

## TEAS AFTER VICTORY.

Japanese Commanders as Hosts at Lisoyang.

### GUESTS WERE FROM ALL NATIONS

Visitors of the Feast Were Left Amazed by the Russians—Nothing Lacking but Tea—Japanese Soldiers as Confessors and Gaiety Dancers. Scene in Kurovotkita's Garden.

If you are nervous and tired out continually you could have no clearer warning of the approach of a nervous breakdown than the fact that you do not wait until you suffer unbearable pain before you seek treatment. You need Wine of Cardui now just as much as if the trouble were more developed and the torturing pains of dizziness, incoherence, bearing down pains, leucorrhoea, backache and headache were driving you to the wall. The relief that Wine of Cardui has brought hundreds of thousands of women will bring you.

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## WINE OF CARDUI

In the parade ground just in front of these two great gilded hotels, six by six inch shells from the Great guns captured from the Russians at Nanehan. Each hole could contain three rounds. Close to the rail of Kurovotkita's garden is a railway siding and a cloth covered shelter under which his private car waited during those four days of battle. He slept in it and ate in it when he had time and at last, scarcely fifty minutes before the Japanese had the whole position, departed in it for the States.

His garden, where Field Marshal Oyama gave the other remarkable tea, was filled with American plants and flowers. The garden was decorated with these things. "These remind me of home," one of the field marshals. He replied, "I think they were grown for your pleasure," and laughed pleasantly. He is taller than any of his officers. His face is kindly, that of a generous spirited man who has lived healthfully. The field marshal himself served bouillon in white cups, salad, cold cut meats and caviare sandwiches and cigars and other captured delicacies. As if eager for the pleasure of his guests, and the "baggage and "official magic" he provided afterward he enjoyed like a boy.

I hardly know whom to compare him with that you may understand him. Imagine what in America is called an old fashioned gentleman, having, instead of primness and austerity, a boy's spirits, and you should have a fair idea of him. Some London correspondent wrote of him as "a commonplace general"; another that he was "not a Napoleon," to both of which remarks by the way, the censor objected, till the writer said he would quit the army and forward the characterization from outside. I don't think the field marshal will care; his position as an influential nobleman suffices, and brilliancy of execution to the general, and the melancholy note in his tone of one another, but none is jealous of him or his authority; and that is a useful qualification for a commander-in-chief.

Scottish and English and Irish airs were played by the band at both ends, and at the last the anthem of Japan. As even the melancholy note in his tone then gave one the same repeated apprehension. "Isn't it odd," said a French officer, when a "Fantasia Irish" was being played, "that, although the Irish are the most light hearted of peoples, their music carries a feeling of walling and mourning?" It is of a sort with the songs of Japan the cry of a battleship in the shadow.

**Barbecue in a City House.**

One of the newest beauties in the ultra-fashionable set in New York, Mrs. W. H. H. is having rapid strides in the society through the originality of her entertainments. Her latest idea is the barbecue dinner, not an open air affair, as in her beloved Dixie, but one which in every other respect combines the attractive gastronomic features of the sunny south's traditional woodland banquet, says the New York Press. She is to give one soon for Miss Polly Cunningham, daughter of the Boston millionaire, Stanley Cunningham, which is expected to be one of the season's sensations. The kitchen of her handsome town house in New York will be turned into an indoor woodshed, so that all the viands may be cooked in a most picturesque and the balmy pine odor in which the hostess passed her girlhood. Everything will be barbecued, trenchies being sunk in great earth's trenches covered with pine boughs for the purpose.

**Passing of the Army Hike.**

A general order has been prepared at the war department in regard to the new uniform of the army, says a Washington special to the St. Louis Republic. Among other things, the order specifies that all troops serving in the United States, with the exception of the artillery, shall wear the

olive drab as a service uniform and that officers shall also wear that uniform in careens. Artillery troops in the United States and troops of all arms in the Philippines shall wear the khaki service uniform, officers as well as enlisted men. The principal effect of this order is that it practically does away with the blue dress uniform now generally worn by officers at garrisons. In the future, officers of the army will wear the olive drab uniform in the United States and the khaki service uniform in the Philippines.

**Our Turkey Crop.**

The turkey crop of the United States for its first important market at Thanksgiving is now, according to a reliable estimate, about 6,000,000 of the birds are sold. It is raised in small lots all over the country, each farmer contributing a few. This crop of 6,000,000 Thanksgiving turkeys, if all of them were marching in single file, would stretch from Boston to San Francisco and as far as Denver on the return journey.

## MIND AS AN EXERCISER

Menti-Physical Culture Introduced to Chicago Women.

### THEORY IN GYMNASIUM BOIEBOE

Idea of New System Originated by a Professor in a Place the Mind and Voluntary Muscles in Harmony. Harm Done by Excessive Methods of Exercising.

"Menti-physical culture," a new theory of gymnastic science, was introduced into the classes of the Women's Athletic club of Chicago the other morning. The theory, which is the basis of the clubhouse today, was the creation of Dr. Hugo Pruessing, says the Chicago Record-Herald.

When the first class of feminine followers of the Greek ideal took their places upon the floor at 10 o'clock Dr. Pruessing explained to them the fundamental principles of the new method, adding other explanatory comments in the intervals between the exercises.

"The idea is to place the mind and the voluntary muscles in harmony," he remarked. "It is not so much a matter of exercise as of understanding."

Then after he had led the class through some slow, graceful exercises for the arms and legs, piano music marking the rhythm, he said: "The air you are breathing is not so pure. Fatigue is the symptom that tells us when we have gone too far in the exercise. If you work in the gymnasium, you are not getting out more gain nothing and lose much valuable time. Exhaustion is the sign that the tissues are being broken down too fast for the trunk system to carry away the waste matter."

"Don't do this exercise with a jerk, which will injure instead of strengthen the nervous system. Stimulation of the nervous and mental magnetism is what we are after. Any kind of exercise can build up the muscles, but it often does it at the expense of the nerves."

"Nervous breakdown is a danger that threatens all of us more than muscular weakness. A woman plainly suffering from nervous exhaustion once came to me and said, 'I must reduce my weight by fifty pounds.' But I said, 'Madam, I would rather see you weigh 225 pounds and be alive than 150 and be dead.'"

"There is more science to exercise—the proper kind of exercise—than people realize, and there is more to be done by exercise, especially to women, than there is good. Unwise exercise is simply time wasting."

Dr. Pruessing left his second class at the arm twisting exercise—"arms extended, hand clinched; forearms twisted forward and backward"—which is guaranteed to cause obvious collar bones to retire.

### LONG TRIP IN A LAUNCH.

**St. Joseph (Mo.) Man and His Son Bound For Gulf of Mexico.**

Frank Staudenauer of St. Joseph, Mo., and his son Albert, who left their home a short time ago to journey by boat to the Gulf of Mexico, tied up at the foot of Delaware street in Kansas City, Mo., the other afternoon to replenish their supply of gasoline, which furnishes the motive power for their boat, the Jennie, says the Kansas City Times.

The two voyagers are on a pleasure trip, and they expect to follow the Missouri and Mississippi rivers to the Gulf and then cut across the coast to Fort Arthur. After cruising about on some of the southern rivers that flow into the Gulf they will sell their launch and return home by rail. They expect to be gone a year.

They carry with them plenty of fishing tackle and live guns, for which they have reserved a set amount, and they will hunt and fish up the streams that they pass.

The Jennie is a neat little craft and is the only boat of her kind in the river and her owners by recruiting marooned persons in the flooded district of North Topeka during the overflow of 1903. The boat is 22 feet long and of five and one-half foot beam. The launch is equipped with a two horse-power gasoline engine, and a tank in the bow holds twenty-five gallons of gasoline. Seats that fold along the side of the boat in the daytime are raised at night and serve as beds. The boat is covered with a substantial awning. Provisions, bedding, a camp stove, a tent and other supplies are carried in a boat which is towed behind the launch.

## ELECTRIC ENGINE TESTS

Motor For New York Central Service Beats Steam Machines.

### RIVALS EASILY OUTDISTANCED.

Six Hundred-Ton Train Drawn at Rate of Fifty-Five Miles an Hour. Lighter Trains Faster Yet—The Los Angeles Tests as Easily as It Starts on its Course.

One of the most important events that have taken place in railroad and electrical circles in years occurred the other day, when the official trial of the electric locomotive which has been built for the New York Central railroad was made. A series of tests were run during the day, and in every instance the electrical engine proved more than the equal of the steam engine, picking up speed in a manner little short of wonderful and easily outdistancing its rivals.

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