

HON. W. H. KELBAUGH
OF WEST VIRGINIA
PRAISES PE-RU-NA.



Hon. W. H. Kelbaugh.

A Cold at Any Time of the Year, Especially in Hot Weather, is Very Depressing to the System. Pe-ru-na is an Unequaled Tonic For Such Cases. Read What People Say About It.

Hon. W. H. Kelbaugh, Ex-Member W. Va. Legislature, 234 9th street, N. E., Washington, D. C., writes: "You can use my name and word at all times for Pe-ru-na as a medicine and tonic unequalled. I have tried it for a stubborn cold and badly run down system. I tried all sorts of other medicines and paid several expensive doctor bills. Pe-ru-na cured me, strengthened me more than ever, and saved me money."

NEW STYLE OF BOOK HEROINE.

Fiction has its phases, like the moon, and each successive season brings a new kind of heroine into fashion. Now, if we read the signs rightly, the turn is coming of the woman who works for her living. Miss Dolf Wyllarde has introduced her in England, and Mme. Marcelle Tynayre in France. Miss Violet Hunt announces a novel devoted to her hard case, and we hear of masculine novelists who have the same topic in hand for exposition in the early autumn. It is a change; and, from the artist's point of view, it should prove to be a change for the better. Life is more real and earnest—and need not be less picturesque—for the woman who fends for herself in a world not altogether sympathetic, than for her sister whose sole task is to do nothing gracefully until Prince Charming's attention is attracted. She is nearer to the things that matter, and by no means necessarily so dull a creature as Gissing, in "The Old Women," made her out to be. On the whole, indeed, the new boom (if we have the right to call it so) presents lively possibilities.—London Graphic.

A REMARKABLE SPRING.

One of the most remarkable springs in the world, says J. A. Eddy, in the Engineering and Mining Journal, has recently been discovered in New Mexico. It is literally a spring saturated with sodium sulphate. Distilled water weighs eight and one-third pounds per gallon; the water of this spring weighs 10 to 2-3 pounds. The temperature of the spring is a little over 110 degrees Fahrenheit. As the saturated liquid overflows and cools, it forms a crystalline mass like ice, which, in the course of ages, has spread into a snowwhite bed of solid sodium salts, miles in extent and as level as a lake. The warm brine, Mr. Eddy reports, is inhabited by a minute shrimp-like organism, and a species of plant is found growing in the dry expanse of sodium sulphate.

WORLDS FOR EXPLORERS

Notwithstanding the rapid advance of exploration in various parts of the globe a recent estimate by a member of the American Geographical Society shows that no less than 20,000,000 square miles of the earth's surface yet remains unexplored.

AN INSINUATION.

Chapleigh—When I—aw—mawry I shall—aw—select a woman who is my—aw—opposite, donsher know.

OVERHEARD IN A PULLMAN.

"Oh, George, wouldn't it be lovely to make people think we are already married!"

SEQUEL? THEY'RE ALL DEAD.

A scientist says that 100 years ago folks just lived on pork and doughnuts and ate mince pie every evening before retiring. That might be, but what was the sequel?—Pittsburg Sun.

BOILER TALKS

TO CLEAN STONE STEPS AND HALLS.

Boil 4 pounds of pipeclay in one gallon water and one of beer (sour beer answers admirably for this), and enough stone-blue to make a good color; well wash the steps with this, and allow it to dry, then rub it up with a flannel, and finally with a hand-brush. Another good way to keep steps in condition is to rub them well with a dry brick or sandstone, and then brush off the dust thoroughly, when they will look beautifully white.

WEAVING SILK RAGS.

Tiny looms for the weaving of silk rags into strips which are afterwards joined to make rugs, or couch covers, or even portieres, are among the interesting inventions brought about by the interest women are taking in all forms of handicraft.

LAUNDRY LINES.

Soaking handkerchiefs all night in strong salt water will greatly facilitate their washing.

WHEN MAKING JAM.

Use good, dry, not over-ripe fruit. Purchase only good sugar, cheap kinds will spoil the flavor of the fruit.

RECIPES.

For Raspberry Jam—Select raspberries which are perfectly ripe, weigh them, and allow a pound of sugar to a pound of fruit. Mash the sugar and fruit together. Put the whole into a preserving kettle over a clear fire. Stir frequently, and skim as it boils. It will take from three-quarters to one hour to cook. When done put in small pots or glasses, and when cold cover with brandy paper and tie close or paste paper over. This is the way the famous cooks in olden days used to make jam.

COMMERCIAL

R. G. Dun & Co.'s "Weekly Review of Trade" says:

Comparisons of the volume of current business with results at the corresponding date in previous years are so uniformly favorable that the outlook can only be regarded with confidence. Semi-annual statements are now sufficiently complete to make it certain that the first half of 1906 was the most prosperous six month period in the nation's history, and, unless heavy cancellations occur, the last half of the year will establish a still higher record.

WHEAT, INCLUDING FLOUR, EXPORTS FROM THE UNITED STATES AND CANADA FOR THE WEEK ENDED JULY 26 NUMBER 171.

Against 188 last week, 197 in the like week of 1905, 174 in 1904, 199 in 1903 and 158 in 1902.

WHOLESALE MARKETS.

Baltimore.—FLOUR—Quiet and unchanged; receipts, 8,711 barrels; exports, 122 barrels.

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PROVINCIALISM.

New Yorker—Just how far is it from Boston to New York?

HIS REDEEMING TRAIT.

"I'll say one thing for Soakleigh; he generally knows when he has had enough."

DAZZED WITH PAIN.

The Sufferings of a Citizen of Olympia, Wash.

L. S. Gorham, of 516 East 4th St., Olympia, Wash., says: "Six years ago I got wet and took cold, and was soon flat in bed, suffering tortures with my back. Every movement caused an agonizing pain, and the persistence of it exhausted me, so that for a time I was dazed and stupid. On the advice of a friend I began using Doan's Kidney Pills, and soon noticed a change for the better. The kidney secretions had been disordered and irregular, and contained a heavy sediment, but in a week's time the urine was clear and natural again and the passages regular. Gradually the aching and soreness left my back and then the lameness. I used six boxes to make sure of a cure, and the trouble has never returned."

BOTH IN THE SAME BOAT.

At a recent dinner which was attended by a number of clergymen President Buckingham, of the University of Vermont, told the following of Bishop Hall, of the Episcopal Diocese of Vermont, in response to some good-natured chaff about the liberal views of the Congregational Church and the case with which almost anybody could join it.

NOT MUCH THERE.

"Yes," said Mrs. Starvem, "he's a millionaire now and they say he rose from practically nothing."

DO NOT DIET TO REDUCE FLESH.

A low diet deprives the system of its proper nourishment—impairs the indigestion by accumulating the stomach to digest merely certain kinds of food, and these only in small quantity—weakens all the organs, which should be continually supplied with rich blood—and, what is most important of all, not only fails to assist the eliminating organs to get rid of waste products, whose presence in any considerable quantity in the system is alone sufficient to cause ill health, but actually renders the actions of such organs still more sluggish.

THE FATHER'S ANSWER.

An anecdote is told of Richard Sedden, the late premier of New Zealand. He was very active in sending troops to the assistance of Great Britain in the South African War. On one occasion he was taunted by the opposition member with his readiness to sacrifice the lives of the colony's manhood.

MODERN INGENUITY.

The manufacturers of glucose honey show as much ingenuity in putting the corpse of a bee in each jar as is shown by the canners of catfish in putting bits of salmon backbone in the cans.—Atlanta Constitution.

"NO TROUBLE"

"Postum has done a world of good for me," writes an ill man.

TO CHANGE FROM COFFEE TO POSTUM.

"I've had indigestion nearly all my life, but never dreamed coffee was the cause of my trouble until last spring I got so bad I was in misery all the time."

GOOD GUESS.

Senator Hale, apropos of an awkward remark, said: "It reminds me of the conversation of two women at a reception. They were strangers to each other. After a moment's desultory talk, the first said, rather querulously: 'I don't know what the matter with that tall, blond man over there. He was so attentive a while ago, but he won't look at me now.' 'Perhaps,' said the other, 'he saw me come in. He's my husband, you know.'"—New York Tribune.

WHEN IN DOUBT.

C. M. S. McLellan, author of the strong and successful drama, "Leah Kleschna," has pronounced views against war.

ITS MERIT IS PROVED

RECORD OF A GREAT MEDICINE

A Prominent Cincinnati Woman Tells How Lydia E. Pinkham's Vegetable Compound Completely Cured Her.

The great good Lydia E. Pinkham's Vegetable Compound is doing among the women of America is attracting the attention of many of our leading scientists, and thinking people generally.

To Wash Glassware.

Much of the imitation cut glassware may be made to look almost like the genuine article if washed in the following manner: Make a strong soda of Ivory Soap and immerse the piece of glassware in it. Rub vigorously with a soft brush, dip up and down in the soda and do not dry but let drain. This will give a beautiful sparkle.—Eleanor R. Parker.

HEAD COVERED WITH HUMOR.

Bothered with itching For a Long Time—Kentucky Lady Now Completely Well—Cured by Cuticura.

CAPUDINE CURES

It acts immediately—it relieves its effects in 10 minutes. You don't have to wait for it to work. It cures itching, redness, and soreness.

SMITHDEAL'S

Is the oldest and first business college in Va. to own its building—five cents. No vacation. Ladies and Gentlemen. Bookkeeping, Shorthand, Penmanship, Typewriting, Telegraphy, etc. These first taught by mail also. Leading business college south of the Potomac river.—Richmond, Va.

SHEPHERD COLLEGE

A School for Boys and Girls. Young Men and Women. Academic, Collegiate, Commercial and Musical Courses. Experienced Christian Teachers. Home Comforts. Catalogue for 24th Session Free. Address: W. R. KLINE, Pres.

POWHATAN COLLEGE

FOR YOUNG CHARLES TOWN, W. VA. NOTED FOR—Its 15 Schools, Able Faculty, Magnificent Buildings, Wide Patronage, Home Comforts and Location—In the Valley of Virginia, near Washington, D. C. Write for Catalogue. S. P. HATTON, A. M., Pr. D., Pres.

Thompson's Eye Water

Resulting from Biliousness positively cured by CRAEMER'S CALCULUS URE. Write for circulars. WM. CRAEMER, 4100 N. GRAND AVENUE, ST. LOUIS, MISSOURI.

EFFECTIVE.

"Bumgesser has retired from business, hasn't he?" "Well, there's been a separation, but it was just the other way."

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The great good Lydia E. Pinkham's Vegetable Compound is doing among the women of America is attracting the attention of many of our leading scientists, and thinking people generally.



The following letter is only one of many thousands which are on file in the Pinkham office, and go to prove beyond question that Lydia E. Pinkham's Vegetable Compound must be a remedy of great merit, otherwise it could not produce such marvelous results among sick and ailing women.

YOU CANNOT

all inflamed, ulcerated and catarrhal conditions of the mucous membrane such as nasal catarrh, uterine catarrh caused by feminine ills, sore throat, sore mouth or inflamed eyes by simply dosing the stomach.



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