

PERUNA PRAISED.



MRS. ESTHER M. MILNER.

Box 321, DeGraff, Ohio. Dear Sir:— I was a terrible sufferer from pelvic weakness and had headache continuously. I was not able to do my housework for myself and husband.

Very few of the great multitude of women who have been relieved of some pelvic disease or weakness by Peruna ever consent to give a testimonial to be read by the public.

There are, however, a few courageous, self-sacrificing women who will for the sake of their suffering sisters allow their cure to be published.

Mrs. Milner is one of these. In her gratitude for her restoration to health she is willing that the women of the whole world should know of it.

A GRATEFUL LETTER TO DR. HARTMAN. A chronic invalid brought back to health is no small matter. Words are inadequate to express complete gratitude.

A Lesson In Agony. Rose Watkins, considered by Edwin Booth one of the best Julietts who had ever played in his support, made her debut with Charlotte Cushman's company.

"I think the play was 'Jane Shore.' My mother was obliged to rush upon the stage and, at the sight of Miss Cushman start back with a cry of terror.

"Very good," commented Miss Cushman, after the curtain falls. "Now you are in a fair way to become a great actress."

Farmer Foddershucks—Yes, M'ria, them Washinton politicians tried ter bunker me, but I was too smart fer 'em.

"From infancy," she says, "I have not been strong. Being ambitious to learn at any cost I finally got to the High School, but soon had to abandon my studies on account of nervous prostration and hysteria.

"My food did not agree with me, I grew thin and despondent. I could not enjoy the simplest social affair for I suffered constantly from nervousness in spite of all sorts of medicines.

"This wretched condition continued until I was twenty-five, when I became interested in the letters of those who had cases like mine and who were being cured by eating Grape-Nuts.

"I had little faith but procured a box and after the first dish I experienced a peculiar satisfied feeling that I had never gained from any ordinary food.

COMMERCIAL COLUMN.

Weekly Review of Trade and Latest Market Reports.

New York.—R. G. Dun's weekly review of trade says:

Volume of trade continues beyond precedent for the period, the end of the vacation season restoring normal forces in most occupations, and there are no important labor struggles to handicap progress.

There is some uncertainty in primary markets for cotton goods, owing to the expectation of lower prices in response to cheaper raw material, but as yet no concessions are offered.

Commercial failures this week in the United States are 174, against 133 last week, 170 the preceding week and 194 the corresponding week last year.

Wheat, including flour, exports from the United States and Canada for the week aggregated 4,953,216 bushels, against 2,446,032 last week, 1,682,404 this week last year, 935,834 in 1904 and 3,840,574 in 1901.

Corn exports for the week are 985,393, against 328,179 last week, 1,226,063 a year ago, and 429,158 in 1904.

WHEAT—Weak; spot, contract, 69 3/4 @ 70; spot, No. 2 red Western, 73 3/4 @ 73 3/4; September, 69 3/4 @ 70; October, 71 @ 71 1/4; December, 74 3/4 @ 74 3/4; steamer No. 2 red, 65 @ 65 1/2; receipts, 35,259 bushels; exports, 16,000 bushels.

CORN—Weak; spot, 54 1/2 @ 54 1/2; September, 54 1/2 @ 54 1/2; year, 47 1/2 @ 47 1/2; January, 47 @ 47 1/4; steamer mixed, 53 @ 53 1/4; receipts, 23,540 bushels; Southern white corn, 58 @ 59; Southern yellow corn, 56 @ 57.

OATS—Barely steady; No. 2 white 35 1/2 @ 36; No. 2 white, 34 1/2 @ 35; No. 2 mixed, 34 1/2 @ 35; receipts, 66,413 bushels.

RYE—Firm; No. 2 Western export, 60 bid; No. 2 Western domestic, 63 @ 64; receipts, 3,428 bushels.

WHEAT—Receipts, 1,075 bushels; exports, 1,192 bushels. Spot irregular. No. 2, 57 1/2 elevator and 55 1/2 f. o. b. afloat; No. 2 yellow, 59 1/2; No. 2 white, 60 nominal. Option market was weaker at first on fine weather, but eventually steadied up with wheat and closed 1/4 c. lower to 3/8 c. net higher.

NEW YORK.—WHEAT—Receipts, 39,000 bushels, exports, 8,011 bushels. Spot firm. No. 2 red, 77 elevator; No. 2 red, 78 f. o. b. afloat; No. 1 Northern Duluth, 83 1/4 f. o. b. afloat; No. 2 hard winter, 79 1/4 f. o. b. afloat.

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BUTTER—Firm; receipts, 8,145; street price, extra creamery, 24 1/2 @ 24 3/4. Official prices: Creamery, common to extra, 18 @ 24; State dairy, common to fancy, 17 @ 23; renovated, common to extra, 15 @ 21.

CHEESE—Steady; unchanged; receipts, 3,864.

POULTRY—Alive steady; Western spring chickens, 13; fowls, 14; turkeys, 14. Dressed quiet; Western spring chickens, 13 @ 15; turkeys, 11 @ 11; fowls, 10 @ 14.

LARD—Firm; Western prime, 8.80 @ 8.85; refined steady.

POTATOES—Irish steady; unchanged; sweets easy; Jersey, per basket, 75 @ 90.

Live Stock. New York.—BEEVES—Dressed beef in good demand and at 7 to 9 1/2 c. per pound for common to extra netive sides.

CALVES—Veals, 5.00 @ 5.50; culls 4.00 @ 4.50; grassers, 3.50. Dressed calves steady to firm. City dressed veals, 8 1/2 @ 13 1/2 c. per pound; country dressed, 6 @ 12 c.; dressed grassers and fed calves, 5 @ 7 c.

SHEEP AND LAMBS—Good sheep firm; other steady; lambs strong. Sheep, 3.50 @ 5.50; culls, 2.50 @ 3.00; lambs, 7.50 @ 9.00; culls, 5.00. Dressed mutton, 8 @ 10 1/2 c. per pound; dressed lambs, 11 @ 14 c.

HOGS—Market easy. State and Pennsylvania hogs, 6.80 @ 6.90.

CATTLE—Market firm. Common to prime steers, 3.75 @ 4.75; @ 7.50; stockers and feeders, 2.60 @ 5.25; bulls, 2.25 @ 4.50; calves, 3.00 @ 7.50; stockers and feeders, 2.60 @ 4.35.

HOGS—Market 5 to 15 c. higher. Choice light, 6.40 @ 6.45; light mixed, 6.00 @ 6.30; butchers', 6.15 @ 6.40; choice heavy, 5.00 @ 6.10; packers, 5.00 @ 5.90.

WORTH REMEMBERING. In Russia it is unlawful to give kisses in public. A kiss in the street is penalized by a fine of \$3.75, and on a train car by a fine of \$5.



HOUSE APRONS.

A friend says: "I use flour sacks for my every day aprons. They are cheap and easily washed, as they can be boiled, and they are good for afternoon aprons, too. One always looks neat in a white apron and they are so much nicer to cook in than colored aprons. They can be made in different ways. I have ruffles on mine, and always have a supply on hand, so that when one gets dirty I can put on a clean one."—Indiana Farmer.

TIME SAVERS.

Among the many useful and time-saving kitchen utensils that cause the old-fashioned housekeeper to open her eyes in amazement, are olive stoners, potato and orange peelers, pea shellers, almond grinders, ice shavers and crushers, cheese toasters, corn scrapers, pineapple slugs (for taking out the eyes of pineapples, which every housekeeper knows is a difficult process with an ordinary knife), flower scissors, alarm bell egg broilers, salad oil droppers (an arrangement for pouring oil in dressing drop by drop), clothes sprinklers, pie and cake lifters, fruit jar holders for holding hot glass jars when preserving, sandwich cutters (these are for various food shapes), etc. To these are now added odorless stewing pots.

A HOME EMERGENCY OUTFIT.

In the country, where medical aid is often far off, many precious hours must elapse before a physician's skill can be secured, and it is needful for the housemother to know "what to do until the doctor comes." Very often life may depend upon proper management during this period.

Every household should have an emergency outfit made up of clean linen rags, or sterilized gauze, a roll of absorbent cotton, several rolls of bandages, from one-half to two and a half inches wide (each roll containing about five yards), a spoon of adhesive plaster a half inch wide, an ounce of boracic acid powder, a two or three ounce bottle of carbolic acid, a bag of clean salt, a cake of clean aseptic soap, a bottle of lysol, a clean white porcelain washbowl, clean towels, a piece of stout new muslin bandage about a yard long, smooth stick eighteen inches long and a half inch in diameter, a graduated measuring glass. Besides these, two fomentation cloths a yard wide by two yards long.

All these should be made clean and sterile, or free from germs, and wrapped in a clean sheet, and then in a square of clean, new Mackintosh, and then placed where they can be gotten at at once.—Housekeeper.

RECIPES.

Orange Pudding—Mix thoroughly together one and one half cups fine dry bread crumbs, one scant cup fine chopped suet, one cup sugar, two well beaten eggs, one-half cup milk, the juice and grated yellow rind of one orange and a tablespoonful orange extract. Have ready six cups well greased, fill with the mixture, set in a steamer or saucapan where the water reaches up two-thirds of the moulds, cover and steam thirty minutes. Turn out on a dish and serve with hard sauce flavored with orange.

Stuffed Tangerines—Mince and mix three bananas, two lemons, two apples, the pulp of six oranges, half a pineapple, and a half pound seedless raisins. Cut a hole in the stem end of tangerines or other oranges, and scoop out the inside of the fruit, mixing it with the other ingredients. Pack the mince in the orange shells and freeze.

Shirred Eggs—Mix together three tablespoonfuls of cold minced chicken, a pinch of chopped parsley, two or three drops of onion juice, one tablespoonful of minced cold boiled ham or tongue, a dash of cayenne pepper and sufficient sweet cream to form a paste, line with this four individual shirring dishes, breaking in to the center of each a raw egg, sprinkle lightly with salt and dot with bits of butter, running into a hot oven only until the eggs are set. Serve immediately in the baking dishes, garnished with plumes of parsley.

Ragout of Eggs—Boil six eggs for half an hour (which renders them more digestible), then carefully remove the shells and cut in halves; when quite cold scoop out the yolks and mash to a paste, adding a salt-spoonful of salt, half the amount of white pepper, a teaspoonful of tomato catsup, a pinch of celery salt and a tablespoonful of grated bread crumbs; blend thoroughly and fill in to the egg whites, heating in a thick brown sauce to which a half a cupful of chopped olives have been added. Serve on a hot platter, with the sauce poured over and surrounded by a border of toast triangles.

Little Savory Potato Cakes—Twelve tablespoonfuls of floury potatoes, eight tablespoonfuls of white flour, two tablespoonfuls of grated cheese, one tablespoonful of cream, the yolks of two eggs, one teaspoonful of baking powder, salt and cayenne to taste. Boil the potatoes and rub through a fine sieve. Add the butter, flour, cheese, baking powder and seasoning and blend thoroughly. Mix into a light dough with the cream and the yolks of the eggs. Roll out about half an inch thick, cut into little rounds and brush over with the beaten egg. Bake in a rather quick oven until a nice brown. Split in two, butter and sprinkle with a very little finely chopped parsley.

A DANGEROUS PRACTICE.

Burning Off Paint Makes Insurance Void.

It seems that considerable danger to property exists in the practice of burning off old paint before re-painting. The question has long been a subject of debate in the technical journals, and now house-holders and the newspapers have begun to discuss it. Those of us who, with trembling, have watched the painters blow a fiery blast from their lamps against our houses, and have looked sadly at the size of our painting bill because of the time wasted on this preliminary work, are interested in the investigation by the Greenfield (Mass.) Gazette and Courier, which gives considerable space to the reasons for the practice, questions its necessity and suggests ways to prevent the risk of burning down one's house in order to get the old paint off. It says:

"There is a good deal of discussion among house-holders as to the desirability in painting houses, of burning off the old paint, a practice that has grown very common of late in Greenfield and elsewhere. Insurance men are strongly opposed to this method. It makes void insurance policies for fires caused in this manner. Several houses in Greenfield have gotten afire as the result of this method, and in some places houses have burned as a result.

"It is undoubtedly true that when a house has been painted over and over again there comes to be an accumulation of paint in bunches. If new paint is put on top of these accumulations it is almost sure to blister. To burn it off is the quickest and cheapest and perhaps the surest method of getting rid of this old paint."

The Gazette and Courier quotes certain old patrons to the effect that accumulations of paint are unnecessary. These old-timers lay the blame partly on the painter who fails to brush his paint in well, partly on the custom of painting in damp weather or not allowing sufficient time for drying between coats, and partly to the use of adulterated paints instead of old-fashioned linseed oil and pure white lead.

"Many of the older house-holders say that if care is taken at all these points, it is absolutely unnecessary to have paint burned off. They advise that people who have houses painted should buy their own materials, and to have them put on by the day, so as to be sure to get good lead and oil. Of course the burning off of paint greatly increases the cost of the job."

The trouble house-holders everywhere have with paint in pretty well summed up by our contemporary, and the causes are about the same everywhere. By far the most frequent cause of the necessity for the dangerous practice of burning off old paint is the use of poor material. The oil should be pure linseed and the white lead should be real white lead. The latter is more often tampered with than the oil. Earthy substances, and pulverized rock and quartz, are frequently used as cheapeners, to the great detriment of the paint.

Painters rarely adulterate white lead themselves and they very seldom use ready prepared paints—the most frequent causes of paint trouble. But they do often buy adulterated white lead because the property owner insists on a low price and the painter has to economize somewhere. The suggestion is therefore a good one that the property owner investigate the subject a little, find out the names of some reliable brand of white lead, and see that the keg is marked with that brand.

The linseed oil is more difficult to be sure of, as it is usually sold in bulk when the quantity is small; but reliable makers of linseed oil can be learned on inquiry and, if your dealer is reliable, you will get what you want.

Pure white lead and linseed oil are so necessary to good paint that the little trouble necessary to get them well repays the house owner in dollars and cents saved.

Sexton's Little Mistake.

Rev. F. W. Gonsaulus met the other day two children in blue sailor suits out walking with their mother.

Mr. Gonsaulus paised the pretty blue suits, the trim sailor hats and the handsome reefers. Then he smiled and said:

"In a certain church one Sunday morning three children sat in the front row of the gathering with sailor hats on their heads.

"The sexton before the service commenced, tiptoed down the aisle and whispered loudly and indignantly:

"Take them hats off, boys."

"The children took no notice and very angrily the sexton appeared:

"Off with them hats, do you hear?"

"Still they did not comply. So the old man came and leaned over them, glowering in their faces.

"Why," he began, but in a shrill little pipe of terror one of the children interrupted him.

"Please, sir, we are girls," she said.—Chicago Inter Ocean.

FITS, St. Vitus' Dance, Nervous Diseases permanently cured by Dr. Kline's Great Nerve Restorer. \$3 trial bottle and treatise free. Dr. H. R. Kline, Ltd., 361 Arch St., Phila., Pa.

Lovesick couples should take theirs from a spoon. Mrs. Winslow's Soothing Syrup for Children teething, softens the gums, reduces inflammation, allays pain, cures wind colic, 25c a bottle.

Naturally, the man who hands a street car conductor a quarter and accepts 45 cents change doesn't think the world is growing better.

Tired, Nervous Mothers

Make Unhappy Homes—Their Condition Irritates Both Husband and Children—How Thousands of Mothers Have Been Saved From Nervous Prostration and Made Strong and Well.



Mrs. Chester Curry

Mrs. Chas. F. Brown

A nervous, irritable mother, often on the verge of hysterics, is unfit to care for children; it ruins a child's disposition and reacts upon herself. The trouble between children and their mothers too often is due to the fact that the mother has some female weakness, and she is entirely unfit to bear the strain upon her nerves that governing children involves; it is impossible for her to do anything calmly.

The ills of women act like a firebrand upon the nerves, consequently nine-tenths of the nervous prostration, nervous despondency, "the blues," sleeplessness, and nervous irritability of women arise from some derangement of the female organism.

Do you experience fits of depression with restlessness, alternating with extreme irritability? Are your spirits easily affected, so that one minute you laugh, and the next minute you feel like crying?

Do you feel something like a ball rising in your throat and threatening to choke you; all the senses perverted, morbidly sensitive to light and sound; pain in the abdominal region, and between the shoulders; tearing-down pains; nervous dyspepsia and almost continually cross and snappy?

If so, your nerves are in a shattered condition, and you are threatened with nervous prostration. It is a fearful condition, and you are threatened with nervous prostration.

Proof is monumental that nothing in the world is better for nervous prostration than Lydia E. Pinkham's Vegetable Compound; thousands and thousands of women can testify to this fact.

Ask Mrs. Pinkham's Advice—A Woman Best Understands a Woman's Ills.

When a new boot hurts you in one spot rub vaseline on your stocking where the discomfort is seated. This softens the leather and will make the shoe more comfortable. It will not stain the stocking.

SORES FROM HEAD TO FOOT.

Covered With Crusted Scaly Eczema When One Month Old—Cured by Cuticura at Expense of \$4.50.

"When I was one month old I was taken with eczema. After being under the treatment of two doctors for one month, and no improvement, my mother was advised by a druggist to try Cuticura Soap and Ointment. I was one crust of sores from head to foot. My mother could brush the scales off my body, and my finger and toe nails fell. After using six cakes of Cuticura Soap and about as much Cuticura Ointment I was completely cured. I am now seventeen years old, and my skin has not a scar. I am still finding wonders in Cuticura; after washing a fever lister two days it was completely gone. Your Cuticura friend, Miss Eola Classcock, Marksville, La., Oct. 27, 1905."

The soda bath is declared to be a specific for rheumatism besides rendering the skin soft and supple and the bather beautiful. One pound of washing soda is added to a tub of hot water and the patient must lie in this for fifteen minutes. Then follows the cold spray and the bather emerges with every trace of her aches and pains dispelled.

CAPUDINE CURES INDICATION AND ACIDITY HEADACHES ALSO BY

It acts immediately. You feel its effects in 10 minutes. You don't have to wait a week to know its good. It cures removing the cause. 10 cents.

YOU CANNOT CURE

all inflamed, ulcerated and catarrhal conditions of the mucous membrane such as nasal catarrh, 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.

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

Resulting from Biliousness positively cured by CRAEMER'S CALCULI DROPS, a circular. WM. CRAEMER, 4100 N. GRAND AVENUE, ST. LOUIS, MISSOURI.

PUTNAM FADELESS DYES

Color more goods brighter and faster colors than any other dye. One box, package colors all fibers. They dye in cold water better than any other dye. You can dye any garment without ripping apart. Write for free booklet—How to Dye, Bleach and Mix Colors. MONROE DRUG CO., Unionville, Missouri

Advertisement for W.L. Douglas shoes, featuring an illustration of a man in a suit and a woman in a dress. Text includes 'There is no satisfaction keener than being dry and comfortable when out in the hardest storm' and 'YOU ARE SURE OF THIS IF YOU WEAR TOWER'S FISH BRAND WATERPROOF OILED CLOTHING'.

Advertisement for W.L. Douglas shoes, featuring an illustration of a man in a suit. Text includes 'W. L. DOUGLAS \$3.50 & \$3.00 Shoes' and 'BEST IN THE WORLD'.

Advertisement for W.L. Douglas shoes, featuring an illustration of a man in a suit. Text includes 'SHOES FOR EVERYBODY AT ALL PRICES' and 'Men's Shoes, \$5 to \$1.00. Boys' Shoes, \$2 to \$1.25. Women's Shoes, \$4.00 to \$1.00'.

Advertisement for W.L. Douglas shoes, featuring an illustration of a man in a suit. Text includes '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.'

Advertisement for W.L. Douglas shoes, featuring an illustration of a man in a suit. Text includes 'Wherever you live, you can obtain W.L. Douglas shoes. His name and price is stamped on the bottom, which protects you against cheap and inferior shoes.'

Advertisement for Pension for Age, featuring an illustration of a man in a suit. Text includes 'A new outfit will give you 6000 per cent free of charge, no pension, no pay. Address W. H. WILKS, Will Building, 412 Indiana Ave., Washington, D. C. Patents and Trade-Marks Solicited.'

Advertisement for Dropsy New Discovery, featuring an illustration of a man in a suit. Text includes 'DROPSY NEW DISCOVERY. Give quick relief and cure most cases. Book of testimonials and 40 days' treatment free. Dr. H. H. GREEN'S SONS, Box 8, Abbeville, S. C.'

Advertisement for To Succeed, featuring an illustration of a man in a suit. Text includes 'TO SUCCEED be sure to start right. Success depends upon the right plan. If you are given the right plan, you will succeed. Write to SUCCESS BUREAU, Box 691, Baltimore, Md.'