FREE

W. MARK

A trial package of Munyon's Paw Paw Pills will be sent free to anyone on rewrite Professor Munyon. Your communication will be treated in strict confidence, extent. and your case will be diagnosed as carefully as though you had a personal inter-

Munyon's Paw Paw Pills are unlike all other laxatives or cathartics. They coax the liver into activity by gentle methods. They do not scour, they do not gripe, they do not weaken, but they do start all the secretions of the liver and stomach in a way that soon puts these organs in a healthy condition and corrects constipation. In my opinion bowels, which is really a sewer pipe. 109 1/4 fo b affort. When this pipe becomes elogged the whole system becomes poisoned, causing biliousness, indigestion and impure blood, which often produce rheumatism and kidney ailments. No woman who ailment can expect to have a clear 2.25 complexion or enjoy good health. If I had my way I would prohibit the sale of nine-tenths of the cathartics that are now being sold for the reason that they soon destroy the lining of the stomach, setting up serious forms of indigestion, fuse to act unless forced by strong 16 1/2; fresh gathered, storage packed, pass an appropriation bill.

Munyon's Paw Paw Pills are a tonic the nourishment from food that is put into it.

These pills contain no calomel, no

on's Laboratory, 53d & Jefferson Sts., Philadelphia.



of this paper de-Readers siring to buy anything adver-tised in its columns should insist upon having what they ask for, refusing all

ARE YOU GOING ABROAD? In Matters of Travel, Consult ARTHUR W. ROBSON General Steamship and Railroad Pass. Agent Tickets to and From Europe by All Lines.
Personally Conducted Tours, Summer Cruises, &c.,
Traveller's Cheques Letters of Credit
Correspondence invited or use "The Bell"



A COUNTRY GIRL'S EXPERIENCE

COMMERCIAL

Weekly Review of Trade and Market Reports.

R. G. Dun & Co.'s weekly review

of trade says: "The increasingly bright outlook for the wheat crop is responsible for a somewhat better feeling in busiaess as to the future. But the actual volume of trade, while necessarly large because the daily necessities of a vast population are large, is nevertheless slow, halting and without enthusiasm. Taken in the aggregate and especially in such pasic trades as iron and steel and ary goods, consumption is much be- of Dr. Kilmer's Swamp-Root. low producing capacity, and even concessions in prices fail to produce activity." Bradstreet's says:

"Trade and industry remain quiet o dull with, on the whole, rather Prove What Swamp-Root Will Do For You less doing than in the week preced-ing. Unseasonably cool weather ton, N. Y., for a sample bottle. It will less doing than in the week precedwith frosts, rains or snow north, convince anyone. You will also receive his opinion of his white friend. quest. Address Professor Munyon, 53d & east and west, and excessive moist- a booklet of valuable information, telling Jefferson Sts., Philadelphia, Pa. If you are ures at the south, have made for all about the kidneys and bladder. When in need of medical advice, do not fail to quiet in retail lines and retarded crop growth or preparation to some

> "Business failures in the United States for the week ending May 4 were 234, against 240 last week, 191 in the like week of 1910, 214 in 1909, 288 in 1908 and 154 in 1907.

Wholesale Markets

NEW YORK .- Wheat -- Spot firm; constipation is responsible for most ail- No. 2 red, 96 1/2c elevator and 87 %c ments. There are 26 feet of human to b affoat; No. 1 Northern Duluth

Corn-Spot firm; export No. 2, new, 60c f o b afloat. May closed 69c; July, 60; receipts, 6,750 bu. suffers with constipation or any liver @ 5; Florida \$3@5; old, \$1.75@

Cheese, state, whole milk, new, small, colored, best, 11c; do, prime,

10% asked. Eggs, selected extras, 191/2 @ 20c; and so paralyze the bowels that they re- do, first, 17@18; do, seconds, 16@

first, 181/2 @ 18%. Poultry, alive, steady; Western to the stomach, liver and nerves. They spring chickens, 30c; fowls, 14@

13@16. PHILADELPHIA .- Wheat firm, 1/2 c higher; contract grade No. 2 red

Butter dull and weak; extra Western creamery, 23c; do, nearby prints, 21. Eggs steady; Pennsylvania and shop is this advertisement: other nearby firsts f c, \$5.40 per case; do current receipts f c, \$5.10 Wurst."-Youth's Companion. per case; Western firsts f c. \$5.40 per case; do current receipts f c, \$5.10 per case. Cheese firm; New York full creams, fancy September, ways been most popular with young sun to dry, the way we do our mud to it? I asked. 12 14

fowls, 14 1/2 @ 15c; old roosters, 10 first letter was little more than a son.-Cleveland Leader. @11; spring chickens, 33@37; wail. ducks, 141/2@15; geese, 11@12. Dressed poultry steady; fresh killed everything," he wrote, dolefully. fowls, nearby, 15@15%c; do Western, 13@15; old roosters, 11; roast- sium and banjos and everything. I "It ought to be," said the Philosoing chickens, nearby, 14@17; do don't believe they'll ever have much pher. Western, 13@17.

BALTIMORE .- Wheat-M a y 95 14; spot No. 2 red, 95 14; No. 2 different in tone. red Western, 95 1/4; July, 91 1/4.

Corn-Western opened quiet; May, mother. "The boys say they'll teach blest if I can see an English joke."

standard, 38 1/2; No. 3, 38 1/4. 1, \$20.50@21; do, No. 2, \$19@20; do, No. 1, \$19@20; No. 2, \$18@19. Butter-Creamery, fancy, 23 1/2 @

24c; creamery, choice, 22@23; creamery, good, 20@21. Cheese-Per lb., 13@14c. Eggs-Maryland, Pennsylvania and nearby firsts, 17c; Western firsts, 17; West Virginia firsts, 17; Southern firsts, 16@161/2; guinea eggs

8@9 Live Poultry-Chickens: old hens. heavy, per lb. 14 1/2 c; old hens, small to medium, 14 1/2; young, choice, 20; hens, small to medium, 14c; young choice, 20@22; winter, 2 lbs and under, 25@28; spring, 11/4 and over, 33@35; smaller, 30; old toosters, 9@10; ducks, white Pekins, 15: muscovy and mongrel, 14, puddle 13@14.

Live "ock

CHICAGO .- Cattle-beeves, \$5.00 @ 6.40; Texas steers, \$4.60@ 5.50; Western steers, \$4.80@5.65; stock-127 E. Baltimore Street, Baltimore, Md. ers and feeders, \$4.00 @ 5.45; cows and heifers, \$2.40@5.60; calves, \$4.25 @ 6.25.

Hogs-Light, \$5.65@6.071/2; mixed, \$5.65@6.00; heavy, \$5.50@ 5.87 1/2; rough, \$5.50 @ 5.65; good to choice heavy, \$5.65@5.871/2; pigs, \$5.50@5.95; bulk of sales, \$5.80@ 5.95.

Sheep-Native, \$3.00@4.60; Western, \$3.25@4.60; yearlings \$4.40@5.40; lambs, native, \$4.25@ 6.10; Western \$4.65@6.25.

PITTSBURG .- Cattle-s t e a d y, supply light; choice, \$6@6.15, prime, \$5.75@6.

Sheep strong; supply light. Prime vethers, \$3.85 @ 4.10.

KIDNEY TROUBLE Remarkable Story About Great Remedy

I cannot refrain from writing to say that your Swamp-Root has benefited me greatly. Last year I had a severe attack f lumbago. Was bad for a long time, to a poor woman who could scarcely walk. she came to me in four days to tell me he was all right and most thankful. I had another attack last November and was so bad that I could not rise from my shair without assistance and could hardly lace up my boots. I at once sent for well again. My age being seventy-three, I am the more convinced of the excellence Yours very truty

HENRY SEARLE, 1410 Arch Street. Little Rock, Ark.

writing, be sure and mention this paper. For sale at all drug stores. Price fiftycents and one dollar.

A Strong Preference. "She is literary, isn't she?"

"Yes, indeed; she'd rather read than do housework any day."

For over fifty years Rheumatism and Neuralgia sufferers have found great re-lief in Hamlins Wizard Oil. Don't wait for inflammation to set in. Get a bottle-

The Riddle. The Sphinx propounded a puzzle.

"Why does it always rain the day ou move?" she asked. Herewith the ancients gave it up.

Potatoes firm; Bermuda, brl, \$3.75 (Cliff Townic, 1982) Butter, creamery extras, 21½c.

Butter, creamery extras, 21½c.

Cheese, state, whole milk new towning the complete of the complete of

Strictly Business. Mrs. Knicker-Did you hold a short

session with your husband? Mrs. Bocker-Yes, I merely had him

If You Have Money. That fellow Gotrox is a multimil-

brains?"

Oats steady; No. 2 white natural, enough along to pun in English. A besides, this is no place for poetry." the fact.

Socially Launched.

13@131/2c; do fair to good, 12@ and old, but when he was sent away ples? to boarding school, he was for a time | Miss Hartz discreetly slurred the ploded. 'So much attached to it that Live poultry quiet; chickens lower, too homesick to make friends. His answer and proceeded with her less she never parted with a penny."

"I'm way behind the other boys in 'Tisn't only studies, but it's gymna- Binks. use for me."

57c; spot mixed, 57; June 57%; me all they know, for they're proud to have me here. I can stretch my sopher. Oats-White No. 2, 38% @ 39c, mouth half an inch wider than any other boy in school, and my feet are Hay-Timothy No. 1, \$23.50@24; the longest by a full inch. So you joke," said the Philosopher. "It is a No. 2, \$22.50@23; No. 3, \$19@21. needn't worry about me any more." sign of an unusually keen vision." fight reminds a married man that are."

LOST FAITH IN WHITE MAN

CAUSES LUMBAGO Eskimo Tested Efficacy of Telephone Scheme, and Realized He Had Been Deceived.

An interesting story is told regarding the efforts of an Eskimo to construct a telephone line. The Eskimo ...ne into possession of a piece c. and on seeing your advertisement, I de- wire of considerable length and never rermined to give it a trial. I did so and having seen wire before he asked Proin two weeks was cured. I gave a bottle fessor McMillan of the Peary north pole expedition what it was and what it was for. He was told that the white man strung it on poles stuck in the ground and a voice talking to an instrument at one end could be heard at the other end. After some search more Swamp-Root and after taking two the next morning the Eskimo was bottles, I am more than glad that I am found to be engaged in telephone construction work of his own. He stuck some sticks in the ground and hung his wire on them. He held one end of the wire to his mouth and talked to it at the top of his voice. Then he ran as fast as he could-to the other end and held the wire to his ear with the expectation of hearing his own

words repeated When he failed to hear any sounds the expression on his face revealed

Dr. Pierce's Pellets, small, sugar-coafed, erate stomach, liver and bowels. Do not

Quite Often.

Figg.-Two negatives make an affirmative, you know. Fogg-With a woman it takes only

For COLDS and GRIP Hicks' CAPUDINE is the best remedy-re-lieves the aching and feverlshness—cures the Cold and restores normal conditions. It' cts immediately 10c., 25c., and 50c At drug stores.

Too Much Like Work. "The boss's son is kicking." "Why?"

"Says he's overworked. All he used to do was tear the pages off the office calendars once a month. Now he has to wind the eight-day clock, too."

USE ALLEN'S FOOT-EASE. USE ALLEN'S FOOT-EASE,
The antiseptic powder to be shaken into the shoesif you want rest and comfort for tired, aching, swollen, sweating feet, use Allen's Foot-Ease. Relieves
corns and bunions of all pain and preventablisters,
sore and callens spots. Always use it to Break in
New Shoes. Sold everywhere, Sic. Den't accept any
substitute. For FREE trial package, address Allen
8. Olmsted, Le Roy, N. Y.

A Poetic Prosecutor.

John Burns, city prosecutor of St. Paul, was trying to show Judge Fineinvigorate instead of weaken; they en-rich the blood instead of impoverish it: they enable the stomach to get all "Well, what does he want with fence of Mrs. Joe Goesik. Mr. Burns said:

"I know Mike Chicket tore off that

Difficult to Answer.

Hanging in the window of the little | Explaining the happenings of the His rich wife is likely to tire of him sixth day of the creation, Miss Fran- and throw him out in a few years, or "The Best You Can Do Is Buy Our ces Hartz read to her Sabbath school else she is likely to limit his allowclass; "And the Lord God formed man | ance to 25 or 50 cents a day. out of the dust of the ground."

"Well," spoke up one kid, "that's said to me. In his native town Jimmy had al. nothin new. Did he put him in the "Wasn't there a woman attached

A Strange Situation.

"Are what?" said Binks. "Biest if they can see an English

i Harner's Weekly

Wife-Please match this piece of silk for me before you come home, Describes the condition of thousands of Husband-At the counter where the men and women who need only to parify sweet little blonde works? The one and enrich their blood. They fee! tired with the soulful eyes andall the time. Every task, every responds

Wife-No. You're too tired to shop bility, has become hard to them, because for me when your day's work is done, they have not strength to do nor power dear. On second thought, I won't to endure. bother you,

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

If you want a thing well done, do t yourself .- Wellington.

It purifies and enriches the blood, and builds up the whole system. Get it today in usual liquid form of chocolated tablets called Sarsatabs.

"All Run Down"

If you are one of these all-run-down people or are at all debilitated take

C. ELIXIR of

DENNA

MADITUAL CONSTIPATION.

CALIFORNIA PIG SYRUP CO

BETTER FOR MEN, WOMEN AND CHILDREN THAN CASTOR OIL, SALTS, OR PILLS, AS IT SWEETENS AND CLEANSES THE SYSTEM MORE EFFICIENTLY AND

IS FAR MORE PLEASANT TO TAKE FIGSand F

IT GIVES SATISFACTION TO ALL, IS ALWAYS BENEFICIAL IN ITS EFFECTS AND PERFECTLY SAFE AT ALL TIMES. NOTE THE NAME

IS THE IDEAL FAMILY LAXATIVE, AS

CALIFORNIA FIG SYRUP CO. in the Circle. on every Pachage of the Genuine.

ALL RELIABLE DRUGGISTS SELL THE ORIGINAL AND GENUINE WHEN CALLED FOR, ALTHOUGH THEY COULD MAKE A LARGER PROFIT BY SELLING INFERIOR PREPARA. TIONS, YET THEY PREFER TO SELL THE GENUINE, BECAUSE IT IS RIGHT TO DO SO AND FOR THE GOOD OF THEIR CUSTOMERS. WHEN IN NEED OF MEDICINES, SUCH DRUGGISTS ARE THE ONES TO DEAL WITH, AS YOUR LIFE OR HEALTH MAY AT SOME TIME DEPEND UPON THEIR SKILL AND RELIABILITY

WHEN BUYING

Note the Full Name of the Company CALIFORNIA FIG SYRUP CO.

PRINTED STRAIGHT ACROSS, NEAR THE BOTTOM, AND IN THE CIRCLE, NEAR THE TOP OF EVERY PACKAGE, OF THE GENUINE. ONE SIZE ONLY, FOR SALE BY ALL LEADING DRUGGISTS. REGULAR PRICE 50: PER BOTTLE,

SYRUP OF FIGS AND ELIXIR OF SENNA IS THE ONLY PERFECT FAMILY LAXATIVE. BECAUSE IT IS THE ONE REMEDY WHICH ACTS IN A NATURAL, STRENGTHENING WAY AND CLEANSES THE SYSTEM, WITHOUT UNPLEASANT AFTER-EFFECTS AND WITHOUT ERRITATING, DEBILITATING OR GRIPING, AND THEREFORE DOES NOT INTERFERE IN ANY WAY WITH BUSINESS OR PLEASURE IT IS RECOMMENDED BY MILLIONS OF WELL INFORMED FAMILIES, WHO KNOW OF ITS VALUE FROM PERSONAL USE. TO GET ITS BENEFICIAL EFFECTS ALWAYS BUY THE GENUINE, MANUFACTURED BY THE

CALIFORNIA FIG SYRUP

GREATLY ATTACHED TO IT "SHE WHO HESITATES IS LOST." Husband Who Had "Married Money"

Acknowledged the Truth to His Friend's Query.

Apropos of a beautiful young wife, These pills contain no calomel, no dope; they are soothing, healing and stimulating. They school the bowels quiet but steady; May, 57@57½.

The German proprietor of a Brook lyn delicatessen store has got far besides, this is no place for poetry."

The German proprietor of a Brook lyn delicatessen store has got far besides, this is no place for poetry."

York: worth \$40,000,000 who had just di-"The young man who marries for

money has none too easy a time of it.

"'I married money,' a man once

"'Yes, you bet there was,' be ex

"Kicking the Bucket."

When we speak facetiously of some "Humor is a funny thing," said one for whom we have no reverence as having "kicked the bucket," we employ a phrase that would seem to be a piece of latter-day slang, but as purchased & pound of butter)-Shail I "Oh, I don't mean that way," said a matter of fact, it dates back to old send it for you, madam? But the second letter, written after Binks. "I mean that it is a strange England, when, about the year 1725, a week in the new school, was quite thing. Now, I can't speak French, one Bolsover hung himself to a beam too heavy for me. but I can always understand a French | while standing on the bottom of a "I'm all right," he write to his loke, and I can speak English, but I'm bucket, and then kicked the bucket I'll make it as light as I possibly away. Although at first used only in can .- Punch. "Most people are," said the Philo- cases of suicide, it has been applied in the course of years to any death, without distinction.

there are other places like home.



Myrtilla-He proposed, but I didn't say yes. I want to keep him on the rack for awhile.

Miranda-Be careful, or you may find yourself on the shelf.

Ambiguous.

Obliging Shopman (to lady who has Lady-No, thank you. It won't be

Foolish.

"I am going to ask your father tonight for your hand in marriage." "How dreadfully old fashioned you

"Don't ask bim; tell him."

Can't Get Away From

build the Brain by Food?

Every man who thinks uses up part of the brain each day. Why don't it all disappear and leave an empty skull in say a month of brain work? Because the man rebuilds each

If he builds a little less than he destroys, brain fag and nervous prostration result sure. If he builds back a little more each day, the brain grows stronger and more capable. That also is sure. Where does man get the material to rebuild his brain? Is it from air, sky or the ice of the Arctic sea? When you come to think about it, the rebuilding material must be in the food and drink,

That also is sure. Are the brain rebuilding materials found in all food? In a good variety but not in suitable proportion in all,

To illustrate: we know bones are made largely of lime and magnesia taken from food; therefore to make healthy bone structure we must have food containing these things. We would hardly feed only sugar and fat to make

healthy bone structure in a growing child. Likewise if we would feed in a skillful manner to insure getting what the brain requires for strength and rebuilding, we must first know what the brain is composed of and then select some article or articles (there are more than

one) that contain these elements. Analysis of brain by an unquestionable authority, Geoghegan, shows of Mineral Salts, Phosphoric Acid and Potash combined (Phosphate of Potash) 2.91 per cent of the total, 5.33 of all mineral Salts.

This is over one-half. Beaunis, another authority, shows "Phos- sary to good digestion.

Is it possible to nourish, strengthen and Re- | phoric Acid combined" and Potash 73.44 per | cent from a total of 101.07. Considerable more than one-half of Phos-

phate of Potash. Analysis of Grape-Nuts shows: Potassium and Phosphorus (which join and make Phosphate of Potash) is considerable more than one-half of all the mineral salts in the food.

Dr. Geo. W. Carey, an authority on the constituent elements of the body, says: "The gray matter of the brain is controlled entirely by the inorganic cell-salt, Potassium Phosphate (Phosphate of Potash). This salt unites with albumen and by the addition of oxygen creates nerve fluid or the gray matter of the brain. Of course, there is a trace of other salts and other organic matter in nerve fluid, but Potassium Phosphate is the chief factor and has the power within itself to attract, by its own law of affinity, all things needed to manufacture the elixir of life."

Further on he says; "The beginning and end of the matter is to supply the lacking principle, and in molecular form, exactly as nature furnishes it in vegetables, fruits and grain. To supply deficiencies-this is the only law of

The natural conclusion is that if Phosphate of Potash is the needed mineral element in brain and you use food which does not contain it, you have brain fag because its daily loss is not supplied.

On the contrary, if you eat food known to be rich in this element, you place before the life forces that which nature demands for brain-building.

Mind does not work well on a brain that is broken down by lack of nourishment. A peaceful and evenly poised mind is neces-

Worry, anxiety, fear, hate, etc., etc., directly interfere with or stop the flow of Ptyalin, the digestive juice of the mouth, and also interfere with the flow of the digestive julces of stomach and pancreas.

Therefore, the mental state of the individual has much to do (more than suspected) with digestion. Brain is made of Phosphate of Potash as

the principal Mineral Salt, added to albumen and water.

Grape-Nuts contain that element as more than one-half of all its mineral salts. A healthy brain is important, if one would

'do things" in this world. A man who sneers at "Mind" sneers at the best and least understood part of himself. That part which some folks believe links us

to the Infinite. Mind asks for a healthy brain upon which to act, and Nature has defined a way to make a healthy brain and renew it day by day as it

is used up from work of the previous day. Nature's way to rebuild is by the use of food which supplies the things required. Brain rebuilding material is certainly found in

Grape-Nuts

"There's a Reason"

Postum Cereal Company, Ltd., Battle Creek, Mich.