

HAY FEVER

"Having used Peruna for catarrh and hay fever, I can recommend it to all who are suffering with the above diseases. I am happy to be able to say it has helped me wonderfully."

—Mayme E. Smith.



MISS MAYME SMITH.

444 E. Mount Street, Columbus, Ohio.
HAY FEVER is endemic catarrh. It is caused by some irritating substance in the atmosphere during the late summer months. It is generally thought that the pollen of certain weeds and flowers is the cause of it.
Change of locality seems to be the only rational cure. The use of Peruna, however, stimulates the nervous system to resist the effect of the poisonous emanations and sometimes carries the victim through the hay fever season without an attack of the disease.
A large number of people rely upon Peruna for this purpose. Those who do not find it convenient to change their location to avoid Hay Fever would do well to give Peruna a trial. It has proven of priceless value to many people.

The Small Farm.

"Can a Small Farmer Live?" is the title of an article by a professor. Of course, it depends on the farmer. Probably the most successful farmer in the world lives near Paris, and he has a small tract of land, but every acre produces more than is usually raised on a great farm. The fact is that the production of soil is quite unlimited. Labor and brains and science used in tilling a piece of ground will make the yield beyond apparent possibilities, as we now look at it. The ground yields a beggarly pittance to what could be raised from it. A small farm is a fortune if the very best is made of the ground. Wheat makes men rich because they have boundless acres to devote to it. That fact does not warrant the claim that only great farms pay. Small farms will make them rich too, if they get from the ground what it can yield. But it is not so much the selection of crops as the getting out of the soil the resources that are in it. We heard a man say one time he put \$140 worth of fertilizer in an acre of ground and got \$1,000 worth of production from it. It is the two things that will make the small farm the gold mine and the Eden of the future—the selection of the right product, and then making the soil do its best.
—Ohio State Journal.

"If I Were Grown Up."

Here is the essay of a little school-girl on "If I Were Grown Up." "If I were grown up I should get married and have jam whenever I like. I am not going out in a carriage like some people; I am going out in a motor car if I can afford it. When I am married I am not going out washing clothes, like some people. I shall expect my husband to take me out when I am grown up. I shall have a baby, and I shall not let anybody spank it unless it's naughty. If it wants spanking I shall spank it. I want plenty of money from my husband. That's all I have got to say about when I am grown up."
—Cleveland Leader.

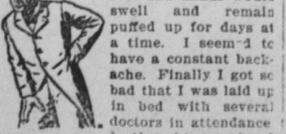
The Duke of Connaught, King Edward's brother, belongs to the Six Nations of Canada. He is the only white man to receive such a distinction at their hands, and is known among them as "Cousin Arthur."
A new plant called "malva" has been discovered in the State of Sinaloa, Mexico, that produces first-class fiber. Its cultivation requires little or no labor. It is much drier than the famous manny plant.

SICK FOR TEN YEARS.

Constant Backache, Dropsy, and Severe Bladder Trouble.

Fred W. Harris, of Chestnut St., Jefferson, Ohio, says: "For over ten years I suffered from kidney disease. The third year my feet and hands would swell and remain puffed up days at a time. I seem to have a constant backache. Finally I got so bad that I was laid up in bed with several doctors in attendance. I thought surely I would die. I changed medicine and began using Doan's Kidney Pills when I was still in bed. The relief I found was so great that I kept on until I had taken about ten boxes. The kidney secretions became natural and after years of misery I was cured. I have increased in weight and show no symptoms of my former trouble."

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



COMMERCIAL COLUMN.

Weekly Review of Trade and Latest Market Reports.

R. G. Dun & Co.'s weekly review of trade says:
No check to commercial progress can be discerned, while the outlook becomes brighter each week through most encouraging crop reports. Jobbing trade is on a large scale, wholesale business is much better than last year.

Manufacturing reports are gratifying beyond precedent, the textile industries alone showing any irregularity. As to cotton goods, there is a natural disposition to delay placing orders when better terms seem warranted by the cheapened raw material, but producers make no concessions because of contracts on hand. Woolen goods also hesitate, pending a more definite trend in the distributing markets. These uncertainties apply to future business, current business, current trade being of good volume.

Bradstreet's says:
Wheat, including flour, exports from the United States and Canada for the week are the largest of any week this year, aggregating 5,081,999 bushels, against 3,196,875 last week, 1,429,250 this week last year, 1,830,511 in 1904 and 4,406,064 in 1901. Corn exports for the week are 361,461 bushels, against 663,504 last week, 1,163,370 a year ago, and 710,562 in 1904.

Wholesale Markets.

Baltimore.—FLOUR—Steady and unchanged; receipts, 2,588 barrels; exports, 10,054 barrels.
WHEAT—Firm; spot, contract, 72 1/2%; No. 2 red Western, 75 1/2% @ 75%; August, 72 @ 72 1/2%; September, 72 1/2% @ 72 3/4%; October, 73 1/4% @ 73%; December, 76 1/4%; steamer No. 2 red, 67 @ 67 1/4%; 45,115 bushels; exports, 40,000 bushels; Southern by sample, 45 @ 70 1/2%; Southern on grade, 67 1/4% @ 72 1/4%.
Corn—Quiet; spot, 54 1/2% @ 55; August, 54 1/2% @ 55; September, 54 1/2% @ 55; year, 48 1/2% @ 48 1/2%; January, 48 1/2% asked; steamer mixed, 53 1/4%; receipts, 40,152 bushels; exports, 146,571 bushels; Southern white corn, 58 1/2% @ 60 1/2%; Southern yellow corn, 56 1/2% @ 58 1/2%.
OATS—Firm; new No. 2 white, 35 @ 35 1/4%; new No. 3 white, 34 1/4% @ 34; No. 2 mixed, 33 1/4% @ 34; receipts, 23,800 bushels.
RYE—Firm; No. 2 Western export, 58 @ 59; No. 2 Western domestic, 61 @ 62; receipts, 2,694 bushels.
BUTTER—Strong and unchanged; fancy imitation, 29 @ 21; fancy creamery, 24 @ 25; fancy ladie, 18 @ 20; store-packed, 15 @ 16.
EGGS—Firm; 21.
CHEESE—Active and unchanged; large, 12 1/2%; medium, 13; small, 13 1/4%.
SUGAR—Steady and unchanged; coarse granulated, 5.10; fine, 5.10.
New York.—BUTTER—Firm. Creamery, common to extra, 18 @ 23 1/2%; State dairy, common to fancy, 17 @ 22 1/2%; renovated, common to extra, 14 1/2% @ 20 1/2%; Western factory, common to firsts, 14 1/2% @ 15.
WHEAT—Spot firm. No. 2 red, 78 elevator; No. 2 red, 79 1/2% f. o. b. afloat; No. 1 Northern Duluth, 86 1/2% f. o. b. afloat; No. 2 hard winter, 80 1/2% f. o. b. afloat.
CORN—Spot firm. No. 2, 57 1/2% elevator and 57 1/2% f. o. b. afloat; No. 2 yellow, 61; No. 2 white, 62. Option market was weak early on more bearish crop news, but recovered with wheat and closed 3/4 c. net higher. September, 55 1/2% @ 56 1/2% closed, 56 1/2%; December closed, 53.
OATS—Spot barely steady. Mixed oats, 26 to 22 pounds, 26; natural white, 30 to 32 pounds, 3 @ 37 1/2%; clipped white, 36 to 40 pounds, 40 1/2% @ 42 1/2%.

EGGS—Firm. State, Pennsylvania, and nearby, fancy, selected, white, 26 @ 27; mixed extras, 24 @ 25; Western firsts, 19 @ 20; seconds, 17 @ 18 1/2%.
POULTRY—Alive, steady. Western spring chickens, 15; fowls, 13 1/2%; turkeys, 13%. Dressed, irregular. Western spring chickens, 14 @ 16; turkeys, 13 @ 14; fowls, 13 1/2% @ 14.
FLOUR—Receipts, 20,781 barrels; exports, 6,985 barrels. Steady and unchanged.
HAY—Quiet. Good to choice, 90 @ 1.00.
COTTONSEED OIL—Firm. Prime, crude, 23 @ 24; do., yellow, 26 @ 26 1/2%.

POTATOES—Irish steady, unchanged; sweets weak; Southern, per barrel, 1.75 @ 2.25.

Live Stock.
New York.—BEEVES—Dressed beef steady at 7c. to 9 1/2 c. per pound.
CALVES—Fairly good veals, 8.50; grassers and buttermilks, 3.75 @ 4.25; dressed calves steady; city dressed veals, 9 @ 13 1/2 c. per pound; country dressed, 6 @ 12c.
SHEEP and LAMBS—Sheep steady lambs strong and 10c. to 25c. higher. Sheep, 3.50 @ 5.50; culls, 3.00; lambs, 7.00 @ 9.00; choice, 9.25; culls, 6.00 @ 6.25.
HOGS—State hogs quoted at 6.90 @ 7.00.
Chicago.—CATTLE—Market steady but dull. Common to prime steers, 3.75 @ 6.75; cows, 2.55 @ 4.75; heifers, 2.60 @ 5.35; bulls, 2.00 @ 4.50; calves, .00 @ 7.50; stockers and feeders, 2.60 @ 4.35.
SHEEP—Market sheep strong; lambs dull. Sheep, 4.25 @ 5.75; yearlings, 5.00 @ 5.50; lambs, 6.00 @ 5.00.

WORTH REMEMBERING
There are 77 distinct dialects spoken in Great Britain.
More than one-fifth of the land surface of the globe is under English rule.
The wholesale price of cocoon in Cuba is only from \$10 to \$15 a thousand.
The output of gold from Rhodesia during January was valued at \$778,465, and was the highest yet recorded.

The One Object Of Education.

At one time when Ellihu Root, our present secretary of state, was practicing law in New York City, he was engaged in a case that involved the question of aniline dyes. The subject is one of the most difficult in the entire realm of chemical science and Mr. Root knew nothing about it whatever. But that made no difference. For two weeks, day and night as it were, he studied that subject until he had mastered it and he then went into the court room, cross-questioned the experts and won his case. How could he do it? Simply because he had a trained, disciplined mind that was able to master any subject however difficult and abstruse.

It is the object of an education to enable boys and girls to do this very thing. What is learned in the classroom is only a fragment, a beginning. They are expected to be able to go on and study by themselves and for themselves. In the realm of literature the works studied are not supposed to give the scholar an accurate knowledge of literature. They are merely to cultivate the power of discrimination and the taste for the best. It is of trifling importance whether a scholar knows a concrete poem such as Gray's "Elegy," it is of supreme importance whether a scholar knows the good from the bad and has learned to love the good.

From this illustration we see the true object of education. It is the development of an individuality. It is not to teach a child all that the child will need to know, it is simply to prepare the child for self development and individual initiative. What the school can teach is only a trifle, but if the child has learned how to study, how to think, and how to discriminate the education has been a successful one. Unfortunately in this very respect the system often breaks down.—Baptist Commonwealth.

Torturing Witnesses.

The entire procedure of the New York police authorities in the effort to force the aged mother of a woman recently murdered in the suburbs to reveal her secrets is repugnant not only to the spirit of the laws of the State, but to the whole American people. The foundation of our criminal jurisprudence is that a suspect is supposed to be innocent until proved guilty and that no one shall be compelled to incriminate himself.

In the case of Mrs. Stenton, whose daughter was murdered at her own door, the police for hours subjected her to torture in order to make her say something that would reveal her own complicity or guilty knowledge in the matter. In other words, they tried for hours by browbeating and trickery to get the old woman to do the very thing which the law expressly declares she must not be made to do—that is, incriminate herself. Fortunately a trial court has power to exclude evidence of guilt illegally secured, but our laws should either define the limits of torture or fix the methods by which it shall be applied.—Pawtucket Valley Gleaner.

How To Keep Well.

Nature is always and forever trying hard to keep people well, and most so-called diseases—such word means merely lack of ease—are self-limiting, and tend to cure themselves. If you have no appetite, do not eat. If you have appetite, do not eat too much. Be moderate and temperate in the use of all things, except fresh air and sunshine, and of these you cannot possibly have too much. Take exercise regularly, and don't sit about and mope—for that way liver complaints and melancholy lie.—The Family Doctor.

His Reply.

A certain Albany clergyman is so set against marrying divorcees that he is very careful in his examination of prospective candidates for matrimonial honors. The other day he asked a young man who sought to engage him to perform the marriage ceremony: "Is your intended wife a spinster?"
"Oh, no, sir! She's a dressmaker."
—Albany Journal.

HOW MANY OF US?

Fall to Select Food Nature Demands to Ward Off Ailments.

A Ky. lady, speaking about food, says: "I was accustomed to eating all kinds of ordinary food until, for some reason, indigestion and nervous prostration set in."

"After I had run down seriously my attention was called to the necessity of some change in my diet, and I discontinued my ordinary breakfast and began using Grape-Nuts with a good quantity of rich cream."

"In a few days my condition changed in a remarkable way, and I began to have a strength that I had never possessed of before, a vigor of body and a poise of mind that 'mazed me. It was entirely new in my experience."

"My former attacks of indigestion had been accompanied by heat flashes, and many times my condition was distressing with blind spells of dizziness, rush of blood to the head and neuralgic pains in the chest."

"Since using Grape-Nuts alone for breakfast I have been free from these troubles, except at times when I have indulged in rich, greasy foods in quantity, then I would be warned by a pain under the left shoulder blade, and unless I heeded the warning the old trouble would come back, but when I finally got to know where these troubles originated I returned to my Grape-Nuts and cream and the pain and disturbance left very quickly."

"I am now in prime health as a result of my use of Grape-Nuts." Name given by Postum Co., Battle Creek, Mich.

The Age of Lead.

We are wont to speak of this era as the "age of iron," and there is no gainsaying that, industrially speaking, iron is a "precious metal."

Nevertheless, few people realize how useful, if not absolutely necessary, to modern civilization, is that other metal, lead. Soft, yielding, pliable, it is not much like its sister metal, but those distinguishing qualities are what give it such a prominent place in the arts and industries.

Modern plumbing, requiring many turnings and twistings, but without tight joints, would be almost impossible without lead pipe. The greatest civilizing agent in the world—the printing art—is absolutely dependent on lead. Hand-set type, linotype "slugs," monotype type—all are made of compositions of which lead is the chief component—to say nothing of the bearings in the presses as well as all other kinds of machinery in which "babbit" metal is used.

Solder is another lead product—what a field of usefulness that one form opens up.

Then there is the most important use of all to which lead is put—paint, that necessary material which keeps our houses looking pretty—inside and out—and preserves them from decay.

How many of us thank metallic lead for the comforts of paint? Yet the best house paint is nothing but metallic lead corroded by acid to a white powder known as "white lead." Of course, there are many imitations of "white lead," some of which are sold as white lead and some which are offered by the name of ready-prepared paint under the familiar pretense that they are "just as good" as white lead. But all good paint is made of the metal, lead, corroded and ground to a fine white powder and mixed with linseed oil.

White lead is also used in the coating of fine oil cloths and for many purposes besides paint.

"Red lead" is another product of metallic lead and is what is known as an oxide of lead, being produced by burning the metal. Red lead is the best paint known to preserve iron, steel or tin, and is used largely in painting metal structures, such as skyscraper skeletons, mills and bridges.

There are many other products of the metal lead, such as litharge, orange mineral, etc., which are essential to many of the arts in which we never imagine that lead would be of the least use.

Verily, we live in an age of lead as well as of iron.

"As The Romans Do."

Bishop Dudley (Episcopal), of Kentucky, when hunting and fishing, made the acquaintance of a mountaineer, who took a fancy to him without suspecting his calling. When the bishop was about to go home he invited the old man to Louisville to live him preach.

"Preach? What, you preach? Kin you preach ez well ez you kin shoot an fish?"

"Better. No joke. Come Sunday with your best clothes, and I'll give you a front seat."
The old chap was there, right up in front, and remained until the bitter end, after which he hurried forward to shake the bishop's hand. "Parson," he cried warmly, "I don't know a great deal about your creeds and dogmatics, but I've riz and sot with you every time!"

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, Ltd., 361 Arch St., Phila., Pa.

Some women are unable to appreciate men who act like gentlemen.

Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 35c a bottle.

When detectives go on a still hunt, moonshiners take to the high hills.

AWFUL PSORIASIS 35 YEARS.

Terrible Scaly Humor in Patches All Over Body—Skin Cracked and Bleeding—Cured by Cuticura.

"I was afflicted with psoriasis for thirty-five years. It was in patches all over my body. I used three cakes of Cuticura Soap, six boxes of Ointment and two bottles of Resolvent. In thirty days I was completely cured, and I think permanently, as it was about five years ago. The psoriasis first made its appearance in red spots, generally forming a circle, leaving in the center a spot about the size of a silver dollar of sound flesh. In a short time the affected circle would form a heavy dry scale of white silvery appearance, and would gradually drop off. To remove the entire scales by bathing or using oil to soften them the flesh would be perfectly raw, and a light discharge of bloody substance would ooze out. That scaly crust would form again in twenty-four hours. It was worse on my arms and limbs, although it was in spots all over my body, also on my scalp. If I let the scales remain too long without removing by bath or otherwise, the skin would crack and bleed. I suffered intense itching, worse at nights after getting warm in bed, or blood warm by exercise, when it would be almost unbearable. W. M. Childster, Hutchinson, Kan., April 20, 1905."

Leading Authority.

"Mister," said the sad-faced individual who had sneaked in the big sky-scraper, "can I sell you the great 'Encyclopaedia of Sporting Events?'"

"None," replied the busy man. "We have one encyclopaedia of sporting events already."

"That so? Where do you keep it?"

"Why, we try to keep him on that stool over there addressing envelopes. I mean the office boy, and he is an encyclopaedia on everything from a game of skidoo to the Olympic games."—Chicago News.

PUTNAM FADELESS DYES
Color more goods brighter and faster colored than any other dye. One tin, packages color all blues. They dye in cold water better than any other dye. You can dye any garment without tipping any. Write for free booklet. How to Dye, Bleach and Mix Colors. MONROE DYE CO., Louisville, Missouri.

STOP, WOMAN!

AND CONSIDER THE ALL-IMPORTANT FACT

That in addressing Mrs. Pinkham you are confiding your private ills to a woman—a woman whose experience with women's diseases covers twenty-five years. The present Mrs. Pinkham is the daughter-in-law of Lydia E. Pinkham, and for many years under her direction, and since her decease, her advice has been freely given to sick women.

Many women suffer in silence and drift along from bad to worse, knowing full well that they ought to have immediate assistance, but a natural modesty impels them to shrink from exposing themselves to the questions and probable examinations of even their family physician. It is unnecessary. Without money or price you can consult a woman whose knowledge from actual experience is great.

Mrs. Pinkham's Standing Invitation:

Women suffering from any form of female weakness are invited to promptly communicate with Mrs. Pinkham at Lynn, Mass. All letters are received, opened, read and answered by women only. A woman can freely talk of her private illness to a woman; thus has been established the eternal confidence between Mrs. Pinkham and the women of America which has never been broken. Out of the vast volume of experience, which she has drawn from, it is more than possible that she has gained the very knowledge that will help your case. She asks nothing in return except your good-will, and her advice has relieved thousands. Surely any woman, rich or poor, is very foolish if she does not take advantage of this generous offer of assistance.—Lydia E. Pinkham Medicine Co., Lynn, Mass.

Following we publish two letters from a woman who accepted this invitation. Note the result:

First letter.
Dear Mrs. Pinkham—
For eight years I have suffered something terrible every month. The pains are excruciating and I can hardly stand them. My doctor says I have a severe female trouble, and I must go through an operation if I want to get well. I do not want to submit to it if I can possibly help it. Please tell me what to do. I hope you can relieve me.—Mrs. Mary Dimmock, 50th and E. Capitol Streets, Washington, D. C.

Second letter.
Dear Mrs. Pinkham—
After following carefully your advice, and taking Lydia E. Pinkham's Vegetable Compound, I am very anxious to send you my testimonial, that others may know their value and what you have done for me.



"As you know, I wrote you that my doctor said I must have an operation or I could not live. I then wrote you, telling you my ailments. I followed your advice and am entirely well. I can walk miles without an ache or a pain, and I owe my life to you and to Lydia E. Pinkham's Vegetable Compound. I wish every suffering woman would read this testimonial and realize the value of writing to you and your remedy.—Mrs. Mary Dimmock, 50th and E. Capitol Streets, Washington, D. C.

When a medicine has been successful in restoring to health so many women whose testimony is so unquestionable, you cannot well say, without trying it, "I do not believe it will help me." If you are ill, don't hesitate to get a bottle of Lydia E. Pinkham's Vegetable Compound at once, and write Mrs. Pinkham, Lynn, Mass., for special advice—it is free and always helpful.

GALL STONES, KIDNEY STONES, GRAVEL OR STONES IN THE BLADDER AND BILIOUSNESS

Resulting From Pileworms positively cured by CREAMER'S CALCULUS URK. Write for circulars. WM. CREAMER, 4100 N. GRAND AVENUE, ST. LOUIS, MISSOURI.

Rare Forms Of Courage.

I am aware that orderliness and punctuality are not usually regarded as forms of courage. But the essential element of all courage is in them—the power to face a disagreeable present in the interest of desirable permanent ends. They are far more important in modern life than the courage to face bears or bullets. They underlie the more spectacular forms of courage. The man who cannot reduce to order the things that are lying passively about him and endure the petty pains incidental to doing hard things before the sheer lapse of time forces him to action, is not the man who will be calm and composed when angry mobs are howling about him, or who will go steadily on his way when greed, avarice, hypocrisy and hate are arrayed to resist him. For, whether in the quiet of a study and the routine of an office or in the turmoil of a riot or a strike, true courage is the ready and steadfast acceptance of whatever pains are incidental to secure the personal and public ends that are at stake.—President Hyde in Parish Visitor.

CAPUDINE CURES INDIGESTION and ACIDITY

It acts immediately. You feel its effect in five minutes. You don't have to wait. It cures indigestion and acidity by removing the cause. 10 cents.

YOU CANNOT CURE

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. But you surely can cure these stubborn affections by local treatment with Paxtine Toilet Antiseptic

which destroys the disease germs, checks discharges, stops pain, and heals the inflammation and soreness. Paxtine represents the most successful local treatment for feminine ills ever produced. Thousands of women testify to this fact. 50 cents at druggists.

Send for Free Trial Box THE R. PAXTON CO., Boston, Mass.

YOUNG MEN Make something of your lives. Success in life is easy if you only know how. If you have the audacity we can show you. Write to SUCCESS BUREAU, Box 691, Baltimore Md.

DROPSY NEW DISCOVERY! Best cure for dropsy and 30 Days' treatment. Write to H. H. GREEN'S DISPENSARY, Box 11, Atlanta, Ga.

PENSION FOR AGE. A new order will give you \$100 per month for life. Write me at once for blanks and instructions. Free of charge. No Pension. No Pay. Address W. H. WILLS, Willis Building, 312 Indiana Ave., Washington, D. C. Terms and trade-mark notified.



W. L. DOUGLAS \$3.50 & \$3.00 Shoes

W. L. Douglas's \$4 Gilt Edge line cannot be equalled at any price.



SHOES FOR EVERYBODY AT ALL PRICES. Men's shoes, \$3 to \$12.50. Boys' shoes, \$2 to \$12.50. Women's shoes, \$4.00 to \$12.00. Children's shoes, \$1.00 to \$4.00.

Try W. L. Douglas Women's, Misses and Children's shoes; for style, fit and wear—they exceed other makes.

If I could take you into my large factories at Brockton, Mass., and show you how carefully W. L. Douglas shoes are made, you would then understand why they hold their shape, fit better, wear longer, and are of greater value than any other make.

Wherever you live, you can obtain W. L. Douglas shoes. His name and price is stamped on the bottom, which protects you against high prices and inferior shoes. Take no substitute. Ask your dealer for W. L. Douglas shoes and insist upon having them.

Send for Illustrated Catalog of Full Styles. W. L. DOUGLAS, Dept. 18, Brockton, Mass.

SHEANDOAH COLLEGE. A School for Boys and Girls. Young Men and Young Women. Academic, College, Commercial and Musical Courses. Experienced Christian Teachers. Home Comforts. Ask for a trial lesson free.

W. R. KLINE, Pres. RELIANCE, VA.