[illegible] Stomach—Bad Breath—[illegible]—Sour Eructations—Irregular Heart, Etc.

[illegible] a Mull's Wafer any time of the day [illegible], and note the immediate good effect on your stomach. It absorbs the gas, disinfects the stomach, kills the poison germs and cures the disease. Catarrh of the head and throat, unwholesome food and overeating make bad stomachs. Scarcely any stomach is entirely free from taint of some kind. Mull's Anti-Belch Wafers will make your stomach healthy by absorbing foul gases which arise from the undigested food and by re-enforcing the lining of the stomach, enabling it to thoroughly mix the food with the gastric juices. This cures stomach trouble, promotes digestion, sweetens the breath, stops belching and fermentation. Heart action becomes strong and regular through this process.

Discard drugs, as you know from experience they do not cure stomach trouble. Try a common-sense (Nature's) method that does cure. A soothing, healing sensation results instantly.

We know Mull's Anti-Belch Wafers will do this, and we want you to know it. This offer may not appear again.

3176 GOOD FOR 25c. 142

Send this coupon with your name and address and your druggist's name and 10c. in stamps or silver, and we will supply you a sample free if you have never used Mull's Anti-Belch Wafers, and will also send you a certificate good for 25c. toward the purchase of more Belch Wafers. You will find them invaluable for stomach trouble; cures by absorption. Address MULL'S GRAPE TONIC CO., 328 3d Ave., Rock Island, Ill.

Give Full Address and Write Plainly.

All druggists, 50c. per box, or by mail upon receipt of price. Stamps accepted.

Steven Baird, of Chittenden, Vt., after working ceaselessly for forty years, declares he has discovered a method of welding copper, something metallurgists say has never been done before.

Cures Rheumatism and Catarrh—Medicine Sent Free.

Send no money—simply write and try Botanic Blood Balm at our expense. Botanic Blood Balm (B. B. B.) kills or destroys the poison in the blood which causes the awful aches in back and shoulder blades, shifting pains, difficulty in moving fingers, toes or legs, bone pains, swollen muscles and joints of rheumatism, or the foul breath, hawking, spitting, droppings in throat, bad hearing, specks flying before the eyes, all played out feeling of catarrh. Botanic Blood Balm has cured hundreds of cases of 30 or 40 years' standing after doctors, hot springs and patent medicines had all failed. Most of these cured patients had taken Blood Balm as a last resort. It is especially advised for chronic, deep-seated cases. Impossible for any one to suffer the agonies or symptoms of rheumatism or catarrh while or after taking Blood Balm. It makes the blood pure and rich, thereby giving a healthy blood supply. Cures are permanent and not a patching up. Drug stores, $1 per large bottle. Sample of Blood Balm sent free and prepaid, also special medical advice by describing your trouble and writing Blood Balm Co., Atlanta, Ga.

Abraham Lincoln was nine years old when his mother died.

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., 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 obligations made by their firm.

WEST & TRUAX, Wholesale Druggists, Toledo, O.

WALDING, KINNAN & MARVIN, Wholesale Druggists, Toledo, O.

Hall's Catarrh Cure is taken internally, acting directly upon the blood and mucous surfaces of the system. Testimonials sent free. Price, 75c. per bottle. Sold by all Druggists. Take Hall's Family Pills for constipation.

Giraffes are the most difficult of all animals to take by surprise.

To Cure a Cold in One Day.

Take Laxative Bromo Quinine Tablets. Druggists refund money if it fails to cure. E. W. Grove's signature on each box. 25c.

The coldest city in the world is Yakutsk, Eastern Siberia.

Taylor's Cherokee Remedy of Sweet Gum and Mullein is Nature's great remedy—Cures Coughs, Colds, Croup and Consumption, and all throat and lung troubles. At druggists, 25c., 50c., and $1.00 per bottle.

Real Cause for Worry.

"Yes, I am concerned about myself. You see, of late I have got into the habit, if one may term it, of talking in my sleep," said the man who had been waiting to see the doctor.

"Ah,. yes!" said the doctor. "And you want to stop it in some way? Really, it is not a cause for worry. I should give it no attention if I were you."

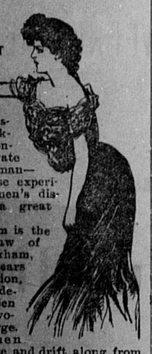
"But it bothers me a great deal."

"Tut, tut. You needn't feel any alarm over talking in your sleep."

"But I am afraid my wife listens in her sleep."—Stray Stories.

STOP, WOMAN!

AND CONSIDER THE ALL-IMPORTANT FACT



That in addressing Mrs. Pinkham you are confiding your private ills to a woman—a woman whose experience with women's diseases covers a great many years.

Mrs. Pinkham is the daughter-in-law of Lydia E. Pinkham, and for many years under her direction, and since her decease, she has been advising sick women free of charge.

Many women suffer in silence and drift along from bad to worse, knowing full well that they ought to have immediate assistance, but a natural modesty impels them to shrink from exposing themselves to the questions and probable examinations of even their family physician. It is unnecessary. Without money or price you can consult a woman whose knowledge from actual experience is great.

Mrs. Pinkham's Standing Invitation.

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham, at Lynn, Mass. All letters are received, opened, read and answered by women only. A woman can freely talk of her private illness to a woman; thus has been established the eternal confidence between Mrs. Pinkham and the women of America which has never been broken. Out of the vast volume of experience which she has to draw from, it is [illegible] possible that she has [illegible] knowledge that will [illegible] She asks nothing in return [illegible] your good-will, and her advice has relieved thousands. Surely any woman, rich or poor, is very foolish if she does not take advantage of this generous offer of assistance.

If you are ill, don't hesitate to get a bottle of Lydia E. Pinkham's Vegetable Compound at once, and write Mrs. Pinkham, Lynn, Mass., for special advice.

When a medicine has been successful in restoring to health so many women, you cannot well say, without trying it, "I do not believe it will help me."

GLEANINGS OF INTEREST TO WOMEN

SECURES HER PURSE.

"I have one part of a snap fastener sewed to the side of my pocketbook," says one woman, "and the other sewed to the inside of my muff. A friend suggested this to me, after I had laid down my muff with the pocketbook inside, and then picked up the muff without the pocketbook."

EVILS OF ACCOUNT HABIT.

It is a well known principle that the buying power of any given sum is greatly increased by the distance between the would-be buyer and the sum. The February allowance, viewed from January, looms large and magnificent. Having an account, the woman who sees the allowance in the near future, orders with a prodigality to fit her impressions. It requires the allowance of March and April to meet the indebtedness.

Of course, the account habit fosters extravagance. A woman would hesitate to buy a green silk waist or to order the nectarines which she could live contentedly enough without, did she have to take the last coin or bill in her purse to pay for them. But they are to be charged! Happy thought! She can have them and keep the money in her purse—and she and next month has none, says the Boston Traveler.

"If I had daughters," said a capitalist, "I should never permit them to have an account with any shop. The account habit is productive of more pecuniary trouble than any other, and no woman should be brought up in this country of feather-blown fortunes on any plan which would not be a good one for the poor."

"But an account is so convenient, one needn't wait for change," said one woman.

"You can get what you need in May and pay for it in June and have a month's happiness out of it. Is that worth nothing?" asked the second.

"It's all the same in the end," said a third. "You have so much money; you always spend it. What's the difference whether you spend it before or after receiving it?"

The account habit makes debt seem natural, and not in the least disgraceful. It utterly destroys the habit of self-denial in little luxuries. And there are very few women whose financial position and whose moral natures are sufficiently high to be entirely impervious to these things.

GIRLS OF TWO PERIODS.

Artless as the girl of sixty years ago was supposed to be, she spent as much time before the mirror and as many anxious hours over the composition of her wardrobe as any modern beauty. She was, however, more careful to conceal this interest in her personal appearance than the maid of to-day has any desire or need to do. Vanity in the bygone days was a thing over which heads were shaken, and which it was considered necessary to drive out of the small girl's head. It was numbered with untruthfulness, malice and evil temper as a very dreadful shortcoming. The assertion which is unblushingly made to-day that it is woman's positive duty to look nice and to devote time and money to enhancing her prettiness or mitigating her plainness, would have appeared to the early Victorian a demoralizing statement indeed. Neither would the theory that a spice of vanity in every woman's composition is necessary to make her thoroughly charming have met with approval from a more puritanical generation.

It is indisputable that the unattractive woman is generally a less agreeable companion than the one whose vanity is satisfied by the reflection in her mirror, and who is on the best of terms with herself, and therefore with other people. One indeed may take it that the dowdy woman is as vain as her pretty contemporaries, but that she lacks the courage to compete with them, and, bereft of the adulation which every woman loves, she becomes soured and hopeless. Vanity, as some one points out, is one thing, but conceit is quite another. The vain woman will leave no stone unturned to please; her little airs and graces only amuse her friends and acquaintances, and her dainty apparel is a feast for the artistic eye. The conceited woman has, however, little to recommend her. The pose of superiority which she assumes is alone sufficient to disgust her friends. Like the conceited man, she is usually most proud of the thing for which she has really the least claim to admiration.—Modern Society.

BEE-KEEPING FOR WOMEN.

To one familiar with the care of bees it is surprising that more women do not attempt bee-keeping as a means of earning money. To many the word "bee" is associated with thoughts of wild chases with tin pans and cow bells after absconding swarms, and later nursing innumerable painful stings. With the modern method of caring for bees, swarming is largely done away with, and there is little danger of stings. There are many reasons why bee-keeping, as a money-making occupation, should appeal strongly to women, says a writer in the House-keeper. The work is light; there is no part of it a woman of ordinary strength cannot do, except to carry the hives into winter quarters and set them out on their stands again in the spring. There is no dirty or disagreeable work about it, as there is about poultry raising or gardening. It is a healthful occupation. Though not requiring a great amount of attention, one will unconsciously be drawn out of doors to note when the first pussy willows or alders blossom or when the bees begin to fill the tiny "baskets" on their legs with pollen, which is the food for the larva-baby bees.

Bee-keeping can be carried on almost anywhere, whether one has a home of her own or not, or whether it be in city or country. Bees have been kept in garrets, on the flat roofs of city buildings, in back yards, in fact, almost any place where there is room to set a hive, and there are few localities where bees cannot be kept at a profit, if rightly managed.

Although there are certain tasks to be attended to at certain times, the work is not continuous. A forenoon or afternoon once a week given to the work during the busy seasons would be all that is necessary to care for a large number of hives when one has become thoroughly acquainted with the work. Two hives are all a person should begin with. One can learn as much from one or two hives as from a dozen, but it is better to have not more than one hive until one has learned to winter them safely.

HOME LIFE OF THE CZARINA.

A charming, simple home is the Alexander palace. But there is one room which must, I think, have been—must still be—supremely painful. It is the library, paneled with mirrors, against which are affixed, like brackets, small half models of all the vessels in the navy—the mirror completing the image. I had the use of that library during the summer I spent at Tzarskoe Selo, and paused most frequently (after selecting my book) before the odd circular Popovka, named after its designer, Admiral Popoff. Not in this palace does the Tzaritza have to wear the adaptation of the national costume which Katherine II. established as the court dress; that is reserved for "national" days at court, such as New Year's day, the Epiphany, Easter, etc. That is the costume which, kokshnik (or coronet), the Empress has provided for her four intelligent and attractive little daughters on special occasions. Such is the coronation gown (in cloth of silver) which is preserved, together with all accessories, down to the gloves, fan, stockings and slippers, in the Museum of the Kremlin in Moscow.—Isabel F. Hapgood, in Harper's Bazar.

TRAINING FOR DOMESTICS.

In Germantown there is an institution which is receiving such encouragement that the number of its occupants is limited only by the space at the disposal of the matron. This is a home for colored women, where they may be taught housework, so that they may obtain situations. They are taught to build fires, to sweep and to cook, and when they already know these elementary branches they may learn more complex branches. Employers often send their domestics here to improve their knowledge, and pay not only for their tuition but for their board, and quite often the maids themselves are willing to put part of their earnings into a course of individual study at the home, realizing that they may command higher wages afterward to more than balance the necessary outlay at the start. The value of such an institution, both to employers and employes would seem to prove that it is of importance in solving domestic problems.

Talks About Womankind

Smocking is a decoration which is coming back.

Not exactly new, but very pretty and uncommon, are the handkerchief linen waists decorated with shadow embroidery.

A type of street gown which will undoubtedly be popular consists of a princess skirt and a bolero of some contrasting color.

The muslins and linens, embroidered and lace-trimmed, and only needing a seamstress' labor to put together, are very tempting.

Any kind of pliable material may be smocked, provided it is light in weight. A charming blouse of handkerchief linen was smocked in a shallow round yoke, and again on the cuffs.

One lovely waist of thin linen was embroidered in a pattern of large roses. The edges of the petals and leaves were worked on the outside, while the solid embroidery appeared on the underside.

In addition to the usual lines of shirtwaist suit models, of which there are a great many, it is anticipated that much business will be done on simple costumes of washable fabrics, notably lawns and organdies.

It cannot be claimed that all the linen and muslin gowns are tubbable. One is amazed to see accordion pleated linen skirts. Of course, these as well as some of the pleated skirts where the pleats are not stitched at all, would have to be sent to the professional cleaners.

The Post Card Craze.

There is a block in the Paris postoffice, caused by the absence of the clerks, numbers of whom are daily leaving for the country, says our Paris correspondent.

Picture post cards are at the bottom of the trouble. Every Frenchman on his holidays dispatches hundreds of them to let his friends see how he is enjoying himself. They choke the letter boxes, and incite the clerks and postmen, whom they remind of the delights of the country, to try to get away themselves.

This they contrive to do by means of sick leave from the postoffice doctors, who, resenting the increased consultations, write the sick leave orders offhand.

As a result M. Berard, the under secretary of state for posts and telegraphs, has sent a circular to the doctors, complaining of this too ready benevolence, which leaves the public without its letters. In one office of 300 employes no fewer than eighty, he states, notified their chief on the same day that they were "ordered to the seaside."

M. Berard requires that when the postoffice doctors order clerks or messengers a country holiday on account of "fatigue, overwork, chlorosis, or anaemia," they must give the department a fortnight or month's notice. This stern measure, he trusts, will remedy the abuse.—London Mail.

Has an $8 Bill.

Courtney Holmes, of Burlington, has in his possession an old $8 bill of the Continental currency of 1778. It is a small piece of rough white paper, not over four by three inches, now yellow with age and very poorly printed.

On the face there is a round emblem and an inscription in Latin, with the words "United States of America" across the top. To the right of the emblem are the words: "This bill entitles the bearer to receive eight Spanish milled dollars or the value thereof in gold or silver, according to a resolution passed by Congress at Philadelphia, September 26, 1774."

On the back is a design in three tobacco leaves and the words "Printed by Hall & Sellers, 1778."—Kansas City Journal.

HOUSEHOLD AFFAIRS

SMALL TOWELS.

One noticed in the toilet room of a parlor car recently little towels, fourteen inches square at the most. It occurred to her to wonder why similar small towels were not in use in kitchens and bathrooms. They are easy to launder, cheap to buy, and answer many purposes better than large towels.

AVOIDING ODORS.

It is hard to cook onions, cabbage and other strong-scented vegetables without rendering life hideous. An authority suggests a mitigation of the evil. When boiling onions, drain from time to time and add fresh water. This does not materially lengthen the cooking process and does prevent too much odor.

A KITCHEN CONVENIENCE.

A kitchen convenience which is not present in every household is a pair of sharp scissors. Scissors are used to trim lampwicks—which is wrong—and to cut papers and string; but seldom for trimming bacon and ham rinds, skinning parts of fowls which need skinning, and trimming salads. These are proper uses for scissors, and the use of them saves much labor.

FIVE MINUTE RESTS.

Every housewife should cultivate the habit of five-minute naps. After working hard a few hours a woman is apt to feel sleepy or "dragged out," and imagines that it is only that ordinary sin of the flesh—laziness. But if she gives in to the feeling and rests a short time on a comfortable lounge she will feel wonderfully freshened and will do better and quicker work than if she had foregone her cat nap.

A USEFUL HINT.

We do not often see the old-fashioned base burner. Did it ever occur to any one that the ashpan could be utilized to cook Boston baked beans, Indian pudding, or any other dish requiring long, slow cooking? The ashes could be emptied, of course, and the food has to be carefully covered so that ashes from above shall not drop into the baking dish. The plan has been tried successfully in one household, at least.

FOR THE EPICURE

Spiced Wafers—Cream together two-thirds of a cupful of butter and one and one-half cupfuls of confectioners' sugar; add one-half teaspoonful each of ground ginger and cinnamon and just a dash of ground cloves. Stir into the mixture one-half cupful of cold water and two cupfuls of flour, sifted twice. Roll to wafer thinness, cut into shapes and bake in a very moderate oven.

Banana Pie—Free enough bananas from skin and coarse threads to fill a cup when the pulp is pressed through a sieve or ricer. To the pulp add a beaten egg, one-half cupful of sugar, one cracker, powdered fine, one-half teaspoonful of salt, one-third of a teaspoonful of cinnamon, two tablespoonfuls of molasses, one-third of a cupful of cream, and one-half cupful of milk; mix thoroughly, and bake until firm in a pie pan lined with pastry as for squash pie.

Cup Omelet—An odd dish that will be found very appetizing for breakfast is a cup omelet. Butter six custard cups and fill lightly with soft breadcrumbs and any nice cold meat, chopped fine, with plenty of savory seasonings, such as the family like. Beat three eggs; add one cupful of milk, pour gradually into the cups, using more milk if required; set the cups in a pan of water and bake (or steam) until firm in the centre. Serve in the cups or turn out on a platter. These savory custards are delicious made entirely out of breadcrumbs and seasoning, omitting the meat.

Rice Waffles—One and one-half cupfuls of soft boiled rice, two ounces of butter, one pint scalded milk, three eggs, one teaspoonful baking powder, one-half teaspoonful salt, one tablespoonful wheat flour. Use cold, well-mashed rice, melt the butter in the milk which has cooled, beat the egg yolks and whites separately, making the latter come to a stiff froth; mix the rice and milk, beat thoroughly, and then add one-half teaspoonful salt and one of baking powder, and the flour; put the yolks into the batter, first blending well, and, lastly, add the whites and beat well again. Use an extremely hot, well-greased waffle iron. Pour the batter from a pitcher, and fill the iron quickly, close quickly, and set on the fire. Two minutes should be all the time required to make a waffle nicely. Remove carefully, place on a hot dish, piling in double rows, and butter generously. Serve with ground cinnamon and sugar mixed, or with butter and syrup.

A Remarkable Criminal.

A rather better man than Jack Sheppard died a couple of years ago in the person of John Gillespie. Called the king of lock-pickers, he was a cunning man, equal to all sorts of deceits. Crime at Wigan brought him to the gallows. Before the noose could be placed about his neck he began to kick and struggle and to foam at the mouth. The authorities thought him about to die, and sentence was suspended. Soapsuds had done the trick. But the dying man made so excellent a recovery that on the way to the infirmary he was able to spring up and escape. Many times after that he was in and out of prison. The warders were always glad to see the back of him. He could pick any lock. Stealing from his cell at night, he would make his way to the governor's house, ransack his wine cellar, and share his booty with the other prisoners. He was converted in the end, and died poor but penitent in Carlisle workhouse.—St. James' Gazette.

Beginnings of Great Writers.

Very few writers, even those who have genius, have anything to say when they begin to write. At first they write for the love of writing, and only when they are fatally committed to the trade do they discover whether or not they have anything to say. That is the great risk of all arts. You must learn to paint before you can be sure that you can paint. You must learn to write before you can be sure that you can write.

HERITAGE OF [illegible] WAR.

Thousands of Soldiers Contracted Chronic Kidney Trouble While in the Service.

The experience of Capt. John L. Ely, of Co. E, 17th Ohio, now living at 500 East Second street, Newton, Kansas, will interest the thousands of veterans who came back from the Civil War suffering tortures with kidney complaint. Capt. Ely says: "I contracted kidney trouble during the Civil War, and the occasional attacks finally developed into a chronic case. At one time I had to use a crutch and cane to get about. My back was lame and weak, and besides the aching, there was a distressing retention of the kidney secretions. I was in a bad way when I began using Doan's Kidney Pills in 1901, but the remedy cured me, and I have been well ever since."

Sold by all dealers. 50 cents a box. Foster-Milburn Co., Buffalo, N. Y.

Ethical Value of Poker.

A. Clark Williamson of Chicago, writing to the Inter-Ocean, takes such high ground in regard to the game of poker as to make it worthy the consideration of moral philosophers and sociologists. In the first place, he says that poker playing is not gambling, but a scientific pursuit, a revealer of character, a guide of conduct to the moralist and the man of business. If you think you know a man do not feel sure of the fact until you have played poker with him, then his yellow streaks, if he has any, will begin to show through. Mr. Williamson closes with this impassioned appeal for the game: "A man may deceive his wife, he may four-flush his brothers in the lodge, he may succeed in bluffing his way into a leading place in business, politics or society, but he cannot sit in a poker game for an hour before he is an open book to everybody around the table." If such is the ethical value of poker it should be taught to catechumens and find a welcome in every Sunday School.—Boston Herald.

AWFUL PSORIASIS 35 YEARS.

Terrible Scaly Humor in Patches All Over Body—Skin Cracked and Bleeding—Cured by Cuticura.

"I was afflicted with psoriasis for thirty-five years. It was in patches all over my body. I used three cakes of Cuticura Soap, six boxes of Ointment and two bottles of Resolvent. In thirty days I was completely cured, and I think permanently, as it was about five years ago. The psoriasis first made its appearance in red spots, generally forming a circle, leaving in the centre a spot about the size of a silver dollar of sound flesh. In a short time the affected circle would form a heavy dry scale of white silvery appearance, and would gradually drop off. To remove the entire scales by bathing or using oil to soften them the flesh would be perfectly raw, and a light discharge of bloody substance would ooze out. That scaly crust would form again in twenty-four hours. It was worse on my arms and limbs, although it was in spots all over my body, also on my scalp. If I let the scales remain too long without removing by bath or otherwise, the skin would crack and bleed. I suffered intense itching, worse at nights after getting warm in bed, or blood warm by exercise, when it would be almost unbearable. W. M. Chidester, Hutchinson, Kan., April 20, 1905."

MEMBERSHIP OF RUSSIAN DUMA.

Only 28 Out of 400 Will Come From the Cities.

The 400 members of the Russian Imperial Duma must have certain property qualifications. They must be able to speak Russian and they must take the oath of allegiance, on election. They will draw $5 a day during the session of the Duma, and mileage at the rate of two and a half cents a mile to and from the capital. As first designed these members were to be elected in rather a roundabout way. Groups of electors were first to be chosen from three great classes of Russian society, the land-owners, the village communities and the municipalities. The first extension of this scheme further admitted large numbers of the artisan class, the latest developments will, it seems, admit everybody, including the army and navy. It is worth noting, as showing that Russia is still a vast, sprawling village, that of more than 400 members to be returned to the Duma, only twenty-eight will represent cities; six for St. Petersburg; four for Moscow, and one each for the following eighteen towns: Astrakhan, Kishinev, Wilna, Voronej, Rostov, Ekaterinoslav, Kazan, Kieff, Riga, Nijni Novgorod, Orel, Samara, Saratoff, Tula, Kharkoff, Odessa and Yaroslav. Compare this vast rural representation with that of England, where the city and county members exactly counterbalance each other, and we get a measure of the difference between the two nations.—Harper's Weekly.

Harvest of the Shears.

A reporter recently took a journey of considerable length for the purpose of interviewing a rising literary light as to his next novel. On reaching the house he discovered the author seated in his garden, engaged in earnest conversation with a little boy who had a large towel pinned around his neck. The author received his visitor cordially, but seemed rather absent-minded. "Are you willing to tell me a little about your next important work?" asked the reporter. The literary man clicked a pair of shears and patted the boy on the shoulder. "We were just talking about it as you came up," he said. "Willie thinks I ought to do it with a bowl, but I think I can do it without. What would you advise? You see, his mother has always cut it before, but she's away just now!"—Las Angeles Times.

THE EDITOR

Explains How to Keep Up Mental and Physical Vigor.

A New Jersey editor writes:

"A long indulgence in improper food brought on a condition of nervous dyspepsia, nearly three years ago, so severe that I had to quit work entirely. I put myself on a strict regimen of Grape-Nuts food, with plenty of outdoor exercise and in a few months found my stomach so far restored that the process of digestion gave me pleasure instead of distress.

"It also built up my strength so that I was able to resume my business, which is onerous, as I not only edit my own paper, but also do a great deal of 'outside' writing.

"I find that the Grape-Nuts diet enables me to write with greater vigor than ever before, and without the feeling of brain-fag with which I used to be troubled. As to bodily vigor—I can and do walk miles every day without fatigue—a few squares used to weary me before I began to live on Grape-Nuts!" Name given by Postum Co., Battle Creek, Mich.

There's a reason. Read the little book, "The Road to Wellville," in pkgs.

WOLVES ARE HARD TO SHOOT.

Seen for Only an Instant, They Seem to Melt Into the Landscape.

The wolves now found in Jackson county are in size between the coyote of the western plains and the big wolves found in the Ozark region. In general appearance they bear a resemblance to the Scotch collie dog.

They live in unfrequented places, generally in the timber or along the streams, and a favorite abode is in caves or under overhanging ledges of stone.

Scratching out a shallow hole in the ground they line it with small sticks and dry leaves. Here the mother wolf takes care of her young, while the father is scouring the country for miles around in search of food.

He is rarely seen by day, and then only for an instant, for he seems to melt away like a mist into the weeds or brush, his tawny hide making it easy for him to disappear from sight.

His skill in eluding his enemies, especially human, is remarkable, and this is one of the most aggravating things about him. If a hunter succeeds in getting within gunshot of him the chances are 10 to 1 that no damage will be inflicted.

His hide is so thick and tough and is covered with such a heavy coat of fur that an ordinary discharge from a shotgun has little or no effect. With an ease that is exasperating he simply lopes out of danger and is soon lost in the brush.—Kansas City Star.

Utilize Victoria Falls.

Steps are being taken to utilize the 500,000 horsepower of the Victoria falls for industrial purposes, care being taken not to mar the scenery.

SAVED FROM CATARRH OF LUNGS SO COMMON IN WINTER BY TAKING PE-RU-NA

Sore Throat Develops Into Bronchitis.

Mrs. Addie Harding, 121 W. Brighton Ave., Syracuse, N. Y., writes: "I have been a user of Peruna for the past twelve years. With me it is a sure preventive of colds and many other ills.

"Two or three times a year I am troubled with my throat, a kind of raw feeling, turning to bronchitis. I have had the services of my physician in each case. Two years ago, when I felt a spell coming I tried Peruna to check it, and to my delight was not troubled with the smothered and choking feeling and never have been since. I can check it every time with Peruna."

Mrs. Addie Harding.

Mrs. Virginia Caviana.

Chronic Catarrh of Throat and Lungs.

Mrs. Virginia Caviana, room 32, Cambridge Block, Portland, Ore., writes: "I was a sufferer with catarrh of the throat and lungs for a long time before Peruna was recommended to me. I gave it a trial, although I thought at the time it would be just like other medicines and do me no good. I was pleased to find that my improvement began in less than two weeks and continued until I was entirely well. I gained nearly 15 pounds, have a splendid appetite and am grateful for what your medicine has done for me."

Your Flour Goes Further

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Greatest Cold Yet Known.

In the northern hemisphere the greatest cold seems to have been observed at Werchojansk, in Siberia, where it is stated that the thermometer goes down as low as 93 degrees below zero.

However, according to the information which has been brought by the Russian artist Borrissoff, certain parts of Nova Zembla seem to show at least as low a temperature as the above.

The bulletin of the Societe Astronomique states that in an excursion which M. Borrissoff made lately in the strait of Matotchkin he discovered a box containing two thermometers, one a maximum and the other a minimum recording thermometer. It is supposed that these instruments belonged to Hofer, an Austrian geologist, who made an expedition to this spot in 1872.

One of the thermometers was found to have registered the temperature as +59 degrees as a maximum, while the second instrument showed that the greatest cold had been 94 degrees below.

Much More Serious.

He—What? You can't go to the opera with me to-night? You promised to.

She—I know, but it is impossible.

"Ha! I see it all. You love another."

"O, no—no, indeed."

"Then you have determined to trample on your own heart and marry some man for his money. Aha! You shrink! You expect him to call this evening. Perfidious—"

"Please, please, don't. It is not so."

"Then why won't you go?"

"I—I can't get my coat on over the sleeves of my new dress."—Stray Stories.

The Sixth International Congress of Applied Chemistry will assemble at Rome on April 16, Easter Monday, 1906.

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