DEEP SEA T

The Porpoise-I hear

sporty old lobster went all

in his last days: The Tortoise—Well, I sho

did go to pieces, and sma He ended up in a lobster se

The paint on a house is th

simply a structural under la

is as it should be. Unprotec

will not well withstand wear paint made of pure white

linseed oil is an invulnerab

against sun and rain, heat a Such paint protects and protectifying the perishable wood

complete metallic casing.

And the outside of the house

looks of the house. A well-co

ciated by lack of painting or

National Lead Company hav

it possible for every building to be absolutely sure of pure

lead paint before applying. this by putting upon every

is a complete guarantee.

of their white lead their Dute Painter trademark. That trade

The distinction of first apportunity woman postmaster does not be

America, nor is the employn women in the postal service

idea. As early as 1548 a woman master was appointed to loo

the mails of Braine le Comte,

portant town of France. In t ing times of the Thirty Years the principal office in the posts toe of Europe was held by a v Alexandrine de Rue. From 1646 she was in charge of the

1646 she was in charge of the

of the German empire, the lands, Burgundy and Lorraine

mails. In America, Elizabeth was the first to hold a place

postal department. She had of the letters in Portsmouth, N.

the beginning of the seventeenth c tury. A half century afterward by Hill was placed in charge of the po office in Salem, Mass.

Troubles of People on Venus.

Inhabitants of Venus, if there a any, must feel it extremely difficult

establish units of time. Venus alw

turns the same face toward the su so the planet has no day, and t lack of a moon deprives it of a mon

Finally, it has no year, for its axis

rotation is perpendicular to the pla of its orbit, and the latter is almo

Not Qualified for the Job. Father (impressively)—"My s

want you to be very attentive to yo new teacher, who is a man of w and general information. He

teach you everything you need know." Small Boy (derisively)—".

He don't know nothin'! Why, can't even tell who's pitchin' in

PRESSED HARD

Coffee's Weight on Old Age.

When prominent men realize the

jurious effects of coffee and the chain health that Postum can bring, t

are glad to lend their testimony the benefit of others.

A superintendent of public schools North Carolina says:

"My mother since her early ch-hood, was an inveterate coffee crint

and had been troubled with he het for a number of years, and ci-plained of that 'weak all over fee s

"Some time ago I was making and ficial visit to a distant part of 10

country and took dinner with oneof

the merchants of the place. I 10-

ticed a somewhat peculiar five of the coffee, and asked him covering it. He replied that it was Potun

"I was so pleased with it, the ater the meal was over, I boughta pek-age to carry home with me, and and wife prepare some for the net real."

The whole family liked it so vell, hat

Postum entirely.
"I had really been at times eryanx-

tous concerning my mother's ond tion, but we noticed that after using

Postum for a short time, sh felt so much better than she did pror to its

use, and had little trouble with her heart and no sick stomach; that the

headaches were not so fregent, and

her general condition much mproved.

and hearty as the rest of is.
"I know Postum has benefited my

self and the other members of the fam

fly, but not in so marked a legree as in the case my mother, a she was a victim of 'g standing."

Read "The Road to Welville," in

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

"There's a Reason."

This continued until she was as well

we discontinued coffee an sed

and sick stomach.

circular.

league teams.'

was known as a master general mails. In America, Elizabeth B

Women in Postal Service

painting.

outside of the house.

WHAT IS PAIN

MUSH HOUR ON THE 'PHONE

Sweethearts Select the Time Between Eight and Nine O'clock in the Evening. *

The crusty man was hopping mad. "Can't get a telephone," he said. "Every booth in the place is occupied and has been occupied for the last half hour. I never heard so many long-winded conversations going on at one time."

"Between eight and nine o'clock in the evening," volunteered the operator, sweetly, "there are more overtime telephone conversations registered than in any other in the 24."

"What is the cause of it?" snapped

the crusty man.
"Sweethearts," said the girl. "For various reasons He and She cannot on the off meet every evening, so on the off nights they satisfy their longing by talking over the telephone. It takes a long time to say all the things they want to say. Under the circumstances other people ought to be patient."

'Sweethearts! Humph!" scoffed the crusty man, and he didn't look patient, not one bit.

LOW COLONIST FARES TO THE WEST AND NORTHWEST.

Union Pacific Passenger Department announces that Colonist Fares will be in effect from Sept. 15 to Oct. 15, 1909, to all points in the West and Northwest.

This year the West looks more promising than ever. Now is the time to secure land at low prices, and, at the same time, to visit the many interesting points in the West and North-west, at which liberal stopover arrangements may be made.

A better estimate of raw lands can

be made now than formerly, because these lands are in proximity to new farms that are producing wonderful

For descriptive literature, write to E. L. Lomax, G. P. A., U. P. R. R., Omaha. Neb.

A Useful Baby.

Speaking of tricks to win the sympathy of juries in criminal cases,
Judge Williard M. McEwen, in a recent address before the Illinois State's Attorneys' association, said: "I know of four cases where a baby played a prominent part in getting the acquit tal of the defendant, and I later learned that the same baby had been used in each of the cases, although the supposed mothers in each case were different women."—Law Notes.

FREE LANDS IN WYOMING.

Chicago & North Western Railway.

Send for booklet telling how to secure 320 acres of U. S. Government lands in Wyoming free of cost, and describing various irrigation projects and the most approved methods of sci-entific dry farming. Homeseekers' rates. Direct train service from Chicago. W. B. Kniskern, P. T. M., Chicago.

A Sign of It.

"The airship manufacturer over the way must be making money." "Why?"

'I notice he and his family are flying very high.'

Many a man is the moving picture of an unpaid tailor bill.

A Dye That Will Color any Fabric. Mrs. Adam Herbeson writes, "I have used Dyola and find it superior to any other package dye I have ever tried, as the same package colors wool, cot-ton, silk and mixed goods perfectly." Dyola Dyes come in 16 fast brilliant colors. 10 cents per package at your dealer's. Write Dyola. Burlington, Vt., for color card and book of directions sent free.

Just an Angel.
"My wife is awfully good to me."
"Lucky man! How does she sho

"She lets me spend all the money I ball tickets."--Cleveland Leader.

"Am using ALLEN'S FOOT-BASE, and tan truly say I would not have been withput it so long, had I known the relief it would give my aching feet. I think it a rare good thing for anyone having sore or tired feet.—Mrs. Matilda Holtwert, Providence, R. I." Sold by all Druggists, &c. Ask to-day.

Where Rice Excels.

"My mamma says that rice is a bet-ter food than wheat."

"Why is it?" Because of the food elephants it contains."

Good for Sore Eyes, for 100 years PETTIT'S EYE SALVE has positively cured eye diseases everywhere, All druggists or Howard Bros., Buffalo, N. Y.

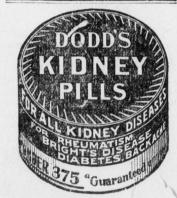
Lesson from the Bee.

School Teacher—What lesson do we learn from the busy bee? Tommy Tuffnut-Not to get stung.

Mrs. Winslow's Soothing Syrup.

For children teething, softens the gurus, reduces in flammation, allays pain, cures wind colle. 25c a bottle.

dead beat always gets more credit than he deserves.







O MAN or woman of the humblest sort can really be strong, gentle, pure and good without the world being better for it, without somebody being helped and comforted by the very existence of that goodness."

—Phillips Brooks.

Making Use of the Things at Hand. Real genius displays itself in the cook who has few materials and utensils to use. Almost anybody with all the markets at command can prepare a good meal, but the person who is able to do this with little to do with is an artist of no mean value. At a little evening reception the punch bowl was planned to be decorated about its base with great clusters of purple grapes. At the last moment no grape leaves could be procured so we recorted to the roof garden and we resorted to the roof garden and picked enough leaves of the castor bean on which to arrange the grapes. These leaves were even more beautiful than the grape leaves would have been. How many beautiful and usable things we have about us all the time if we just open our eyes. We find what we are looking for.

Did you ever want a bread board with none available? Try using a well-floured piece of manila paper. It serves every purpose. Two pieces of paper used to sift baking powder and flour are a great convenience as they are lifted and emptied so easily. a dish set in the top of your teakettle for a double boiler.

Save nasturtium seeds to pickle

Put a little paper funnel in the opening of your berry pie and the juice will boil up in it, and none be

Never throw away dry cheese grate it, add cream, red pepper and salt, and serve it as a cream cheese. There are so many nice ways of using dry cheese, with macaroni, on crack ers toasted, and in souffles.

For the First Course.

There is nothing that seems quite so nice to begin a luncheon with as fresh fruit served in an attractive manner. A section or two of orange with a few beautiful cherries on the stems and garnished with the leaves, makes a pretty service. A touch of green always adds beauty to a dish, and there are always leaves.



HAT furniture can give such finish to a room as a tender woman's face."

—George Eliot.

"The beauty of a lovely woman is lik -Ibid.

German Salad.

Chop fine one small head of cab-bage and one onion. Season with salt and cayenne. Cut into small cubes, one slice of salt pork. Fry until brown; then pour over the cab-bage. Mix well and add a little hot

Refrigerator Helps.

It is not advisable to pile the food in it promiscuously. The slice of breakfast ham is often carelessly left in juxtiposition with the dinner roast, in juxtiposition with the dinner roast, which spoils the flavor of the latter.

A dish of cold boiled onions is thoughtiessly set near the butter, which at once absorbs its distinctive odor without advantage to itself. Celery is laid near the cream pitcher and turnips or boiled cabbage set by cooling custard for supper. Through such carelessness and ignor ance the loss is sometimes great. Milk, cream and butter should be kept as much as possible from all food, as they readily absorb any flavor at hand. Meat and poultry should not rest against each other, but be arranged so that the air can circulate about them. If meat and poultry are to hang, they should be suspended with the choicest part down, that they may settle there.

Household Hints.

Save all your paper cracker boxes with the waxed paper to wrap and pack the sandwiches when going on

Don't keep house without a spatula, (a flexible broad-bladed knife), they are indispensable in scraping out dishes, in cake making, for spreading icings and handling an omelet.

Peach Blossom Cake.

One cupful of pulverized sugar, one half cupful butter; stir together until like thick cream, then add two tea spoonsful baking powder, one cupful of flour, one-half cupful sweet milk, the beaten whites of three eggs. Flavor thoroughly with extract of peach. Bake in two shallow tins. Frost with clear icing, sprinkle with pink pulverized sugar and cocoanut.

Sweet Corn Fritters.

Grate six ears of corn, add three eggs, a good pinch of salt and a table spoonful of sugar, a cup and a half of milk, a teaspoonful of baking powder and Leat thoroughly together. Drop by the tablespoonful into smoking hot Serve with or without sugar

Nellie Maxwell.

Physicians Recommend Castoria

CASTORIA has met with pronounced favor on the part of physicians, pharmaceutical societies and medical authorities. It is used by physicians with results most gratifying. The extended use of Castoria is unquestionably the result of three facts: First-The indisputable evidence that it is harmless: Second—That it not only allays stomach pains and quiets the nerves, but assimilates the food: Third-It is an agreeable and perfect substitute for Castor Oil. It is absolutely safe. It does not contain any Opium, Morphine, or other narcotic and does not stupefy. It is unlike Soothing Syrups, Bateman's Drops, Godfrey's, Cordial, etc. This is a good deal for a Medical Journal to say. Our duty, however, is to expose danger and record the means of advancing health. The day for poisoning innocent children through greed or ignorance ought to end. To our knowledge, Castoria is a remedy which produces composure and health, by regulating the system—not by stupefying it—and our readers are entitled to the information.—Hall's Journal of Health.

[900 DROPS] AVegetable Preparation for Assimilating the Food and Regulating the Stomachs and Bowels of INFANTS CHILDREN Promotes Digestion Cheerfulness and Rest Contains neither Opium Morphine nor Mineral NOT NARCOTIC. Recipe of Old Dr.SAMUELPHUEL Aperfect Remedy for Consfipa-tion, Sour Stomach, Diarrhoea

Letters from Prominent Physicians addressed to Chas. H. Fletcher.

Dr. B. Halstead Scott, of Chicago, Ills., says: "I have prescribed your Castoria often for infants during my practice, and find it very satisfactory."

Dr. William Belmont, of Cleveland, Ohio, says: "Your Castoria stands first in its class. In my thirty years of practice I can say I never have found anything that so filled the place."

Dr. J. H. Taft, of Brooklyn, N. Y., says: "I have used your Casteria and found it an excellent remedy in my household and private practice for many years. The formula is excellent."

Dr. R. J. Hamlen, of Detroit, Mich., says: "I prescribe your Castoria

extensively, as I have never found anything to equal it for children's troubles. I am aware that there are imitations in the field, but I always see that my patients get Fletcher's."

Dr. Wm. J McCrann, of Omaha, Neb., says: "As the father of thirteen children I certainly know something about your great medicine, and aside from my own family experience I have in my years of practice found Castoria a popular and efficient remedy in almost every home."

Dr. J. R. Clausen, of Philadelphia, Pa., says: "The name that your Castoria has made for itself in the tens of thousands of homes blessed by the presence of children, scarcely needs to be supplemented by the endorsement of the medical profession, but I, for one, most heartly endorse it and believe it an excellent remedy."

Dr. R. M. Ward, of Kansas City, Mo., says: "Physicians generally do not prescribe proprietary preparations, but in the case of Castoria my experience, like that of many other physicians, has taught me to make an exception. I prescribe your Castoria in my practice because I have found it to be a thoroughly reliable remedy for children's complaints. Any physician who has raised a family, as I have, will join me in heartlest reco mendation of Castoria.



Exact Copy of Wrapper.

Worms, Convulsions. Feverish

ness and Loss of Sleep.

Fac Simile Signature of Chart Fletcher.

NEW YORK.

At6 months old

35 Doses -35 Cents Guaranteed under the Food a In Use For Over 30 Years.

FADELESS DYES

W. N. U., CLEVELAND, NO. 38-1908.

Opening Cheyenne River Indian Reservation (2,800,000 Acres)

Register for a free homestead October 4th to 23rd. The Commissioner of the General Land Office at Washington has designated

Le Beau and Aberdeen, S. Dak.

as registration points. These cities are reached best by the Iowa Central Ry. and

The Minneapolis & St. Louis R. R.

Le Beau is the Gateway to the Reservation and the only registration point where the lands can be seen from the town.

The country is fertile and well watered-the equal in all respects of land a few miles east that sells for \$25.00 per acre.

Frequent trains and low fares. Full information on request.

For rates, etc., write or ask any agent of the Iowa Central or Minneapolis & St. Louis R. R. or

A. B. CUTTS, General Passenger and Ticket Agent Minneapolis, Minnesota

is worth its weight in gold. It stops all itching, irritating skin diseases, eczema, erysipelas, ringworm, chapping or burns. A positive cure for itching and inflamed piles.

RESINOL CHEMICAL COMPANY, BALTIMORE, MD. Resinol Ointment, Resinol Toilet Soap, Resinol Medicated Shaving Stick are sold at Drug Stores.



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Colonist one-way second-

class tickets on sale daily from Chicago, September 15 to October 15, via the Chicago, Union Pacific & North Western Line to San Francisco, Los Angeles, Portland and Puget Sound points. Correspondingly low rates from all points. Daily and personally conducted tours in through Pullman tourist sleeping cars accompanied by experienced conductors and handled on fast trains. A most economical and comfortable

means of travel.

For full particulars write S. A. Hutchison, Manager Tourist De-partment, 212 Clark St., Chicago, Ill.



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DEFIANCE STARON for starching