Of Interest to Women

A Woman's Colors.

"Blue is my color," the blonde is wont to say, while the brunette as stanchly stands up for pink or yellow. As a matter of fact, the blonde and brunette have no special colors. The mere fact that a woman's hair is yellow does not mean that blue will be becoming to her.

The pale, sallow, cold-faced woman, who looks as though she wanted to sit next to the radiator every moment and as though her blood had turned to water, should choose the warm colors, red and pink, whatever the color of her hair; while the ruddy, bright-eyed, warm-cheeked girl should wear blues and greens and lilacs, which are the cool-looking colors. The first will be brightened up by the glowing colors, while the second will be toned down by the milder tints.

Perhaps She Meant It.

Insurance men tell of a woman who wrote to an insurance company:

"I take great pleasure in informing you of the death of my husband."

The Housekeeper's Hands.

A little bride who does her own housework was shocked to find her once pretty hands becoming chapped, rough and stained. She tried all sorts of methods for keeping them out of dishwater, but found none of them practicable. A really good housekeeper has her hands in water two-thirds of the time. At last this young woman laid out a regular programme for herself by means of which she keeps her hands in good condition. She goes through this programme every time she takes her hands out of the dishpan:

First of all she rubs them thoroughly with a bit of lemon. This takes off all the grains and leaves the hands perfectly white. Then she carefully rubs them with salt mixed with a little flour. This softens them without making them tender. At night she covers them with a mixture of cold-cream and glycerine beaten together. This she massages into them thoroughly. Finally she puts on a pair of kid gloves, and when she wakes up in the morning her hands are fair and velvety as though she had never done a stroke of work in her life.

Slaves to Fashion.

A man, unless he be made up in a proportion of three parts vanity to one of sense, may adopt an uncomfortable piece of apparel because the masculine mode of the moment proclaims it "the thing," but he will not continue its use. If one needs evidence of the truth of this, remember the various abortive attempts to make men wear uncomfortable shoes, and recall what has happened. Remember also the garrote collar of immense height and sometimes serrated edge, and what happened to that, except in the case of the monocle-wearing and brain-bereft dude of the nave. But it is different with the ladies. Each of us knows women in whom the proportion of sense to vanity is as five to one in favor of the former, who wear uncomfortable, unsightly and unhealthy heels to their shoes, and, without going into ill-advised particulars, are garbed in other portions of their body than the pedal in manner and form distasteful to the physician, wondersome (so far as outward semblance appears) to observers of the opposite sex, and surely as uncomfortable as unhealthy. It would be easy to go into a long dissertation upon the beauty of the trained gown in the drawing-room, and the hygienic horror of that same on the sidewalk, but it is not necessary. Dame Fashion, as has been said some sndry millions of times, usurps the functions of good sense and is an autocrat, against whose dictates all the progressive health clubs between Chicago and Calcutta will rage in vain—unless, indeed, these clubs, by exercise of almost superhuman intelligence, succeed in getting the capricious dame on their own side of the case.—Cleveland Leader.

A Needlework Suggestion.

All lovers of hand "needling" will do well to persevere until they become as expert as our French sisters in the sewing together of raw edges, asserts Good Housekeeping. Insertions, beadings, edgings and ruffles can be joined to each other or to plain material in this way with infinitely less expenditure of time and labor than is usually consumed, can be made just as durable and far more dainty in appearance. Raw-edge needlework does away almost entirely with the narrow hem. It is necessary to use a proportionately large needle and coarse thread, so that the latter may be tightly drawn with no danger of breaking. The two edges to be united should be held together and then overhanded—the tendency of the cloth to roll under being encouraged by the fingers and thumb of the left hand—and the needle being inserted each time deep enough into the cloth to secure a firm hold. In the case of sewing one finished edge—like lace—on to a raw edge, the raw edge must be held so that it projects a little beyond the other, or, of course, they will pull apart. Practice makes perfect. Work done in this way has the same general effect as that obtained by that ultimate accomplishment of our grandmothers, the whipped seam, but it is not so exquisite, as indeed, why should it be for most of our apparel? Very fine wash materials are especially adapted to the method described, the edges curling down out of sight in quite a magical manner when once one "gets the hang of it." Beyond these few directions, it has to be learned by doing, but once mastered, it literally removes miles of sewing from a woman's vista. One should become proficient in the simpler methods before attempting to sew a raw-edged ruffle into another raw edge. Ruffles should be gathered over hand, the edge being slightly rolled.

A Guarantee to Mothers

There is only one medicine intended for use among infants and young children that gives mothers a guarantee that it is free from opiates and poisonous soothing stuffs. That medicine is Baby's Own Tablets. Milton L. Hersey, M. Sc., public analyst, for the Province of Quebec, and demonstrator in chemistry for McGill University, says: "I hereby certify that I have made a careful analysis of Baby's Own Tablets, which I personally purchased in a drug store in Montreal, and said analysis has failed to detect the presence of any opiate or narcotic in them." These tablets cure all minor ailments of little ones, such as teething troubles, simple fevers, colds, constipation, diarrhea, colic and worms. They make little ones sleep naturally because they remove the cause of sleeplessness. They are a boon to all mothers, and no home where there are young children should be without a box of Baby's Own Tablets. Sold by all medicine dealers, or by mail at 25 cents a box, from the Dr. Williams Medicine Company, Brockville, Ont.

Breathe Properly.

Breathing through the nose is one of the benefits of deep breathing. By closing the mouth and forcing the respiration through the nose, at last the nose will become an instrument of respiration.

As a rule, says Medical Talk, for the Home, people breathe through their mouths. The nose is intended to breathe through. The Schneiderian membrane, the turbinated bones, are intended by nature to warm the air before it enters the lungs, to impart to it moisture and to strain out harmful particles of dust.

In mouth-breathing, all these protections are wanting. The air enters the lungs dry and dusty, exactly as it is breathed in. After one has practiced deep breathing through the nose for a month or two, it really becomes a luxury to breathe. Breathing brings the same agreeable sensation as drinking cold water when one is thirsty. To drink in deep respirations of air through the nose, after the nose has become fully developed in its function of breathing, is a real pleasure.

They who have never enjoyed the physical satisfaction of nose-breathing do not know what they have missed. In order to acquire this function, the mouth should never be opened to breathe. Even when exercise demands rapid breathing, keep the mouth shut. At first it may be quite difficult to do so, and produce a smothery sensation. But persist in it. At last the capacity of the nose for breathing becomes greatly increased.

Nose-breathing often changes the typography of the face. It beneficially alters the shape of the nose and the upper lip, producing a wide, well-formed nostril and imparts character to the nose as nothing else can do.

Nose-breathing prevents nasal catarrh. Practiced regularly it will cure ordinary nasal catarrh. Nose-breathing develops the lobes of the lungs that are very apt to be neglected in ordinary life.

Don't give it up. Keep breathing through the nose until you have developed the splendid function which nature intends it to fulfill. Nose-breathing is a pleasureable exercise. Not only that, but a protection to the lung. Not only that, but a beautifier of the face. Not only that, but a developer of the muscle of the upper part of the thorax. Nose-breathing is worth more than all the remedies in the pharmacopoeia.

A Japanese Lullaby.

Little blue pigeon, flown down to love us,
From the breast of Jizo, who broods apart
On the dreams below and the dreams above us;
Little blue pigeon, your nest's my heart.
I would have wrought you a golden cradle,
And clogs of gold to your little feet,
A cup of jade and a silver ladle,
Were I as rich as my babe is sweet.

If he had two swords to wear, your father,
You would have lain upon quilts of silk;
But he works on the hill where the 'rickshas gather
The stranger women with cheeks like milk.
The stranger women they smile to see me
Go by on foot down the sun-scorched street,
But their lips are sad and their eyes are dreamy,
For little hands and for little feet.

O, little pigeon, that knoweth only
The way to cuddle and coo all day,
The stranger women are pale and lonely,
For their birds are nesting a world away.
O, little pigeon, lie warm and slumber;
Your father and I into Jizo's ear
Say: "We are rich, and no care can cumber
Our souls while our pigeon is nesting here."

Glove-Mending.

By mending and cleaning gloves two young women in Harlem are said to be earning a good living. They began by inserting a small advertisement in an evening daily. Once a week the notice appeared, but before long it was discontinued because there was no further need for soliciting business. Those who brought in gloves became regular customers, and so pleased were they that they sent their friends who had gloves to be mended. Then the girls branched out into a larger field of trade. By going about to the shops during glove sales and inquiring into reasons for the great reductions in price they came to the conclusion that it would pay them to buy up a lot of damaged goods. Long white and tinted gloves of expensive make, which had been ripped in the first trying on, and gloves which had some grimy spots on their otherwise spotless surface, were purchased, mended and cleaned, and without deception such gloves were easily disposed of for a slight advance in price over the purchase price. The business has grown so that the sisters now have a regular clientele and several assistants.

Wild Animal Farm.

Come good crops or bad, the wild animal farm does a thriving business. Its cosmopolitan population, gathered from every clime, do not take kindly to farm work. The camels refuse to plow; no amount of urging will induce the zebras to do the work of horses; nor will the yaks or sacred cows do the work of ordinary oxen. The farm is a great animal boarding house, with boarders from all over the world. The farm, which comprises some 300 acres, is located near Allentown, Pa. Its population last year numbered more than 300 "head" of different kinds of stock, and comprised a large and fairly complete menagerie.

During the summer months the entire population of the wild animal farm travel about the country in the vans of "The Greatest Show on Earth." Early each fall the animals return to their quiet Pennsylvania farm to enjoy a well-earned vacation. It is a great day for the countryside when the circus comes to the country. The herds of camels, dromedaries, yaks, buffalo, llamas and the rest are shipped to the nearest railroad point and paraded across country to their winter quarters. The caravan makes a very pretty picture as it moves along over the quiet country road.

The winter residents of the wild animal farm are known in the circus as the "led stock." In the cross country march to the farm it might more correctly be called the "pulled, pushed or hauled stock." The journey is usually very exciting. In the various circus parades throughout the country these same animals will remain perfectly passive in the streets of great cities, no matter how loudly the band may play, the calliope whistle or the small boy shout. But a quiet country lane affects them differently and they will balk as only a camel can shy at the most innocent bush or tree, crash through high fences or hurdle them, and go flying over the surrounding farms, to the consternation of the farmers. The caravan starts on its journey promptly at sunrise, and it is usually late in the day before the farm is reached and the last unruly runaway rounded up and safely stabled in Niagara.

LOOKS THE PART.

'Arriet—I will say this for Bill, 'e do look the gentleman!—Punch.

THE LONE WOMAN AT A HOTEL

What to Do When You Are Traveling Alone and Have to Live at a Hotel.

When you go to a hotel you will be met at the door by a porter, and you can either go to the office with him or ask him to engage a room for you from the clerk. But it is altogether customary for a woman to go to the office to engage her room, and you need not feel that you are doing anything conspicuous. State what sort of a room you wish, and learn the price. The clerk will give the key of your room. When you are there do as you please. If you want the chambermaid, ring for her and tell her what you need. After that behave as you would in any private house where you felt at home. Leave the key at the office when you are going out. Bear in mind that for the time being the hotel is your home, and that you have a right to order anything in it that your are prepared to pay for. Don't be afraid of anyone, says the Philadelphia North American.

Keep the same thing in mind when you order meals. Take your time over the menu card. Select what you want as you would if the waiter were not there. If you look grave and dignified the attendants will think you are a haughty, reserved person who knows it all and will defer to you. Keep up this impression. Tip the waiter a quarter for any order of from $1 to $2, and beyond that on a scale of 10 per cent. The bellboy who takes up your bag will expect a dime tip. The chambermaid will look for a quarter if she has done anything especial for you. If not, don't tip her.

Don't be afraid of anything or any one. In all probability they are all as much in awe of you are you are of them.

Dark Circles.

There are a few women to whom dark circles under the eyes are becoming. Indeed some women go so far as to pencil these circles, thereby making the eyes look larger and more brilliant and the face look more ethereal. But to the average woman dark circles are a bane. They make her look unhealthy and at least ten years older than she would without them. They make her eyes seem unnaturally large and hollow and her cheeks look anaemic.

Dark circles come from a tired body. If you do not sleep well and take plenty of rest you are likely to have them. Never overstrain yourself, nor walk after you are tired. If you want to avoid them take a good tonic for your nerves and go to bed a little earlier if you wish to rid yourself of them. When an actress is making up for a very young part she makes her face babyish by drawing a white line under each eye. It is well to emulate her by powdering rather heavily beneath the eyes if you want to attain that youthful look. To do this, powder your eyes, lids and all, rubbing the white in with a piece of chamois skin. Then wipe the lashes and brows clean with a cloth dipped in rosewater.

A boy out in Madison, Ind., recently took poison because he thought that he was too modest to make a success in life.

A London fireworks firm has received hundreds of orders from persons "desirous of celebrating the fall of Port Arthur."

THIN, PALE WOMEN READ THIS

It Explains the Cause of Your Weak, Nervous, Used-Up Condition—And Its Cure.

Ill-health in women is usually traceable to nerve-exhaustion.

When you feel run-down and depressed, tired most of the time, it means nature warns you that more nerve-force is requird.

You have allowed your store of nerve-energy to fall below par, and the result is a lack of vigor that invites every disease germ in the air. It may be the pneumonia germ, or typhoid, perhaps tuberculosis, but if it gets into your weakened system now, your chances are poor indeed.

The one true remedy is Ferrozone, a medicine that builds up the system by nourishing the nerves and enriching the blood.

There is more nutriment and building material in Ferrozone than you can get in any other way—more power to cure thoroughly, and thereby establish solid, lasting health.

Not only is Ferrozone a blood and nerve builder; it is an appetizer and tonic unequaled for weakness, debility and all other diseases common to the springtime.

Your case may be similar to that of Mrs. Daniel Ferguson, jun., whose address is P. O. Box 395, Prescott, Ont. This is her statement: "A year ago my health began to fail. I grew very thin and exceedingly pale. I was completely prostrated at times with nervous and sick headache.

"All day long I was tired and at night I found it difficult to obtain restful sleep. My appetite was variable and indigestion bothered me considerably. As I grew worse I became morose and suffered considerably from heart palpitation.

"You could scarcely believe the benefit I derived in one week from Ferrozone. The color came back to my cheeks My vitality and appetite increased, better spirits and renewed force came also. Ferrozone did me a world of good and made me completely well."

REMEMBER THIS: No alcoholic stimulant can nourish and build up like Ferrozone, which is simply concentrated cure. Fifty tablets in a box for 50 cents. Six boxes for $2 50. At all dealers, or N. C. Polson & Co., Hartford, Conn., U. S. A., and Kingston, Ont.

MOTTOES ARE AGAIN THE PROPER THING

Fashions of Old Time Manor Houses Being Revived for Modern Mansions.

In the old-time manor house it was customary to inscribe some appropriate motto over the mantel or fireplace, especially in the great dining hall and library The inscription was generally in Latin, the language of the scholar. This custom is being revived in both country and town houses. There is scarcely a room in which a sentiment, prettily expressed, would not be a welcome addition, and would not at once attract the attention of a visitor. The lettering may be done in script or old English. Here are a few good mottoes:

For the hall—

East or West, home is best.

A man's house is his castle.

Home is the resort of love, of joy, of peace.

Our house is ever at your service.

Over the fireplace in Mark Twain's home in Connecticut is this beautiful inscription:

The ornament of a home is the guests who frequent it.

For the living room—

Oh, ye fire and heat, bless ye the Lord.

God has give us this ease; or seek thine own ease.

No place is more delightful than one's own fireside.

For the library—

Old wood to burn,
Old friends to trust,
Old authors to read.

There is an art of reading,
The monuments of vanished minds.
Infinite riches in a little room.

For the nursery—

God rest ye, little children.

A child in the house is a wellspring of pleasure.

For the music room—

The hidden soul of harmony.

Music—the speech of angels.
—Ellye Howell Glover.

LITTLE SAVERS OF STEPS.

Zealous young housekeepers sometimes make the mistake of cleaning paint with sand soap. Don't! It only scratches the paint; the other soap will do the work.

Take your carpets, and even your oilcloths, up once a year.

If you put matting down, be sure the floors are thoroughly dry before it is laid.

Year-old matting gains new life by being wiped up with salt and water.

Clean springs and woodwork of beds carefully, going over joints and ends of slats and every crevice with corrosive sublimate, by way of guarding against possible dust creatures.

Clean out closets and bureaus with turpentine water and use generous proportions of the turpentine. It's a good ounce of prevention against moths.

Don't shroud picture and mirrors in netting—if they're too much trouble to keep right, put everything you can away.

Lining bureau and chiffonier drawers and closet shelves with heavy white paper keeps the contents fresh, and should be renewed from time to time to be always perfectly clean.

Wash white marbles with clear water and a soft brush.

Have all your implements handy before you begin your cleaning—brooms and brushes, plenty of scrubbing and dust cloths, broom bags, soap, turpentine and chlorides, or caustic soda, for pipes.

Take every book from your cases, and dust them first, "librarian's way," which is by striking one with another lightly, so that the dust flies out; then dust them with a cloth. Take the same precaution with the bookcases as you did with bureaus—wipe them out with turpentine water.

Little insects often play great havoc with valuable books and bindings.

Treat your music cabinet and the separate books and sheets of music as you did your books and cases. The same little insects attack both.

Pour chlorides down pipes, or, perhaps better still, caustic soda, which cuts the accumulated grease.

After cleaning, get rid of heavy hangings, and see that white curtains are spick and span.

MARRYING AGE ALL-IMPORTANT

IN DETERMINING THE CHARACTER OF THE CHILD—A BIOLOGICAL DELVER'S DICTUM.

Man Best at Fifty—Children of the Young Likely To Be Vicious—Tables Sustain Theories.

A seventh child of a seventh child of a seventh child isn't anywhere to be compared to a sixteenth child of a sixteenth child of a sixteenth child, according to the philosophy of Caspar Lavater Redfield presuming, of course, that the national birth rate allowed of the practical demonstration of his theories.

But in his philosophy three or four generations of even seventh children of seventh children of seventh children of the male sex, married to the seventh children of the seventh children of the seventh children of the female sex, virtually would wipe out of Christendom all poverty, vice, and crime of the age—briefly, for the reason that the children of aged parents in all the history of the world have been the moralists the thinkers the philosophers, and the philanthropists, while the children of the immature father and mother have filled prisons, poorhouses, gambling-houses, and the slum districts in the great cities.

By profession Mr. Redfield is a civil engineer, with offices in Chicago. As a great deal more than a fad, he has been an earnest delver into biology, however, and along lines that have made him an interesting lecturer.

"Savages marry savages in mere youth and other savages are born," explains Mr. Redfield, "while David was the eleventh son of his father, and David's son Solomon was born when the psalmist was 52 years old. Moses was born 185 years after the birth of his great grandfather, while the modern Moses—Abraham Lincoln—was the product of a grandmother and a grandfather, each the baby of their respective families, and of a father and a mother, each the youngest child in their families. Stull further to the point, Benjamin Franklin's ancestors in the male line on the Franklin side were the youngest children for five generations back, while the father of Audobon was 51 years old at his boy's birth and himself was the twenty-first child of his own family.

CHILDREN OF YOUNG VICIOUS.

"Delving for years into the history of men I have made some classified deductions as to the position in life to be counted upon for children born of parents in certain age groups. Looking for the reckless adventurous, dissipated, aggressive types of men I have found extreme youth in their parentage almost without exception, while the great thinkers and philosophers of the world have been born of parents who have reached fnental maturity."

It is Mr. Redfield's argument that the child, under whatever circumstances, is the child of his parents as these parents are at the time of his birth. Which is to say that if the wild young Richard Roe's first born is born within a year of his father's runaway match with John Doe's daughter who is barely of age, that particular first child has altogether different parents than are those parents who may be responsible for the being of the eighth, twelfth, or sixteenth member of the growing Roe family.

"No man should be allowed to marry before he is 20 years at least," is Mr. Redfield's dictum, "while, on the other hand, every man should be married by the time he is 30, and every woman by the time she is 28. Regarding these observations, I will say that if no person in the United States were allowed to marry before the age of 25 years, two generations of such marriages would wipe out virutally all the poverty, crime and viciousness of the country.

"There are certain possibilities in this philosophy of later marriages which are not to be escaped by one who will investigate as I have done. The key note to my philosophy is a something which I have styled dynamic heredity. Heredity, as I have found it, involves the two possibilities of structural heredity, which concerns form and size, without regard to force and energy, or this dynamic heredity, which involves force, power, and energy, without regard to form. The application is that a child may resemble a parent in face and figure, no matter how young the parent may be at the time of the child's birth; while as certainly this same child cannot resemble the parent in brain force and power as a tenth or twelfth child might do after the youthful father had acquired his own brain force and power from a ripened knowledge and experience.

MAN BEST AT FIFTY.

"As a general proposition, I will say the chances of a position in life for the children of parents of varying ages promises in this general order:

"The child of a father of 51 years old and more belongs to the group to be described as moralist, philanthropic, and philosophic; the child of the parent aged 41 to 50 years may attain the group of statesmanship; fathers 31 to 40 years old will have children devoted to music, poetry, art, and literature, while the fathers under 31 years old will have progeny tending to militarism and the aggressive occupations of the world.

"The whole underlying principle is dynamic heredity. When a parent, and especially a father, has passed 50 years old, he is at the maximum of his knowledge and experience. He is inclined to morality, philosophy, and a greater tolerance of the world and its vagaries. He has time for thinking and for self-analysis. Shall one doubt for a moment that a man becoming a parent at such a time in life reflects his acquired nature in the child? Otherwise, why should a long line of ancestors who are college men be regarded as promising in every way to the culture and mentality of their descendents?

"Looking through the genealogies of 236 men whom the world has designated great I have proved the ratios of chance of these children of fathers at various ages. Twelfty-one of these men achieving greatness in theology, philosophy, and philanthropy, were children of men more than 51 years old: thirty-three of the total of seventy-six lawyers and statesmen had fathers between 41 and 50 years; thirty-six of the eighty-one artists, musicians and literati had fathers in the age group, from 31 to 40 years, while sixteen of the thirty-one military men were children of fathers under 31 years of age at the time of the children's birth. A table shows these four groups and the tendencies in proportion to the numbers in each group, as follows:

	51 and over.	41-50.	31-40.	Under 31.	T'l.
Theology, philanthropy, philosophy	21	15	7	5	48
Statesmanship and law	10	33	27	6	76
Fine arts, music and literature	9	25	36	11	81
Military	3	4	8	16	31
Totals	43	77	78	38	236

MARRY LATER NOW.

Mr. Redfield's basis of all such figures is largely within the last 200 years and has been taken from genealogies of families in the United States and the English-speaking countries. In these last 200 years the ages of the parents at birth of children have approximated the following percentages of the births:

Parents, 51 years and over	5.00
Parents, 40 to 50 years	22.92
Parents, 30 to 40 years	40.42
Parents, 29 to 30 years	10.25
Parents, 25 to 29 years	10.16
Parents, under 25 years	11.25

Since these basic figures were taken from the last two centuries, the percentages are affected by the marked increase in the age of candidates for marriage in the last quarter of the last century. Economic conditions in the great cities have been complained of for causing belated marriages, but Mr. Redfield, while acknowledging the economic cause of this, sees in it only another beautiful adjustment in the law of evolution. Early marriages tend to the production of paupers and criminals; civilization is too greatly burdened with these types at the present time; economic conditions that are interfering with early marriages will adjust the difficulty in later born and better born children.

LATE BORN LIVE LONGEST.

better born and the more valuable citizens so, too, Mr. Redfield finds that as the ages of the parents increase, there is an increase in the longevity of the children. Tracing genealogies has shown to him that in families where four sons reach maturity without the interfering factors of war, and crime, and accident, the eldest son lives to be nearly 61 years old, the second reaches 69, the third reaches 70 years, and the fourth becomes 71 years and over.

"I will risk the statement that for every four years' difference in age on the part of the father at birth of his children he will add one year to each succeeding child's chances of life," said Mr. Redfield. "Not only this, but with each increase of the kind in his own age, the disposition is to put the child in a higher ranking position in the world's work and lessen the possibilities of his degenerating into a pauper or criminal.

"But among the Polynesians the same early marriage rites are observed. This balked me until by further investigation I learned that among the Polynesians it was a venerable custom for the first three children in every family to be killed at birth, while in reality five, or seven, or nine of them might be killed before the children of the later births were allowed to exist for the reproduction of the race.

"The child of the young parent is more likely to survive infancy than is the child of the older couple, but the infant portion of its life once passed, the chances of the youngest child in a family are greatly better for a long life. But between the ages of 28 and 40 years parents are young enough to acquire families promising the elimination of the most vicious that is in human nature and the raising of all the standards of the best that is in life. The philosophy is doubly true that 'a man's education should begin with his grandfather,' but if that grandfather has become the father before he has education worthy of the name, where are the son and the grandson to profit?

"England is demonstrating this fact in her great men of all time. She has found it impossible that one family should produce really great men down any long line. And why? Because it is the first born son, generation after generation, who is married early in the hope of the birth of a grandson early to be in line of accession. The result is that England's great men would have become extinct had not its peerage been fed by those rising from the masses through the virtue of their accomplishments."

Yet in the State of Illinois, with the consent of parents or guardians, a boy 17 years old legally may marry a girl 14 years old, with the possibilities of "savages" as children, quoting Mr. Redfield.—Chicago Tribune.

An average girl thinks all the young men of her acquaintance wonder if she would refuse them if they proposed.

KEEP THE BLOOD PURE,

Nearly All the Common Ills of Life Are Caused by Weak, Watery and Impure Blood.

Bad blood means bad health. That is why Dr. Williams' Pink Pills mean good health—they actually make new, rich blood. Bad blood poisons the whole system. The nerves break down, the liver goes wrong, the kidneys get clogged and inflamed, the heart flutters and jumps at the least excitement, the stomach loses its power to digest food, the lungs are unable to throw off the lingering colds; in fact, the whole body gets out of order. Then you have headaches and backaches, can't sleep and can't eat, and feel utterly miserable. And it all comes from bad blood and can be cured by the rich, red blood Dr. Williams' Pink Pills send coursing to every part of the body. Mr. Daniel McKinnon, of North Pelham, Ont., suffered from bad blood, but has been made well and strong by Dr. Williams' Pink Pills after all other treatment had failed. Mr. McKinnon says: "Until last spring I had been afflicted with a weak stomach, headaches and kidney troubles. At times I was completely prostrated and my sufferings were of a most severe nature. At different times I was treated by no less than seven doctors, but from none of them did I get more than temporary relief. As time went on, I became hopeless of ever being well again. Last spring a friend drew my attention to Dr. Williams' Pink Pills and I decided to try this medicine. I had only taken four boxes, when I found a decided improvement in my condition, and I continued using the pills until I had taken a dozen boxes, when I was a cured man, and the sufferings I had formerly endured were but a disagreeable memory. I admit being an enthusiastic admirer of Dr. Williams' Pink Pills, but I think I have just cause for my enthusiasm, and will always recommend them to my ailing friends."

Just as surely as Dr. Williams' Pink Pills cured Mr. McKinnon they can cure anaemia, indigestion, headaches, backaches, kidney trouble, rheumatism, lumbago, sciatica, neuralgia, nervousness, general weakness, and the special ailments of growing girls and women. All these ailments come from bad blood, and Dr. Williams' Pink Pills can cure them by filling the veins with new, rich, red blood. But you must be sure to have the genuine pills, with the full name, Dr. Williams' Pink Pills for Pale People, on the wrapper around every box. Sold by medicine dealers everywhere, or by mail at 50c a box or six boxes for $2 50, by writing the Dr. Williams Medicine Company, Brockville, Ont.

CASTORIA

The Kind You Have Always Bought, and which has been in use for over 30 years, has borne the signature of Chas. H. Fletcher and has been made under his personal supervision since its infancy. Allow no one to deceive you in this. All Counterfeits, Imitations and "Just-as-good" are but Experiments that trifle with and endanger the health of Infants and Children—Experience against Experiment.

What is CASTORIA

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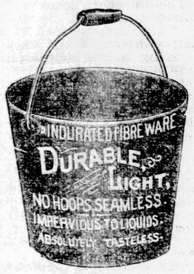

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