly beauty.

Dear Mrs. Pinkham:—Soon after my marriage my health began to fail. I was unable to sleep, became very nervous and had shooting pains through the abdomen and pelvic organs, with bearing down pains and constant headaches, causing me much misery; my monthly periods became very painful and I became a burden to my family.

Lydia E. Pinkham's Vegetable Compound cured me within three months. I am stronger and look better than I did before I was married, and there is great rejoicing in our home for what your wonderful medicine has accomplished for me.

Mrs. M. A. C. Letellier, 732 Cadioux Street, Montreal, Que.

No woman, were she a Venus de Milo, could continue beautiful

with a dragging down female complaint. Mrs. Pinkham invites all sick women to write to her for advice. Many have benefited by it.

Lydia E. Pinkham's Vegetable Compound Cures Where Others Fall

Candles as Bullets A difference of opinion seems to have arisen over the effect of firing a candle at a board. For a long time the ancient tradition has held its own that the soft tailow hurled at the mark by a musket would put a hole through an or-dinary plank. Yet here comes a gun bearer who declares that he has tried the experiment and finds the material of the candle wildly scattered upon the target. Of course with present day rifles and breechloaders it may not be ossible to discharge a candle effective ly from a military arm or from the latest style of sporting guns. But it would certainly be a pity to leave the question unsolved.

Cuba's President. When Tomas Estrada Palma first elected president of Cuba, in February 1902, he belonged to no political party save the party of Cuban patriots. Since then the Cubans have been separated into parties on lines of support or opposition to various policies. As the time for an election approaches the president has announced his adherence to the Moderate party, to which it is commonly supposed he will look for support in the campaign for re-election that is about to begin. His term will expire next year; consequently an election must be held in a few months. rated into parties on lines of support of

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