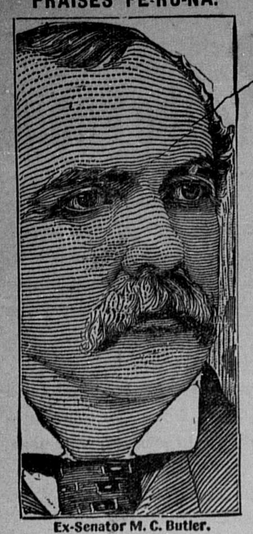
UNITED STATES SENATOR FROM SOUTH CAROLINA PRAISES PE-RU-NA.



Ex-Senator M. C. Butler.

Dyspepsia is Often Caused by Catarrh of the Stomach—Peruna Relieves Catarrh of the Stomach and is Therefore a Remedy For Dyspepsia.

Hon. M. C. Butler, Ex-U. S. Senator from South Carolina for two terms, in a letter from Washington, D. C., writes to the Peruna Medicine Co., as follows:

"I can recommend Peruna for dyspepsia and stomach trouble. I have been using your medicine for a short period and I feel very much relieved. It is indeed a wonderful medicine, besides a good tonic."

CATARRH of the stomach is the correct name for most cases of dyspepsia. In order to cure catarrh of the stomach the catarrh must be eradicated.

Only an internal catarrh remedy, such as Peruna, is available.

Peruna exactly meets the indications.

Revised Formula.

"For a number of years requests have come to me from a multitude of grateful friends, urging that Peruna be given a slight laxative quality. I have been experimenting with a laxative addition for quite a length of time, and now feel gratified to announce to the friends of Peruna that I have incorporated such a quality in the medicine which, in my opinion, can only enhance its well-known beneficial character. S. B. HARTMAN, M. D."

Automobile Bargains.

We are the LARGEST dealers of NEW and SECOND HAND AUTOMOBILES in the WORLD. Send for OUR bargain list of Automobiles on hand. Times Square Automobile Co., 225-227 W. 48th St., N.Y. City.

Too many of our coming men never get any farther than the background.

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.

It seems to make a man awful restless to get married.

Dysentery, Cholera morbus Cured

By a trial of Dr. Biggers Huckleberry Cordial. At Druggists 25c and 50c per bottle.

Maud Consented.

An absent-minded clergyman tells how once he was unconsciously responsible for helping a bashful lover. His mind was filled with a subtle theological problem when a neighbor's daughter passed in company with a diffident youth. His thoughts were interrupted as she called out to him:

"Oh, doctor, we are just going for a ramble. Won't you join us?"

"With pleasure. Do you want the ceremony in a church?"

The bashful lover was suddenly fired with an enthusiasm that four years of gnawing at his heartstrings had failed to arouse, and he fairly shouted:

"Yes, yes, and if Maud consents, the sooner the better."—Philadelphia Public Ledger.

Would Have Women Police.

Mrs. Charles Goldzier of Bayonne, N. J., gravely suggests to Mayor Garven of that city that women be employed on the police force. With equal gravity his honor promises to give the matter his careful attention. Mrs. Goldzier's enthusiasm on behalf of her sex is well known. She is a member of half a dozen clubs in New York, believes in the single tax idea and is prominent in equal suffrage circles.

New Yorker Owns Famous Banner.

Mr. Eben Appleton of New York city has in his possession the famous "Star Spangled Banner" that inspired Key to the writing of the much-admired national song. An effort will shortly be made to purchase the house in Baltimore in which this flag was made and use it as a museum or patriotic shrine.

REPAIRING BRAIN.
A Certain Way By Food.

Every minister, lawyer, journalist, physician, author or business man is forced under pressure of modern conditions to the active and sometimes over-active use of the brain.

Analysis of the excreta thrown out by the pores shows that brain work breaks down the phosphate of potash, separating it from its heavier companion, albumen, and plain common sense teaches that this elemental principle must be introduced into the body anew each day, if we would replace the loss and rebuild the brain tissue.

We know that the phosphate of potash, as presented in certain field grains, has an affinity for albumen and that is the only way gray matter in the brain can be built. It will not answer to take the crude phosphate of potash of the drug shop, for nature rejects it. The elemental mineral must be presented through food directly from Nature's laboratory.

These facts have been made use of in the manufacture of Grape-Nuts, and any brain worker can prove the value of the proper selection of food by making free use of Grape-Nuts for ten days or two weeks. Sold by grocers everywhere (and in immense quantities). Manufactured by the Postum Co., Battle Creek, Mich.

GEM INTEREST TO WOMEN

JEWELRY TO BE A FAD.

Jewelers who have been wringing their hands because of the increasing tendency of women this winter to wear gloves instead of diamonds, and wondering if they couldn't put the blame on bridge, which bears the brunt of all displeasure nowadays, are beginning to brace up. All the women who have just returned from foreign shores are praising platinum jewelry, which is becoming a fad in Europe, they say, which is sufficient to stamp it with approval here.—New York Press.

MONEY IN HER HAIR.

"A couple of funny things happened at the store to-day," said a girl who works in the millinery department of a big store. "About 1 o'clock a woman from a ranch came in and asked to be shown some hats. Among those I showed her was one with a long brown veil trailing out behind. She admired the hat very much. 'It's very nice,' she said, 'but tell me, is brown mourning in style now?' An hour later a woman came in and bought that brown hat. When it had been put in a box for her, she said: 'You said the price was $11, didn't you?' I replied that that was the price. At that she pushed the hat she wore back on her head and, diving into her hair, drew forth a roll of bills. She skinned off two fives and a one and handed them to me. Then she rolled up the remainder and stuffed it back in her hair, after which she pulled her hat on straight again and left."—Denver Post.

WHAT TO TEACH DAUGHTERS.

Teach her that one hundred cents make one dollar.

Teach her how to wear a simple muslin dress and to wear it like a queen.

Teach her how to sew on buttons, darn stockings and mend gloves.

Teach her to dress for health and comfort, as well as for appearance.

Teach her to arrange the parlor and the library.

Teach her to love and cultivate flowers.

Teach her to have a place for everything and to put everything in its place.

Teach her to say no and mean it and to say yes and stick to it.

Teach her to have nothing to do with intemperate and dissolute young men.

Teach her to pay regard to the character of those she would associate with, and not to how much money they have.—Detroit News.

SEALSKIN OR MUSKRAT WIVES.

"Many a young man is trying to support a sealskin wife on a muskrat salary. Too many of our girls are raised in the sealskin class," said Mrs. S. Ella Southerland, of Athol, addressing the Worcester and Norfolk Pomona Grange at Mendon, Mass.

"Be neat," she continued, speaking to the women members. "Be cleanly in attire, and don't take too much stock in a $49 suit of a $3 man. Some men quarter their cows better than their wives, and I have been in more farmers' barns with running water than I have seen in houses with the same improvement.

"Women would make better homes for themselves if they would love themselves less and the men more.

"Man's market value is fixed by himself, and one true to home and wife has not time to be false to others.

"Judge not that ye be not judged, for many of us wear silk skirts over soiled linen. God made the country, but man made the country roads."

Mrs. Southerland's topic was, "Man, Woman and the Farm—a Healthy, Good-Natured Wife the Farmer's Best Investment."

WOMAN IN NEW SPHERE.

The American Society of Civil Engineers, of New York City, has proved itself a liberal-minded and generous body of men by admitting the first woman who applied for membership. Miss Nora Stanton Blatch, a granddaughter of Elizabeth Cady Stanton, is the first woman member of the society, as she was the first woman to take a degree as civil engineer at Cornell University. Miss Blatch took the four years' course at Cornell in three years, finishing among the first five in her class, that of 1905. Cornell is not enthusiastic in its devotion to the coeducation idea, and Miss Blatch met with scant courtesy from some of her masculine classmates. Others viewed her presumption in choosing a difficult profession with approval. The course of study included a surveying trip, on which Miss Blatch was accompanied by her mother, Mrs. Harriet Stanton Blatch, they being the only women in the camp of seventy-five men. On this trip the young woman bore her full share of the work, spending from ten to twelve hours daily in the field.

This is not the first woman to become a civil engineer. Western universities and colleges have given the degree to a few women, and few co-educational institutions refuse the course to women students who might wish to take it. Brown University, which is, of course, not co-educational, does not allow students of the Woman's College to take the course, on the now rather obsolete ground that it does not lead to a woman's profession. Up to very recent years women whose aptitude for higher mathematics was marked had the choice of becoming teachers or astronomers. Hardly any other paying occupation was open to them, and during Miss Blatch's term at Cornell several women were working for degrees in astronomy because they feared that prejudice would stand in the way of their advancement as civil engineers. The four or five women who are earning their living designing structural ironwork, etc., in New York, do not complain of prejudice on account of their sex. Miss Blatch was offered a position as draughtsman in a large bridge company before she left college. She rested briefly after graduation and went to work in September.

TRAINED NURSE NEEDS TACT.

"What do I consider the most essential characteristics of a nurse?" said a woman who has made a success of the profession. "Tact. Emphatically, tact. And without it a woman cannot expect to make a good nurse. She must be prepared to successfully humor the whims of her patient, be agreeable and congenial with the family, and this may be the last but it isn't the least by any means; she must manage to be on good terms with the servants, for they invariably resent the presence of a nurse in the house.

"If the family expect her to join them at meals she must join them without any comment, and if her meals are sent upstairs so much the better. It isn't the actual work that is so hard as it is the responsibility and the worry and the fact that in spite of everything the nurse must be bright and cheerful no matter what her own state of mind may be.

"A nurse's daily work requires strength and nerve and infinite patience, and it also requires incidentally clean collars and cuffs, and cap and dress and very probably two or three clean aprons, so that the question of her dress and her laundry bill is quite important. Aside from this, however, she has no expenses while on a case, and often her washing is included, so that her $25 a week is clear gain. If she happens to be in a house where the people are considerate much is done for her comfort and pleasure, though of course there are houses in which the people are not considerate and she must be prepared to accept gracefully any sort of a disagreeable situation—that's only one of the incidents in a day's work.

"She makes up her mind to take things as they come and ask no questions unless too much is required of her, and then she asks for an extra nurse. Almost anything is apt to come her way, though, from witnessing the last will and testament of a rich patient to posing as the heroine in the contemplated book of one with literary tendencies.

"This happened to an attractive nurse not long ago. Her patient, who was suffering from nervous troubles, one day surprised her by asking if she would mind if she were made the heroine of a book which was about to be begun.

"The nurse didn't object. 'In fact,' she said, 'I started to help with the book, but unfortunately we didn't get very far beyond the description.'

"Hard as the work may be with its responsibility and its long hours and its loneliness, it is one of the most satisfactory professions for women in point of interest as well as salary, if only the woman who undertakes it has strength and courage and tact."—New York Journal.

Printed chiffon is one of the new materials used in fashioning very dressy dinner gowns.

A black hat of fine straw is trimmed with heavy silk ribbon with a rather wide black and white stripe and deep red roses. This is not a new combination, but a very serviceable one.

An odd oblong belt buckle that is quite attractive is old brass with three medallions like old coins set diagonally from corner to corner; another is of pierced silver studded with imitation topaz.

Groups of tucks almost invariably decorate the wide cuffs of long-sleeved lingerie blouses when the blouses themselves have tucks as a decoration. To me the fine, dainty tucking on the sheer materials is very pretty.

It is strange that not until now has any one thought of making hat pins with a wavy or crooked pin after the manner of some hair pins so they will not slip out. But now we have them, and I believe as low as twenty-five cents each.

A house gown that is stunning on a tall figure is a semi-fitting model with narrow plisse frills of silk on the long seams of the gown and sleeves, and at the edge of the small fichu-shaped collar. This develops very well in mourning goods.

A full jabot of lace placed at the bottom edge of the narrow vest-like band on either front of the jaunty Eton coat gives the effect of a scarf about the throat whose ends protrude at this point. If the figure is a bit slight, they can be caught midway, at the bust, with good effect.

An Umbrella Exchange.

A company is now in process of formation in London which aims at supplying the public with umbrellas on loan on much the same principle as the circulating libraries adopt with regard to books. That is to say, a subscriber will be able to drop into one of the company's depots when it begins to rain, secure an umbrella, and utilize it so long as the necessity to do so continues. When the weather clears he can return it to the same depot, or to another one, and repeat the process as often as it suits his convenience. The depots will be established at restaurants, tobacconists' shops, public houses, etc. Of course, the umbrellas will not be gold-mounted or covered with silk; but they will be good, serviceable and sightly articles. The charge to subscribers, it is said, will be only about one dollar a year.

Age of Birds.

The doctrine of vegetarianism appears to be slightly shaken by the result of an investigation that an English newspaper has made into the subject of the longevity of birds. With one notable exception the carrion or meat-feeding birds are the longer lived. The exception is the swan. The average ages of some of the best-known birds are given in the following: Blackbird lives twelve years; blackcap, fifteen; canary, twenty-four; crane, twenty-four; crow, 100; eagle, 100; fowl, common, ten; goldfinch, fifteen; goose, fifty; heron, fifty-nine; lark, thirteen; linnet, twenty-three; nightingale, eighteen; parrot, sixty; partridge, fifteen; peacock, twenty-four; pelican, fifty; pheasant, fifteen; pigeon, twenty; raven, 100; robin, twelve; skylark, thirty; sparrow hawk, forty; swan, 100; thrush, ten, and wren, three years.

Red Cross Flag of Alabama.

Over the historic capitol at Montgomery waves not the national flag, but the Alabama flag, and not one Alabaman in a thousand would recognize it if he saw it elsewhere than on the Capitol. The flag in question has no history woven into it for it was not adopted until 1895.

It presents a St. Andrew's cross in crimson on a white field. Such a cross is shaped like a letter X, and the books suggest that the apostle Andrew died on a cross of that design. Few if any other States indulge in flags of their own.—Birmingham Age-Herald.

TIMELY RECIPES

USE FOR TOUGH MEAT.

Tough pieces of beef should be made into a stew. Cut up, put on in cold water slightly salted and simmer gently until tender, then add some sliced turnip, onions, potatoes, carrots, parsnips or any vegetable that is liked. When the vegetables are tender a great part of the water will have boiled away. Dish up the meat into the centre of the meat dish, arrange the vegetables around it, thicken the gravy and pour over the whole. This is a very wholesome and appetizing dish.

A lamb stew made in the same way is also good.

DOUBLE FUDGE.

Cook in a double saucepan, two cups granulated sugar, one-half cup cream, one tablespoonful of butter and two squares of chocolate shaved or grated. Cook seven minutes and then flavor with vanilla. Take from the fire and beat until thick. Spread in a buttered tin to cool. Put into the same saucepan two cups brown sugar, one-half cup cream, one level tablespoonful butter, one cup nutmeats chopped fine and cook ten minutes. Take from the fire, flavor lightly with vanilla, beat until creamy and pour on top of the fudge already in pan. When cool cut in squares.

CHARLOTTE RUSSE.

Soak a quarter package of gelatine in one-third of a cupful of cold water for two hours. Whip a pint of cream to a stiff froth. Stir a square of chocolate, with two tablespoonfuls of sugar and one of water, over the fire until smooth and glossy. Add to this a gill of hot milk and the soaked gelatine, stirring until the latter is well dissolved. When it is cool but not set, stir it into the whipped cream, and stir every few minutes until it begins to thicken. While it will still pour turn it on a quart mold which you have filled with lady fingers. Stand on the ice and serve with rich plain cream.

VEAL COLLOPS.

Cut pieces from a leg of veal, three or four inches broad, sprinkling with flour, then fry in salt pork drippings or butter until brown. Put into a stewpan, cover with boiling water or veal stock made from the bones, and when it boils remove all the scum. Push back on the stove where it will simmer gently, add two onions, sliced, a blade of mace, a tablespoonful of chopped parsley and salt and pepper to season. When tender take up the meat, thicken the gravy, squeezing in at last the juice of half a lemon and pour over the collops. Garnish with sliced lemon and parsley.—Washington Star.

HOUSEHOLD HINTS

Remove ink from white woodwork with turpentine.

Use just a little kerosene oil in the water to wash oilcloth.

A few thin strips of bacon over roast lamb will improve the flavor of it.

Good macaroni is of a yellowish tint and does not break readily in cooking.

Turpentine is the best preventive for moths. Saturate pieces of brown paper with same, and place in boxes.

A strengthening drink for the aged is made by boiling a tablespoonful of pure honey in half a pint of water.

A handkerchief wet with eau de cologne and held under the eyes will help to remove the dark lines that are caused by fatigue.

If a little vaseline is rubbed on the shoes once a month, it will keep the shoes much softer and prevent the leather or kid from chafing.

Irons should be washed clean before they are put on the stove, and when hot rub them over fine salt or a waxed paper to make them smooth.

Kid gloves may be kept soft and fresh looking by being kept in waxed paper. This is particularly useful for gloves that are seldom worn.

Tea is one of the foods which it will not do to keep in a glass fruit jar. Tea loses its strength in strong light and probably deteriorates in a weak light.

Ink spots may be taken out of delicate white goods with chlorinated soda. A few drops poured on will make the ink disappear at once. It should not be used on silk, however.

Cotton and linen articles will iron much easier and better if sprinkled and left folded over night. Calicoes will iron better if sprinkled only a few hours before being ironed.

Newspapers placed under carpets and rugs are most satisfactory, and by using a long stitch they may be sewn together on the machine, making squares as large as may be required.

When stitching very thin goods on the sewing machine, the material frequently gathers up. This trouble can be overcome by putting a strip of paper under the goods. The paper can easily be pulled off and leaves no trace.

If you have a pan or bottle of soured milk, let it stand until it is thick. Put tarnished silver forks, spoons and small pieces into a shallow pan and pour the milk over them. Let them remain in the milk half an hour or longer, then wash them and rejoice in their brightness.

Snails.

The idea of using snails for the cure of chest complaints is not, as a correspondent has suggested, peculiar to the latter-day Italians. There were many believers in the nostrum in England a century ago, and quite a brisk trade was done in snails at Covent Garden. There is a quaint prescription for a snail cure in "An Old Lady's Pharmacopoeia," published by Mrs. Delamy in 1785: "Does Mary cough at night? Two or three snails boiled in her barley water, or tea water, or whatever she drinks, might be of great service to her. Taken in time, they have done wonderful cures. But Mary must know nothing of it!" Little Mary had to be humored, even a hundred years before Mr. Barrie found her humorous.—London Chronicle.

A Suggestion.

This motto will look well nailed over the door of the public bath house: "Never put off until to-morrow the bath you should take to-day."—Detroit Free Press.

THE MERRY SIDE OF LIFE

ALL THAT IS NEEDED.

So many breaks, so many speeds,
So many horns that wind and wind,
When all a chauffeur really needs
Is just the art of being blind.
—Judge.

ALAS, NOT SO.

"Oh, it must be fine to be a poet," exclaimed the sweet thing.

"It ought to be more," replied the practical one. "It ought to be fine and imprisonment."—Milwaukee Sentinel.

ENVIABLE ROLE.

Micky—"Say, I'd like to go out wid a show an' be de hero."

Jimmy—"Aw, I'd rather be de villain. De villian always has to smoke plenty of cigarettes."—Chicago News.

TAKES NO CHANCES.

Sparks—"I hear your chauffeur is a very careful man?"

Carr—"Exceedingly so. He never faces a judge without having at least half a dozen witnesses to corroborate his testimony."

THE MAIN DIFFICULTY.

Rev. Fourthly—"My friend, do you lay your treasures up where thieves cannot break in and steal?"

Millionaire—"No; I find it hard enough to lay it up where they won't call it tainted."—Harper's Bazar.

MUST BE SO.

Mr. Jawback—"See here, it seems to me you're asking me for money all the time."

Mrs. Jawback—"No, dear; I'm spending it part of the time, you know."—Cleveland Leader.

BASE DECEIVER.

"Great scheme Clara has for making people think she is studying music, isn't it?"

"What is it?"

"Carries her lunch in a music roll."—Milwaukee Sentinel.

NOT DAMAGED.

Artist (to landlord)—"I can't pay my rent, but I can give you a lot of canvases as security."

Landlord—"All right; I'll take them if you have not painted on them."—Translated for Tales from Familie-Journal.

NOT ALTOGETHER.

The motor car accosted the horse. "Get off the pavement," it said. "I am going to supplant you entirely."

"Neigh, neigh," responded the steed, with a horse laugh; "they can't make corned beef and sausage of you."—Birmingham (England) Post.

INVESTIGATED.

"I thought he was in your set?"

"So he was, but we have cut him."

"How was that?"

"Why, the general belief that he was rich led to his being investigated, and it was proven that he was perfectly honest—and poor."—Houston Post.

THE NEW EXPLANATION.

The New Stenographer—"Here is the letter, sir."

The Boss—"Eh. But hold on. There are several misspelled words here."

The New Stenographer—"I beg your pardon, sir. Those words are not misspelled—they are simplified."—Cleveland Plain Dealer.

DIFFERENT.

Miss Coyleigh—"No, Mr. Penwiper, mamma doesn't allow me to accept presents from young men."

Poet—"And I had so wished to present you with a copy of my poems!"

"Oh, I thought it was something of value."—Translated from Tales from Familie-Journal.

TERRIBLE MALADY.

"Isn't it ridiculous of these scientists to say kissing is dangerous?" scornfully remarked the pretty young man.

"Why, of course, it's dangerous," replied the crabbed old bachelor.

"What disease could it possibly lead to if we——"

"Matrimony."—Philadelphia Press.

BOTH SIDES OF THE CASE.

Prima Donna—"You don't know what terrible suffering it causes an old singer to feel that she is losing her voice!"

Impressario (cynically.—"Yes, but think of the suffering of the public if she didn't lose it!"—Translated for Tales from Familie-Journal.

COMMENT.

"I have three children who are the very image of myself," said Jones enthusiastically.

"I pity the youngest," returned Brown quietly.

"Why?" asked Jones.

"Because he is the one who will have to resemble you the longest," said Brown.—London Tit-Bits.

MEAN, MEANER, MEANEST.

The mean man was looking happy. "Whose feelings have you hurt now?" he was asked.

"My nephew's," he said. "I have just sent him a letter asking him to accept the inclosed £10 check as a little birthday gift."

"But where does your complacency come in on such a proposition as that?"

"I didn't put in any check."—London Tit-Bits.

Pulse-Beats on the Wall.

Take a small piece of looking-glass, and lay it on the wrist just over the pulse, fastening it by means of a rubber band at the upper end. Now darken the room in such a way that only a small ray of sunlight shall enter.

Having placed a table where the ray of light will fall on it, seat yourself near it, and lay your wrist on the table, so that the ray will strike the looking-glass. Adjust your wrist so that the reflected light from the glass will strike the wall, and then, if you keep perfectly still, the light on the wall will move every time your pulse beats.

This is a very pretty experiment, if neatly done, and it will give you the unique experience of counting your pulse on the wall. It is a crude form of an instrument called the sphygmograph, a word that comes from the Greek sphugmos, the pulse, and graphein, to write.

Travel in the interior of China by means of houseboats costs about $5 a day.

The White Paint of the White House.

The White House at Washington, which has been the "King's Palace" of the American People since it was first occupied by President Madison in 1809, has recently undergone a thorough course of remodelling, renovation and repair. Every American citizen is owner of an undivided eighty or eighty-five millionth part of the White House, as well as of the other Public Buildings and Monuments in the Capitol City. An item in the renovation of the remodeled White House was repainting. Every visitor in Washington knows why the White House is so called—because it is literally a "white house." The exterior paint must therefore be white. Now while the pure white surfaces and simple lines of the White House, set in the midst of green lawns and beautiful trees, produce a very satisfying effect of dignified simplicity, white paint from a practical point of view, is about the most unsatisfactory kind of paint that could have been selected by the original designers. First, because any white paint is easily discolored by smoke and dust, and, second, because ordinary white paint itself gradually turns gray or brownish yellow from exposure.

But white the White House is, and white it must remain or it would no longer be the "White House." So the renovators, making the best of a discouraging situation, sought for the best kind of white paint procurable. The average citizen if asked to guess what kind of paint they finally decided on would probably answer—"white lead and oil," but he would guess wrongly. The paint selected as the best obtainable, was a ready-mixed paint, such as can be bought in any well-furnished village store, such as is used by more than half of the eighty or eighty-five million owners of the White House on their own homes. That one brand of mixed paint was used instead of another is a mere accidental detail—there are fifty or a hundred brands on the market that might have been selected in other circumstances, and, in fact, a different brand was used in painting the Capitol.

Every property owner, therefore, who paints his house with a high grade ready-mixed paint, is following the example set by the Government Authorities at Washington, who used ready-mixed paint, because they could find nothing else as good.

When a woman has an ideal husband it is only a dream.

BOX OF WAFERS FREE—NO DRUGS—CURES BY ABSORPTION.

Cures Belching of Gas—Bad Breath and Bad Stomach—Short Breath—Bloating—Sour Eructations—Irregular Heart, Etc.

Take a Mull's Wafer any time of the day or night, and note the immediate good effect on your stomach. It absorbs the gas, disinfects the stomach, kills the poison germs and cures the diseases 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.

5126 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.

Sir John Sinclair, a Scottish baronet, has presented gramophones and records to 300 asylums and other institutions, on condition that they be played to the inmates for half an hour every day.

FITS, St. Vitus' Dance: Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. $2 trial bottle and treatise free. DR. R. H. KLINE, LD., 931 Arch St., Phila., Pa.

Dover has become one of the favorites among English health resorts.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c. a bottle

Many fail through success, while others succeed through failure.

Forcing Nature Perhaps.

Every autumn the papers of the larger cities are much concerned over the inadequate school facilities and publish dreadful statistics of the thousands of pupils who must be placed on half time, yet it has long been known that in London schools the half-timers who work half of each day really progress faster than those who go to school all day. Have we not upset nature too quickly in our schools also?—American Medicine.

Miss Lizzie Johnson, the "shut-in," who lives in Casey, Ill., is reported to have earned over $11,000 for missions by the sale of book marks which she has made.

AN EVERY-DAY STRUGGLE.

Menaced Women of Every Occupation Suffer Miseries From Kidney Complaint.

J. C. Lightner, 703 So. Cedar St., Abilene, Kansas, is one of the thousands who suffer from kidney troubles brought on by daily work. "I first noticed it eight or ten years ago," said Mr Lightner. "The dull pain in the back fairly made me sick. It was hard to get up or down, hard to straighten, hard to do any work that brought a strain on the back. I had frequent attacks of gravel and the urine was passed too often and with pain. When I used Doan's Kidney Pills, however, all traces of the trouble disappeared and have not returned. I am certainly grateful."

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

Why Man's Love Cools.

They had been married but two months, and they still loved each other devotedly. He was in the back yard blacking his boots.

"Jack!" she called, at the top of her voice. "Jack, come here, quick!"

He knew at once that she was in danger. He grasped a stick and rushed up two flights of stairs to the rescue. He entered the room breathlessly, and found her looking out of the window.

"Look!" she said. "That's the kind of a bonnet I want you to buy me."

It's terrible easy to dream you are making money.

WHO SHE WA

SKETCH OF THE LIFE OF LYDIA E. PINKHAM

And a True Story of How the Vegetable Compound Had Its Birth and How the "Panic of '73" Caused it to be Offered for Public Sale in Drug Stores.

This remarkable woman, whose maiden name was Estes, was born in Lynn, Mass., February 9th, 1819, coming from a good old Quaker family. For some years she taught school, and became known as a woman of an alert

and investigating mind, an earnest seeker after knowledge, and above all, possessed of a wonderfully sympathetic nature.

In 1843 she married Isaac Pinkham, a builder and real estate operator, and their early married life was marked by prosperity and happiness. They had four children, three sons and a daughter.

In those good old fashioned days it was common for mothers to make their own home medicines from roots and herbs, nature's own remedies—calling in a physician only in specially urgent cases. By tradition and experience many of them gained a wonderful knowledge of the curative properties of the various roots and herbs.

Mrs. Pinkham took a great interest in the study of roots and herbs, their characteristics and power over disease. She maintained that just as nature so bountifully provides in the harvest-fields and orchards vegetable foods of all kinds; so, if we but take the pains to find them, in the roots and herbs of the field there are remedies expressly designed to cure the various ills and weaknesses of the body, and it was her pleasure to search these out, and prepare simple and effective medicines for her own family and friends.

Chief of these was a rare combination of the choicest medicinal roots and herbs found best adapted for the cure of the ills and weaknesses peculiar to the female sex, and Lydia E. Pinkham's friends and neighbors learned that her compound relieved and cured and it became quite popular among them.

All this so far was done freely, without money and without price, as a labor of love.

But in 1873 the financial crisis struck Lynn. Its length and severity were too much for the large real estate interests of the Pinkham family, as this class of business suffered most from fearful depression, so when the Centennial year dawned it found their property swept away. Some other source of income had to be found.

At this point Lydia E. Pinkham's Vegetable Compound was made known to the world.

The three sons and the daughter, with their mother, combined forces to restore the family fortune. They argued that the medicine which was so good for their woman friends and neighbors was equally good for the women of the whole world.

The Pinkhams had no money, and little credit. Their first laboratory was the kitchen, where roots and herbs were steeped on the stove, gradually filling a gross of bottles. Then came the question of selling it, for always before they had given it away freely. They hired a job printer to run off some pamphlets setting forth the merits of the medicine, now called Lydia E. Pinkham's Vegetable Compound, and these were distributed by the Pinkham sons in Boston, New York, and Brooklyn.

The wonderful curative properties of the medicine were, to a great extent, self-advertising, for those who used it recommended it to others, and the demand gradually increased.

In 1877, by combined efforts the family had saved enough money to commence newspaper advertising and from that time the growth and success of the enterprise were assured, until to-day Lydia E. Pinkham and her Vegetable Compound have become household words everywhere, and many tons of roots and herbs are used annually in its manufacture.

Lydia E. Pinkham herself did not live to see the great success of her work. She passed to her reward years ago, but not till she had provided means for continuing her work effectively as she could have done herself.

During her long and eventful experience she was ever methodical in work and she was always careful to preserve a record of every case that came her attention. The cases of every woman who applied to her for advice and there were thousands—received careful study, and the details, including symptoms, treatment and results were recorded for future reference. To-day these records, together with hundreds of thousands made since, are available to sick women the world over, and represent a vast collection of information regarding the treatment of woman's ills, which for authenticity and accuracy can not be equaled in any library in the world.

With Lydia E. Pinkham working daughter-in-law, the present Lydia E. Pinkham, She was carefully instructed in all her hard-won knowledge for years she assisted her in her correspondence.

To her hands naturally fell the direction of the work when her mother passed away. For nearly five years she has continued to do nothing in the work she did with first Lydia E. Pinkham, her husband, and the present Mrs. Pinkham, now the mother of a large family, she still takes an active part in it up. With woman assistants capable as herself, the present Lydia E. Pinkham continues this great work, probably from the office of any person have so many women advised how to regain health, women, this advice is "Yours for health" freely given if you only write for it.

Such is the history of Lydia E. Pinkham's Vegetable Compound from simple roots and herbs the great medicine for women and the fitting monument to a woman whose name is

Birds Come North.

Patience—Birds from the north go south in the winter, don't they?

Patrice—Why, certainly!

"And some southern birds come north in the winter, don't they?"

"I never heard that."

"Well, you go to any first-class restaurant, and you can get South Carolina grouse on toast."

RUNNING SORES ON LIMBS.

Little Girl's Obstinate Case of Eczema—Mother Says: "Cuticura Remedies a Household Standby."

"Last year, after having my little girl treated by a very prominent physician for an obstinate case of eczema, I resorted to the Cuticura Remedies, and was so well pleased with the almost instantaneous relief afforded that we discarded the physician's prescription and relied entirely on the Cuticura Soap, Cuticura Ointment and Cuticura Pills. When we commenced with the Cuticura Remedies her feet and limbs were covered with running sores. In about six weeks we had her completely well, and there has been no recurrence of the trouble. We find that the Cuticura Remedies are a valuable household standby, living as we do twelve miles from a doctor, and where it costs from twenty to twenty-five dollars to come up on the mountain. Mrs. Lizzie Vincent Thomas, Fairmount, Walden's Ridge, Tenn., Oct. 12, 1905."

An Eye to Business.

Senator Clay of Georgia in condemning certain underhand and mean business methods, said:

"Such methods remind me of a woman whom I heard of in my boyhood.

"This woman was mean and tricky. One day at the beginning of Lent she called her cook upstairs and said:

"'Jane, I am grieved to see how you are carrying on with the butcher's young man.'

"'Oh, he's a very decent, nice, honorable person, George is, ma'am,' Jane replied. 'I assure you, ma'am, I couldn't keep better company.'

"'That may be, Jane,' the woman interrupted, 'but I think you should consult our interests more. Why shouldn't you, now that it is Lent, get up a little flirtation with the fish dealer?'"

You have to keep pumping a steady stream of favors into gratitude to keep it alive.

It is easy for a man to behave after he breaks into the has-been class.

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.

It's mighty interesting what a lot of kissing a little mouth can do.

HOLD UP and consider THE FISH BRAND TOWER'S TOWER CANADIAN CO. TORONTO, CAN.

W. L. Douglas $3.50 & $3.00 Shoes. W. L. Douglas $4.00 cannot be equalled. W. L. DOUGLAS SHOES FOR ALL THE FAMILY. BEST IN THE WORLD.

W. L. DOUGLAS MEN'S $2.50 & $2.00 MANUFACTURER'S $10,000 REWARD. If I could take you into my factory at Brockton, Mass., and show you the care with which every pair of shoes I make is made, you would realize why W. L. Douglas shoes cost more to make, why they hold their shape, look better, fit better, wear longer, and are of intrinsic value than any other shoes. W. L. Douglas Strong Men's $2.50, $3.00, Dress Shoes, $3.50, $4.00. CAUTION—Insist upon having W. L. Douglas shoes. Take no substitute without his name and price stamped on bottom. Fast Color Eyelets used; they will not wear brassy. Write for Illustrated Catalog. W. L. DOUGLAS, BROCKTON, MASS.

THE DAIS' FLY KILLER. Makes comfort to every horse. Lasts all season. Handy for the farmer. Dealers or 5 sent prepaid for 25c. Harness Dealers, Hardware Dealers, Agents Wanted. Write for Circular. THE DAIS' FLY KILLER, Dept. 1, Brooklyn, N. Y.

PENSIONS. Write me at once. Free of charge. W. H. WILLS, Washington, D. C.

DROPSY. Write quick. Book of won