The Evolution of Household Remedies.

The modern patent medicine business is the natural outgrowth of the old-time household remedies.

In the early history of this country, EVERY FAMILY HAD ITS HOME-MADE MEDICINES. Herb teas, bitters, laxatives and tonics, were to be found in almost every house, compounded by the housewife, sometimes assisted by the apothecary or the family doctor. Such remedies as picra, which was aloes and quassia, dissolved in apple brandy. Sometimes a hop tonic, made of whiskey, hops and bitter barks. A score or more of popular, home-made remedies were thus compounded, the formulae for which were passed along from house to house, sometimes written, sometimes verbally communicated.

The patent medicine business is a natural outgrowth from this wholesome, old-time custom. In the beginning some enterprising doctor, impressed by the usefulness of one of these home-made remedies, would take it up, improve it in many ways, manufacture it on a large scale, advertise it mainly through almanacs for the home, and thus it would become used over a large area. LATTERLY THE HOUSEHOLD REMEDY BUSINESS TOOK A MORE EXACT AND SCIENTIFIC FORM.

Peruna was originally one of these old-time remedies. It was used by the Mennonites, of Pennsylvania, before it was offered to the public for sale. Dr. Hartman, THE ORIGINAL COMPOUNDER OF PERUNA, is of Mennonite origin. First, he prescribed it for his neighbors and his patients. The sale of it increased, and at last he established a manufactory and furnished it to the general drug trade.

Peruna is useful in a great many climatic ailments, such as coughs, colds, sore throat, bronchitis and catarrhal diseases generally. THOUSANDS OF FAMILIES HAVE LEARNED THE USE OF PERUNA and its value in the treatment of these ailments. They have learned to trust and believe in Dr. Hartman's judgment, and to rely on his remedy, Peruna.

The first almanac was printed in Hungary in 1470.

Pure! Pleasant! Potent! Three interesting facts about Garfield Tea, the Natural laxative. It is made of Herbs and is guaranteed under the Pure Food and Drugs Law.

The production of Indian corn in Portugal and possessions in 1906, writes Minister C. P. Bryan, of Lisbon, amounted to about 20,000,000 bushels, which large crop restricted the demand for foreign corn.

There is more Catarrh in this section of the country than all other diseases put together, and until the last few years was supposed to be incurable. For a great many years doctors pronounced it a local disease and prescribed local remedies, and by constantly failing to cure with local treatment, pronounced it incurable. Science has proven Catarrh to be a constitutional disease, and therefore requires constitutional treatment. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, Ohio, is the only constitutional cure on the market. It is taken internally in doses from 10 drops to a teaspoonful. It acts directly on the blood and mucous surfaces of the system. They offer one hundred dollars for any case it fails to cure. Send for circulars and testimonials. Address F. J. CHENEY & CO., Toledo, O.
Sold by Druggists, 75c.
Take Hall's Family Pills for constipation.

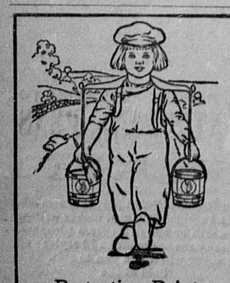
The long feather of a bird's wing are fastened to the bone. It is this which gives the wing the strength and surface wherewith to beat the air.

Take Garfield Tea in the Spring—it will save you many days of headache, lassitude and general ill health! This natural laxative purifies the blood, cleanses the system and establishes a normal action of liver, kidneys and bowels.

After a man has proposed he is sometimes disposed to renege.

RHEUMATISM
AND
NEURALGIA

ST. JACOBS OIL
The Proved Remedy For Over 50 Years.
Price 25c and 50c



Protective Paint

Pure White Lead Paint protects property against repairs, replacement and deterioration. It makes buildings look better, wear better—and sell better. Use only Pure Linseed Oil and Pure White Lead made by the Old Dutch Process, which is sold in kegs with this Dutch Boy trade mark on the side.

This trade mark protects you against fraudulent White Lead adulterations and substitutes.

SEND FOR BOOK
"A Talk on Paint," gives valuable information on the paint subject. Sent free upon request.

All lead packed in 1907 bears this mark.

NATIONAL LEAD COMPANY
In whichever of the following cities is nearest you:
New York, Boston, Buffalo, Cleveland, Cincinnati, Chicago, St. Louis, Philadelphia (John T. Lewis & Bros. Co.) Pittsburgh (National Lead & Oil Co.)

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

FRIVOLOUS FORTY.

Much of the dulness which afflicts us in society just now is due to the extreme seriousness of the younger generation. It is only the women over forty who seem able to frivol. The others are interested in politics, philosophy or philanthropy. They would sooner debate on ethics than dance the two-step.—Lady of Fashion.

HAIRDRESSING HINTS.

A good method of scenting the hair is to drop five or six drops of oil of jessamine or some other perfume of the same kind into the palm of the hand and rub hard over the brush, so that the oil is transferred to the bristles. The hair should then be well brushed, and will be found to be quite sufficiently perfumed by this method, says Woman's Life. This should be done after it has been first washed.

Damp hair loses its curl. Hot weather increases the perspiration of the scalp, and so causes much tried woman a little extra trouble. There are many excellent lotions for preventing and remedying this mischief, says Woman's Life. Here is a prescription: Five parts of hazeline, two parts of eau de Cologne and one part of spirit of rosemary, well shaken together.

WILHELMINA WON'T DANCE.

Although quite a number of balls are given at the court, Wilhelmina's idea of queenly dignity is so great that she will never dance, nor will she allow her consort to do so, says the London Bystander. No wonder the poor man detests The Hague! What is there for him to do? Both of them dislike music and the theatre, although they sacrifice themselves frequently to encourage the arts. Neither of them paints. While, therefore, the queen reads and studies, for she is quite au courant, not only with her own State affairs, but with the politics of Europe, the prince wonders how the time will pass until they go back to the country. Nine months out of the twelve the queen leaves The Hague so that her husband may shoot, and this is the reason why her people see her so little.

Although the prince has never been allowed to have any political role, his wife has given him carte blanche as far as hunting and shooting are concerned. His first act, then, was to dismiss all the Dutch foresters and give the posts to Germans, and, although it is an established fact that Germans are the best foresters in the world, the nation has never forgiven him.

DIFFERENT POINTS OF VIEW.

An exchange says: "The widow of a famous Government official, some time ago in the columns of a magazine devoted to the interests of women, deplored the exodus of women from the home into gainful occupations of the business world. In all her life, this woman had never known want, or lack of money, or of anything upon which her health or comfort was dependent. After the death of her husband his friends and the Government in consideration of the services rendered by him, provided for her so that she might enjoy the same comfort which she had been accustomed to the end of her days. Not one dollar of this generous income was the result of her own personal effects, and but for the bounty of the country she might have learned something of the stress which forces women to seek business occupations as a means of maintenance for themselves—often in spite of broken health—and for the personal care of little children and invalids. This income was paid her out of money gathered from the taxpayers of the country—the payment of which in thousands of instances meant sacrifices and self-denials innumerable to these toiling women."—The Commoner.

MYSTERY OF THE MOLE.

According to an old authority, a mole on the right cheek or right arm signifies happiness in love affairs; on the right hand, a happy marriage.

A mole on the left cheek or left arm signifies adverse fortune, particularly as regards love affairs; on the left hand, an unfortunate marriage from a worldly point of view.

Moles on the right cheek or arm, in combination with one or more on the left hand, point to more good fortune in love affairs than in money matters.

A mole at the corner of the right eye predicts a rich and indulgent husband. A mole on the right side of the chin shows good fortune, long life and a happy marriage, says Home Chat.

A mole on the chin, if it be light yellow in color, denotes that a woman will be a good housewife; if brown in color, it portends a happy married life.

A mole on the tip of the nose shows to a woman likelihood of much admiration and jealous lovers, in her dealings with whom she is recommended to exercise great caution and discretion.

A mole at the right hand corner of the mouth is a sign of wealth; a mole at the left hand corner of the mouth warns the possessor to beware of treachery and a false lover.

A CURE FOR BASHFULNESS.

A successful way to overcome bashfulness is to take an interest in those around you and forget yourself. You will always find some one who is more bashful than you are, and you should go to such a person and endeavor to make things enjoyable; by so doing you will forget your own self. Don't imagine that you are, to any great extent the centre of observation, for few people are bothering themselves about others who do not interest them. Every one in society is looking for amusement, entertainment or instruction, and unless you furnish one of these you are not apt to attract attention. Many of them are as much afraid of you as you are of them. In trying to help others you will help yourself. One day, during the World's Fair at St. Louis, two ladies found themselves seated at a table in a tea room. Both looked tired and bored. When the waiter came around for orders one of the ladies, looking across at the other, said, "I beg your pardon, but will you choose for me?" At which both of them laughed, and the one spoken to, as soon as the waiter left them, said, "Do you know, I was nearly dead for some one to speak to. I have not had a chance to open my mouth to-day." "And I, the same," said the first speaker, "that is the first time I have spoken a word to-day." From that chance meeting arose a friendship that has grown stronger with the passing years, and many a pleasant courtesy is exchanged between the one who lives in South Carolina and her neighbor, who came from Nebraska.—The Commoner.

ROOSEVELT ON HOME DUTIES.

A most wise and helpful letter was that of President Roosevelt to the president of the New York State Mothers' Assembly, in response to one asking for suggestions for a council of mothers and for their next State convention. The President suggested that the assembly take for one of its topics, "The place of the father in the home," and said that the father, "If he is worth his salt, must in every way back up the mother in helping bring up the children." This is plain talk and true, and unfortunately it is needed. Great as is a mother's influence, she should not be burdened with the sole responsibility of the upbringing of the children, as she is in the majority of homes. President Roosevelt also has strong views on the subject of woman's primary and most royal sphere: "I think it is a crime for the woman to shirk her primary duties, to shrink from being a good wife and mother. Just as the highest work for the normal man is work for his wife and children, so the highest work for the normal women is the work of the home, where, heaven knows, the work is ample enough." He, however, emphasizes the fact that she should have the same right as the man to train her mind, to better herself, and to follow some special vocation, though the latter is never to be in substitution for home work. She cannot do her best work if she is servile or submits to ill treatment. The whole letter is sound teaching most effectively put.—Leslie's Weekly.

WOMEN DEGRADED IN ENGLAND.

The Berliner Zeitung, having sent a special correspondent to England to study the manners and morals of the upper ranks of society there, prints its investigator's views on the position held by English women. He says:

"Seriously, it is appalling. Anybody who observes English society superficially and sees sweet, dainty women in gorgeous frocks and then notices how chvairously men treat them may erroneously conclude that this display is genuine.

"Nevertheless this outward chivalry is nothing but a sham. The Englishman refuses on principle to take woman seriously. For him she is nothing more than a beautiful doll to amuse the male part of humanity during its hours not occupied by business. These beautiful, brainless dolls take up all sorts of eccentric extravagances, whereupon their husbands grow tired of them and entirely neglect them.

"There is no real community of interests between English husbands and wives. The wife is frequently ignorant of what profession her husband follows. She has become in character just what Burne-Jones represents her to be in his pictures, lifeless, soulless and brainless.

"The Englishman himself is to blame for this. He has made the English woman what she is. She is not treated as a human being, but as a thing in man's possession. She is an object of sale. It is sad, but truth compels me to record the fact that woman occupies a degraded position in England."

RAISING HARZ CANARIES.

By United States Consul Hannah of Magdeburg.

In St. Andreasberg alone 50,000 canaries are yearly raised for export. For an exceptionally good singer and breeder at least 300 marks ($71.40) must be paid, and 100 marks ($23.80) is often paid for a good "Vorsaenger," a bird used to teach the younger canaries to sing. The normal price varies from $2.86 to $8.57. Absolute quiet and undisturbed intimate relations exist between the breeder and his birds. Many of the so-called "Harz canaries" exported to the United States are bred in Madgeburg.

The training of the young birds is one of the most laborious features of the breeder's activity. The young birds, learning by imitation, acquire bad singing as well as good, and while it is the plan of the breeders that the birds should only hear the good singing of the "Vorsaenger," some of them chirp in an unpleasant manner, and these birds are removed before the other birds have acquired the habit.

The better singers, after their habits are established and they do not require close daily watching, are taken into a room reserved for the best singers.

The canary is a house bird, and some people, with good intentions of giving the bird a little fresh air, make a serious mistake by hanging the bird out of the window on the first warm spring day. The bird is not used to the outside air, as he and his ancestors have been raised for centuries in the house, and the only result of this well intended kindness is a cold which results in partial, if not entire, loss of the voice. Canaries are very sensitive to drafts, and some singers, the results of years of careful breeding and training, have been ruined by a few moments' exposure by an open window.

The German Suffragette.

Agitator—"In order that you may understand our candidate, I have brought you his programme." Woman Voter—"But, my dear friend, you have omitted to bring what is far more important—his photograph."—Ulk.

Sound Meat in Holland.

The Dutch Government has brought in a bill providing that all meat for export from Holland shall bear an official stamp as a guarantee of quality. Any infraction of the law will entail severe penalties.

Merry Side of Life.

EVER NOTICE IT?

Just why it is thus there is nobody knows,
But its truthfulness none have denied,
The shoe of the girl with the prettiest he
Will the oftenest come untied.
—Electric Spark.

A MARTYR.

"Bobbie, it hurts me to punish you."

"Then don't stop, sir."—Life

A RECENT PURCHASE.

Mrs. Rollinwealth—"What does your coat-of-arms represent?"

Mrs. Windfall (absently) —"Five hundred dollars."—Puck.

WHY NOT?

Munn—"I discovered a curious thing about one of my hens the other day. She eats tacks."

Chausen—"And lays carpets?"—Leslie's Weekly.

FOR ACCURACY'S SAKE.

Tomdicken—"Did you ever see Miss Plumpleigh in her new bathing suit?"

Harry—"No; but I've seen most of her sticking out of it." — Leslie's Weekly.

SPEAKING OF IVORIES.

She—"You ought to see him handle the ivories!"

He—"Is he a billiard player or a pianist?"

She—"Neither. He's a dentist."—Yonkers Statesman.

DID HE STAY.

She—"No, I can never be yours."

He—"In that case, farewell forever."

She (hastily)—"Now don't go off mad, George. You can be mine."—Somerville Journal.

SAUCY LITTLE PUSS.

Ellis (loftily)—"I don't think much of girls, anyway. Still, I'd rather be a girl than a goose."

Alice—"Very likely you would, but I don't see how you're going to work the change."—Ally Soper's Half-Holiday.

ANOTHER BREED

"Now, about airships."

"Well?"

"Will they allude to them as aerial greyhounds?"

"Why, certainly not. They will be Sky terriers, if anything."—Washing-Herald.

JOKES! JOKES!

"Plenty of water in Warsaw," remarked the near-humorist.

"Yes, and that other town is having dead Lodz of trouble," responded the almost-wit as he proceeded to light up an Ely Flor de Skunk Cabbage.—Houston Chronicle.

ON HISTORICAL GROUND.

"Yes, sir, this is the place where the battle was fought."

"Have you any relics of it?"

"Yes, sir. John, mold the gentleman about twenty bullets an' tell the blacksmith to hammer out a bayonet—quick!"—Atlanta Constitution.

EXTRAVAGANCE.

He—"There go the Highflyers in their new sixteen-horse power motor. I've heard that they're living beyond their income."

She—"That's right. I'm told they're even living beyond the income they would like to have."—Judge.

A CHANGE OF MIND.

Editor (to stranger)—"We have all the manuscript we can find room for during the next six years, every page of which is furnished by the leading thinkers, essayists, historians, philosophers, journal——"

Stranger—"But this is a page advertisement of mother-of-pearl soap."

Editor—"Ah, I see. Take a seat on the sofa, sir. We will try and find room for your copy by killing an essay or two."—Tit-Bits.

THE DIPLOMAT.

"Oh, Miss Tattleson," said little Bobbie, who had been kept after school, "whenever I see you I can't help thinkin' of experience."

"What do you mean?" the lady demanded with a good deal of asperity.

"Experience is a dear teacher, you know."

Then she gave him a pat on the cheek and said that he might go if he would promise not to make faces at any of the girls again.—Chicago Record-Herald.

Hot Sea Baths.

Salt water, so strengthening ordinarily, is most weakening when too warm. On most ocean boats there is an abundance of warm water in the bathrooms, and the daily salt bath is a great tonic, but beware of getting it too hot. It will turn you faint if you do, even if you are accustomed to an equally high temperature in fresh water at home.—Travel Magazine.

Irish and Scotch Englishmen.

Not one of the Law Lords who regularly take part in the judicial work of the House of Lords is an Englishman. Lord Macnaghten, Lord Atkinson and Lord Collins are Irishmen, while Lord Loreburn and Lord Robertson are Scotsmen.—Law Journal.

Judge Willis of the English bench objects to metaphor. "Don't talk to me of the people being in the same boat," he said to a barrister the other day. "They were not in a boat at all."

In the Northern Hemisphere there are 6100 stars plainly visible to the naked eye.

TIMELY RECIPES

CABBAGE, GERMAN STYLE.

Slice red cabbage thin, cover with cold water, and let soak twenty minutes; then drain. Put one quart in a stew pan with two tablespoonfuls of butter, one-half teaspoonful of salt, one tablespoonful of finely chopped onion and a few gratings each of nutmeg and cayenne. Cover, and cook until the cabbage is tender; then add two tablespoonfuls of vinegar and one-half tablespoonful of sugar, and cook five minutes.—Woman's Home Companion.

CHEESE SOUFFLE.

For cheese souffle, first a thickened white sauce is made of a tablespoonful of butter, one of flour, and half a cupful of milk; when thick, two tablespoonfuls of grated cheese are added, with a little salt. The mixture is then taken from the fire, and the yolks of two eggs well beaten are added; then the whites beaten to a stiff froth are stirred lightly into the mixture. The whole is now turned into a buttered pudding dish and set in a hot oven to brown thoroughly, when it is served at once.

EGGS A LA CREOLE

Suggest Spanish cookery. Cook three tablespoonfuls of butter with one tablespoonful of finely chopped onion two minutes, stirring constantly. Add one and one-fourth cupfuls of canned tomatoes drained from their liquor, and cook five minutes, continuing the stirring. Add one tablespoonful of sliced mushrooms, one tablespoonful of capers, one-fourth of a tablespoonful of salt, a few grains of cayenne, and five eggs slightly beaten. Cook the same as scrambled eggs, until of a creamy consistency, constantly stirring and scraping from the bottom and sides of the pan.—Woman's Home Companion.

CREAM LAYER CAKE.

Three-quarter cupful of butter.
Two cupfuls of powdered of sugar
One-half cupful of milk.
Four eggs.
Three cupfuls of prepared flour.

Mix the sugar and butter until well creamed. Beat the eggs and put them in, then add the milk and the flour. Bake in layer tins. Prepare the cream filling as follows:

One-half pint of milk.
One-half cupful of sugar.
Two teaspoonfuls of cornstarch.
One egg.
One teaspoonful of vanilla.

Put the milk in an agate saucepan and add the sugar; then scald the milk. Wet the cornstarch with a little cold milk, beat the egg and mix with the cornstarch, then put this in the milk. Stir constantly until it just comes to a boil, when remove. When cool add the vanilla and spread the cream between the layers.—American Home Monthly.

HOUSEHOLD HINTS

Watercress salad is more attractive and tasty when radishes sliced thin with their red skins on are mixed plentifully with it.

Enamel ware that has been burned or discolored may be cleaned by applying a paste made of coarse salt and vinegar. A little vigorous rubbing will remove the ugly marks.

Kerosene oil may be used with very satisfactory results in taking out wagon grease or tar spots if used while the grease is fresh. Then wash out in cold soft water, using no soap.

A cupful of vinegar placed in an open vessel on the stove while cabbage, cauliflower, onions or fish are cooking, will permeate the kitchen with an aroma and do away with unpleasant odors.

To keep a spoon in position when desirous of dropping medicine into it, and requiring both hands to hold the bottle and cork, place the handle between the leaves of a closed book lying on a table.

In cooking macaroni or spaghetti it will be found an improvement to melt the butter and cheese together and add them to the white sauce, instead of sprinkling them as usual, between layers of the macaroni.

In roasting pork, sour apples are sometimes baked with the meat like potatoes. They should be placed in a wire rack to keep them out of the fat. The apples are served with the roast and take the place of apple sauce.

In case of a sudden leak in a water pipe which cannot be immediately repaired, mix some yellow soap with whiting with enough water to make a thick paste and stop up the leak yourself. It will do temporarily as well as solder.

No good housewife is without her own special and favorite disinfectant. A simple and effective one may be made of charcoal, mixed with clear water. It should also be remembered that a little charcoal sprinkled in water containing cut flowers will keep the water fresh for some time.

A Bonanza.

A certain Western Congressman has had disastrous experience in gold-mine speculations. One day a number of colleagues were discussing the subject of speculation, when one of them said to the Western member:

"Tom, as an expert, give us a definition of the term 'bonanza.'"

"A 'bonanza,'" replied the Western man, with emphasis, "is a hole in the ground owned by a champion liar!"—Success.

Rooseveltian Spelling.

A small citizen of Springfield, Mass., made out a list of the things he hoped to receive for his approaching birthday, and this is what his fond mamma found recorded as the first item of all:

"Anew testimunt, reversed virgin."—Lippincott's.

In the Maharajah's palace at Bann, India, is a 10x16 carpet so interspersed with pearls and diamonds that it is said to be valued at more than $1,000,000.

Hundreds of people have told the grocers that the Argo Red Salmon is the best salmon that they have ever eaten. Ask your neighbors if they have tried it.

W. R. Hayes, a Portsmouth blacksmith is touring England trundling two carriage wheels. He has attempted the feat on a wager.

Argo Red Salmon is just the thing for unexpected company. There is nothing better to serve from the can. At all grocers.

Consul J. E. Dunning reports that an electric railroad 85 miles in length and to cost $47,000,000 is to be built between Genoa and Milan.

SKIN SORE FOR EIGHT YEARS

Spent $300 on Doctors and Remedies, But Got No Relief—Cuticura Cures in a Week.

"Upon the limbs and between the toes my skin was rough and sore, and also sore under the arms. I had to stay at home several times because of this affection. Up to a week or so ago I had tried many other remedies and several doctors, and spent about three hundred dollars, without any success, but this is to-day the seventh day that I have been using the Cuticura Remedies (costing a dollar and a half), which have cured me completely, so that I can again attend to my business. I went to work again to-night. I had been suffering for eight years and have now been cured by the Cuticura Remedies within a week. Fritz Hirschlaff, 24 Columbus Ave., New York, N. Y., March 29 and April 6, 1906."

The force of dynamite is about eight times that of gunpowder.

Argo Red Salmon readily adapts itself to the requirements of breakfast, luncheon, dinner, or supper, and gives seasonable variety to every meal.

Damascus is the first city in the Turkish Empire to be lighted with electricity and to have electric street cars.

Include six cans of Argo Red Salmon in your next grocery list. It will keep for twenty years.

Gives Diver Strength.

The difficulty a diver experiences in lifting weights beneath the water is partly overcome by a new Italian invention, which has been formally adopted by that government. The mechanism is a diving suit, the artificial arms of which are worked from the inside by the wearer. The leverage thus secured enables the diver to lift objects heavier than he could other wise handle. In addition to this improvement over the old method, a high-power electric light that will penetrate the water for some distance is placed in the helmet.

A MISSOURI WOMAN

Tells a Story of Awful Suffering and Wonderful Relief.

Mrs. J. D. Johnson, of 603 West Hickman St., Columbia, Mo., says: "Following an operation two years ago, dropsy set in, and my left side was so swollen the doctor said he would have to tap out the water. There was constant pain and a gurgling sensation around my heart, and I could not raise my arm above my head. The kidney action was disordered and passages of the secretions too frequent. On the advice of my husband I began using Doan's Kidney Pills. Since using two boxes my trouble has not reappeared. This is wonderful, after suffering two years."

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

Afraid Of A Comet.

The ignorant negroes throughout Indian Territory are greatly excited by the reported approach of a destructive comet. In many places they have quit work and are assembling nightly in church and holding religious services.

It is reported at Fort Gibson and at many other points along the Arkansas River where there are large negro settlements that the comet is the only thing talked about, and the negroes believe that the world is coming to an end. This condition has reached such proportions that the Times-Democrat, a local newspaper, telegraphed Prof. P. J. J. See, of Mare Island, asking his opinion about the comet. His reply was:

"The comet is a ghost of the air. It is going from the earth instead of toward it. There is no danger of contact."

A great many Indians have also become alarmed over the agitation. At Westville it is reported that meetings are being held nightly and prayers offered. These reports come from the smaller towns and rural communities.—Kansas City Star.

Reason For Security.

"Are you aware that the man you have challenged is an expert swordsman?" said one Parisian.

"Certainly," answered the other. "The fact gives me confidence. He is not likely to do anything clumsy and unexpected that might result in serious injury."—Washington Star.

APPENDICITIS

Not at all Necessary to Operate in Many Cases.

Automobiles and Appendicitis scare some people before they are hit.

Appendicitis is often caused by too much starch in the bowels. Starch is hard to digest and clogs up the digestive machinery—also tends to form cakes in the cecum. (That's the blind pouch at entrance to the appendix).

A N. H. girl had appendicitis, but lived on milk for awhile—then Grape-Nuts and got well without an operation.

She says: "Five years ago while at school, I suffered terribly with constipation and indigestion." (Too much starch, white bread, potatoes, etc., which she did not digest.)

"Soon after I left school I had an attack of appendicitis and for thirteen weeks lived on milk and water. When I recovered enough to eat solid food there was nothing that would agree with me, until a friend recommended Grape-Nuts.

"When I began to eat Grape-Nuts I weighed 98 lbs., but I soon grew to 115 lbs. The distress after eating left me entirely and now I am like a new person."

(A little Grape-Nuts dissolved in hot water or milk would have been much better for this case than milk alone, for the starchy part of the wheat and barley is changed into a form of digestible sugar in making Grape-Nuts.) Name given by Postum Co., Battle Creek, Mich. Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

THE CHANGE OF LIFE

Sensible Advice to Women from Mrs. Henry Lee, Mrs. Fred Certia and Mrs. Pinkham.

MRS HENRY LEE — MRS. FRED CERTIA

Owing to modern methods of living not one woman in a thousand approaches this perfectly natural change without experiencing a train of very annoying and sometimes painful symptoms.

This is the most critical period of her whole existence and every woman who neglects the care of her health at this time invites disease and pain.

When her system is in a deranged condition or she is predisposed to apoplexy or congestion of any organ, the tendency is at this period likely to become active and with a host of nervous irritations make life a burden. At this time also cancers and tumors are more liable to form and begin their destructive work.

Such warning symptoms as sense of suffocation, hot flashes, headaches, backaches, melancholia, dread of impending evil, palpitation of the heart, irregularities, constipation and dizziness are promptly heeded by intelligent women who are approaching the period of life when this great change may be expected.

Mrs. Fred Certia, 1014 So. Lafayette Street, So. Bend, Ind., writes:

Dear Mrs. Pinkham:—

"Lydia E. Pinkham's Vegetable Compound is the ideal medicine for women who are passing through Change of Life. For several months I suffered from hot flashes, extreme nervousness, headache and sleeplessness. I had no appetite and could not sleep. I had made up my mind there was no help for me until I began to use Lydia E. Pinkham's Vegetable Compound, my bad symptoms ceased, and it brought me safely through the danger period, built up my system and I am in excellent health. I consider Lydia E. Pinkham's Vegetable Compound unsurpassed for women during this trying period of life."

Mrs. Henry Lee, 60 Winter Street, New Haven, Conn., writes:

Dear Mrs. Pinkham:—

"After suffering untold misery for three years during Change of Life I heard of Lydia E. Pinkham's Vegetable Compound. I wrote you of my condition, and began to take Lydia E. Pinkham's Vegetable Compound and followed your advice, and to-day I am well and happy. I can now walk anywhere and work as well as anyone, and for years previous I had tried but could not get around without help. I consider your medicine a sovereign balm for suffering women."

Women passing through this critical period should rely upon Lydia E. Pinkham's Vegetable Compound. If there is anything about your case you don't understand write to Mrs. Pinkham, Lynn, Mass., for advice. It is free and has guided thousands to health.

When a medicine has been successful in restoring to health, actually thousands of women, you cannot well say without trying it, "I do not believe it will help me." It is your duty to yourself and family to try Lydia E. Pinkham's Vegetable Compound.

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W. L. Douglas shoes are recognized by expert judges of footwear to be the best in style, fit and wear produced in this country. Each part of the shoe and every detail of the making is looked after and watched over by skilled shoemakers, without regard to time or cost. If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other makes.
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Mouse Tried To Rob Jewelry.

"Are you aware that an attempt is being made to rob this store?" was the startling question put by a customed in a jewelry store on Boylston Street. The attendant gave a quick glance along the line of customers, but saw nothing suspicious, and then asked the young lady questioner what she meant.

Calling his attention to a handsome turquoise pendant in the corner of a large show window, she asked him to watch it. He did so, and saw it being pulled toward a hole by a small mouse.—Boston Herald.

A Growler.

"Many a man," said Brother Williams, "growls 'kaze he ain't got nuttin' ter growl 'bout. I once knowed a man what growled 'kaze de spots on de sun wuzn't big enough ter be a shady umbreller fer him while he wuz ploughin' in July."—Atlanta Constitution.

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.

It's a great comfort to a woman to think how lonesome her husband would be if she were dead.

Itch cured in 30 minutes by Woolford's Sanitary Lotion. Never fails. At druggists.

The average poem is just as silly even if you write it yourself.

Do You Open Your Mouth

Like a young bird and gulp down whatever food or medicine may be offered you? Or, do you want to know something of the composition and character of that which you take into your stomach whether as food or medicine?

Most intelligent and sensible people now-a-days insist on knowing what they employ whether as food or as medicine. Dr. Pierce believes they have a perfect right to insist upon such knowledge. So he publishes broadcast and on each bottle-wrapper, what his medicines are made of and verifies his under oath. This he feels he can well afford to do because the more the ingredients of which his medicines are made are studied and understood the more will their superior curative virtues be appreciated.

For the cure of woman's peculiar weaknesses, irregularities and derangements, giving rise to frequent headaches, backache, dragging-down pain or distress in lower abdominal or pelvic region, accompanied, oftimes, with a debilitating, pelvic, catarrhal drain and kindred symptoms of weakness, Dr. Pierce's Favorite Prescription is a most efficient remedy. It is equally effective in curing painful periods, in giving strength to nursing mothers and in preparing the system of the expectant mother for baby's coming, thus rendering childbirth safe and comparatively painless. The "Favorite Prescription" is a most potent, strengthening tonic to the general system and to the organs distinctly feminine in particular. It is also a soothing and invigorating nervine and cures nervous exhaustion, nervous prostration, neuralgia, hysteria, spasms, chorea or St. Vitus's dance, and other distressing nervous symptoms attendant upon functional and organic diseases of the distinctly feminine organs.

A host of medical authorities of all the several schools of practice, recommend each of the several ingredients of which "Favorite Prescription" is made for the cure of the diseases for which it is claimed to be a cure. You may read what they say for yourself by sending a postal card request for a free booklet of extracts from the leading authorities, to Dr. R. V. Pierce, Invalids' Hotel and Surgical Institute, Buffalo, N. Y., and it will come to you by return post.

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Fair Client—He's a prizefighter?

Lawyer—Does he beat you?

Fair Client—Oh, no; but he insists on doing all the talking.—Chicago News.

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IN 6 TO 12 HOURS
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