al Baking Powder

TOTAL PARALYSIS.

A PECULIAR CASE.

dry's Paralysis and Is Cured In

Eight Months.

From the Times, Philadelphia, Pa J

experience it is.

a welcome visitor.

cember 3, 1894. Amos. C. Rathbun,

the elements neacessary to give new

HIS SILENT BRIDE.

but Married Him Just the Same.

Miss Fannie Brambley, a beautiful

young lady of 18 years, and Jerry Car-

tell was her favored suitor. But, as is

generally the case with young lovers,

he heat of passion Miss Fannie angrily

Nowed by high heaven she would never

peak to him again. The disconsolate

over took his departure, but as he fair-

ter Miss Fannie relented and penned to

Overjoyed at the happy termination

welcome. Taking a tablet and pencil

The courtship proceeded with pencil

Last Christmas Mr. Cartell made his

wife a present of a handsome and costly

pair of vases. The other morning the

"Oh, Jerry, look what you have

She was horribly shocked at speaking

to her husband and believed that she

cover that her organs of speech had not

In the happiness of again hearing his

wife speak to him Jerry folded her in

and Mrs. Cartell feel as if a cloud had

been lifted from their home, and there

is not a happier couple today in Dyer

Saved His Money.

A notable example of Scotch thrift is

recorded of a Mr. McCatarack, who was driving a fast horse in a trap with a

friend. The horse bolted, and the friend

"Hold your tongue, man," replied

Kept Pace With the Country

"When that man came to Chicago,

"I suppose he has learned to write by

"Write! That man, sir, wields the

sir, he couldn't write his name. And

now he's worth millions."

this time.

"I'd give £10 to be out of this!"

Trimble (Tenn.) Correspond-

and paper for several months, and then

ome days ago.

nto a hundred pieces.

lone!" cried Mrs. Cartell.

been in the least impaired.

from a desk, she began a written cover-

ly worshiped the girl he ardently set

bade her lover leave her presence and

(Seal.)

A TRUE FISH STORY.

It Is a Connecticut Product and Relates to

a Lost Bracelet and an Eel. Savilian Beebe of this place made a big haul with his eel spear a few days ago. Last July among the people who sojourned at Essex was a wealthy Cincinnati family. A young lady member of this family went out boat riding one evening, and during the trip she lost a

valuable bracelet from her arm. The bracelet was in the form of a gold chain that fastened with a hook. The young lady was very much distressed over the loss of the ornament, and she | acle to a physician. Such is the exoffered a reward of \$20 for its recovery. Fishermen searched the river bottom for it in vain.

A few days ago Beebe, who usually makes about two eeling trips to the Connecticut river during the winter, hitched up his horse and drove down. The ice was rather thin on the old eeling ground, and Beebe was obliged to go very small eel.

fried eel for breakfast anyhow. He took the eel down from the nail on the side of the house, where he had hung it the night before. It was frozen as stiff as a the disease advised me to start for my of women to the classified service is marline spike, but he took it out into the woodshed, and in less than a minute he and on April 1st started for London, When, however, the lists of tables of had its hide off

He then ran his knife into the eel's throat and shoved it toward its tail. When about half way down, the point of the knife struck something that refused to be cut in two. He slashed into the eel's middle. To his astonishment, a long metal chain, as bright as it new, lay lengthwise of the stomach.

He showed the chain to his wife. Mrs. Beebe took the thing and examined it. On the heel of the clasp the name of the young woman who lost the bracelet last summer was engraved. The circumstances of the lost bracelet were known to the people of Salem, and after breakfast Savilian hitched up his horse and headed for Essex, where he delivered the bracelet to the people with whom the Cincinnati family boarded and received the \$20 reward.-Salem (Conn.) Special.

PEACEABLE SNAKE INDIANS.

Young Chief Delivers an Eloquent Address

A delegation of Snake Indians visited the red men of the Umatilla reservation recently. When they started for home, Young Chief delivered the following

once hate was between us. Now there Niagara. is love. Once war; now peace. Once we swung the tomahawk and aimed the deadly rifle at each other's hearts. Now the pipe of peace we smoke to show that the past is passed and buried. In other ways it is different. There was a time the whites. But we have all put aside the following affidavit. the implements of war and cultivate the arts of peace. Our fathers swore eternal vengeance on the palefaces. This was because of the tradition handed us by them of an invasion of trappers and traders who valued not the Indian's life. life and richness to the blood and re-They went to the sea and found their friends at Astoria by the great water and left some to mourn their Indian dead. But we live side by side with him now, and from the rising to the cents a box, or six boxes for \$2.50. setting sun we know no foe for whom would put on the warpaint and ride forth to return with scalps hanging at our belts. Our ponies no more great father at Washington as our great chief. Him we obey. The past is forgotten. Major Jim, go to your people and say Young Chief sends them peace and good will."-Portland Oregonian.

MEDALS FOR BRAVERY.

King Oscar Sends Rewards to Two Gallant American Seamen.

F. K. Borden of 520 South Front street, formerly chief officer of the bark S. G. Bowart, was presented last week through the Swedish and Norwegian about to effect a reconciliation. At consul with the King Oscar medal of the last in answer to a pitiful, pleading letsecond class for his gallantry in saving the crew of the Norwegian bark Anun- him a loving, forgiving message. da of Christiania, Captain W. J. Larsen. Seaman Patrick Mulvaney, who of affairs, he hurried to the home of Miss volunteered to row Mr. Borden off to Fannie and was received warmiy and the waterlogged wreck, received a medal | affectionately, but without a word of of the third class from King Oscar.

The Bowart fell in with the Anunda off the coast in February, 1893. The sation as though she could not speak a latter was in a sinking condition, and word. She is very devout, a member of although a heavy sea was running and the Methodist church, and was firmly it was hazardous to launch a boat even | impressed with the idea that if she Mr. Borden volunteered to try to res- should break her rash yow God would cue the crew. Seaman Mulvaney offered punish her by striking her dumb, when to go with him, and the two managed she could speak to no one. to get alongside the derelict and took off Captain Larsen, his officers and crew. The shipwrecked men had given they were joined together in the holy up all hopes when the Bowart hove in | honds of matrimony. During their sight, and even then thought the sea too | married life of nearly a year Mrs. Carheavy for a rescue. The medals are of | tell never spoke to her husband until silver, with the head of King Oscar on one side, on the other the name with the motto "For humanity" in Norwegian .- Philadelphia Times.

The United States representative for the first time took his place in the highest rank this week at the royal social functions. Mr. Bayard stood last but one in the small group of embassadors that flanked the Prince of Wales at the occasions like this is no less strict than the queen herself in all matters of etiquette. He prescribes even the smallest details of dress. Americans who wear ordinary evening dress at levees were notified recently to wear white stude black braid. His royal highness is God for the breaking of the vase. Mr. quick to detect the slightest irregularity. He noticed some fault in the uniform of a British army officer presented on Monday and embarrassed the man | county. beyond measure by remarking in a low tone when greeting him, "Nothing like that," indicating his meaning by a slight gesture. - Cor. New York Sun.

Keep at It.

Women everywhere, all over the exclaimed: world, are demanding their political rights and soon shall receive them. Women, let us work, work, work, and Mac. "Ye'll be out for nothing in less keep at it, and we shall soon reach a than a minute!" a prediction which time when we shall no longer be robbed proved true. - Glasgow Exchange. of our rights nor rated lower than Indians and with criminals, lunatics and idiots politically.-Friend of Home, Effingham, Ills.

Dr. Price's Cream Baking Powder. finest cattle pen in Chicago!"

WOMAN'S WORLD.

GOOD SHOWING MADE BY WOMEN IN physician for each of the insane asylums THE CIVIL SERVICE.

Woman In Public Affairs-The Bicycle Made Useful-Women Doctors For In- sent. sane Women-Dressing the Bride-Leg-

Time, according to the latest-ninth -published report--1891-2 - of the United States civil service commission, has brought about a decided increase in the chances for women who wish to enter the public service. The civil serv-PHYSICIANS ARE ASTOUNDED BY ice law practically went into effect in 1883. The report for 1884 stated that while the "law" made no distinction on account of sex the "appointing power" A Young Man Is Stricken With Lanhad this far used its discretion in the selection from the list of eligibles of less than one-sixth as many women as men, although a larger proportion of female than male competitors passed. During Stricken with Landry's Paralysis the fiscal year 1890-1 147 women were and yet cured. That means but little to appointed to the classified departmental the averge layman but it means a mirservice-exclusive of 122 printer's assistants in the bureau of printing and perience of O. E. Dallimore, now a engraving. During the same period 776 resident of Madison, N. J., and a rare men were appointed or a proportion of women to men of somewhat less than "Yes, it's true that I had Landry's Paralysis," said Mr. Dailimore to a reporter," or else the most celebrated number of women appointed in cor-

number of women appointed in corphysicians of London were mistaken.

"It was on the 15th of March, this year," he continued, "when I was in women to men of a little more than about a mile up the river to Brockway's New York city, that I first felt the 1 in 3, a very decided gain for wombend. Here the tee was soft, and Beebe symptoms of my trouble. I had exbegan work. He worked all day like a perienced difficulty in going up stairs, expresses itself as unable to account for beaver and succeeded in getting but one my legs failing to support me. I conthis change of animus on the part of the aver and succeeded in getting out one my legs laining to appear who informed me sulted a physician who informed me sulted a physician who informed me that I had every symptom of Locofact as one of general interest and suggestions.

> Ont. A well-known physician was promotions are scrutinized, we feel that consulted, but I grew rapidly worse the mystery is partly explained. By and on Saturday, April 7, several emi- executive order December, 1891, promonent physicians held a consultation on tions were put on the basis of the effimy case and informed me that I was ciency records kept in the departments at death's door, having but three to six and the close competitive tests which days to live, still I lingered on, by this have supplemented these records. These time completely paralyzed, my hands show that when women in the public and feet being dead, I could hardly service have a fair and even chance whisper my wants and could only with the men they win their full share swallow liquids. Oh, the ruisery of of the more lucrative and responsible those moments are beyond all descrip- positions. It has been noticed that this tion and death would really have been is especially true with reference to those who have come into the service through "Now comes the part that has as- the competitive examinations of the

tounded the physicians. Rev. Mr. commissions. Gondy, a clergyman who had visited That the extension of the merit sysme in my last hours, as he supposed, tem is the main explanation of the retold me of the marvellous cures of par- markable increase in the number of alysis that had been performed by Dr. women appointed and promoted in the Williams' Pink Pills for Pale People. classified civil service is disclosed by I started to take the pills about April the elaborate tables incorporated in this 28 and a week after that felt an im- report. At the civil service examinaprovement in my condition. There tions throughout the country a higher was a warm, tingling sensation in the general average of marks is secured by limbs that had been entirely dead and women than by men, except in the more I soon began to move my feet and hands, difficult technical examinations, where the improvement continued until May as a rule women do not compete-"when 28 when I was taken out of bed for a they do the showing is decidedly in ta-drive and drove the horse myself. By vor of the men." The earlier reports of eloquent farewell address to his visitors: the beginning of July 1 was able to the commission did not always indicate We part tonight. Not as before, for walk upstairs alone and paid a visit to the sex of competitors, but a table has been prepared which gives the ratio of "Slowly but surely I gained my old women to the whole number examined, health and strength, leaving Ontario as well as their ratio to the whole numfor New York on October 11 and be- ber who passed the examinations for ginning my work again on October 26, different branches of the service from 1894. Cured of Landry's Paralysis in January, 1886, to June 30, 1892. We eight months." To confirm his story find that whereas the women were only when some of us lay in ambush against beyond all doubt, Mr. Dallimore made 12 per cent of the number examined, over 77 per cent of women passed as vote Mrs. Craig points out that under Sworn and subscribed before me De- against some 60 per cent of the men. the California code (1) a married wom-Notary Public, the general proportion being raised to that she may feed and clothe and edu-

store shattered nerves. They are for Woman In Public Affairs. sale by all druggists, or may be had by The United States senate on Feb. 15 discussed a bill providing for town sites acquired by a woman after marriage, mail from Dr. Williams' Medicine Company, Schenectady, N. Y., for 50 in Oklahoma. Senator Peffer offered an amendment to change the words "qualified electors" to "all citizens of the United States." Senator Blackburn opposed the amendment on the ground that carry us to bloody attack. We own the | She Vowed Never to Speak to Him Agair, "it would make every woman as well as every man in that territor; a quali-About 18 months ago Mrs. Cartell was Senator Peffer said: fied voter."

Dr. Williams' Pink Pills contain all 62 per cent, if we add the examinations cate her children, must first prove as

for the railway mail service, for which

women are ineligible. - New York Post.

"Mr. President, my intention is very plain. I intend to avail myself of every opportunity to strike out the word 'male' where that word remaining a quarrel arose between them, and in would interfere in any way with the rights of females. The time has come when we need the help of women in public affairs. If there is any portion of the human family that more than another is interested in the home, it is the women-our mothers, our wives, our daughters. Every young man when he searches for a wife and makes a selection does it believing that he has not only selected the best woman in the world, but one who is his equal in every respect. There is not one man in a family in every 100,000, if he is worthy Greek and Latin, she accumulated inof the name of a man, who does not be- formation on a great variety of subjects. lieve that his wife is fully his equal in and her aim was to demonstrate by her taking care of all the interests of the individual evidence the universality of family, in looking after the children feminine intelligence. She was a memwhile they are young, and who does not ber of the Societe des Gens de Lettres know that after the boy and the girl and honorary president of the United have left the parental roof her sympa- Societies of Libre-Pensee in the departthy, her love, her affection, her prayers ment of Seine-et-Oise. - Paris Letter. and her tears follow them wherever they go. I repeat, Mr. President, whenever I have a favorable opportunity I | Chicago now has a woman engineer, propose to avail myself of it and give to who has successfully passed the ordeal woman-God bless her!-every advan- of a rigid examination. A contempo tage, every right and every privilege rary says she was not let off easily either

The Bicycle Made Useful I believe the wheel will yet be re- of examiners' room in the city hall, presponsible for many changes and adsented her application in a manly way, asband was bringing in an armful of vancements in women's dress that we deposited the official fee-\$2-and then wood and struck one of the vases and are not yet prepared for. And the time made her way into the line of the appliknocked it to the floor, where it broke is soon coming when a woman on a cants to await her turn. Among other wheel will excite no more comment, no questions she was asked as to the size of matter how outre her dress, than would the blowoff required for a seven horse be excited by the same woman afoot. power engine and what she would do if Women need this exercise more than the valves stuck fast. When the exmep. There are many women who have amination was finished, the examiners queen's levee. The prince on formal had been stricken dumb. To ascertain more time to ride than men. There are wrote at the end of her paper "acceptthe correctness of her belief she spoke thousands of women living near towns ed," and Miss de Barr is now a full to him again and was overjoyed to dis- or villages who perhaps have horses, fledged licensed steam engineer.—Dela-

who do not get the exercise or go down town as often as they would. The men folks are away, "nobody to hitch up, and plain white gloves instead of with his arms, wept tears of joy and thanked got to dress, etc., and we'll let it go until tomorrow.

Even the short mile or less is more than she cares to undertake for the defor 40 nurses. The nurses enter for a sire. But give that same woman a two years' course, receiving the first wheel, and the mile is reduced to less than a quarter. The little ride can be \$12 per month, besides board, washing nights ago Justice of the Peace Allen, made a pleasure. She can do the shop- and instruction. The junior, or first who was present, was summoned to ping or go to the postoffice and take pleasure in it and not miss the time. and the bit of exercise, so different portant part of their training. The ry and Miss Mary McGreevy. The cerefrom any other, will do her good. Many women will get interested in riding by one year, are sent out to care for sick the bride on Bridge street. When Mr. learning at seaside and summer resorts. When time hangs rather heavy and there is but little going on, they will to send them. Applicants must be at ties that the ceremony be a short one. learn to ride. And once knowing its least 20 years of age, of sound health, Mr. Allen promptly tied the knct. Mr. practical side they will be loath to give good moral character and have a good Wynne, who had taken his watch from it up, even if it has not the exact approval of their set. The middle aged (Mass.) Letter. women, so hard to get interested in anything that needs physical exertion, and at a time of life when they need it the The effect of being born to the royal just been broken. most, will find this an interesting way purple is evidently enervating. At one of getting that exercise and doing some- of the English drawing rooms last year thing at the same time, for there is al-

condition. To prevent any such disastrons result again the number of presen-A bill is pending in the Virginia legtations this spring is to be limited to says it is a mistake to think that we can 200 at each reception. Meanwhile the not undertake calisthenic exercises withfirst ladies of our republic set a brilliant out attending a course and paying some of the state, to have charge of the female departments therein. It is prac. example by holding weekly receptions, one a fee for teaching us, and this fallatically the same bill that passed the at which it is not unusual for thou- clous notion prevents many of us from sands of persons to be received in a sinhouse two years ago almost without disgle afternoon -Exchange. There is considerable agitation

Pleasanton, Kan., has elected a wom- gin by devoting five or even two minutes

over the matter. Mrs. Sallie G. Gib-

Vindicator. The latter paper says:

sion. Make the bill for the election of

women physicians mandatory, make it

fix their status as in charge of the fe-

male departments, and not to be subor-

placed under male assistants, and you

will have no trouble getting southern

women physicians. At one college

Pennsylvania, located in Philadelphia,

there were five southern women gradu-

Dressing the Bride.

are two double box plaits that fall far

length of the train at the back. It is

necessary in arranging this veil to re-

member that while it is worn over the

face going up the aisle of the church it

is thrown back after the ceremony in

such a way that the bride may look her

"Is Legislation Needed For Wom-

en?" is the title of a very agreeable and

earnest paper read before the women's

parliament of southern California at

Los Angeles. Its author is Mrs. Mary

Lynde Craig, editor of the women's de-

partment of The Citrograph of Red-

history and more of the California codes.

She calls for legislation by which wom-

an, in order to become a sole trader.

Mme. Maria Deraismes.

She published in 1835 "Epidemie Nat-

Chicago's Woman Engineer

writer says her examinaiton was, if any-

thing, a little more severe than usual.

The young woman walked into the board

Gentlewomen Required as Nurses.

At Homes.

finished her duties in an almost fainting

trol of the children.

they are now admitted to the prison and petitioning shopkeepers to provide seats

best when the veil is off her tace.

completing their medical studies.

boney of Tazewell, who for six years was matron and housekeeper in an inan mayor. Several small Kansas towns an mayor. Several small Kansas towns bodice, or every night after taking it off, have within the past three or four years to three simple exercises for the expansion sane asylum, has written a convincing letter to the Richmond Dispatch in behalf of the measure. It is strongly supported by the Norfolk Landmark, the Broadway Enterprise and the Staunton fledged voters, clothed with the com- zontal direction to their fullest capacity. The movement in Virginia has grown in the two years that have passed since shall have feminine mayors in some of one house of the legislature delayed the the larger towns as well as women ing it through the mouth in drawing ther reform, in opposition to the almost county clerks, treasurers, recorders, etc. in. unanimous voice of the other house and The Kansas woman is the coming man, of heat. Again: Place the heels close to of the people, and we look with confiso to speak.—Kansas City Journal. dence to the passage of the bill this ses-

She Loves Doves.

Miss Louise Imogene Guiney, author of "A Roadside Harp," in giving the date of her birth for a biographical note dinated by the superintendents by being recently, wrote playfully, "I am the only lady with a permanent date attached." Miss Guiney, who lately received the appointment of postmaster at alone, the Woman's Medical college of her home village-Auburndale, Mass. -is a great admirer of pigeons. "I greatly love," she says, "both the sight and the sound of doves."—Boston Comated last June, and there are now there 13 women, four of them Virginians, monwealth.

The Twelfth Supreme Court Portia. Miss Kate Pier of Milwankee has Very heavy white satin is used for the been admitted to practice before the wedding gown, writes Isabel A. Mallon United States supreme court, making Ladies' Home Journal. The the twelfth woman for whom the bars skirt, which is quite plain in front. has of that forum have been let down, the a flare about the lower part, the result first venturesome lady being Mrs. Belva of there being two full plaits on each side of the broad gore. In the back there —Milwaukee Correspondent

Gloveless Brides.

down, spread out and extend through The innovation of no gloves for brides the train, which is very nearly a yard ong. The bodice is a pointed one, laced received fresh emphasis at the recent in the back, is high in the neck and has wedding of the Hon. Nellie Bass in Engover its white satin collar folds of white land. She wore rings enough to almost tulle, caught at one side with a tiny cover her fingers, but no gloves. This bunch of orange blossoms. The sleeves is a very trying edict, for the whitest have enormous puffs of the satin that of hands are apt to look red against the reach quite to the elbows, and below snowiness of a bridal gown. that they fit in to the arms, and each

Revolving Headgear.

comes down in a point over the hand. A diamond tiara composed of a great Folds of tulle outline this point. Over many stones and which may be wound each shoulder is an elaborate epaulet up, setting all the diamonds revolving of orange blossoms. The hair is arlike a glittering rainbow, is a novelty ranged quite high and pinned closely which a woman of quiet taste would and very firmly to the head, and the veil, rather see upon some one else than wear which is fastened on under a wreath of herself.-Exchange, orange blossoms, extends to the edge of the skirt in front and over the entire

What the opinion of college women is on the question of suffrage may be gathered from the tact that 500 Wellesley college women sent a congratulatory telegram to the Colorado Suffrage association when women gained the ballot

of short curls about the face will be retained, as they make a woman look more youthful. It is rumored that the new spring dress will be built with very long shoul-

lands, Cal. Mrs. Craig suggests that it ders, sleeves flat in the head, but full would be better if California women about the elbow, and the skirt made would read less of Greek and Roman heavy and fussy with ruffles and puffs. An association of women has been en will be admitted to the ballot box as formed in Liverpool for the purpose of

the tax list. To show that they need to for their employees. After 43 years' occupancy of the editorial chair of an English periodical Charlotte M. Young has been retired.

WANTS A COMFORTABLE COFFIN

much against her husband as she would have to prove to secure a divorce from him and must also tell why she does The Father of Congressman Brookshire Is Having One Made to Order. not ask for a divorce. (2) All property A Crawfordsville (Ind.) correspondent

other than by gift, devise or descent, says: "There is a man living nine miles becomes community property, over south of this city who, though in the which the husband has the sole manage- best of health, has given his orders for ment and control. (3) That mothers his coffin. His name is Drake Brookhave no share in the ownership and con- shire. He is the father of Hon. E. V. Brookshire, the Democratic congress man from this, the Eighth, district. Mr. Brookshire weighs 280 pounds, has al-Mme. Maria Deraismes, who for 30 ways lived upon a farm, enjoyed the years had been an obstinate defender of best of health, having never been sick a the principle of equality with man of day in his life, and is now 67 years of weman "before the law, before society age. The other day he came to town and before life," lately died in Paris. and went to an undertaking establish She was born in Paris in 1835. In 1872 ment and informed the proprietor that she published "Eve Contre M. Dumas," he wanted to purchase a coffin. The in 1875 "Le Theatre de M. Sardon," proprietor, after asking who was dead, wittily written protests against the parts | was greatly astonished on being told given to women in the plays of these that it was for the live man standing two masters of the bourgeois drama, before him.

"Mr. Brookshire, however, quieted uraliste." She was an indefatigable him by saying that he did not intend to contributer to L'Epoque, Le Grand die until he had to, but that he wanted Journal, Le Naino Janne and Le Repub- to die with the knowledge that there lican de Seine-et-Oise. She studied sci- was a coffin already made for him in ence, music and painting, she learned which he would have plenty of room. The undertaker did not seem to know just what to do, and Mr. Brookshire, seeing his embarrassment, laid down upon the floor and ordered his measurement taken. The coffin will be made of two inch oak, firmly bolted together, and will be 6 feet 6 inches long, 3 feet wide and 21/2 feet deep. After the coffin is made Mr. Brookshire will try it and see if it fits him. He also says that he desires to be taken to the gravevard in his farm wagon, drawn by his team of

Chicago's Bottle Craze. A curious fancy in bric-a-brac has because she was a woman. In fact, the furnished one man the foundation of a moderate fortune within the last year. He has a store on State street, near Fourteenth, and used to limit his transactions to the purchase and sale of old bottles. Druggists and barkeepers were his principal customers, but now one may see fashionable carriages at the door on almost any bright day, and he will tell you that the wealthy and people whose tastes run to odd ornaments are regular visitors there. They buy odd shaped bottles and jugs of all sorts agreeable. Price, 50 cents at Druggists' or buy odd shaped bottles and jugs of all sorts agreeable. Price, 50 cents at Druggists' or buy odd shaped bottles and jugs of all sorts agreeable. Price, 50 cents at Druggists' or buy mail. as old Dutch wares in blue or the quaint decorated bottles in which various liquors and mixtures are imported. Glazed jugs of fine finish and drinking mugs such as the Germans showed at One of the growing institutions of Jackson park last summer have become Pittsfield is the Bishop Training School almost a craze and bring three or four For Nurses. The hospital has 50 beds times their former value.—Chicago

and the training school accommodations Record. While the town board meeting of year \$8 per month and the second year West Indianapolis was in session a few year nurses, take care of the patients, as perform a marriage ceremony. the bedside instruction is the most im- contracting parties were Mr. John Persenior nurses, after being in the hospital mony was performed at the residence of people at the request of the physicians Allen entered the house, he was inor where the superintendent shall choose formed that it was desired by both parcommon school education.—Pittsfield his pocket to note the time consumed in the ceremony, startled them all by annonncing that the world's record had

> "You have taken only 21% seconds in the ceremony.'

Journal.

A writer in a leading London paper practicing daily a few exercises that would do an amount of good that we can scarce ly realize without having experienced it. She recommends all her readers to be

every morning before donning the coat or chosen women for mayors, and there is of the chest and the strengthening of the no recorded instance of any of them spinal muscles. Turn the palms downhaving cause to tegret it. In a short ward and just meet the finger tips across time the Kansas women will be full the chest. Now extend the arms in a hori-Repeat this movement somewhat slow plete regalia of citizenship, and then we ly, drawing the breath in through the nose in throwing the arms out and exhal-

The result will soon be felt in a glow gether and the hands on the hips, fingers pointing toward each other and slightly downward. Now with the waist describ a rotary motion, keeping the rest of the body as free as possible from movement. The head and shoulders must describe the course, but they most be as stiff as if made

The development of the muscles of the back is the object of another exercise, per formed by standing with the hands on the hips and the feet slightly apart. The knees must be kept perfectly straight. The body is then bent forward almost at right angles and again raised to a vertical position, leaning sufficiently far back to give an inward curve to the waist. The hands must be kept on the hips the whole

These exercises, practiced only a few minutes each day, will soon effect a wonderful improvement in the health and spirits of girls and women, and men, too, for the matter of that. But the exercise should not be overdone, and should be omitted, or at all events restricted, on headachy mornings.—Pittsburg Dispatch.

THE KEYSTONE OF THE ARCH

In the edifice of health is vigor, which means not merely muscular energy, but an active discharge of the various functions of the body, such as digestion, secretion of the bile, the action of the bowels, the circulation of the blood. Nothing more actively or thoroughly contributes to the united performance of these functions than the renowned tonic and regulator, Hostetter's Stomach Bitters. The result of its mee is a speedy gain in strength, together with the agreeable consciousness that the tenure of life is being strengthened—that one is laying up a store of vitality against the unavoidable draughts which old age makes upon the system. The fortifying influence of the Bitters constitute it a reliable safeguard against malaria, rheumatism and kidney trouble. Appetite and sleep improve through its use, and it protects the system against the effects of colds and damp.

HOW'S THIS!

We offer One Hundred Dollars reward for any case of Catarrh that cannot be cured by Hall's Catarrh Cure.

F. J. CHENEY & CO., Props., Toledo, O. We the undersigned, have known F. J. Cheney for the last 15 years, and believe him perfectly honorable in all business transactions and financially able to carry out any obligation made by their firm.

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