

Concerning Health

The Ideal Girl of Yesterday a Willowy Delicate Creature—The Schoolgir of Te-Day, While More Robert Should Look After Her. Health First-Don't Try to Pay Your Way Through School with Jour Own Work-Substitute Flain Water for Soda and Fruit for Party—Mot Bisouits Hot for a Renuty.

Bleenite Mot for a Beauty.

BY MARGARET E SANOSTER.

If you ever, Dorothy, in the house of some old-fashloned friend, pick up one of those elegant gift books which were in vogue in the '50's, you will remember the steel engraving that showed the ideal gift of yesterday.

She was a willowy creature, with a delicate face, long, silken ringlets shading her cheek, a very small waist, and long graceful hands. She had been taught to do embroidery and other fine needle work. She excelled in the piano playing of her day, which was a less severe accomplishment than now, and she was refined and reposeful. But there was something a little depressing in her charm. A dirgelike hymn, familiar to your mothers, epitlomizes that girl as she used to be.

"Sister, thou wast mild and lovely, Gentle as a summer breeze, Pleasant as the air of evening, When it stirred among the trees.

Pleasant as the air of evening. When it stirred among the trees."

I have attended the funeral of more than one such exquisite girl, and have helped to sing that very hymn beside helped to sing that very hymn beside of the stirred and the street of the street of

health and lose no jot of attractiveness.

I well remember in my girlhood
hearing a man comment unfavorably
on the thickness of my walking shoes.
He said, sotto voce: "How can that
girl's mother let her wear those
somewhat quick of temper and well
sounseth thickness of my returned
to tell him that the shoes were adaptive
det to the climate and the weather and
enabled me to take long walks without. discomfort. He crushingly repiled; "No elegant young woman
out. discomfort. He crushingly rewere takes long walks, or wears anything except this-soled shoes."
I suppose few girls who have grown
up under the excellent regime which

teaches us to dress properly for the weather, can believe that this critic voiced a general opinion. I have had reason all my life to be grateful for the independence and wisdom of a very sensible mother, who thought it a duty of her daughters to be well. Not merely a privilege—a positiva, relizious duty.

a duty of her daughters to be well. Not merely a privilege—a positive, religious duty.

Without health, one's pleasure is interfered with on every turn. This would be a small matter if one's chances to be useful were not also greatly diminished by fragile and uncertain health. People who are morbid and blue, and easily discouraged, we have not mountain of moleculis and when the mountain of the moleculistic and their nerves and have not reserve force enough to carry them through what they undertake. Schoolgiris, and those at college, too, sometimes break down through overwork, although I am inclined to think that this is seldon the case unless in addition to their legitimate work they attempt something else.

Unless a girl is very strong, she should not try to pay her way through school or college by her own work. Done girls of this successfully, but should not try to pay her way through school or college by her own work. Done girls of this successfully, but and society. The girl at high school, itying at home and trying to go to parties and concerts and other evening amusements, cannot maintain her proper rank in the classroom.

Briefly stated, unbroken health is within the reach of most of us. We

her proper rank in the classroom.

Briefly stated, unbroken health is
within the reach of most of us. We
are fortunate if we have inherited vigorous bodies from parents and grandparents. Yet if we have begun life
with tendencies to delicate health, we
may overcome them by resolutes with

orous hooles from parents and grandparents. Yet if we have begin life with tendencies to delicate health, we may overcome them by resolute will, careful dicting and generally hygiento living. An abundance of good, plain, nutritious food is essential to health. Thousands of schoolgiris owe their dull eyes, sallow complexions, pimples and-frequent headaches to constant surfeiting on rich food and to eating between means, inhibing chocodies and hos bons is fatal to digestion and good looks. A girl who is half sick most of her time will lose her cometiness, and as beauty is the birthright of schoolgiris, which they should not self for the modern mess of pottage in the confectioner's window, one cannot but regret the spenditury to taking drugs. The girl who never gets far from the pill box will not taking drugs. The girl who never gets far from the pill box will not taking drugs. The girl who never gets far from the pill box will not humor which should be her portion. I seldom see a group of girls standing around a soda fountain without wishing that they knew the advantages of drinking plain cold water, only that and plenty of it, and letting sweetened syrups alone. Fruit should take the place of pastry, and it is better for growing girls wholly to the exception of the conflowing and the should be a letter choice for a beauty than bab better food graying alone. Another secret of health for the schoolgirl is plenty of sleep. The beauty sleep must be taken before midnight. Go early to bed if you would be strong and equal to whatever you have to do. The temptation to sit up late because others do se is always great, but it should be resisted.

When My Lady Motors

Toques and Peter Pan Turbans Le Themselves Well to the Drap-ing Vell of the Day.



se are many little smugly s a motor veil of chiffon, around the sides and back of shapes of fine straw braid or at are really ideal for motor-

coming, and so closely fitted to me head that the wind bothers them but little and veils can be comfortably and attractively adjusted over them.

Milliners are showing draped, close-fitting turbans in all shades of light gray to harmonize with the popular likely gray to harmonize with the popular likely gray to harmonize with the popular likely gray, matching the straw, and with the popular likely gray, matching the straw, and sometimes a very sheer silk is used instead of chiffon, answering the same purpose of protecting the hair and neck sad wearing much better than the mere filmy material. Many women prefer for ordinary motoring to what a septem ordinary motoring to what a set of the common of white a view to their becoming qualifies as well as their relation to the costume. If one can afford to sacrifice a veil often, one of white buffor selectable, for nothing is more becoming, and the white motor veils with dotted or striped bookers of black or of cokkra see very charming.

For the Nerves.

For general treatment, go out into the fresh air as much as you cea, take ocean baths, or sun baths if pussible, and avoid tea and coffee and stimulants of any kind. Try a diet of fruit and 'expetables, with meat onese a day. Drink a giase of hot milk the last thing before going to bed.

TAP LARGE WHEAT FIELDS SENSE IS NEEDED. in Northwest Being Girdled in il Directions by Network of Steel Rails.

All Directions by Metwork

of Steel Rails.

The fact that American waterways
will be utilized by the men who are
back of the projects to tap the Canatan borthwest adds to the interest
the projects to tap the Canatan borthwest adds to the interest
the control of the control of the control
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to make a network of the condefinition of the control of the control
to the shores of the lake of the amenparther west the iron highways cross
Saskatchewan and Assinibois, protiness whose names have only recently
been made familiar by the railway
maps, Edmonton, in Alberta, still
nearer the Facific, is becoming a railroad center. The Canadian Facific
stretches through the new wheat fields
to the Facific cost. The Grand
to the Facific seesst. The Grand
to the Facific seesst. The Grand
to the Canadian Nation it westward
and the Canadian Nation it westward
and the Canadian Nation it westward
and the Canadian Nation it was the control of the Pacific of the pushed from
Ferrie, a town in British Columbia,
eastward across the prairie until Winnipeg is reached, and Winnipeg is already included in the Hill system.
The Hill plan contemplates the crossing of the canadian Facific and the
tapping of the rich country to the
north of that line.

TRIAL TRIP MADE IN SHOP

TRIAL TRIP MADE IN SHOP Ingenious English Device by Which Newly Built Locomotives Can Be Tested.

An Ingensious device has been adopted on English railways by means of which engines can be run on a trial trip without leaving the scene of their construction and their entire mechanism as thoroughly tested as if on an actual railway. The testing plant is fitted with revolving tires, into which the wheels of the locomotive fit, and by this meas a clever the companion of the recent of the treatment of the recent of the recen

device obviates such a possibility.

Portable Electric Plant.

A portable electric plant for fixing rails and packing sleepers, the invention of A. Collet of Paris, is in use on several French railways. The apparatus runs on wheels adaptable for ordinary roads or railway tracks, and includes a 25-horse power sieam engine, which is coupled by a belt to the dynamo that generates sleetric current. Steam is supplied by a vertical tubular Losa. The engine being in place, a opport of the complex of the

In 35 seconds.

Capitalization of Roads Explained
The capitalization a mile of American
railways is about £12,000,
against £47,000 a mile in the Usited
Kingdom, but it should be pointed
out that in £350 to the second the second that in £47,000 a mile in the Single Sin

Gasoline Motors on Raliroads.

The Union Pacific haliroad has adopted gasoline motors it Kanasa and Nebraska. All the similar branches are soon to be changed from steam to gasoline power. Automobile cars have been extensively used in France even on trunk lines, but this is their first important test in America. Each of the Union Pacific's new cars will be a whole train in itself. It will be passes somey car, begage car, fright, and icomotive all into a sea, fright, and lecomotive all miss as, hour, and it will be passed to the sea of the conductor instead of a whole train crew.—Collier's Weekly.

**Measure Children for Fare.

Collier's Weekly.

**Measure Children for Fare,
Swissarultrey station masters and
conductors are looking forward with
joyful anticipation to the lifting of the
burden of determining whether a child
is entitled to the privilege of riding on
half fare. The railway companies of
Switserland have determined in the future that all children under a certain
height will be passed at half fare and
those above, whatever their ages may
be, will be treated as admits. At each
ing machine is to be fixed and whenever a child applies for a half fare
ticket it will be lavited to stand under
the scale.

Found a New Epithet.
"If you go in awimmin," said Tommy's younger brother, "Til tell maw!"
"Tell 'ev, if you want to, you nesty
little muck raker!" blurted Tommy,
plunging into the water." Chiesgo

ALONG WITH A GREAT DEAL CON MON TACT.

laving Acquired These, and Standing Shoulder to Shoulder, John Sharp Williams Thinks the Democrats Might Carry the Next House of Representatives.

John Sharp Williams has lately ex-pressed this conviction regarding the outlook for a rehabilitation of the shattered fortunes of the Democratic party:

mon sones."

To expect the Democratic party, which Ingersoil used to characterise as "an organized appetite," to show common tact and common sense under any imaginable conditions, is as unreasonable as to expect the leopard to change his spota. It is difficult to recall a period of time within the past 10 years when the Democratic party failed to do the wrong thing at the triple of triple of the triple of triple of the triple of triple of the tri

And Congressman Henry, of Texas, followed with this jubilant prediction

And Congressman Henry, of Texas, followed with this jubilant predgition:

"When we meet Tammany in the next national convention Texas will be there holding up the banner of the better holding up the banner of the confidence of the the text of the text of the confidence of the business interests, the industrial producers and the wage-carners of the country! One demanque shouting the shallow lie, disproved by the facts of the greatest prosperity ever witnessed or imagined, that the benefits of protection are for the favored few, while its investigation of the standard of Free Trader Bryan. That is the combination that is expected to capture the presidential prize of 1908: Texas and Tammany. Bryan and free trade. John Sharp Williams may well plead for compine sense and common tact. There is need for them.

FREE HIDES WOULD DO HARM.

nator Warren Drope Some B

In a speech a few years ago before the National Association of Wool Manufacturers, Senator, Warren of Wooning earnestly advised against the control of the c

perous to think seriously of tariff revision in the year of our Lord 1906."

Higher Prices.

The Buffield Times covers only a part of the subject when it asks:

"Are you studying the tariff question? Do you know that your money will buy only about two-thirds as much now as it would before the present saiff bill was passed; and the price of high prices obtains throughout the civilized world, and that nobody's money will buy more than about two-thirds of what it would buy ten years ago? Financial selentists are attributing this increase, in current values and this lower purchasing power of money all over the world to an enormous increase in the supply of gold. Orest Britain as well as in protected America. In this country, however, under a protective tariff, employment and wages have more than kept pace with the higher cost of living, while 12 per cent. of Great Britain's work people have no employment and no money at all with which to pay the higher prices.

An Asset?

"Tariff revision is a Democratic as-

when the fine of the first state of the first state

ITS MERIT IS PROVED RECORD OF A GREAT MEDICINE

rominent Cincinnati Woman Tel ow Lydia E. Pinkham's Vegetab ompound Completely Cured Her.

The great good Lydia E. Pinkh egetable Compound is doing as he women of America is attra-he attention of many of our lea-cientists, and thinking people go



The following letter is only one of sany thousands which are on file in office, and go to prove lon that Lydia E. Pink-ble Compound must be a reat merit, otherwise it roduce such marvelous the Pinkham office, beyond question the ham's Vegetable Con-remedy of great me could not produce results among sick a Dear Mrs. Pinkham:—

Doar Mr. Pinkham;

"About his months ago I was a great mif-ferer with female trouble, which caused me-were pain, extreme nervousness and fra-quent besidence. from which the doctor severe pain, extreme nervousness and fra-duction of the season of the season of the about time fett better, and after taking five bottes of it i was eastirely cured. Unberfore so that the season of the season of the splendid female toule. It makes its mountly periods require and without pain; and what a blessing it is to find such a remody after so many doctor fail to help you. I am pleased Mrs. Sara Willow, 31 East 31 Street, Cincin-nati, (like).

and, Use.

If you have suppressed or painful periods, weakness of the stomach, indigestion, bloading, pelivic catarrh, nervous prostration, dizziness, faintnervous prostration, dizziness, faintnervous prostration, dizziness, faintnervous prostration, dizziness, faintnervous prostration, dizziness, faintners, dizziness, faintners, dizziness, dizziness, faintners, dizziness, dizziness

Sargent's Pictures Rare.
Only three pictures by John, S.
Sargent have been offered at auction
in recent years. A bead of a girl
christic and a girl of the strength of the str

subsequently for 315,000, and a half-length portrait of a lady sold in 1903 for 3635.

New Depot at Battic Creek.
The Grand Trusk Railway System has just completed and opened a new passenger station at Battle Creek. The station occupies the entire block state of the state of th her is occupied by the objects of the main building with the express building. The second story contains offices, etc. The building is perfectly heated, venitlated and lighted. It is one of the finest depots of its size in the country.

meet depots of its size in the country.

Was Willing to Change,
According to Harper's Weekly, Mrs.
According to Harper's Weekly, Mrs.
According to Harper's Weekly, Mrs.
But to Harper's Weekly, Mrs.
In the hard of a daughter of one of the wealthiest men in that place. Recently the hopeful one had an interview with the father for the purpose of laying the matter before him.
Weekl's growled the old man, "what preparation of the weekly with the same of the purpose of the weekly of the weekly

Fanny Davesport's Debut.
Fanny Davesport's Debut.
Fanny Davesport's Debut.
Fanny Davesport's New York debut
was at Barton's Chambers street thestore, Pebruarry 22, 1857, when she
sanng a verse of 'The Star-Spangled
Banner' in a bailet of little girls.
The theater was under the management of E. L. Davesport and Harry
Wattins.

