HEALTH NOTES FOR AUGUST.

August is the month of internal catarrh. The mucous membranes, especially of the bowels, are very liable to congestion, causing summer complaint, and catarrh of the bowels and other internal organs. Pe-ru-na is an excellent remedy for all these conditions.

American Fisheries.

According to the figures given in the statistical abstract for the latest reported years the annual product of American waters, fresh and salt, has a value of about $50,000,000 exclusive of the salmon, seal and other products of Alaska. This includes fish of all kinds, oysters and clams, frogs, sponges, terrapin, whale-bone and alligator hides. Nearly one-[illegible] represented [illegible] of the New [illegible] quarter is [illegible] and's sup- [illegible] ysters, eels [illegible] The Great [illegible] 13,000,000 [illegible] lly trout, [illegible] The Pa- [illegible] edited with [illegible] hon (1904) [illegible] oysters. [illegible] of the [illegible] ars quoted [illegible] 500,000.—

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Heat

OF INTEREST TO WOMEN

MARK TWAIN'S DELIGHTS.

Mark Twain confided to an interviewer that among all the delightful things which struck him in England two of the most delightful were the women and strawberries. He said he had found some of the most beautiful women he had ever seen, but he refused to give their names or addresses. He added:

"I am inviting them all to my funeral. It will be the greatest gathering of beauty and magnificence the world has ever seen."

SHOULD WOMEN BE TRUTHFUL?

It is no exaggeration to say that a more or less truthful woman is looked upon with grave suspicion. What is more, nobody believes her.

If she quite truthfully pronounces her age to be twenty-nine, everybody at once says then she must be at least thirty-five; while if she should ever be cajoled into admitting the number of proposals she had in her youth it will only confirm the popular impression that she had been lucky to catch a husband at all.—Ladies' Field.

SHOES OF WHALESKIN.

Whaleskin shoes may be the next fad. Men who have been experimenting with whaleskin for commercial uses are meeting a fair degree of success, it is said. It would be odd if the plentiful kid and calf were not enough to supply the whole world and the scarce whale had to be brought to civilization's rescue. The "leather" of the whale is thin and rough, and will take color readily. Not only shoes, but long gloves, will be made of whaleskin, say the prophets. Considering the famine in the glove market since the short-sleeve fad started, it seems a pity this use for old "There-she-blows" wasn't discovered before.—New York Press.

WOMEN IN NORWAY POLITICS.

The women in Norway have had for several years a right to vote in all municipal matters, such as local option, school boards and election of town councilors. They have been members of the Town Council for several years and of the school boards for many years; but they have not been satisfied with this. They have been agitating all the time for equal political privilege with the men.

Women are now eligible to the national assembly on equal terms with men, and can be elected members of the Storthing when thirty years of age.

We shall probably by next election see women sitting in the Storthing as lawmakers.—G. Olsen, of Kragiro, Norway.

HATS AND TRIMMINGS.

The almost universal adoption of flowing trimmings at the back of the hat is at last working a change in the hat itself, says Harper's Bazar, that final authority on fashions. For that matter, the new long veil is one of the results of it. The long back brim, trailing almost to the collar, and worn, in some instances, in the early summer without any trimming, has met with no real approbation. The hat with the short front, on the other hand, is still in a state of evolution. Even the picture-hat shows the influence of the short brim. Those of the latest style are all oval, where formerly they were round, and the wide ends are worn at the side, while the shorter brims are for the back and front. Some of the smaller hats are positively cropped in the front, and others have the brim rolled up close to the crown in a way that brings about the same results in the contour of the head.

FOR REAL WOMEN'S RIGHTS.

A number of influential women have been for some time organizing a movement to improve the social, legal and industrial status of women in the United Kingdom. They propose to establish a women's congress, to which a qualified woman from each parliamentary constituency will be appointed.

The congress will meet periodically to discuss and frame recommendations regarding all laws affecting women's welfare and submit them to the Government of the day. One of the objects will be to make it possible for women's views to be represented authoritatively instead of leaving their representation in the hands of a small but noisy minority, who call attention to themselves by unseemly conduct.

It is proposed to steer a middle course between the woman suffragists and the anti-woman suffragists, and in the words of the secretary, "voice the views of the enormuos majority of Englishwomen, who do not desire Parliament to try to enfranchise them, but who recognize the crying need of reform."

Every trade and profession in which women are employed will be represented in the congress, the motto of which will be "dignity, sympathy and truth."—London Correspondence of the New York Sun.

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across the front finishes the trimming.—New York Press.

SWEET DESSERTS, SOUR SOUL.

Hurrah, my cook's gone!

She was the best cook I ever had in my house. Her spuds were a dream, her salads were a poem, her meats were epics, and her desserts were nectar and ambrosia.

She was neat as wax, as regular as a clock, as prompt as a Chinaman, as reliable as a German—and as cross as two sticks.

Everything that she cooked tasted so good that you wanted a second helping of it, but every time you remembered her face you began to hurry to get through dinner so as to escape the chance of a glimpse of that frown.

She had a strange way of listening at doors, did that cook, and of appearing suddenly in passageways when two of the family were trying to tell each other family secrets.

She was respectful, and she never spoke one word that she shouldn't have spoken. But, oh, the sly hatred of those catlike eyes of hers, and oh, the envious disdain of her looks!

I'd rather eat a burned chop and a leaf of lettuce for my dinner and have it served by a rosy, smiling maid than to partake of the finest dinner in the world served by a cook who looks as if she'd poison you if she only dared.

She did poison all of us.

Before she had been with us a week we were all blue and down in the mouth, and discouraged and discontented. Nobody knew what was the matter. But the fact was, and is, and always will be, that one evil-minded human being can poison the whole atmosphere of a house just as effectually as a murderer can poison a bowl of soup.

I would almost as soon live in the house with a poor wretch with a mania for setting things afire or for turning on the gas in the bedrooms at night as I would to live my life under the same roof with a person of evil, envious and discontented mind.

Pay no attention to such a person? Why, you might just as well say, "Pay no attention to a microbe; your lack of attention doesn't hurt the microbe any; he can keep right on working just the same."

My new cook is only an ordinary person; she could never win the cordon bleu by any of her works, but she's cheery and rosy, and happy and contented—and I can breathe without fear of taking poison, the dreadful poison of a distempered mind, into my very system. — Winifred Black, in the New York American.

JUST AN EPISODE.

It happened on one of the United States cruisers at Hampton Roads, says the Washington Herald. A lieutenant, having met two very charming ladies while ashore, invited them on board for luncheon. They came and were shown over the ship. They lingered long in the lieutenant's room, which was daintily furnished, and they admired his photographs of home. When he was summoned on deck he left them there. Returning, he took them to luncheon, and, having to go on duty in the afternoon, he excused himself so as to get into uniform. Alas! he found that every button on his best coat had been cut off, and then he remembered that one of his fair guests had been rather importunate on the souvenir question. He got her alone after luncheon and accused her of the theft, and after some prevarication she confessed that the buttons were in her corsage. With some firmness the lieutenant led the culprit to his cabin, pointed silently to the denuded coat on the bunk, produced needle and thread, and, going out, locked the door on the outside. In half an hour he returned, unlocked the door, found that his coat was once more in excellent order, and then with great gallantry bowed the lady over the side. She has not been invited to luncheon on the same ship since.

THE SURGEON'S NIGHTMARE.

Why He Decided the Little Girl Did Not Need Vaccination.

The surgeon dreamed that he was lying in his bed, and that about him were grouped a number of men and women whom he recognized as patients and ex-patients.

"The case is perfectly simple," declared a man on whom he had operated for appendicitis. "It is so simple as to be absurd, and doubtless the doctor would recover readily enough; but to demonstrate the simplicity of his case and the merit of my diagnosis, it will be necessary to operate upon him."

The surgeon dreamed that he knew perfectly well what was wrong with him, and that he did not require an operation; but he was powerless.

"I cannot agree with you," said a second man, whom the surgeon recognized as one from whom he had taken a section of the stomach. "My plan would be to trephine the skull, analyze the brain, and possibly remove the epiglottis and the top of the right lung."

"A wise suggestion," agreed another man. "I think, also, that while we are doing this we should lay bare the sciatic nerve and separate it at the knee."

"Yes," said another man. "And I [illegible] ove if we would open him up we [illegible] nd that his liver needs some [illegible] s do it, anyhow."

[illegible] aid another. "While [illegible] us remove the [illegible] ch I think [illegible] t, this [illegible] rd [illegible] ks some twenty-two are known, [illegible] many of these are broken or [illegible] practically destroyed.—[illegible] rican.

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TIMELY RECIPES

STEAMED EGGS.

Have a cup containing one-half spoonful of butter, setting in a dish of boiling water. Into the cup break one egg, beat slightly with a fork, add two tablespoonfuls of milk, mix, then cover the dish tightly so that the steam will not escape. The egg will puff up to the top of the cup as it cooks and is soon thoroughly done. A delicate appetizing dish served with toast.

PIE PLANT JELLY.

July is the month in which to make pie-plant jelly, and if one can get red currants, using one-third currants to two-thirds rhubarb, a much finer jelly will be the result than if rhubarb alone is used, and a much cheaper one than if only currants are used. Canned rhubarb may be used to good advantage as an acid addition to mincemeats. Rhubarb can be dried, and kept for winter use, and will be liked by some as an addition to apples for sauce or pies.

COLD CHOCOLATE.

This most refreshing summer drink is made by cutting into small bits one ounce of unsweetened chocolate. Put this into a graniteware saucepan and gradually pour over it half a pint of boiling water, stirring all the time over the fire, until the chocolate is quite smooth. Add one pint of granulated sugar and stir until it begins to boil. Cook a moment or two longer, then strain and let cool. When quite cold, add one tablespoonful of vanilla extract. Bottle and keep in a cold place. When ready to serve it, put into a tall glass one tablespoonful of cracked ice, two tablespoonfuls of chocolate syrup, three tablespoonfuls of whipped cream, half a cup of milk and a dash of soda water from a siphon bottle, and a tablespoonful of vanilla ice-cream. This is a delicious drink, even if the soda water and ice-cream are omitted. A plainer drink can be concocted by combining the chocolate syrup, three-fourths of a cup of milk and the cracked ice, and shaking it well.

Hints For the Housekeeper

Red pepper is an excellent condiment, and its effect on the liver is remarkable. Malaria and intermittent chills cannot endure the presence of red pepper, which should be upon every table.

The following is a remedy for itching feet from frost bites: Take hydrochloric acid one ounce, rain water seven ounces; wash the feet with it two or three times daily, or wet the socks with the preparation until relieved.

To remove a cinder from the eye an engineer gives this rule: Let the injured eye alone and rub the other one, and the cinder will be out in two minutes. It is a simple remedy, though it sounds unreasonable, and is worth trying.

A heavy broom should always be selected in preference to a light one for thorough sweeping, as the weight aids in the process. In buying a broom, test it by pressing the edge against the floor. If the straws bristle out and bend, the broom is a poor one, for they should remain in a firm, solid mass.

To clean a mackintosh, spread it out on a deal table and go over it carefully with a small scrubbing brush and some soap moistened with rain water, rinse thoroughly in clear cold water, and hang on a line in the shade to dry. Any stains which will not yield to soap and water will probably be easily removed by rubbing with a little ammonia.

Potatoes will boil more quickly if two kettles of boiling water are prepared, one of which is poured over the vegetables, and after a moment the potatoes are lifted into the other kettle and boiling will not cease. When potatoes are to be baked, if they are thoroughly heated on top of the stove—turning them once—they will bake in half the usual time.

If you wish to mend your gloves neatly, turn them inside out and sew them over and over with fine cotton thread. Silk seems to cut the kid. If there is a tear set a piece of kid under it and secure it with a few stitches; if you have not the kid of the right color, use a bit of ribbon or silk. Save the best part of the old pair to mend the new. Court plaster will mend a break nicely, but always stiffens the kid.

If a good piano receives proper care its value increases with use. It becomes more mellow, more responsive and richer even in appearance. Avoid placing a piano near the window, as the varying temperatures which necessarily exist in such a position are injurious to the strings. Be careful, too, that you do not have one end of the instrument near a fire and the other near a window or door. When a room has become very cold do not heat it too quickly, but increase the heat gradually.

The Egyptian Relic.

The obelisk in Central Park, brought to this country in 1880, was set up at the entrance of the Temple of the Sun at Heliopolis, Egypt, about 1831 B. C., by Thothmes III. Twenty-three years before Christ the Emperor Augustus moved the obelisk, together with its companion, now on the banks of the Thames, London, to Alexandria, from which place it was brought to New York at the time designated above. Of Egyptian obelisks some twenty-two are known, [illegible] h many of these are broken or [illegible] practically destroyed.—[illegible] rican.

TRAINING

Fourfooted Regular[illegible] Long Course [illegible]

Germany needs 1,00[illegible] r cavalry and artillery to p[illegible] osal forces in the field; [illegible] requires probably 750,000, and [illegible] even Great Britain needed as many as 230,000 in South Africa, while she was fighting the Boers.

Although in England in peace time mounts only two-thirds of her cavalry her horse bill amounts to about $400,000 a year—a figure which may be multiplied by four or five for the German army.

In most countries omnibus, farm and domestic horses are registered as being available in time of war for miscellaneous service, and for this anything from $30,000 to $150,000 a year may be paid by a military nation.

France spends upward of $600,000 a year on horses for her great armies. As a general rule, says a writer in the Circle, the recruits are five years old and cost $200 each.

Cavalry charges vary from fifteen to sixteen hands in height, and sharp rules have been laid down about their shape, action and treatment. There are regular schools where the raw four-legged recruit is trained. His education embraces the fearless swimming of deep and wide rivers.

It is extremely interesting to see a thousand four-legged recruits drawn up in a ring around the instructor, who opens the proceedings with a sharp shot from an army revolver. The animals are taught to gallop fearlessly up to a line or square of infantry, who are blazing away with their rifles, of course loadede with blank cartridges.

Lastly comes a charge upon batteries of quick-firing cannon. It is worth noting that when smokeless powder came into general use it was found that thousands of horses which woud face without flinching the smoke of guns using black powder balked and shied at the sinister flash and roar of cordite and melinite.

There appears to be as much individuality among horses as among men. Some take the flash and report very quietly, and are passed on to more severe trials, while others rear and try to bolt in abject terror.

The riding masters intrusted with the education of these horses are especially selected for their quietness, kindness, self-control and patience, united with courage, firmness and the absolute confidence born of tried and consummate horsemanship. Horse and man are trained together in the various armies.

The French cavalry recruit goes through no fewer than 112 separate lessons in revisions before he is considered fit to get upon his horse, which is trained simultaneously. Both are taught to swim burdened with full equipment; both are thoroughly accustomed to all sorts of startling noises, from the crack of a revolver to the ear-splitting roar of packed artillery.

Besides the riding school training, there is also field work across country with steeple-chasing, jumping over hurdle, and even over the dinner table, where a silver set feast has been spread. Not so much as a folded napkin must be displaced by the flying leap of the cavalryman right over the table. One part of the charger's education shows him how to lie prostrate on the field of battle and shield his rider from hostile bullets, as the latter crouches behind the faithful creature.

So perfectly are cavalry horses trained that every great war beholds the curious spectacle of riderless horses galloping to the charge in perfect line. Thus at Balaklava the front rank of one regiment was composed almost entirely of riderless horses, their masters having been dropped by the Russian sharpshooters.

The Tablet.

An Ohio author, now in Chicago, recently had a visit from a friend who still lives in the town where the two were boys together. He gives this account of one memory of that call. "'Nesbit,' said he, with the pleasantest kind of a look on his face, 'you remember that little old house on Main street where you were born?' When he said that it brought up a vision of that house as clear as the reality. I saw the queer little windows, the nice, friendly door, the yard, the lilacs—everything. 'Yes, Bill,' I said with emotion, 'I remember very well.' 'Well,' he said, 'the folks have gone and put a tablet on that old house.' At first I couldn't speak. I had all I could do to keep the tears from coming. The folks hadn't lost sight of me, then! They knew what I had been doing. A tablet was, I admitted to myself, somewhat beyond my deserts, but—but there it was. When I could speak I said: 'And what does the tablet say, Bill, old man,' Bill looked away out of the window, 'Main street,' said he softly."—Argonaut.

Not Rude.

A Germantown woman was not long ago watching a workman as he put up new window fixtures in her house.

"Don't you think that you have placed those fixtures too high?" asked she, having reference to the curtain rolls last put in place.

The workman, a stolid German made no reply, but continued to adjust the fixtures.

"Didn't you hear my question?" demanded the lady of the house. "How dare you be so rude?"

Whereupon the German gulped convulsively, and then replied in the gentlest of voices:

"I haf my mouth full of schrews, und I could not spheak till I svallow some!"—Harper's Weekly.

Bad, But Still Good.

A judge from one of the African crown colonies, now home on leave, is telling this story: It is the custom in the local courts to administer to the natives the form of oath which they consider most binding. One day a Christian colored gentleman, of whose good faith the judge entertained some doubts, was about to give evidence. At his own request he was allowed to take the oath of a Christian. Then the judge intimated that he must also be sworn in the native fashion. The man was visibly disconcerted. "Oh! no, massa," he pleaded. "Not dat. Me very bad native, but me very good Christian."—Manchester Guardian.

[illegible] Caught in the Act.

[illegible] I am sorry to see you [illegible] end. You appear [illegible] ation.

[illegible] ave been

Tomfoolery

A SUMMER ROMANCE.

Summer maiden. Full of fun.
Summer fellow. Chapter One.

Moonlight evening. Naught to do.
Tender topics. Chapter Two.

Sparkling diamond. Love will be
Ever cherished. Chapter Three.

August passes. Girl no more.
Likewise diamond. Chapter Four.

Young man weakens. Heart to mend.
Love next season? NO! The End.

OUR LANGUAGE.

"He's the coming man."

"Yes, he's one of the best fellows going."—Baltimore American.

A BAD JOB.

Florence—"I admire Mr. Wise. He is a self-made man."

Lawrence—"He ought to be ashamed of himself."—Judge.

SUSPENSE.

"When do they expect to be married?"

"As soon as he can become reconciled to the idea of living beyond their income."—Life.

"WHAT'S DAD A-DOIN'?"

"Mammy's knittin' dad a pair o' socks."

"An' what's dad a-doin' of?"

"Prayin' to the Lord for shoes!"—Atlanta Constitution.

NEW NAME FOR MARRIAGE.

He—"Marriage is a pottery."

She—"You mean a lottery, don't you?"

He—"No, I mean a pottery—a place for making family jars. —Illustrated Bits.

DISCREDITED.

Little Ella—"I'm never going to Holland when I grow up."

Governess—"Why not?"

"'Cause our geography says it's a low, lying country."—Life.

GIVING A GUESS.

"Bill, what is mousseline de soie?"

"Mousseline de which?"

"De soie."

"Well, it's either a cheese or a cordial of some sort."—Courier Journal.

CALLS.

Foote Lighte—"Did he get a call last night?"

Miss Sue Brette—"Yes, several."

"Curtain calls?"

"No, cat calls!"—Yonkers Statesman.

ARMS AND THE GIRL.

The Venus of Milo explained.

"They got tanned off," she remarked.

Herewith it was plain to be seen that she was a summer girl.—New York Sun.

FIGURATIVELY SPEAKING.

"What became of Nineveh?' asked the Sunday-school teacher

"It was destroyed," said Johnny promptly.

"And what became of Tyre?"

"Punctured."—Cleveland Leader.

THE CONTRARY.

"I dropped some money in the market to-day," announced Mr. Wyss at the dinner table.

"Again?" exclaimed Mrs. Wyss reproachfully.

"No," replied Mr. Wyss mournfully; "a loss."—Judge.

WRINKLES.

A small boy with an inquiring turn of mind looked at his father earnestly and asked:

"Father, what are wrinkles?"

"Fretwork, my son, fretwork," replied pater familias confidently.—Philadelphia Inquirer.

TOO YOUNG.

He was a beardless youth and the peachy down was on his cheek.

"Darling," he whispered, "I beg of you to give me just one kiss. They are intoxicating."

But the beautiful girl shook her head and withdrew to the far end of the sofa.

"No, Freddy," she replied in tantalizing tones. "I don't want to do anything unlawful."

"Unlawful, Miss Rose?"

"Yes; you know it is against the law to give intoxicants to minors."

And then poor Freddy melted away like a tub of ice cream at a Sunday-school picnic.—Chicago News.

Mercury, 1907.

The old broker handed the messenger boy a yellow slip and then pointed to the bronze statue of Mercury, which stood on the desk.

"My boy," said the old broker solemnly, "do you see that statue? Well, that is Mercury, the swiftest messenger boy on record. Now, I want you to take this message and go as fast as Mercury."

Jimmy shifted his chewing gum and toyed with the ends of his dog-eared novel.

"Yer'll have to excuse me, mister," he responded, "but I can't do anything of the kind. In de first place, I've got more clohes on dan dat lobster, and, in de second place, if I was caught running like dat I'd get turned out of de union."

And then Jimmy winked at the janitor and started off at the same old gait.—Chicago News.

Not Diminutives.

Some of the Eastern editors have hesitated about calling the new president of Williams College Harry. Yet that's what he was christened. It took the same editors a long time to find out that the Christian name [illegible] Cleveland's Mayor was Tom.—[illegible] Plain Dealer.

Spiteful.

Be[illegible] — Shoes were be[illegible] "rig[illegible] and lefts" until the [illegible] 1472[illegible]

Be[illegible] h—What in the worl[illegible] you [illegible] before that? — Yonkers States[illegible]an.

Past Redemption.

Mu[illegible]el — Why didn't you marry him? Everybody says he has reforme[illegible]

Ma[illegible]—Yes; but he reformed too late. His money was all gone.—New[illegible]ork Mail.

A TERRIBLE EXPERIENCE.

How A Veteran Was Saved the Amputation of a Limb.

B[illegible] Frank Doremus, veteran, of Roos[illegible]elt Ave., Indianapolis, Ind., says: "I had been showing symptoms of kidney trouble from the time I was mustered out of the army, but in all my life I never suffered as in 1897. Headaches, dizziness and sleeplessness, first, and then dropsy. I was weak and helpless, having run down from 180 to 125 pounds. I was having terrible pain in the kidneys, and the secretions passed almost involuntarily. My left leg swelled until it was 34 inches around, and the doctor tapped it night and morning until I could no longer stand it, and then he advised amputation. I refused, and began using Doan's Kidney Pills. The swelling subsided gradually, the urine became natural and all my pains and aches disappeared. I have been well now for nine years since using Doan's Kidney Pills."

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

Manila Hemp.

Manila hemp is the most valuable cordage fiber in the world. It has been an important article of commerce for over 100 years. The first shipment to the United States was made about 1824. It is interesting to note that the pioneers in the export of hemp from the Philippines were American houses that were established in Manila about that time, and that for 50 years thereafter the American houses of Russell & Sturgis and Peele, Hubbard & Co. controlled this trade, making advances to the growers and stimulating the production. It is therefore largely owing to American enterprise that Manila hemp is an article of world commerce today.

Manila hemp cannot, apparently, be successfully grown in any other part of the world. It is mainly raised on the Islands of Luzon, Samar, Leyte and Mindanao. The Province of Albay, in Luzon, usually produces over one-fourth of the total crop.

Annual Marriage Fair.

The recent annual marriage fair at Ecaussines, Belgium, resulted in 27 matrimonial engagements, and it is probable that about a dozen more bachelors will shortly make up their minds to enter the state of wedlock. Every year this fair is held, so that instead of emigrating the young men may may settle down at home. Maidens and bachelors lunch together, and opportunities are thus afforded for forming acquaintances. The young women wear their best dresses, and the bachelors are encouraged by mottoes posted in the market place, such as "A bachelor is only half a man."

Sidewalk Of Mahogany.

William H. Tripp, of Janesville, Wis., is believed to be the only man in America who can boast of having a mahogany sidewalk in front of his home.

Recently he had a consignment of goods from the West Indies. The goods came in mahogany barrels, from which he had a sidewalk built.

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.

Many a government forcaster has been badly weather-beaten.

NO RELIEF FROM ECZEMA

For Over Two Years—Patent Medicines, Quack Cures, and Even Doctors Fail—Cuticura Succeeds.

"I was very badly afflicted with eczema for more than two years. The parts affected were my limbs below the knees. I tried all the physicians in the town and some in the surrounding towns, and I also tried all the patent remedies that I heard of, besides all the cures advised by old women and quacks, and found no relief whatever until I commenced using the Cuticura Soap, Cuticura Ointment and Cuticura Resolvent. In the Cuticura Remedies I found immediate relief and was soon sound and well. C. V. Beltz, Tippecanoe, Ind., Nov. 15, 1905."

Give the inchworm time and it will gain a foothold.

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

A woman's idea of political ambition is how you would have to dress for it.

HICKS' CAPUDINE
IMMEDIATELY CURES
HEADACHES
Breaks up COLDS
IN 6 TO 12 HOURS
Trial Bottle 10c. At Druggists

Kisses that are to be had for the asking are seldom worth taking.

A fool can answer questions that a wise man would be ashamed to ask.

Virtue is its own reward because nobody else will give any.

Smithdeals

Is the oldest and first business college in Va. to own its building—a fine one. No vacations. Ladies and Gentlemen. Bookkeeping, Shorthand, Penmanship, Typewriting, Telegraphy, &c. Three first taught by mail also. "Leading business college south of the Potomac River."—Phila. Stenographer. Address, G. M. SMITHDEAL, President, Richmond, Va.

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