

CARE OF THE TEETH.

How to Beautify and Preserve Them From Decay.

Without good teeth there cannot be good mastication.

Without thorough mastication there cannot be perfect digestion, and poor health results.

Hence the paramount importance of sound teeth.

Clean teeth do not decay.

The importance of a sound first set of teeth is as great to the child as a sound second set is to the adult.

Children should be taught to use the toothbrush early.

Food left on the teeth ferments, and the acid formed produces decay.

Decay leads in time to pain and the total destruction of the tooth.

The substance of the following rules should therefore be impressed upon all children:

The teeth should be cleansed at least once daily.

The best time to clean the teeth is after the last meal.

A small toothbrush with stiff bristles should be used, brushing up and down and across and inside and outside and in between the teeth.

A simple tooth powder or a little soap and some precipitated chalk taken up on the brush may be used if the teeth are dirty or stained.

It is a good practice to rinse the mouth out after every meal.

All rough usage of the teeth, such as cracking nuts, biting thread, etc., should be avoided, but the proper use of the teeth in chewing is good for them.

When decay occurs, it should be attended to long before any pain results. It is stopping of a small cavity that is of the greatest service.

How to Cure Insomnia.

Let sleepless people court the sun. The very worst soporific is laudanum, and the very best is sunshine. Therefore it is very easily understood that poor sleepers should pass as many hours in the sunshine as possible. Many women are martyrs and do not know it. They shut the sunshine out of their houses, they wear veils, they carry sunshades, they do all that is possible to keep off the subtlest and yet most potent influence which is intended to give them strength and beauty and cheerfulness. Is it not time to change all this, and so get roses and color in your pale cheeks, strength in your weak backs? The sunlight would be a potent influence in the transformation.

How to Tell Mushrooms.

This is one rule given by a well known authority on mushrooms—never touch a mushroom whose lower gills are white. Another tells us that you cannot skin a toadstool and an attempt will cause it to break off in fragments, while the covering of the nonpoisonous, on the contrary, will peel off without the slightest difficulty. There is another test called the onion test. Take half an onion, peel off the dry outside skin and boil it with the mushrooms. If the color of the onion changes to a bluish or black tinge, it will indicate that poisonous fungi are present, while if the onion preserves its color there is no danger.

Old St on Competition.

The old man brought in the mail matter and then stopped to make some remarks:

"Wuz you-all up ter de opory house las' nite?"

"No. What was going on?"

"Well, yo' orter ben dar. Dey had hot goins on ober dis deah kompetishun queshun?"

"What did they make out of it?"

"Nigh as I cud make out dere's an-udder guess er conin' 'bout dat. But wheder we gits hit er not we kno's now wuz hit ar?"

"And what is it?"

"Why, de kompetishun wuz we's got is er matter ob how much de korporashun on top kin git out de people an' how little de people kin keep for dershels an' dere childern's chilun! Dat's how hit struck me!"

Despondency

Is often only a symptom of dyspepsia. In dyspepsia there is a loss of nutrition which is felt by brain as well as body; the mind grows morbid as the body loses vigor.

Doctor Pierce's Golden Medical Discovery cures dyspepsia and other diseases of the stomach and associated organs of digestion and nutrition. It enables the proper nutrition of the body and restores mental cheerfulness as well as physical strength.

"For about two years I suffered from a very obstinate case of dyspepsia," writes R. E. Second, Esq., of 13 Eastern Ave., Toronto, Ontario. "I tried a great number of remedies without success. I finally lost faith in them all. I was so far gone that I could not bear any solid food on my stomach for a long time. I felt wretchedly and depressed. Could not sleep nor follow my occupation. Some four months ago a friend recommended your 'Golden Medical Discovery.' After a week's treatment I had derived so much benefit that I continued the medicine. I have taken three bottles and am convinced it has in my case accomplished a permanent cure. I can conscientiously recommend it to the thousands of dyspeptics throughout the land."

Accept no substitute for "Golden Medical Discovery." There is nothing "just as good" for diseases of the stomach, blood, and lungs.

Dr. Pierce's Pleasant Pellets stimulate the liver.

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WASHINGTON LETTER

(Special Correspondence.)

A decree has been handed down by the court of appeals of the District of Columbia to the effect that Washingtonians can play croquet to their heart's content. They can play all night if they want to. In fact, it is the question of night playing that is the burden of the decision. The verdict is the final decree in a suit brought in July, 1900. It is too hot to play croquet during the daytime in Washington in July, so some devotees of the game indulged in the pastime after the sun had gone down. The wickets were set out in a lot near the residence of William M. Marsh in Huntington place. One night a particularly spirited contest between James O. Akers and Margaret Lacy kept Mr. and Mrs. Marsh awake, and the husband and wife, after discussing the inconvenience which they were made to suffer, filed a bill in the district court praying for an injunction on the ground that the croquet players were committing a nuisance. The district court in granting this prayer rendered a decision which practically prohibited games of croquet where it was necessary to use artificial light. The croquet enthusiasts appealed to the supreme court of the district. The question was most earnestly considered by the able jurists composing that body, and a second decision was forthcoming to the effect that croquet was croquet until 10 o'clock at night, but after that hour it was a nuisance and should be suppressed. Mr. Akers and Miss Lacy, however, were dissatisfied with this decision, and the case was carried to the court of appeals, which, after reviewing the decisions of the other two courts, decided that croquet could be played legally in Washington all night long if the participants in the game so desired.

An American "Skansen."

Washington is to have a duplicate of the famous "Skansen," the national park and Northern museum of Stockholm, Sweden. It will form a part of the plans devised by the federal committee appointed for the embellishment and beautifying of the capital.

William W. Thomas, Jr., United States minister to Sweden and Norway, has forwarded to Secretary Hay detailed information, with plans and sketches, of this world famous institution. It was commenced in 1872 by the late Dr. Haezelius and became a national property in 1880, over \$2,000,000 having been expended in its establishment. Skansen and its annex, the Northern museum, has received the unstinted praise of visitors from every foreign country as something unique and as a historical exhibit without an equal in the world.

It is an open air museum, showing the culture of ancient Scandinavia, including the three Scandinavian countries, with Finland and Iceland. The location of Skansen is in the beautiful suburb of Stockholm known as the Deergarden Park. Skansen itself contains hundreds of acres of ground, with picturesque dwellings representing every Swedish province. The interiors of the houses show the furniture, ornaments, articles of domestic use and the provincial dresses of each period of Scandinavian history, while the buildings are surrounded by the plants and animals of each period.

Revival of Horseback Riding.

The bridge path around the White House lot, through the monument grounds and over the Smithsonian way and back again, laid out by the officials in charge of public grounds, is no longer scorned by horsemen who love a lively mount, for in his daily explorations about the town Kermit Roosevelt has discovered it, and one of his favorite pastimes now is a ride equal unto that of John Gilpin over the once neglected path.

Horseback riding has been revived since the advent of the president's family, and the society girls of Washington as well as the young matrons are looking to their mounts with greater care than ever before. The boys, too, have the horseback fever, and every boy at the capital who owns a pony spends every minute possible out of school riding horseback.

Milk For Washingtonians.

The district chemist, Professor Hird, has spent a great deal of time within the past few months in making analyses of samples of milk, and this activity has had the much to be desired effect of greatly improving the milk supply of Washington. Perhaps less adulteration of lactical fluid sold to the consumers here now goes on than ever before. The guilty dairymen who adulterates his milk with coloring matter or preservatives knows only too well that a sample of it examined by the district chemist will mean a severe penalty for the dealer in police court.

Senators at Home.

While there are eighty-eight senators, with their families, in Washington during the session, less than twenty enter into the social life of the capital to any appreciable degree. Among those who occupy prominent homes here to which they have returned are Senators Elkins of West Virginia, Hanna and Foraker of Ohio, Wetmore of Rhode Island, Hawley of Connecticut, McMillan of Michigan, Hale of Maine, Fairbanks of Indiana, Jones of Nevada, Quay of Pennsylvania and Lodge of Massachusetts.

Mrs. Roosevelt in Charity Guild.

Mrs. Roosevelt has become a member of the Needlework guild, a charity organization for the purpose of providing the poor with sufficient and proper clothing. To become a member of the guild an annual contribution of two new articles of clothing made of good warm material is necessary. These articles may be the product of the labor of the donor or they may be purchased, as may be preferred.

CARL SCHOFIELD.

"KING'S EVIL"

Those old English Kings made history. Those old English Kings were fast livers. Those old English Kings got sick.

One disease became so common to them as to be called "King's evil"—a royal disease.

It is now among us—the well known scrofula. Those old English Kings handed it down, spread it through the nations, and here it is.

Too bad Scott's Emulsion was not made in time for those Kings. Scott's Emulsion is a positive cure for King's evil—or scrofula. It heals the sores, adds strength and flesh and brings good health.

We'll send you a little to try, if you like. SCOTT & BOWNE, 409 Pearl street, New York.

"SHE BURNS GREEN."

The Discovery of Borax in Death Valley by Aaron Winters.

The greatest discovery of borax in the United States was made in the terrible hot region known as Death valley and in a most romantic way. The Chicago Record tells the story.

In 1880 Aaron Winters lived with his wife, Rosie, in a gulch known as Ash Meadows, not far from the mouth of Death valley. He was so fond of his wife that he would not allow her to be long absent from him, although their little hut on the side of the mountain was a hundred miles from the nearest neighbor, in a wild, rugged forsaken country.

One day a desert tramp came along and spent the night at the Winters home. He told the hunter about the borax deposits of Nevada. When he went away, Winters thought that he had seen deposits of the same kind on his explorations into Death valley.

Accordingly he and his wife went together to make the search, having previously provided themselves with certain test chemicals, which when combined with borax and ignited would produce a green flame.

Having procured a piece of the substance which he believed to be borax, Winters and his wife waited for nightfall to make the test. How would it turn?

For years they had lived like Plutons on the desert, entirely without luxuries and often waiting for the very necessities of life. Would the match change all that?

Winters held the blaze to the substance with a trembling hand, then shouted at the top of his voice: "She burns green, Rosie! We're rich! We're rich!"

They had found borax. The mine was sold for \$20,000, and Winters took his Rosie to a ranch in Nevada.

How to Wash Velvet.

To wash velvet prepare a lather with soap and warm water in which three-quarters of a teaspoonful of borax has been dissolved. Turn the garment inside out and dip it in and out of the water. If very dirty, soap on the wrong side and rub with the hand, being careful not to press the pile flat. Rinse in clear, softened water. If the color runs, put a tablespoonful of salt in rinsing water and if the color has run much rinse again in more water to which has been added a teaspoonful of vinegar. It will restore the color. Hang out dripping, not squeezing or wringing at all.

How to Cook Pork Fillet.

Take pork tenderloin split lengthwise on the side, place the two cut parts together, filling with bread stuffing. Bind with thread to keep together. Place in baking pan on bed of vegetables and spices, including one-half carrot, one-half onion, allspice and cloves. Cover the meat with fat pork or bacon, place in hot oven, cook for ten minutes. Return to lower oven, cook three-quarters of an hour or until done. Baste frequently with a little butter and water and garnish with stewed apples and cream.

How to Make Stone Cement.

To make a lining for stoves or fireplaces, take six parts in bulk of common potter's clay, one part of plaster of paris and one part wood ashes. Mix this together with water to form a thick cement, which must be spread thickly and smoothly in the place where the lining is needed. Fire may be made in the stove in a few hours. If in a day or two cracks appear, fill them up with fresh cement made in the same way, and you will have a perfectly hard and durable lining.

How to Make Grape Catchup.

Six pounds of ripe grapes (Concord preferred), two pounds of sugar, half a pint of cider vinegar, one teaspoonful each of ground cinnamon, allspice, cloves and white or black pepper, half a teaspoonful of salt. Crush the grapes with a potato masher, add half a pint of water and boil until tender. Strain and add the other ingredients. Boil until it thickens a little. Bottle and seal.

How to Clean Gilt Furniture.

Clean gilt furniture with a sifted whitening made into a cream with alcohol. Cover a small space at a time and

rub on as fast as possible. If a spot sticks, touch it very lightly with clear alcohol. If there is much dirt or deep tarnish, wash quickly with borax soap-suds, wipe dry, then cover with the wet whitening and let it dry.

No Word For Love.

In comparison with the English tongue foreign tongues seem parsimonious in some ways of expression and wasteful in others.

For instance, it is impossible to "kick" a man in French. You must give him a "blow with the foot." The Portuguese do not "wink" at one; they "close and open the eyes."

In the languages of the American Indians there is no word with which to convey the idea of "stealing," perhaps because the idea of property is so vague. It is related of one of the early missionaries that in attempting to translate the Bible into Algonquin he could find no word to express "love" and was compelled to invent it.

A Spelling Bee.

Some of you who think you are well up in spelling just try to spell the words in this little sentence:

"It is agreeable to witness the unparalleled ecstasy of two harassed peddlers endeavoring to gauge the symmetry of two peeled pears."

Read it over to your friends and see how many of them can spell every word correctly. The sentence contains many of the real puzzlers of the spelling book.—London Tit-Bits.

His Everyday Suit.

Dixon—I don't believe young Shortleigh is half as extravagant as people say he is.

Hixon—Perhaps not, but I've noticed that he has a suit of clothes for every day of the week.

Dixon—Is that so? Why, he has always had the same suit on every time I met him.

Hixon—Well, that's the one.

No Climbing.

"Ah, my friend," sighed old Skindyt, who was dying, "I'm going a long, long journey."

"Never mind," replied the friend, who knew him. "It's all down hill."—Philadelphia Record.

A Wicked Insinuation.

Miss Serelaf—Fashion seems to tend toward scrofula of the last century.

Miss May Budd—How nice! Some people will be able to make over their old dresses.—Town and Country.

A hypocrite is like the letter p—the first in pity and the last in help.—Chicago News.

They Knew Him.

"Here's another story about 'the oldest inhabitant,'" he remarked, looking up from his paper.

"Who is he?" she asked, although without displaying much interest.

"I know," broke in the bright little girl.

"So do I," asserted the smart little boy.

"You know who the oldest inhabitant is," repeated the father in surprise. "Well, who is it, Ethel?"

"It's the man who dies so often," answered the bright little girl. "You're always reading about him in the paper?"

"Huh!" ejaculated the smart little boy scornfully. "I guess you don't know what you're talking about. It's the fellow that's always remembering about cold winters and hot summers when the weather's bad."

POINTED PARAGRAPHS.

Some men who have dollars lack sense. What they need is change.

There is plenty of space to let in the immense room for improvement.

Love may not be blind at the start, but it is never able to see its finish.

Lots of worry and trouble is brought on by advice that is supposed to prevent it.

Sometimes it is a man's dinner that disagrees with him and sometimes it's his wife.

When two women are bitter enemies there is always some man at the bottom of it.

Few men have enough self-confidence to enable them to ignore their own mistakes.

Lots of people are about half-way between what you think they are and what they pretend to be.

Any summer girl is willing to compromise by returning the young man's heart and keeping the ring.

The clam has a larger mouth in proportion to his size than a man, yet the clam never talks about his neighbors.

—Chicago Daily News.

Harry's Declaration.

She—Oh, Harry, it is awful! Papa has forbidden you the house!

He—That's all right! It isn't the house I am after; it's you, darling.—Boston Transcript.

Best for the Bowels

If you haven't a regular, healthy movement of the bowels, try day, you're ill or will be. Keep your bowels open, and be well. Force, in the shape of violent purgatives, is dangerous. The smooth, easy, natural, most perfect way of keeping the bowels clear and clean is to take

CANDY CATHARTIC

They work while you sleep

EAT 'EM LIKE CANDY

Preserve, Palatable, Pleasant Taste Good. Do Good. Never Sickens, Weakens, or Grips. R. B. and Co. sent per box. Write for free sample, and booklet on health. Address

STURGEON GENERAL COMPANY, CHICAGO & NEW YORK.

KEEP YOUR BLOOD CLEAN



No Time to Lose

You cannot afford to disregard the warnings of a weak and diseased heart and put off taking the prescription of the world's greatest authority on heart and nervous disorders—

Dr. Miles' Heart Cure.

If your heart palpitates, flutters, or you are short of breath, have smothering spells, pain in left side, shoulder or arm, you have heart trouble and are liable to drop dead any moment.

Major J. W. Woodcock, one of the best known operators in the country dropped dead from heart disease recently at his home in Portland, Ind., while moving his law—The Press.

Mrs. M. A. Birdsall, Watkins, N. Y., whose portrait heads this advertisement, says: "I write this through gratitude for benefits I received from Dr. Miles' Heart Cure. I had palpitation of the heart, severe pains under the left shoulder, and my general health was miserable. A few bottles of Dr. Miles' Heart Cure cured me entirely."

Sold by all Druggists.

Dr. Miles Medical Co., Elkhart, Ind.

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