

For Months Because of
Uncle Tom's Cabin Company.
ST. JACOBS OIL.

From the Cardiff Times.

Among the thousands of voluntary endorse-
ments of the great value of St. Jacobs Oil for
sprains, stiffness, and soreness, is that of Mrs.
O. Thomas, 4 Alexander Road, Gell, Yborok,
New York. She writes: "I used to be afflicted
with great stiffness in my back and neck, and
was unable to do my usual work. I had tried
many remedies, but to no avail. I was advised
to use St. Jacobs Oil, and after a few days
I was able to do my work as usual. I was
now determined to advise all persons af-
flicted with this trouble to use this wonderful
remedy, which did so much for me."

Mrs. Thomas does not enlighten us as to
what treatment she pursued during the
months she was unable to stand, and during
which time she was suffering so much, but we
venture to suggest that she called in any
well known medical man he would have
once prescribed St. Jacobs Oil, for it has
conquered pain upwards of fifty years,
Doctors know there is nothing so good.
The proprietors of St. Jacobs Oil have been
awarded gold medals by different interna-
tional exhibitions as the premier product
of the world. The committee who
awards the medals were in each instance com-
posed largely of the most eminent medical
men obtainable. Mrs. Thomas's story is
not the least of the many in which St. Jacobs
Oil is held by almost every progressive medi-
cal man.

China is greater than Russia, Great Britain
Germany, France, Japan, and the
United States combined.

Beat For the Bowls.

No matter who you headach to a
game, you will succeed, you will win, you
will be right, CASCARA helps nature,
and you get right grip or pain, produce
your natural movement, the genuine, pure,
and safe getting your health back. CAS-
CARA, the genuine, the genuine, pure,
metallic, every tablet has C. C. stamped
on it. Beware of imitations.

The best opportunities are those we
make for ourselves.

Wish All a Merry Christmas!

With them of Gardell Tea, which cures
cough and throat, and restores the
many happy Christmas Dinners by
remedy of the world's best-selling
remedy.

Be all generous to a fault when
it comes to our own.

Man's pain is his fortune, but
sometimes relief solely upon his

OF INTEREST

Diamond Horseshoes.

There is a bit across the horseshoe
which forms the heel of a hat pin.
Diamond horseshoes galore are to be
seen for ordinary purposes.

A Royal Road to Learning.

The old proverb that there is no
royal road to learning, which was for-
merly accepted as indisputable, is em-
phatically denied by Mrs. Evelyn
Fletcher Copp, the originator of the
Fletcher kindergarten method of mus-
ical instruction. This royal road will
be found, she says, for the children of
the future, and the road is being made
smooth for the children of to-day in a
Boston school. Presently when he has
been thought impossible in the realm of
music, for instance, children now ac-
quire "positive pitch," a thing which
used to be regarded as unattainable
except by favor of the gods, and as re-
quiring music, it is as easy to teach
them to do that as to teach them to
read English.

French Waists.

Smart fancy waists are much in de-
mand to wear with the coats and
skirts so necessary to the winter wardrobe.
For day wear—that is, for morning
wear with club costumes—there is
quite a variety in fashion waists, the
newest fashions being changeable ones,
trimmed with narrow lines of black
velvet. There is a curious green and
black changeable taffeta of to-day in
which the waist would seem to have
been changed into a black velvet waist
except by favor of the gods, and as re-
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them to do that as to teach them to
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How to Fill Pillows With Feathers.

Every woman who has ever tried to
fill new pillows with feathers has
known the full difficulty of the task.
The feathers are so light and so soft
that they are apt to fly out of the
pillow almost before the needle has
time to pierce the fabric. The solution
is to use a special needle and thread.
The needle should be a large needle,
and the thread should be a strong
thread. The feathers should be packed
in the pillow in layers, and each
layer should be packed firmly. The
pillow should be packed in a special
manner, and the feathers should be
packed in a special manner.

As dogs, like the Jack lights, are no
longer permitted in the Adirondacks
the woman hunter must make her
skill as a shot against the keen wit of
the deer. She starts out to follow the
deer, and runs for miles, and then
ridges, where the horns and nuts
grow, just as the men do.

The hunters now follow an old log
pole, and then a new one, and then
angles into the thickets to make a
short cut for some of the inland bodies
of water where the deer drink and
the hunters wait for them. The deer
reveal a deer working his way along
the shore of the lake. The deer with
his branching antlers moves appar-
ently with little concern, and the woman
hunter works along the bank of the
lake until a good shot is afforded.

Suddenly the deer is frightened, but
before he can turn to escape the crack
of the rifle breaks upon the air, and
the woman hunter has become the pos-
sessor of a deer's head as a proof of
her prowess and aim.—New York Sun.

WOMEN AND
THEIR
WAYS

Philadelphia has over 1200 women in
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Police matrons are now an estab-
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Several women physicians, such as
Mary Putnam Jacob, of New York,
and Sarah Hackett Stevenson, of Chi-
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New Bedford, Mass., is soon to have
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Club. The women already have
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Miss Margaret Howie is now making
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HOUSEHOLD
AFFAIRS

ART IN THE HOUSE.

Hints For Beauty-Loving Women Who
Are Thrifty.

Make your home express yourself.
Because your neighbors have lace cur-
tains at every window, collar included,
do not have your own curtains of lace
but curtains of silk are far more dis-
tinctive, as well as artistic, for some
windows.

Only foolish women discard a fine
piece of furniture because its style
is not of the newest. Walnut, so long
in vogue, is still the favorite wood of
the house, is to be more fashionable
than ever before.

The most gorgeous sideboards (and
chairs) can be made of shabby oak
if well shaped and massive, by
applying one coat of dull black stain.
No rubbing down, leaving only a
thin, as well as not the stain at all,
beautifully, and the result is "Flemish
oak"—a perfect imitation, indeed.

Stained floors grow upon one. Even
conservative housekeepers are begin-
ning to grant the beauty of smooth,
glossy floors and rugs, and the labor
required to keep them so is not so
great, nor one whit harder than sweep-
ing carpets.

To sell a massive parlor suite be-
cause its covering and springs were
done for its to show great lack of thrift.
Take the advice of one who knows,
and you will be able to sell your
rich green curdury—not any fringe
about it, but finished in box pleating
of the goods milled in place by brass
rollers. The French style of the
parlor suites are both sane and de-
lusion.—Philadelphia Record.

How to Fill Pillows With Feathers.

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MORE MEN BY 1,800,000

MASCULINE PREPONDERANCE IN THE
UNITED STATES.

Twenty-four Extra Males in Every 1000 of
the Population of the United States
Exceed the 1000 of the Female Sex.

—Men Most Numerous in the West.

Whatever differences Dame Nature
may have made between the
spheres of influence of men and women,
she evidently intended that numerically
at least the two sexes should
be on nearly the same footing in the
world over, except where recognizable,
and what might be called artificial
causes interfere, the male and female
of the population are about equal.

At first sight, perhaps, this may not
seem at all remarkable. But it is to
be remembered that in many families
of large size, 50 to 60 per cent. of the
children are of one sex or the
other. And one should not be sur-
prised by the ascertained fact that
this disproportion were to produce a con-
siderable excess of men or women in
the world. The fact that such is not the
case, then, shows that there is some
powerful and mysterious law of com-
pensation at work upon the race as a
whole. And this law operates upon
the sex of the infants as well as upon
them. On a farm it is found convenient to
preserve a great preponderance of one
sex over the other in cattle and chick-
ens.

Curiously, not to say astonishingly,
is excited, therefore, by a recent an-
nouncement of the Census Bureau.
The enumeration of 1900 shows that
the number of males in the United States
is a population of 76,293,387. The ex-
cess of males over females is 1,800,000.
When it is said that there are 512
males and only 488 females in every
thousand people in the United States,
it is not surprising that the Census
Bureau has been going on, with some fluctua-
tion in the percentages, for over half
a century. As long ago as 1850 there
was a distinct numerical superiority
of the male over the female element.
By 1890 the preponderance was even
more conspicuous, but in 1870 less than
in any other decade. The returns for
1890 show a slight gain once more,
though the disparity of 1890 was not
quite reached, and those for 1890 a
still further increase. The returns for
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Hungry hair needs food,
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This is why we say that
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FRUIT

Its quality influences
the selling price.
Profitable fruit
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Neither quantity nor
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when ready to serve, place the
peppers on it, fold over, and dish on a
hot platter.

Apple Charlotte—Wash, pare and
quarter eight medium sized tart apples,
and stew slowly in a tin syrup
until tender, but not mashed. Season
with nutmeg. Line the bottom and
sides of a buttered ramequin with
thin slices of cake, fill the apples, cover
freely with bits of butter, and bake
in a hot oven until crisp.

Apple Fritters—Wash and scrape
them and cut in slices, cover them
with boiling water, cook until tender,
mash them through a colander, re-
serving the liquid. Add to two large
pancakes a tablespoonful of butter, salt
and pepper to taste, and one egg beaten
well. Mix thoroughly, remove from
the fire, and add into each pan
tablespoonful of apples and fry in a little
batter. Serve hot.

Pumpkin Preserves—Pare and cut
up one large yellow pumpkin, weigh
the pulp, and add to each pound
add one pound of sugar; squeeze the
juice of one dozen lemons into a bowl
and add one gill of it to each pound of
pumpkin. Mix the sugar and pump-
kin, pour over the lemon juice and let
it stand twelve hours; then put it into
the preserving kettle and boil gently
until the pumpkin becomes clear and
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pumpkin, place in jars, strain the syrup
and pour it over the preserves. Seal
the jars with the cottage cheese
and a little cream. These preserves
are nice with hot bread of any kind
and with buckwheat griddle cakes.

Get a Pearl With His Oyster.

Morgan H. Morgan, his clerk in the
office of the Clerk of the Circuit Court,
has company with several friends
lunched in a restaurant at Clark and
Randolph streets, and, among other
things, the entire party partook of
fried oysters. Morgan placed out
a large, juicy one, and was beginning
to eat it with a relish, when his teeth
grated on a hard substance.

He removed the object from his
mouth and was about to tell the waiter
that he had not ordered his oysters to
be seasoned with gravel, when his at-
tention was attracted by the gleam
of the light upon the object he had
thrown upon the table. Investigation
showed that it was a pearl of good
size.

Morgan put the pearl in his pocket,
and after leaving the restaurant went
to the office of a lapidary in St.
Champlain Building, where he was
offered \$14 for the gem. He took the
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About a year ago my hair was
cut very short, and I bought
a bottle of Long Hair.
I used it for a few days, and
my hair began to grow again.
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There's another hunger
than that of the stomach.
Hungry hair needs food,
needs hair vigor.
This is why we say that
Ayer's Hair Vigor always
restores color, and makes
the hair grow long and
thick.

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FRUIT

Its quality influences
the selling price.
Profitable fruit
growing insured only
when enough actual
Potash
is in the fertilizer.
Neither quantity nor
good quality possible
without Potash.

HOUSEHOLD
RECIPES

Green Pepper Omelet—Wash, remove
seeds from two green peppers, cut in
thin slices, and cook tender in a table-
spoonful of butter. Make a plain omelet,
when ready to serve, place the
peppers on it, fold over, and dish on a
hot platter.

Apple Charlotte—Wash, pare and
quarter eight medium sized tart apples,
and stew slowly in a tin syrup
until tender, but not mashed. Season
with nutmeg. Line the bottom and
sides of a buttered ramequin with
thin slices of cake, fill the apples, cover
freely with bits of butter, and bake
in a hot oven until crisp.

Apple Fritters—Wash and scrape
them and cut in slices, cover them
with boiling water, cook until tender,
mash them through a colander, re-
serving the liquid. Add to two large
pancakes a tablespoonful of butter, salt
and pepper to taste, and one egg beaten
well. Mix thoroughly, remove from
the fire, and add into each pan
tablespoonful of apples and fry in a little
batter. Serve hot.

Pumpkin Preserves—Pare and cut
up one large yellow pumpkin, weigh
the pulp, and add to each pound
add one pound of sugar; squeeze the
juice of one dozen lemons into a bowl
and add one gill of it to each pound of
pumpkin. Mix the sugar and pump-
kin, pour over the lemon juice and let
it stand twelve hours; then put it into
the preserving kettle and boil gently
until the pumpkin becomes clear and
thick. When it is tender, take out the
pumpkin, place in jars, strain the syrup
and pour it over the preserves. Seal
the jars with the cottage cheese
and a little cream. These preserves
are nice with hot bread of any kind
and with buckwheat griddle cakes.

Get a Pearl With His Oyster.

Morgan H. Morgan, his clerk in the
office of the Clerk of the Circuit Court,
has company with several friends
lunched in a restaurant at Clark and
Randolph streets, and, among other
things, the entire party partook of
fried oysters. Morgan placed out
a large, juicy one, and was beginning
to eat it with a relish, when his teeth
grated on a hard substance.

He removed the object from his
mouth and was about to tell the waiter
that he had not ordered his oysters to
be seasoned with gravel, when his at-
tention was attracted by the gleam
of the light upon the object he had
thrown upon the table. Investigation
showed that it was a pearl of good
size.

Morgan put the pearl in his pocket,
and after leaving the restaurant went
to the office of a lapidary in St.
Champlain Building, where he was
offered \$14 for the gem. He took the
money.—Chicago Inter-Ocean.

There are said to be 6,000,000 chil-
dren in the United States who attend
no Sabbath-school or other place of
religious instruction.

WOMEN AND
THEIR
WAYS

Philadelphia has over 1200 women in
civil offices.

Police matrons are now an estab-
lished feature of the best governed cities.

Several women physicians, such as
Mary Putnam Jacob, of New York,
and Sarah Hackett Stevenson, of Chi-
cago, have a national reputation.

New Bedford, Mass., is soon to have
a fine library, purchased by the Women's
Club. The women already have
collected \$10,000 for the purpose.

A New York woman, Libbie Frieze,
has invented a most ingenious rotary
massage instrument. It even admits
of the application of an electric cur-
rent.

The Queen of Roumania is interest-
ing herself at present in improving
the architectural qualities of the the-
ater, and her husband's domain, and also
in raising the standard of dramatic
performances.

Miss Margaret Howie is now making
the struggle for the future women law-
yer in Great Britain. She is pursuing
an examination by the "law agents,"
and is asking the courts to compel
them to accept her.

Dr. Augustus Chapin, D. D., the
only woman doctor of divinity, was
the pastor of a prominent church in Lan-
sing, Mich., as early as 1874. She still
resides in the city, and is still active
both in the House and in the Senate.

It is now a common occurrence for
women ministers to take part in pub-
lic functions, to deliver annual ad-
dresses before various organizations of
men, including memorial addresses
before the G. A. R., and to conduct
the funeral services of prominent men.

My dear friend, I have just received
from you a copy of the "Woman's
Journal," and I am glad to hear that
you are so interested in the work of
the women's movement. I am glad to
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