HIN.

...ements
...Fer-

...Catarrh

...k and always re-
...mperamental rea-
... such cases nothing
...range this personal

... a large number of peo-
...hin, or remain thin, who
...uld be plump and fleshy
...ple lack ...ganic vigor and vigorous tissue.
...tissue is ch...y composed of
...erived from the oily constit-
...ood.
...making foods are called by
...ologist, hydrocarbons. This
...ds are not digested in the
...ll. They are digested in
...m, the division of the ali-
...canal just below the stomach.
...gestion of fat is mainly, if not
... the work of the pancreatic
...This juice is of alkaline reac-
...is rendered inert by the addi-
...acid. A hyperacidity of the
...e fluids of the stomach passing
...into the duodenum, destroys
...creatic fluid for digestive pur-
...poses. Therefore, the fats are not di-
...gested or emulsified, and the system is
...deprived of its due proportion of oily
...constituents. Hence, the patient grows

...beginning of the trouble is a ca-
...al condition of the stomach which
...s hyperacidity of the gastric
... This hyperacidity is caused by
...ntation of food in the stomach.
...n the food is taken into the stom-
...h, if the process of digestion does
...not begin immediately, acid fermenta-
...tion will take place. This creates a
...hyperacidity of the stomach juices
... their turn prevent the pan-
...digestion of the oils, and the
...n results.
...of Peruna before each meal
... the stomach digestion. By
...ing digestion, Peruna prevents
...entation of the contents of the
...omach, and the pancreatic juice is thus
...preserved in its normal state. It then
...only remains for the patient to eat a
...sufficient amount of fat-forming foods,
...and the thinness disappears and plump-
...ness takes its place.

...men would rather go away
...back and sit down than stand on
...ceremony.

Hicks' Capudine Cures Nervousness, Whether tired out, worried, overworked, or what not. It refreshes the brain and nerves. It's Liquid and pleasant to take. 10c., 25c., and 50c., at drug stores.

The Professor.

The Doctor—Poor fellow! He left his affairs in bad shape.

The Professor—It certainly wasn't good form for him to do that.—Chicago Tribune.

ODDS AND ENDS.

Half a loaf is better than a loafer.

Don't be a growler—that's a trait commonly found in dogs.

A railway man says the block system is a signal success.

...woman meets woman then ...struggle for the last word.

...ason a girl's feet are so ...she says so anyway.

...Peter of Servia owns a bar-...p, owns a patent medicine ...ducts a motor car agency ...capital. The reigning Prince ...e-Detmold deals in butter and ...while a prosperous brick fac-...ells his profits. The King of ...mburg is the proprietor of two ...in his kingdom, and they add ...0 a year to his revenue.

...United States in recent years, ...and 1907, has supplied annu-...bout 5,500,000 barrels of the ...t Kingdom's imports of flour, ...remaining requirements, say ...,000 barrels, coming princi-...from Canada and Australia, a ...vely small part being furnished ...ance and Hungary.

Bright Girl.

He was holding down the parlor sofa while she was doing a piano stunt.

"Why is it that you play only religious pieces?" he queried.

"Well, you see, this is an upright piano," she explained.—Chicago News.

Passing Of The Patent.

Higgins—"What are you blacking those shoes for—aren't they patent leather?"

Wiggins—"They were, but the patent has expired."—Chicago News.

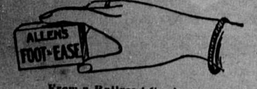
Truth and Quality

Appeal to the Well-Informed in every walk of life and are essential to permanent success and creditable standing. Accordingly, it is not claimed that Syrup of Figs and Elixir of Senna is the only remedy of known value, but one of many reasons why it is the best of personal and family laxatives is the fact that it cleanses, sweetens and relieves the internal organs on which it acts without any debilitating after effects and without having to increase the quantity from time to time.

It acts pleasantly and naturally and truly as a laxative, and its component parts are known to and approved by physicians, as it is free from all objectionable substances. To get its beneficial effects always purchase the genuine—manufactured by the California Fig Syrup Co., only, and for sale by all leading druggists.

ALLEN'S FOOT-EASE

For Tired, Aching, Smarting, Swollen Feet.



From a Railroad Conductor.

"I am a busy man, but must take time to write you about Allen's Foot-Ease. I am a Conductor and on my feet most of the time. My feet often got so sore I could hardly take a step. A friend gave me a box of Allen's Foot-Ease and said it would cure me. I used all of the box but two envelopes and my feet are now O. K. and I forget I have feet. It is a God-send to R. R. men.

"G. McCLURE, 5820 Superior St., Austin, Ill."

SHAKE INTO YOUR SHOES

Allen's Foot Ease, a powder. It cures painful, smarting feet and ingrowing nails, and instantly takes the sting out of corns and bunions. Sold by all Druggists and Shoe stores, 25c. *Don't accept a substitute.* Trial package FREE. Address,

Allen S. Olmsted Le Roy, N. Y., U. S. A.

Genuine bears above signature.

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

FARM AND GARDEN

Run of the Fields.

On the farm the poultry should be given the run of the fields as must as possible in the summer when insects abound, that they may avail themselves of this very important class of food to the largest possible extent. —Farmer's Home Journal.

Remedy for Lice.

A good way to rid a chicken coop of lice is to take a large piece of woolen cloth, wrap it around the end of a broom stick with a piece of wire, saturate with kerosene oil, light and pass it around under all the roosts and cracks of the house and in all the nests after you have removed all straw. This will roast out the mites and not set fire to the coop. The woolen will not burn and drop off like paper or other cloth. A good time to do this is right after a rain.—Mrs. J. Morehead.

Too Many Young Bulls.

A deplorable condition that prevails is breeding so much from the young and immature bulls. It is the custom with some dairymen to not think of keeping a bull after he is two or three years old at the most.

By that age he is just beginning to get old enough to show whether or not he has any value as a breeder or not. Nothing can be told of a bull's breeding powers until the first crop of calves are matured. It is regrettable that a good bull has to go oftentimes when his usefulness is just beginning while so many yearlings and two-year-olds that ought to have gone, when they were at the age of skinners are allowed to do duty.

A good bull one that shows his prepotency and his ability to get calves that become good cows, should only be killed when his power as a breeder is at an end. If you cannot keep him yourself on account of in-breeding in your herd see that somebody else has him. If a young bull is worth a certain sum before he is tried he certainly is worth more after he is tried. A bull's calves will tell a truer story of him than any man can tell.—Prof. P. A. Campbell, Agricultural College, Orono, Me.

Oats as a Poultry Food.

A good many farmers consider oats a dangerous feed for chickens, believing that the sharp, pointed hulls will damage or even pierce the fowl's craw. This is usually a mistake although occasionally where very stiff or hard pointed oats are used trouble may be caused. Fowls should not be allowed to gorge themselves exclusively on oats, but a liberal quantity of oats may satisfy and profitably be fed to fowls, as oats are one of the best balanced grains for feeding to poultry there is. A plentiful supply of grit will go a long way toward preventing any troubles arising from the use of oats. Also see that the fowls have an abundance of fresh water at all times. The grit grinds the food while the water softens the hull and renders it less hard and stiff. Where oats are fed in large quantities on large poultry farms, they are often thoroughly cooked in water before feeding; the fowls relish the oats more when treated in this way, the grains increase in size and a like amount will go further, and there is absolutely no danger of bad results from feeding soaked oats. Don't be stingy in the use of oats; they are a bone and muscle making food and an egg producer.—Epitomist.

How Butter Takes Salt.

If one were to get up before an audience and tell those facing him that butter, the real butter fat, does not take salt, most of them would think he did not know what he was talking about; but he would be speaking the truth. Salt can be pressed into a mass of butter, but the real butter, the butter fat, will not dissolve salt so that the salt becomes intermingled with it. The moisture, the water, that is in the butter must dissolve the salt. It is clear then, that to get a ball of butter salted in all its parts equally it is necessary to get the moisture, the carrier of the salt, distributed equally in all parts of the butter. If the moisture, the carrier of the salt, is present in the butter in little pockets, the butter fat near the pockets will be salted more heavily than the butter fat farther away.

Before the salting is done let the butter drain well after washing it. Different individual tastes will vary as to how much butter should be salted and there may be some variation in the requirements of different markets. Since salt is cheaper than butter fat, it would seem good business to salt the butter fully as heavily as the taste of the purchaser likes. As a general rule, butter that is medium soft after being worked should receive as many ounces of salt as there are pounds of butter as a maximum, and from that down to three-fourths as many ounces of salt as there are pounds of butter.—Progressive Farmer.

Raising and Feeding Calves.

It should be our aim from the moment the calf is born until it is a full grown animal to keep it in a thriving and growing condition. This we believe is the only real secret in growing and developing thrifty and profitable dairy animals. Letting an animal down is a great and permanent loss that no amount of after care and food can replace. A something lost forever. When we neglest to keep these young things thriving not only is the food wasted, but a waste of time is also involved.

It should be the aim of all feeders to build up a good, vigorous constitution and a strong, healthy frame during the first year of the calf's life, for unless this is being done he is doing precisely the opposite. There is no middle court or stand still course in growing a calf. At the end of two years of proper and progressive feeding and management the feeder will be rewarded with an animal possessing a strong, healthy appearance, with a well developed frame, its bones will be covered with an abundance of flesh and fat, and its skin and hair soft and mellow.

Imagine a condition exactly the opposite and you will see the result of exactly the opposite line of care and feeding. When the calves are playful it may be taken as a sure indication that they are healthy and thriving and when they appear lifeless it may be taken as a sure indication that something is wrong with the ...omist.

Starting Alfalfa.

There are different ways of laying down a plot or a field of alfalfa, and we would suggest the following method as one which is likely to give very excellent results. Select land having a clean, mellow, fertile surface soil overlying a deeply drained subsoil having no acidity. Use large, plump seed, free from impurities and strong in germinating power. Inoculate the seed with the proper kind of bacteria, providing alfalfa has not been grown successfully on the land in recent years.

As early in the spring as the land is dry and warm enough to be worked to good advantage, make a suitable seed-bed and immediately sow about twenty pounds of alfalfa seed per acre from the grass seed box placed in front of the grain drill, and about one bushel of spring wheat or of barley per acre from the tubes of the drill. Smooth the land with a light harrow or with a weeder, and if it is very loose and rather dry, also roll it and again go over it with the harrow or the weeder. As soon as ripe, cut the grain and avoid leaving it on the land longer than necessary. Give the alfalfa plants every opportunity to get a good start in the autumn in preparation for the winter.

If for hay, cut each crop of alfalfa in the following year as soon as it starts to bloom. In curing try to retain as many leaves on the stems as possible, and to protect the crop from rain. Never cut or pasture alfalfa sufficiently close to the ground to remove the crowns of the roots and thus injure or possibly kill the plants. If these directions are followed, the alfalfa may be expected to produce large and valuable crops for a number of years without reseeding.—C. A. Zavitz, Ontario Experiment Station.

Notes of the Farm.

The profit of poultry is in the egg basket, not in the dressed chicken.

The draft horse breeds lead the horsebreeding industry of this country, both because of the wide demand and sale at good prices. The large cities must have these big draft horses to handle the heavy hauling.

The bull should be fed good, nourishing food, but not of a fattening nature. There should be some of roughing along with the corn, oats or bran he gets. He should be thrifty, but not fat; active, but not sluggish.

Let the little pigs have plenty of room to exercise and grow, but don't allow them to run over the entire place. It teaches them bad habits, and, moreover, they are liable to be run over and hurt. A crippled pig is poor property.

A good dusting of the sitting hen with pyrethrum will save the little chicks from onslaughts of lice or mites. This powder should also be mixed in the dusting bath of the fowls for then the birds themselves will apply the powder unconsciously.

Yellow dock is causing serious trouble in mowing lands, but the actual number of the plants is not so great as might be supposed, and a few hours' work pulling them out by hand when the ground is soft after a rain will free a large field of the pest.

It is impossible to say just how soon in her life a heifer should be bred. The distinctive, specialized dairy breeds may be bred earlier than the larger strains. Some heifers at 16 months are as fully developed as others at 24. Therefore the experienced breeder will breed according to development.

WANTS COLLEGE MEN ENLISTED.

Educator Proposes Formation of War Reserve of Alumni.

Offering a plan for an army reserve of college alumni, which he called the "college reserve," Colonel Morris B. Belknap of Louisville, Ky, appeared at the third annual meeting of the Association of Colleges and Universities in the council room of the College of the City of New York, and spoke in favor of the scheme. After several speeches on educational problems, Mr. Belknap put his plan forward for consideration. He said he was supported by the War department and the general staff, from which he had received a letter approving his suggestion.

"It happens," he said, "that men usually totally untrained are put in charge of the lives and health of large bodies of men. One day in the Spanish-American war I, who a few weeks before had been at a desk in a commercial house, found myself at the head of a body of 3500 men. It is important that this should not happen. My plan to obviate it is, briefly, this:

"That for three years after graduation the college students be enlisted as a college reserve at the call of the government. No particular military training would be necessary, though, of course, advantageous. The college men will be equal to trained soldiers, in that they possess a high order of intelligence. Knowledge of drills, etc., is not immediately necessarw, for men of this type will soon pick up what they should know. This would be a real insurance feature for the protection of the country.

"As an economic feature I think it would be valuable. Certainly in such a body of men you would not see the deplorable reaching for pensions characteristic of some soldiers in the Spanish-American war. And if it were known that a rapid, quick, intelligent body of men, say 25,000, was constantly enlisted in the government's service, I think it might have a deterrent effect upon any nation planning to tackle us."

He said he had been informed by the War department if some assurance of the success of the plan were forthcoming that legislation to legalize it would be introduced. Several of the educators asked as to the advance training of such men, and whether the plan was for military instruction in the colleges. Mr. Belknap insisted such training was not necessary.—New York Press.

The Best Pet.

"I want to make a gift to Miss Passay," said Dumley. "I wonder what sort of animal she'd prefer for a pet?"

"A man," promptly suggested Miss Knox.—Philadelphia Press.

His Reservation.

"Live and let live," is a good motto, ... a man who adopts it wants ... the right to live better ...low.

The Affairs of the Household

STAINS ON ENAMEL.

To remove stains from enamel pans: fill with water and a tablespoonful of powdered borax and let it boil. Then scour with soap rubbed on a coarse cloth, rinse thoroughly and dry. Damp salt rubbed on the stains will also remove them.—New Haven Register.

CARE OF CUT GLASS.

Heavy elaborately cut glass should always be rinsed in tepid water, as very hot water causes such sudden expansion as to often break the glass.

It is a good idea to add a little ammonia to the tepid water. The irregular surfaces can be cleansed by the use of a small brush. It is always best to cool thoroughly before using cut glass dishes intended for serving ices or sherbets.—New Haven Register.

GET COAT HANGERS.

It is taking the little troubles with clothes that makes all the difference possible in the appearance of a woman.

A good and sensible investment is a set of hangers, of wood or wire, which can now be purchased for a small cost. Each coat or bodice should have a hanger of its own.

Nothing spoils the appearance of a garment as hanging it by the loop at the back of the neck. Thus hung, the shoulders are dragged, and the fit of the collar ruined.—Philadelphia Record.

BUTCHERS' LINEN.

Butchers' blue linen is an extraordinarily useful material and color. It is not included in the list of dingy, dark colors, yet it is a long while before it looks dirty. It is a very becoming, exceedingly durable, and, of course, a most excellent washing material. In some households, indeed, the children begin to crawl in butchers' blue and they leave school in butchers' blue. It is a mistake, however, to let them get tired of it, but an occasional frock will prove a lasting boon. It requires very little trimming save that of some smart stitching around the hem and on the bodice, and a stitched band of it will serve excellently as a belt.—New Haven Register.

FURNISHING A ROOM.

Every mother should, where it is possible, permit her daughter to furnish her room according to her own taste. In this way a girl can find a pleasant way of expressing her own individuality.

Even where it is not convenient to allow the daughter to do the furnishing, the mother can encourage her to have the photographs and ornaments of which she is fond displayed about her room.

Some of the pleasantest rooms in many homes are those in which the daughters of the house have been allowed to show their individual tastes. And the care and arrangement of such apartments have proved sources of continual pleasure and pride to them.—Philadelphia Record.

FOR THE EPICURE

Cream Pie—Two eggs, half ...el teaspoonful salt, one-half teaspoonful lemon, two-thirds cup sugar, beat to a cream, add three-quarters cup flour, mix, and add lastly, one-third cup hot milk. Put batter into two pie plates and bake.

Lady Baltimore Cake—Three-quarters cup of sugar, three-quarters cup of pastry flour, three whites of eggs beaten stiff; one-half cup of butter, one-half teaspoonful vanilla, cream, butter and sugar, add milk, vanilla and flour. Lastly add the beaten egg whites.

Cucumber Salad—Cut a slice from a cucumber and scoop out the inside, cut bits of tomato in similar size and mix the two with French dressing. Return to shell, put each cucumber on a plate by itself, on lettuce. Serve cream cheese with this.

Cabbage and Rice Soup—Have half of a small white cabbage, remove all the stalk and cut the leaves into rather large pieces. Put these with half a cup of washed rice into two quarts of light stock and half a pint of tomato puree. Cook slowly till the cabbage is tender.

Ginger Cakes—Pour cup of molasses into mixing bowl; sift in two level teaspoonfuls of soda and beat together thoroughly; put one-fourth cup of butter in cup, pour over one-third cup of boiling water, and, when the butter is melted, pour it into molasses. Sift together three cups of flour, half a teaspoonful of salt tablespoonful of ginger, teaspoonful cinnamon, one-quarter teaspoonful of cloves, stir into liquid ingredients with as much flour as is required to make dough that can be kneaded. Do not make too stiff. Roll dough, a small piece at a time. It may be handled less stiff, to three-eighth of an inch thick. Cut into rounds.

Wake Up and Be Vaccinated.

Inspection still is in progress at the boundary to prevent cases of smallpox being brought into the country from Minnesota. Owing to a protest from Washington of rough usage of people coming from the south by the Canadian medical inspectors, changes have been made in the regulations. Under the new system sleeping car conductors receive certificates and one is given to each passenger to fill out. On that certificate they must state when they were vaccinated, and if it was successful. If not, the passenger must get up and undergo the operation. These certificates are handed to the Canadian officials at the border.—Winnipeg Correspondence St. Paul Pioneer Press.

The Silent Winners.

Examine our list of Presidential candidates and see how few of them made stump speeches.

George Washington made none.

Thomas Jefferson made none.

John Adams, John Quincy Adams, James Madison, James Monroe made none.

Neither did Andrew Jackson, nor Martin Van Buren, nor General Harrison, nor James K. Polk, nor Franklin Pierce, nor James Buchanan.—Weekly Jeffersonian.

Merry Side of Life.

PRUDENCE.

Though the doctor's thoughts may be at war
With those who seek a cure,
He has to keep his temper, or
He'll lose his patients, sure.
—Nixon Waterman, in St. Nicholas.

AN INOFFENSIVE REIGN.

Wiggs—"Emperor Franz Joseph has reigned sixty years."

Jiggs—"But he hasn't interfered with any ball games."—Cleveland Plain Dealer.

OF A MODERN GENIUS.

"Going to compile his life and letters?"

"There were no letters. I'm going to compile his life and postcards."—Washington Herald.

HORSE SENSE.

Joakley—"Now, he's got what I really call 'horse sense.'"

Coakley—"How, for instance?"

Joakley—"He never bets on one."—Philadelphia Press.

AMIABLE.

"Look at the self-satisfied dub! Now, what commendable trait does he possess?"

"Well, that of being easily pleased."—Louisville Courier-Journal.

PESSIMISM.

Knicker—"Man is born to trouble."

Bocker—"Yes, if you try to picnic it rains, and if you eat indoors the cook leaves."—New York Sun.

BORED.

Sammy—"Will you love me when I am gone?"

Amy—"I could love you now, if I knew that you were going."—From Illustrated Bits.

CLASSIFYING THE REMARKS.

A clergyman was recently telling a marvelous story, when his little girl said:

"Now, pa, is that really true, or is it just preaching?"—London Tatler.

AT THE SEASHORE.

"And I am the first you have loved Bertha?"

"Of course, you are. How tedious you men are. You all ask me the same question."—Philadelphia Inquirer.

PREPARING FOR THE JONESES.

Mistress—"Now, remember, Bridget, the Joneses are coming for dinner."

Cook—"Leave it to me, mum. I'll do me worst. They'll never trouble yez again."—Illustrated Bits.

FIFTY YEARS HENCE.

"We have no drinkers in these days."

"No?"

"Now my grandfather was good for six orange phosphates."—Louisville Courier-Journal.

A HARSH CHARACTERIZATION.

Old Gentleman—"Very charming old sedilia you have here."

Caretaker—"Yes, sir; you ain't by no means the fust as 'as admired 'em. That's where the clergymen used to sit, in the order of their senility."—Punch.

COULDN'T WORK.

Women—"Now that I have fed you, are you going without doing your work?"

Tramp—"Oi couldn't wurruk on an impty stomach, mum; an' Oi nivir wurruk on er full one. So there yez be!"—Smart Set.

OLD-FASHIONED.

"How did you and your husband discover that you were affinities?" asked the pretty young widow.

"Heavens! We never did. We got married in a decent way, neither of us having any reason not to."—Chicago Record-Herald.

THE LONG-FELT NEED.

Knicker—"There are plenty of books telling how to save life while waiting for the doctor."

Bocker—"Yes. What we need is one telling the young doctor how to save life while waiting for the patient."—Harper's Bazar.

ALWAYS IS, ISN'T IT?

Oldschool (pompously)—"Oratory, sir, particularly in the political field, is a great engine of progress and power."

Youngblood (irreverently)—"Yes, especially if it is a hot-air engine."—Baltimore American.

OF LITTLE EFFECT.

A. S. C. Corporal (at soldiers' dance)—"Will you have a drink, sir?"

Major—"Thanks very much, corporal, but I think I've had enough."

Corporal—"Don't say that, sir. One more drink won't make you any worse than you are already!"—Punch.

Crane For Handling Rails.

A rapid method of handling rails by power has been recently worked out by T. J. Wyche, division engineer of the Western Pacific Railway. Rails to be forwarded to the track laying gang are generally handled by hand, the work being slow and dangerous. By Mr. Wyche's method the rails are lifted from the pile in the material yard and landed upon the flatcar, seven or eight at a time, with a locomotive derrick or crane of the "Big City" type, such as is commonly used in railway coaling service or for lifting heavy castings around the shops. The equipment can be used with equal facility in unloading rails from car to pile.

Legal Fiction.

Says Sir Henry Maine, in his "Ancient Law:" "A legal fiction is the assumption which conceals, or affects to conceal, the fact that a rule of law has undergone alteration, its letter remaining unchanged, while its operation has been modified. The fact is that the law has been changed; the fiction is that it remains what it always was.

The Aptness Was Too Much.

A minister, a man of great vigor and vehemence, while preaching one Sunday, bent forward and shouted out with great force the words of his text: "The righteous shall stand, but the wicked shall fall."

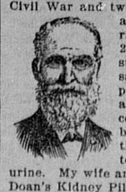
Just as these words escaped from his lips the pulpit broke from its fastening, and he fell out and rolled over on the floor before his congregation. Picking himself up he said:

"Brethren, I am not hurt, and I don't mind the fall, but I do hate the connection."—Ladies' Home Journal.

VETERAN OF THREE WARS.

A Pioneer of Colorado and Nebraska.

Matthias Campbell, veteran of the Civil War and two Indian wars, and a pioneer of Colorado, now living at 218 East Nebraska street, Blair, Neb., says: "I had such pains in my back for a long time that I could not turn in bed, and at times there was an almost total stoppage of the urine. My wife and I have both used Doan's Kidney Pills for what doctors diagnosed as advanced kidney troubles, and both of us have been completely cured."



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

Book Of Many Uses.

The book agent had spent a discouraging morning, and when he had an opportunity to scan the face of Eli Hobbs at close range he felt that there was small chance of making a sale. However, he had more than one method of suggestion.

"Sitting out here on the piazza afternoons with your wife this would be the very book to read aloud," he said ingratiatingly to Mr. Hobbs, taking the other rocking chair and opening the large red covered volume.

"I don't read and I haven't any wife," replied Mr. Hobbs, dryly.

"Dear me!" said the book agent. "Well, if your wife is dead perhaps there are children. Now, children find this book—"

"There are no children," interrupted Mr. Hobbs. "There's nobody but myself and my cat."

"Well," said the book agent, "don't you ever want a good, heavy book, to throw at her just to ease your feelings?"—Youth's Companion.

Small Farms In Denmark.

Denmark has nearly 200,000 farms and farm gardens of 10 acres or less, and about 100,000 farms of between 10 and 15 acres. There are less than 1,000 farms in the kingdom of 500 acres or over, the aggregate of these last named being less than 1,000,000 acres.

There are 1,085 co-operative dairies, with 158,170 members, and a co-operative egg-exporting society, with 500 local centers. The business transacted by these co-operative concerns is enormous.

Quite Right.

"Yes," said the suffragist on the platform, "women have been wronged for ages. They have suffered in a thousand ways."

"There is one way in which they never suffered," said a meek-looking man, standing up in the rear of the hall.

"What way is that?" demanded the suffragist.

"They have never suffered in silence."—Tit-Bits.

Held A Grudge.

White—What's the trouble between you and Green?

Brown—Oh, there's no trouble, only he refuses to speak to me. Claims I did him a mean trick about a year ago.

White—How's that?

Brown—We were both courting the same girl and I withdrew from the race and let him marry her.—Chicago News.

Somewhat Serious.

Parson Flatfoot—Mawnin' Sistah Snowball. How am Brudder Snowball dis mawnin'?

Sister Snowball—He am pow'ful bad dis mawnin', parson. De doctah done say he have a 'lignant ulster on his back, an' Ah's 'fraid he am gwine er be a "firm'd infidel."—Chicago News.

Chasing The Coin.

Tom—Yes, he married he because she was wealthy; but I understand she has led him a merry chase ever since.

Jack—In other words, she is giving him a run for her money.—Chicago News.

My, But Isn't He Nasty!

Young Green—Do you know, sir, I believe that woman is really endowed with a sixth sense.

Old Grouch—Humph! Just about a sixth, all the women I've met.—Tribune.

Not The Same.

"The sun shine not on all alike,"
Said the maid unto the man;
"For some girls it merely freckles,
While others it does tan."
—Chicago News.

Anybody's Darling.

Male Voice—Hello!
Female Voice—Hello!
"Is this you, darling?"
"Yes; who are you?"—Yonkers Statesman.

FULLY NOURISHED

Grape-Nuts a Perfectly Balanced Food.

No chemist's analysis of Grape-Nuts can begin to show the real value of the food—the practical value as shown by personal experience.

It is a food that is perfectly balanced, supplies the needed elements of brain and nerves in all stages of life from the infant, through the strenuous times of active middle life, and is a comfort and support in old age.

"For two years I have used Grape-Nuts with milk and a little cream, for breakfast. I am comfortably hungry for my dinner at noon.

"I use little meat, plenty of vegetables and fruit, in season, for the noon meal, and if tired at tea time, take Grape-Nuts alone and feel perfectly nourished.

"Nerve and brain power, and memory are much improved since using Grape-Nuts. I am over sixty and weigh 155 lbs. My son and husband seeing how I had improved, are now using Grape-Nuts.

"My son, who is a traveling man, eats nothing for breakfast but Grape-Nuts and a glass of milk. An aunt, over 70, seems fully nourished on Grape-Nuts and cream." "There's a Reason."

Name given by Postum Co., Battle Creek, Mich. Read "The Road to Wellville," in pkgs.

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

Washington Pie.

Almost everyone has heard of Washington pie, but there seems to be no agreement of opinion as to what member of the pie family rightly bears the name of the Father of His Country.

"Washington pie?" says the man from "Way Down East," which is beyond Boston, repeating your question. "Why, sure, I know it. There are three layers of spongy cake, with two layers of jelly or strawberry preserves in between and white frosting on the top. It's bully, too, and I wish I could get it here."

"But that's not Washington pie," interrupts the woman from the West, "that's simply layer cake. Washington pie, though, is something like cake. But there are only two layers of cake, and in between is a creamy filling made of eggs and milk and sugar and a little flavoring. And you put powdered sugar on top."

"That's Boston cream pie," chorus two persons from Boston itself, who speak with the assurance that betrays their habitat. "And what's more, we never heard of Washington pie. Do you think it fitting to name a pie after an important historical figure?"

"I've been making Washington pie for years," interposes mildly a woman who lives in Brooklyn and isn't ashamed of it, "and my Washington pie is a pie and not a cake. I grind apples into a pulp and mix the pulp with sherry and use that as a filling for an ordinary openface pie. The completed article looks much like pumpkin pie, and it's the toothsomest thing I know."

Now, what is Washington pie?—N. Y. Sun.

Dollar Bills By Weight.

"Dollar bills are worth almost their weight in gold," a bank president said the other day to a depositor.

"Yes, I suppose they come in handy for change and are easy to carry," the depositor replied absently.

"No, I was speaking literally," the bank president said. "We got into an argument in the bank here the other day as to how much a dollar bill weighed. A $20 gold piece weighs 540 grains. We found that twenty-seven crisp, new one dollar bills weigh the same as a $20 gold piece. We tested some bills that had been in use and found that it took but twenty-six of them to balance the gold piece. I suppose that twenty-six used bills gather an accumulation of dirt in passing from hand to hand that weighs about what one new bill does."—Kansas City Star.

Capudine Cures Indigestion Pains, Belching, Sour Stomach, and Heartburn, from whatever cause. It's Liquid. Effects immediately. Doctors prescribe it. 10c., 25c., and 50c., at drug stores.

After a small boy acquires the cigarette habit the next downward step is easy.

To Drive Out Malaria and Build Up the System

Take the Old Standard GROVE'S TASTELESS CHILL TONIC. You know what you are taking. The formula is plainly printed on every bottle, showing it is simply Quinine and Iron in a tasteless form, and the most effectual form. For grown people and children, 50c.

It's awful mean of a man to go off fishing alone when he knows it would ruin his wife's complexion by sunburn to go along and spoil his fun.

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.

If a man's meals are cooked to suit him his other troubles don't amount to much.

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

A woman can win any kind of argument by crying hard enough.

FEARFUL ECZEMA ALL OVER HIM.

No Night's Rest for a Year and Limit of His Endurance Seemed Near—Owes Recovery to Cuticura.

"My son Clyde was almost completely covered with eczema. Physicians treated him for nearly a year without helping him any. His head, face, and neck were covered with large scabs which he would rub until they fell off. Then blood and matter would run out and that would be worse. Friends coming to see him said that if he got well he would be disfigured for life. When it seemed as if he could possibly stand it no longer, I used some Cuticura Soap, Cuticura Ointment, and Cuticura Resolvent. That was the first night for nearly a year that he slept. In the morning there was a great change for the better. In about six weeks he was perfectly well.

There's hardly anything that wears off as soon as the sweetness from kisses.

Mrs. Pinkham, of the Lydia E. Pinkham Medicine Company, of Lynn, Mass., together with her son, Arthur W. Pinkham, and the younger members of her family, sailed for Naples on May 20 for a three months' tour throughout Europe and a much needed vacation.

The trouble with having a good temper is all you then have to stand from those with bad ones.

THE DAISY FLY KILLER destroys all the flies and affords comfort to every home—in dining room, sleeping room and all places where flies are troublesome. Clean, neat, and will not soil or injure anything. Try them once and you will never be without them. If not kept by dealers, sent prepaid for 25c.

HAROLD SOMERS. 149 DeKalb Ave., Brooklyn, N. Y.

WALL-PAPER Enough for a ROOM **$1.00**

14 rolls side, 8 ceiling, 3 border, for Parlor, Dining-room, Library or Bed-room. New designs, any color you wish. Shipped freight or express, for $1.00.

JOS. L. HARRISON, 715 N. Howard St. Baltimore, Md.

After suffering for seven years, this woman was restored to health by Lydia E. Pinkham's Vegetable Compound. Read her letter.

Mrs. Sallie French, of Paucauula, Ind. Ter., writes to Mrs. Pinkham:

"I had female troubles for seven years—was all run-down, and so nervous I could not do anything. The doctors treated me for different troubles but did me no good. While in this condition I wrote to Mrs. Pinkham for advice and took Lydia E. Pinkham's Vegetable Compound, and I am now strong and well."

FACTS FOR SICK WOMEN.

For thirty years Lydia E. Pinkham's Vegetable Compound, made from roots and herbs, has been the standard remedy for female ills, and has positively cured thousands of women who have been troubled with displacements, inflammation, ulceration, fibroid tumors, irregularities, periodic pains, backache, that bearing-down feeling, flatulency, indigestion, dizziness, or nervous prostration. Why don't you try it?

Don't hesitate to write to Mrs. Pinkham if there is anything about your sickness you do not understand. She will treat your letter in confidence and advise you free. No woman ever regretted writing her, and because of her vast experience she has helped thousands. Address, Lynn, Mass.

Libby's Food Products

Libby's Veal Loaf

is made of the best selected meat, scientifically prepared and evenly baked by damp heat in **Libby's Great White Kitchen.** The natural flavor is all retained. When removed from the tin it's ready to serve.

It can be quickly prepared in a variety of styles and nothing makes a better summer meal.

In the home, at the camp, and for the picnic **Libby's Veal Loaf** is a satisfying dish, full of food value that brings contentment.

Libby, McNeill & Libby, Chicago.

THIS **Lace Centerpiece** STAMPED ON CLOTH 15x16 INCHES **FREE**

Send dealer's name and top from pound carton of "20-Mule-Team" Borax with 4c. stamps and we will mail illustrated booklet, giving many uses for "Borax in the Home, Farm and Dairy," also this lace design, 15 by 16 inches, on cloth ready for working. FREE. Address, PACIFIC COAST BORAX CO., New York.

PATENTS Patent your Ideas, Register your Trade-Marks, Copyright your Books, Writings, Pictures, etc. Now act as to Bounty for soldiers and their relatives, who served in the civil war, 1861-5. Have secured over $2,000,000 for them. For blanks and instructions, Address, W. H. Wilks, Att'y-at-Law, (Notary Public,) Wills Building, Hartford, Conn., Washington, D. C. Over 20 years' practice.

WIDOWS under NEW LAW obtained **PENSIONS** by JOHN W. MORRIS, Washington, D. C.

PAIN CURE—A guaranteed vegetable household remedy for external and internal pain, Rheumatism, Colic. Acts like magic. Simple, safe, sure. In powder form, by mail 25c. Pain Cure Co., 16 W. 46th St., N.Y. City.

ADVERTISE IN THIS PAPER. IF WILL PAY. N U 26

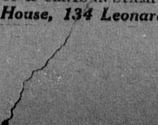
SKREEMER SHOE FOR MEN

The bottom of your foot, if twisted out of its proper lines, will cause foot troubles. SKREEMER shoes fit at the foundation: the bottoms match the bottoms of your feet. That's why they are comfortable. Look for the label. If you do not find Skreemers easily, write us for directions how to secure them. FRED. F. FIELD CO., Brockton, Mass.

MADE BY FRED. F. FIELD CO. BROCKTON, MASS. U.S.A.

CHICKENS EARN MONEY! If You Know How to Handle Them Properly

Whether you raise Chickens for fun or profit, you want to do it intelligently and get the best results. The way to do this is to profit by the experience of others. We offer a book telling all you need to know on the subject—a book written by a man who made his living for 25 years in raising Poultry, and in that time necessarily had to experiment and spend much money to learn the best way to conduct the business—the result of 25 years. It tells you how to Detect CENTS in postage stamps, Feed for Eggs, and also for and Cure Disease, how to Breeding Purposes, and Market, which Fowls to Save indeed about everything you must know on the subject to make a success. SENT POSTPAID ON RECEIPT OF 25 CENTS IN STAMPS.



Book Publishing House, 134 Leonard St., N. Y. City.