SS EMMA RUNTZLER

has received such unqualified of female ills as has

etable Compound

Schenectady, N. Y., writes:— a weakness which seemed to ll headaches, was nervous, ad one of your advertisements ydia E. Pinkham's Vegetable k express my gratitude for the feel like a new person."

pound is the most successful nts, Weak Back, Falling and ation, and is invaluable in pre- ife.

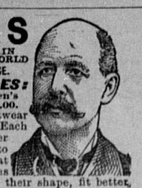
nvitation to Women

emale weakness are invited to am, at Lynn, Mass. Her advice

GLAS ES BEST IN THE WORLD

ALLED AT ANY PRICE.

ALL PRICES: o $1.25. Women's oes, $2.25 to $1.00. t judges of footwear n this country. Each ng is looked after vithout regard to large factories at lly W. L. Douglas why they hold their shape, fit better, y other makes. itom, which protects the wearer against high e. Sold by the best shoe dealers everywhere. ve. W. L. DOUGLAS, Brockton, Mass.



His Reason.

Thin Chappie—I haven't seen you running after that fair-haired girl lately. What's the reason, old fellah?

Stout Chappie—Oh, eh! Well, eh! —she's my wife now, you see.—Ally Sloper's Half-Holiday.

Argo Red Salmon is sold in one-pound tall cans, because only the tall cans are filled by machinery. Flat and one-half pound cans are filled by hand. Hand work in factories is crude and antiquated.

At Santa Cruz, Cal., in the St. George Hotel, is a tank containing 50 trout so tame that they take meat offered to them from a man's hand and rub their sides against the hand of the one that feeds them.

Beware of Ointments For Catarrh That Contain Mercury,

as mercury will surely destroy the sense of smell and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do is ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally and made in Toledo, Ohio, by F. J. Cheney & Co. Testimonials free.

Sold by Druggists; price, 75c. per bottle.

Take Hall's Family Pills for constipation.

Mr. Rockefeller's gifts to education now total some $79,000,000. Andrew Carnegie's gifts for libaries and universities aggregate some $150,000,000, and he is not a wealthy man.

The Alaska Packers Association have liberated from their hatcheries in Alaska, up to 1906, over three hundred and fifty-one million (351,000,000) young salmon. Their Fortmann hatchery is the largest in the world.

Of all the places in the world—San Francisco—the other day a man bought three "gold bricks" for $850. When he took them to the mint, they told him they were of iron, gilded.

The Alaska Packers Association, who can the Argo Red Salmon, has the largest fleet in number of any shipping firm sailing under the American flag. It owns 55 steamers and 15 sailing vessels and charters many more.

Hot Stuff.

Col. "Bill" Hackney, of Winfield, has copies of every letter written from his office in the last 15 years. Some of them, of course, observes an exchange, are preserved in asbestos wrappings.—Kansas City Journal.

Garfield Tea is for those who desire an ideal laxative; it is simple, pure, mild and potent, it regulates the liver and kidneys, overcomes constipation and brings Good Health. It is guaranteed under the Pure Food and Drugs Law.

Waranted To Stick.

Customer—I want a bottle of mucilage, and I want something that's good.

Stationer—Let me sell you a preparation that has just been placed on the market. I guarantee that it will never let go. It's called the "Depew Liquid Glue." — Chicago Tribune.

Shape Of Bees' Cells.

Honeybees are generally credited with instinctive skill in making the cells of the comb hexagonal in shape, but it is probable that this construction is merely the ordinary result of mechanical laws. Solitary bees always make circular cells, and the bees in the hive, no doubt, make them circular also, but mechanical pressure forces them into a hexagonal form. A well-known naturalist, in speaking of the matter, says that all cylinders made of soft, pliable substances become hexagonal under such circumstances.

CURED OF GRAVEL.

Not a Single Stone Has Formed Since Using Doan's Kidney Pills.

J. D. Daughtrey, music publisher, of Suffolk, Va., says: "During two or three years that I had kidney trouble I passed about 2½ pounds of gravel and sandy sediment in the urine. I haven't passed a stone since using Doan's Kidney Pills, however, and that was three years ago. I used to suffer the most acute agony during a gravel attack, and had the other usual symptoms of kidney troubles — lassitude, headache, pain in the back, urinary disorders, rheumatic pain, etc. I have a box containing 14 gravel stones that I passed, but that is not one-quarter of the whole number. I consider Doan's Kidney Pills a fine kidney tonic."

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

The Bank of France caused great surprise by increasing its discount rate from 3 to 3½ per cent. This is the first change made in seven years and it indicates how tight the money market is, in even the spot where it is probably easier than anywhere else.

A Square Deal

Is assured you when you buy Dr. Pierce's family medicines—for all the ingredients entering into them are printed on the bottle-wrappers and their formulas are attested under oath as being complete and correct. You know just what you are paying for and that the ingredients are gathered from Nature's laboratory, being selected from the most valuable native medicinal roots found growing in our American forests and while potent to cure are perfectly harmless as to the most delicate women and children. Not a drop of alcohol enters into their composition. A much better agent is used both for extracting and preserving the medicinal principles used in them, viz.—pure triple-refined glycerine. This agent possesses intrinsic medicinal properties of its own, being a most valuable antiseptic and antiferment, nutritive and soothing demulcent.

Glycerine plays an important part in Dr. Pierce's Golden Medical Discovery in the cure of indigestion, dyspepsia and weak stomach, attended by sour risings, heart-burn, foul breath, coated tongue, poor appetite, gnawing feeling in stomach, biliousness and kindred derangements of the stomach, liver and bowels.

Besides curing all the above distressing ailments, the "Golden Medical Discovery" is a specific for all diseases of the mucous membranes, as catarrh, whether of the nasal passages or of the stomach, bowels or pelvic organs. Even in its ulcerative stages it will yield to this sovereign remedy if its use be persevered in. In Chronic Catarrh of the Nasal passages, it is well, while taking the "Golden Medical Discovery" for the necessary constitutional treatment, to cleanse the passages freely two or three times a day with Dr. Sage's Catarrh Remedy. This thorough course of treatment generally cures the worst cases.

In coughs and hoarseness caused by bronchial, throat and lung affections, except consumption in its advanced stages, the "Golden Medical Discovery" is a most efficient remedy, especially in those obstinate, hang-on coughs caused by irritation and congestion of the bronchial mucous membranes. The "Discovery" is not so good for acute coughs arising from sudden colds, nor must it be expected to cure consumption in its advanced stages—no medicine will do that—but for all the obstinate, chronic coughs, which, if neglected, or badly treated, lead up to consumption, it is the best medicine that can be taken.

A mothers thinks it's queer that she can't teach her daughter to avoid the things she could never be taught to avoid herself.

HICKS' CAPUDINE CURES ALL ACHES And Nervousness Trial bottle 10c At drug stores

STANDARD OF THE SOUTH

SNOWDRIFT HOGLESS LARD

U.S. GOVERNMENT INSPECTION

THE SOUTHERN COTTON OIL CO. NEW YORK-SAVANNAH-ATLANTA-NEW ORLEANS

FREE SAMPLE 20

MULE-TEAM BORAX

With 32-page illustrated booklet, giving 1000 uses for Borax in the Home, Farm and Dairy, a SOUVENIR PICTURE, 7x14 in. and 10 colors free for 5c., and your dealer's name. Address Pacific Coast Borax Co., New York.

BUILD up an assured income—we show you how. Make from $300 to $3000 a year at home. Particulars free. Address: The Buckland Co., 630 Broad St., Newark, N. J.

ADVERTISE IN THIS PAPER. IT WILL PAY. B N U 14

If afflicted with weak eyes, use Thompson's Eye Water

WOMEN: THEIR FADS, THEIR FASHIONS, THEIR WORK, THEIR ART.

OBSERVANCES OF SOCIETY.

It is not the custom to wear flowers, with the exception of a bunch of violets.

A woman must never offer her arm to anyone, nor allow anyone to take her arm.—Mrs. Frank Learned, in Ladies' World.

OURS BIGGEST AND BEST.

According to recent measurements taken in France, England and the United States, the English woman is the tallest, the American woman weighs the most, the average being 117 pounds, and the French women are the smallest.—Boston Globe.

SAUCE FOR THE GANDER.

The modern wife is beginning to astonish the modern husband. A man came home at 3 a. m. He took off his shoes on the front doorstep. Then he unlocked the door and went cautiously upstairs on tip-toe, holding his breath. But light was streaming through the keyhole of the bedroom door. With a sigh he paused. Then he opened the door and entered. His wife stood by the bureau, fully dressed. "I didn't expect you'd be sitting up for me, my dear," he said. "I haven't been," she said. "I just came in myself."—New Voice.

ALL SORDID BUSINESS.

Why should women burden themselves with such an endless and ever-changing paraphernalia of clothes? The question is usually answered by attributing the phenomenon to the vanity of the sex, and it is further customary to pity the poor men who have to pay for all these fine feathers. But that is a very shallow view to take of the subject, according to Mrs. Belle Armstrong Whitney, who recently addressed a large assembly of dressmakers at the Waldorf-Astoria.

"The real object of clothes," said Mrs. Whitney, "is to make money for the men who have capital invested in the business."

This, she explained, is the reason for the constant changes of fashion.

"You look at a new gown," she said, "and think it is much the same as you wore last year, but there is always a difference. If there were not there wouldn't be any money to be made out of it.

"The whole thing is sordid business, it would seem, however ethereal my lady may look when she is finished, and in the interplay of the forces of which woman is the puppet, the custom dressmaker stands some chance of being ground between the upper and the nether millstones.

"The large establishment has so many advantages over the small one," continued Mrs. Whitney, "and such beautiful gowns are now turned out in large quantities, that I don't know how long we shall be allowed to exist. But so long as we are permitted to survive, our salvation lies in producing gowns that cannot be bought in the shops."—New York Tribune.

COURTSHIP AFTER MARRIAGE.

Some men seem to consider their marriage certificate as a sort of fully paid-up policy of happiness. They act as if the courtship days were those of paying premiums of compliment, cheerfulness, courtesy, consideration and chivalry, and that marriage cuts off all these premiums of loverlike attention. The only way to get an absolutely guaranteed insurance on matrimony is to keep paying the premiums. Many first-class matrimonial policies lapse just because of these suspended payments.

There is a tendency to assume that this love is known and recognized, so why speak of it? This is a dangerous taking for granted of what should be made real, pulsing and vital in thought, word and deed. There is little danger of overtelling this story; it is often the wine of life and inspiration to one hungering and thirsting for the little tenderness of affection.

There are more people on this great, big rolling earth hungering for sweetness, tenderness and words of appreciation, genial confidence and generous affection than are starving for bread. With husband and wife these delicate messengers of affection cost so little—sometimes only a thought, but it is the thought that is all.

Continued courtship after marriage preserves the lover in the husband and the sweetheart in the wife. But courtship is not solitaire; like a squirrel it requires two to make it a success. It is not the wife alone who needs the gracious sweetness of concentrated comradeship, for husbands who are built on the right lines have the same hunger for loving kindness and kindly loving.

Courtship is a vessel of promise that is often wrecked on the shoals of matrimony. Courtship means two mates without a captain; marriage sometimes means two captains without a mate.—The Delineator.

LET "NEWLY-WEDS" ALONE.

Much of the unhappiness of life is directly traceable to one cause—the disposition of domination, of interference. This is particularly true in its effect upon young married people. Mothers—and perhaps sisters and aunts—have been so accustomed to managing the daughter, that they continue to do so after she has established her own household. Their counsels or demands may be kindly meant, their interference may be designed for the victim's "best good," but all the same, it does not work well.

Every normal woman looks forward to the time when she shall possess a home of her own, and she knows how she wishes to conduct it. The relatives on both sides should let her alone to fashion this home on her own lines. Doubtless she will make mistakes, but mistakes are what we learn by; and she will be many times as interested in making it the ideal home, and will labor much more earnestly to do so, if left to work out her own salvation.

Frequently relatives and friends go farther than interference with the home; they dictate the young wife's comings in and goings out, her friends, her religion, her purchases, and the management of her children; they even come between herself and her husband; they urge confidences; they point out the faults of one to the other. Sometimes, when I have seen the evil that resulted from this, I have thought that humanity is capable of no greater sin.

Sometimes it is the husband's mother who considers that she must still look after her son's material comforts, forgetting that he has chosen some one else to do this for him; and the sisters and aunties who have so long had a hand in ruling him, now undertake also the ruling of his wife.

Many an invalid owes her physical condition to the strain upon mind, body and nerves, the heart-burnings, the tears and the unhappiness this has called forth. Antagonism is created and unhappiness results, when really the wife ought to love her husband's mother about as dearly as her own.

Sometimes the husband suffers as well as the wife; never equally so, because no man living, even the most sensitive, has that within his nature, as has almost every woman, which will sharpen to the agony of the finest point, even the most insignificant pin-prick. Yet even so, men don't relish interference in their homes, or being told that "father never did so."

All should let the young people religiously alone to build up their own homes, to live their own lives, unhindered and untrammeled.—Ladies' World.

GIRLS SHOULDN'T "RUN WILD."

The girls who "count," who are thoroughbred, do not "run wild" like the girls of the vulgar. The daughters of the elect do not have social dissipations while they are of school age. On Friday and Saturday evenings, and occasionally in vacation time, they have their wholesome, hearty pleasure times, but they do not go to parties in midweek; they are not blase when the proper age for dancing and theatre-going has arrived. Girls who fly hither and yon on every invitation cheapen themselves inexpressibly and shut themselves out from more exclusive and delightful associations.

Don't do it, girls! Be precious of yourselves, and appreciate the love and care of those who are precious of you. The best society is hardest to command. Don't cheapen yours by keeping it at every beck and call. People will think vastly more of you if they have to speak twice or thrice to get you, and if they know you think thrice before accepting any invitation. Our American girls are the most charming girls in the world, but they are menaced, always, by a great danger which their unusual freedom of action keeps before them. If a girl once gets the name of being "too free and easy," however innocently she gets it, she can never live it down. This isn't an insensate prejudice; it's an instinct strong as society itself—part of the great instinct of self-preservation wherewith society seeks to safeguard the things that are most precious to it, the irreproachableness of its women.

Be the kind of girl that inspires tenderness and reverence; it's wonderful how those two go together when a lovely woman shows the way! Be precious of yourself—of your health and your beauty and your fine mind and your reputation—all—so that some glorious day you can surrender the guardianship of your worth to some one who will ask no greater glory than caring for you and protecting and defending you. Your honor becomes his honor on that day. Take him an honor he can assume with all good grace. Don't cheapen his treasure, before ever he wins it, by little familiarities, little "easy ways" you'll blush to remember, and to find other people remembering, when your better wisdom shows you their folly.—The Complete Beauty Book.

Things to Quit.

Gossiping.
Fidgeting.
Grumbling.
Hairsplitting.
Saying fate is against you.
Finding fault with the weather.
Going around with a gloomy face.
Faultfinding, nagging and worrying.
Taking offense where none is intended.
Dwelling on fancied slights and wrongs.
Talking big things and doing small ones.
Scolding and flying into a passion over trifles.
Boasting of what you can do instead of doing it.
Thinking that life is a grind, and not worth living.
Talking continually about yourself and your affairs.
Depreciating yourself and making light of your abilities.
Saying unkind things about acquaintances and friends.
Exaggerating and making mountains out of molehills.
Lamenting the past, holding onto disagreeable experiences.
Pitying yourself and bemoaning your lack of opportunities.
Comparing yourself with others to your own disadvantage.
Waiting around for chances to turn up. Go and turn them up.
Writing letters when the blood is hot, which you may regret later.
Thinking that all the good chances and opportunities are gone by.—Good Business.

What Uncle Sam Sells.

Argentine flour cannot compete with American flour in South Africa, according to the Argentine Consul at Durban, because it is considered inferior.

In spite of the tremendous home demand for iron and steel last year the United States sold $30,000,000 more of those products than in 1905. Of pig-iron alone the exports nearly doubled.

A half billion dollars' worth of cotton went abroad in 1906. This is $31 for every family in the country.

It is not a national loss that so many Americans go abroad every year and spend money freely. Without knowing it, they are all sales agents for American goods. They demand the things they are used to, the demand is supplied and presently the natives are buying the same things.—New York World.

In a survey between Chicago and St. Louis an error of only one-half inch was made.

CHERRY SIDE of LIFE

GRAY FOR TO-DAY.

Let not Ambition mock their useless toil,
Their splendid joys, their elegance, and sich;
Nor Envy hear, with a disdainful smile,
The long and showy annals of the rich.
—Life.

HIS FACE SLIPPED.

Teacher (severely) — "What are you laughing at, Willie?"

Small Willie—"Please, ma'am, I wasn't laughing. My face slipped." —Chicago News.

DOESN'T INCLUDE THEM.

"You know," remarked Subbubs, "it is commonly said of public servants that 'few die and none resign.'"

"Of course, then," replied Mrs. Subbubs, "there are no such things as 'public servant girls.'"—Philadelphia Press.

SOUNDS REASONABLE.

"Married him a week after meeting him?"

"Yes. I didn't know him very well, that's true."

"Well, nothing like marriage to get one acquainted." — Louisville Courier-Journal.

MAYBE SHE WAS ALL UNSTRUNG.

Church — "What's that piece of cord tied around your finger for?"

Gotham—"My wife put it there to remind me to mail her letter."

"And did you mail it?"

"No; she forgot to give it to me!" —Yonkers Statesman.

NOTHING SERIOUS.

"Does your wife ever scold you?" queried the bachelor friend.

"Sometimes," answered the ex-bachelor. "But before she gets very far she begins to admire her flow of language and soon jollies herself into a good humor."—Chicago News.

MAN'S PRINCIPAL TRAIT.

An old gentleman, pointing to his favorite dog, said proudly:

"That dog certainly seems almost human at times."

"Yes," said his wife, "he growls over his food as much as you do."—Minneapolis Journal.

FIXING THE WOMEN FOLKS.

"Do you always take home six copies of the paper?"

"Not always."

"Then, why now?"

"Because I want to get a chanst to read about that murder trial myself." —Washington Herald.

SOMETIMES INTO A RUSSIAN SKI.

Church—"Doesn't make any difference whether the weather prophet's predictions turn out right or not."

Gotham—"Why not?"

"His business is always looking up."—Yonkers Statesman.

SEEMS REASONABLE.

"We didn't really learn much in the old days. Still——"

"Well?"

"The little red schoolhouse probably turned out as good class of boys as the little red Theatre Comique."—Louisville Courier-Journal.

THE PERIOD OF STRESS.

"You should lay up something for a rainy day," said the able adviser.

"A rainy day doesn't bother me," answered the intensely literal person. "What I want is enough surplus to enable me to face a few cold waves."—Washington Star.

GOOD AS SHE COULD GET.

The new servant had presented her references, and the mistress read them over with a doubtful eye.

"I am not quite satisfied with your references, Jane," she said.

"Nayther am I, mum," responded the stalwart maid, "but they're the best I could get."—Answers.

A FAMILY SECRET.

"Was that a bona fide piece that Ethelinda was playing?" asked Mr. Cumrox.

"Certainly," answered his wife. "That was a selection from Wagner."

"Well, of course, I wouldn't express any doubts in company. But half the time I can't tell whether Ethelinda is playing a tune or a practical joke."—Washington Star.

A BOOK OF REFERENCE.

Father—"Here! What are you doing at that bookcase?"

Tommy—"I just want to see that big History of the United States."

Father—"What for?"

Tommy—"Willie Smith said the Bostons was champions of the League in 1892, an' I want to see if he's right." — Catholic Standard and Times.

THAT LET THE VILLAIN OUT.

The villain in the play was perishing miserably and alone, amid the painted scenery.

"Ye gods!" he gasped, "how can I die with this awful secret on me soul!"

"Never mind that!" yelled an excited boy in the gallery. "You go ahead and die! I'll tell the other fellers all about it when they come out again."—Chicago Tribune.

Rabbit Skins.

Rabbit and hare are favorite delicacies in France. Every day, it is estimated, about 15,000 of their skins get into the hands of the furriers.

All are scrupulously cleaned and sterilized. These are shaved by machinery down to the very skin and the hair is made up into fine felt hats.

The rabbit or hare skin that is to figure as fur is treated with distinguished consideration. It is cured and softened. The pure white ones are picked out for ermine. All the others are dyed into chinchilla, otter or silver fox.

As the fur of these animals always has a characteristic depth, the skins are passed through shaving machines, which trim down the hair to a standard length, to a hundredth of an inch. It appears that the hare of no country equals that of France in its fitness for this sort of counterfeit. The best skins when made up can be detected only by experts.

THE VALUE OF PERSONAL KNOWLEDGE

Personal knowledge is the winning factor in the culminating contests of this competitive age and when of ample character it places its fortunate possessor in the front ranks of

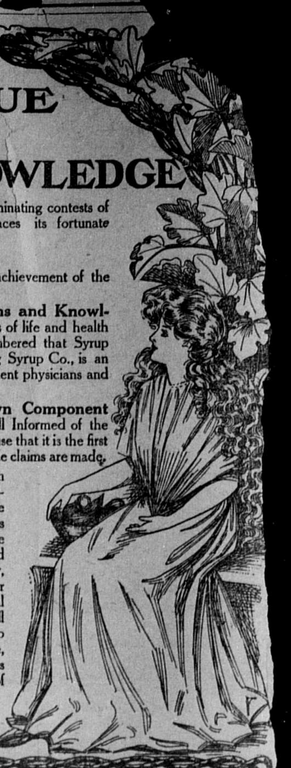
The Well Informed of the World.

A vast fund of personal knowledge is really essential to the achievement of the highest excellence in any field of human effort.

A Knowledge of Forms, Knowledge of Functions and Knowledge of Products are all of the utmost value and in questions of life and health when a true and wholesome remedy is desired it should be remembered that Syrup of Figs and Elixir of Senna, manufactured by the California Fig Syrup Co., is an ethical product which has met with the approval of the most eminent physicians and gives universal satisfaction, because it is a remedy of

Known Quality, Known Excellence and Known Component Parts and has won the valuable patronage of millions of the Well Informed of the world, who know of their own personal knowledge and from actual use that it is the first and best of family laxatives, for which no extravagant or unreasonable claims are made.

This valuable remedy has been long and favorably known under the name of—Syrup of Figs—and has attained to world-wide acceptance as the most excellent family laxative. As its pure laxative principles, obtained from Senna, are well known to physicians and the Well Informed of the world to be the best we have adopted the more elaborate name of—Syrup of Figs and Elixir of Senna—as more fully descriptive of the remedy, but doubtless it will always be called for by the shorter name of—Syrup of Figs—and to get its beneficial effects, always note, when purchasing the full name of the Company—California Fig Syrup Co.—printed on the front of every package, whether you call for—Syrup of Figs—or by the full name—Syrup of Figs and Elixir of Senna.



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PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One 10c. package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG CO., Unionville, Missouri

Hardly any doctor can diagnose what's the matter with the baby as well as its mother can guess it.

Argo, Argo, Argo, Argo, Argo, Argo, Argo, Argo, Argo, Argo.

A Funny Joke.

"I say, D'Orsay, have you ever heard that joke about the guide in Rome who showed some travelers two skulls of St. Paul, one as a boy and the other as a man?"

"Aw, deah boy—no—aw, let me heah it."—Boston Transcript.

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

Lots of men are suspicious of others because they know themselves.

Itch cured in 30 minutes by Woolford's Sanitary Lotion; never fails. Sold by Druggists. Mail orders promptly filled by Dr. E. Detchon Med. Co., Crawfordsville, Ind. $1.

Every boy knows several men he expects to whip when he grows up.

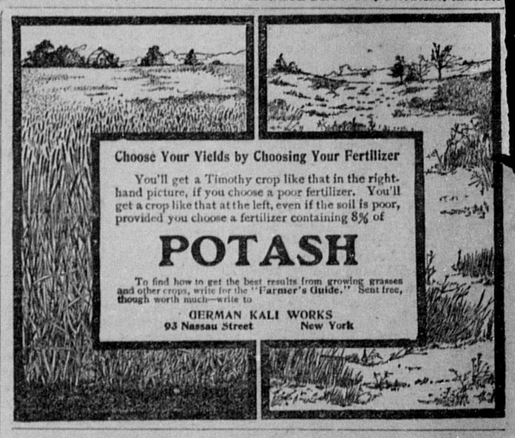
Plan for Good Health! Take Garfield Tea now; it regulates the liver and kidneys, overcomes constipation, purifies the blood and eradicates disease. It is made wholly of Herbs.

Girl An Electric Battery.

That Fannie Shapiro is a natural electric battery and surcharged is the only explanation that the scientists can offer of the remarkable experience she undergoes every time she attempts to ride in an electric car. Miss Shapiro is 16 years old and one of the prettiest girls in the Old Church District, in which she lives on Phillips Street. The most learned of Boston's hospital surgeons have been unable to fathom the mysterious case.

The moment the young woman boards a trolley car and the current is turned on she is overcome with an uncontrolable desire to laugh and cry. Before she has traveled half a dozen blocks she is in tears and then suddenly becomes exhilarated and breaks into peals of laughter which she is unable to restrain. She is fully aware of her condition and knows that she is attracting attention, but cannot control herself. She has made every effort to overcome this peculiar condition, but without avail, and twice it has become necessary to remove her to the Relief Hospital for treatment.

Miss Shapiro is a buxom, rosy girl, the picture of perfect health, and, humiliated by her peculiar condition, which has become known as "trolleyitis," she began yesterday walking from her home to her place of employment, and says she intends to continue it until the doctors can devise a plan to relieve her of the surplus electrical energy she possesses.—N. Y. World.



A FRIENDLY GROCER

Dropped a Valuable Hint about Coffee.

"For about eight years," writes a Mich. woman, "I suffered from nervousness—part of the time down in bed with nervous prostration.

"Sometimes I would get numb and it would be almost impossible for me to speak for a spell. At others, I would have severe bilious attacks, and my heart would flutter painfully when I would walk fast or sweep.

"I have taken enough medicine to start a small drug store, without any benefit. One evening our grocer was asking Husband how I was and he urged that I quit coffee and use Postum, so he brought home a pkg. and I made it according to directions and we were both delighted with it.

"So we quit coffee altogether and used only Postum. I began to get better in a month's time and look like another person, the color came back to my cheeks, I began to sleep well, my appetite was good and I commenced to take on flesh and become interested in everything about the house.

"Finally I was able to do all my own work without the least sign of my old trouble. I am so thankful for the little book, 'The Road to Wellville.' It has done me so much good. I haven't taken medicine of any kind for six months and don't need any.

"A friend of ours who did not like Postum as she made it, liked mine, and when she learned to boil it long enough, her's was as good as mine. It's easy if you follow directions." Name given by Postum Company, Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."