

## CURE THAT SORE THROAT

Sore throat is inflammation of the mucous membrane of the throat, and if this membrane happens to be at all sensitive a predisposition to sore throat will exist.

Paxtine Toilet Antiseptic is both a preventative and a cure for sore throat because it possesses extraordinary cleansing, healing and germicidal qualities. Just a little in a glass of water, used as a gargle, will quickly relieve all soreness and strengthen the mucous membrane of the throat, and thus overcome all tendency to sore throat.

Paxtine is far superior to liquid antiseptics or Peroxide for all toilet and hygienic uses.

Paxtine may be obtained at any drug store, 25 and 50c a box, or sent postpaid upon receipt of price by The Paxton Toilet Co., Boston, Mass. Send for a free sample.

## MISANTHROPIC.



"That's Rev. Dr. Thirdly. He shows you the way to Paradise."  
"Yes, I understand that many a poor, unhappy man was married by him."

## Rifle for Under Water Use.

When he is working in water infested by sharks and other sea monsters likely to do him harm, the diver has at present to rely for his safety on the use of the knife or, falling that, on a quick return to the surface. Now comes the invention of Captain Grobl, a German diving instructor, who has constructed a rifle which can be fired under water, and is designed for the better arming of the diver. The most remarkable thing about this is that it fires, not bullets, but water, which is propelled with such force that it has an extraordinary power of penetration. Indeed, the inventor himself has pierced armor plate of medium thickness with the water jet from his weapon. The rifle has a stout barrel and is loaded with a cartridge cased in India rubber.

## Small Boat to Sail Far.

The yawl yacht Recluta, 36 tons, has set out on a voyage of 6,000 miles, from Gosport to Buenos Aires, the headquarters of her new owner. The little vessel carries a crew of four, and is commanded by Capt. Harry Williams, who recently took the 20-ton cutter Moyana to Odessa. All the members of the Recluta's crew are Hampshire men. She will go to Madeira, Cape Verde, Pernambuco and Montevideo. The longest sea run will be a distance of about 2,000 miles, between Cape Verde and Pernambuco.—London Standard.

## Wanted Finding.

Farmer—'I'll give you a good job and three meals a day.  
Tramp—'Huh-uh, what kind of a job is it?  
Farmer—'Digging potatoes.  
Tramp (stretching himself)—'Well, get the man that planted them. He knows where they are.

## He Wondered.

"What do you think of my hat, dear? I bought it at a great reduction."  
"Good heavens! What size was it before they began to reduce it?"

## A Triumph Of Cookery—

# Post Toasties

Many delicious dishes have been made from Indian Corn by the skill and ingenuity of the expert cook.

But none of these creations excels Post Toasties in tempting the palate.

"Toasties" are a luxury that make a delightful hot-weather delicacy.

The first package tells its own story.

## "The Memory Lingers"

Sold by Grocers

POSTUM CEREAL CO., Ltd., Battle Creek, Mich., U. S. A.

## SERVING LEFT OVERS

HOW Dainty Dishes Can Be Made of Cold Meat.

Beef Saute is Appetizing Offering for Hot Day—Baked Meat Cake—Meat Pie—Tomato Mct Pie—Beef Roll.

**Beef Saute**—Cut up cold roast of any kind of small pieces, as much as is needed for a stew. Put butter in a pan and brown a large onion cut up fine; add meat and let it brown quickly; then add a tablespoon of cornmeal; keep stirring and turning and add water to cover; also add one or two carrots, cut small; cook about two hours, then add a cup of fresh milk. Care must be taken to stir it often, as the cornmeal makes it thick; also a nice, rich gravy.

**Baked Meat Cake**—Crown one cup of cold meat and a little ham, one cup of bread crumbs, one beaten egg, salt and pepper to taste; add little dabs of butter. Moisten with one cup of gravy and water, or soup stock. Bake one hour.

**Meat Pie**—Cut up cold meat and brown it with butter and onion; add water, potatoes cut small and whatever vegetables you happen to have. Put the stew in a deep dish and cover with a deep layer of seasoned mashed potatoes. Spread a little soft butter over the potatoes and bake half an hour.

**Macaroni Pie**—Boil one pound of macaroni in salted water about 20 minutes, drain it, and put a layer of macaroni in a deep buttered pan; then add a layer of minced cold meat, seasoning, chopped onion and some tomato juice mixed with some gravy. Add the remaining macaroni, pour over this a cup of milk, some grated cheese and bread crumbs. Bake half an hour and serve hot.

**Tomato Hot Pie**—Put in a pan one can of tomatoes, one pound of meat cut small and one cup of bread crumbs, cook on top of stove 15 minutes. Then turn into a deep dish and bake half an hour. Send to table in dish it is baked in. To be eaten with potatoes.

**Beef Roll**—Roll out biscuit dough thin, cover with hamburger steak mixed with salt, pepper and chopped onion; roll like a jelly cake and bake an hour and a half. Serve with brown gravy.

**Brown Gravy**—Melt a tablespoon of butter, add two tablespoons of flour, keep stirring till a golden brown, add a cup of hot water poured in slowly; add salt and pepper and let cook till smooth. This gravy can be used for most any kind of meat. Very nice for steak and chops.

## BOTTLE COOLER

In ordinary bottle coolers no provision is made for covering the upper part of the bottle with ice, and as a consequence the liquid first drawn out of the bottle is not as cool as it should be. A German inventor has conceived the idea of placing the ice over the top of the bottle, and as the cooler liquid falls owing to its greater weight, a circulation is set up which will cool the entire contents of the bottle. The cooler consists of a double-walled cylinder, the inner wall being arranged to fit onto the bottle. The ice is placed between the two walls of the cylinder. A rubber band on the inner wall presses against the bottle neck, so as to hold the bottle in the cooler when the latter is lifted by means of the handle.—Scientific American.

## An Italian Summer Drink.

Most refreshing in hot weather is the Italian drink granita, a half frozen mixture which will pour, but is not quite liquid. Any summer beverage made from fruit juice or any kind of punch may be turned into a granita by the process of freezing only until a snowy consistency is reached. The frosted sides of the freezer toward the middle of the liquid should be scraped several times during the freezing process. Claret granita is made by adding one bottle of claret to a pint of orangeade, and sherry granita by adding a bottle of sherry to one quart of rich lemonade.

## Tomatoes and Spaghetti.

Put fat drippings in frying pan, cut three onions and put in drippings. Let them simmer until onions have become brown. Then drain off onions. Stew one can of tomatoes and one small package of spaghetti separately. Then put drippings in the stewed tomatoes, also two tablespoonfuls of flour, pouring over whole the spaghetti. The color should be lighter than the tomato shade. You will find this delicious. The flavor of onion uns all through. Beef drippings are he best to use.

## Toasting Fork.

A new toasting fork is made of aluminum with a long enough handle to warrant the cook's not becoming burned by getting too close to the fire. This is the lightest sort of kitchen ware, and easily kept clean, needing no scouring, but simply a washing in hot water.

## IDEAL SHELTER FOR OUTING

Simple Arrangement That Does Away With Many Objectionable Features of Ordinary Tent.

When a tent is closed it is about as interesting as a London fog. When open it is invaded by all sorts of creeping things. A rain storm of a few days covers everything with blue mold. I have evolved the following relief: First, start with a floor the size of the tent you require. Ten by twelve feet is a convenient size and shape. This should be raised six inches from the ground. Next, on this flooring, build a light framework with pointed roof. The sides should be six feet in height. Cover all this with wire netting, using a screen door for entrance. The roof, if so desired, may be covered with canvas or other material; green burlap is desirable for this purpose and also for the inside curtains, which should be hung from the top of the room on all sides and so arranged that they may easily roll up and down, simply tying them with tape. I advise the green burlap because of its cool, restful tone, which alleviates the glare from the canvas. Over this screened room spread the usual canvas "fly" that roofs and protects the ordinary tent, letting it extend well beyond the ends and sides. It also might be well to have flaps at the front and back to close in case of severe storms. For invalids, for tuberculosis patients especially, I believe this to be superior to any of the other out-of-door arrangements now in use. It is inexpensive; the cost of the outfit will probably not exceed that of the ordinary canvas tent. When not in use it can easily be taken apart and stored. The wire netting if carefully rolled and cared for will last for years.—Belle Gray Taylor.

## RECIPE FOR ORANGE PUDDING

Delicious Concoction Well Worth the Little Trouble It Takes to Make It.

One and one-half cups of flour, one and one-half teaspoons of baking powder, one cup of butter, three-fourths of a cup of sugar, four eggs, or three, with a little milk, four oranges. Grate the rind of the oranges, being sure not to grate any of the white, and put it aside in a separate vessel. Cream the butter and sugar well, add eggs, the grated orange rind, the flour, and lastly the baking powder. Put in a mold and steam for two hours. A very nice mold, if you have not a regular one, is a small lard pail, which, with this recipe leaves room for the pudding to swell, has a lid to put down good and tight on the pudding, and handle to lift it out with. Butter the inside of your pudding mold, do not look inside during the process of boiling, as that makes the pudding fall, and be sure that the water is kept to the level of the pudding. Add boiling, not cold or warm water.

**Orange Sauce**—Squeeze out the juice of the oranges, and strain; two teaspoonfuls of cornstarch, one-half pint of water, four spoonfuls of brown sugar. Boil sugar and water together, add starch to orange juice, boil until thick, all together, and pour around the pudding after you take it from the mold. Make the sauce just before taking the pudding from the mold, and have both piping hot when you take it to the table.

## Stuffed Prunes.

A most delightful addition to the usual buffet "spread" served at card parties is the stuffed prune. We have had dates stuffed with nuts for years, and also the Welsbaden prunes filled with smaller prunes, but what I have reference to here is the home-made variety. The time and your sticky hands will be well repaid by the toothsome nature of the delicacy. Soak a pound of the best quality large prunes you can procure in sherry and water for about 20 minutes, then stone them carefully. Try not to break up the prune any more than necessary. Have a pound of dates also stoned and put a prepared date in the center of each prune and carefully press the opening together. Sprinkle again with sherry and roll in powdered sugar. Keep in a closely covered tin box until you are ready to serve them.—Exchange.

## Striped Sandwiches.

Cut a number of slices of both white and brown bread. Slices must be quite thick, nearly one-half inch. Butter liberally and stack together five slices, first a brown, then a white, a brown, a white and a brown, pressing together firmly so they will hold. Slice down through this stack, making the slices the thickness wished for the sandwiches. The result is an exceedingly eatable and pretty striped sandwich, which can be trimmed into any shape desired.

## Black Butter Sauce.

This receipt requires two table-spoonfuls of butter, one teaspoonful of vinegar and one teaspoonful of chopped parsley. Fry the butter in a stew pan until it is light brown, take off the fire and stir in the vinegar and chopped parsley.

## Junket and Egg.

Add two eggs beaten to a froth and sweeten with four teaspoons of sugar to a pint of milk. Curdle with essence of pepin or junket tablets. Pour into cups.

## Pineapple Pie.

One can pineapple chopped, one cup milk, two-thirds cup sugar, three table-spoonfuls flour, two crusts.

## COMMERCIAL

Weekly Review of Trade and Market Reports.

### Bradstreet's says:

The events of the week have been mainly favorable, including, as they do, the passing, temporarily at least, of the heated wave, the worst for a decade; the occurrence of rains in drought-stricken sections, staying in further deterioration of the corn crop; the maintenance of flattering conditions as to the cotton crop outlook, and the widening of activity in the iron and steel trade. Though mid-summer quiet still prevails, trade conditions display a slightly better tone, thanks to the breaking of the hot wave and to timely rains in the Western country. More moisture is needed for corn and oats, but the precipitations that have occurred have superinduced a better feeling and incidentally produced a little more spot business. Withal, buyers are conservative about placing orders for future business, and comparatively few salesmen are on the road. In fact, most interests seem to realize that trade will not improve much until near the fall season when prospects as to crop yields will be more freely developed. There is a trifle more doing in industrial lines, even though there is still considerable dullness.

## Wholesale Markets

**NEW YORK**—Wheat—Spot easy; No. 2 red new, 92 1/2c elevator and 94c f o b afloat; No. 1 Northern Duluth, 106 1/2c f o b afloat.

Corn—Spot firm; export No. 2, 70 1/2c f o b afloat. Futures market was without transactions, closing 1/4c lower.

Oats—Spot firm; standard white, 53c; No. 4, 52c. Futures market was without transactions, closing nominal.

Butter steady; receipts, 8,652 pkgs; creamery specials, per lb, 25 1/2c; do extras, 24 1/2c.

Cheese steady; state, whole milk specials, white, 11 1/2c; colored, 12 1/2c; do small white average, fancy, 11 1/2c.

Eggs—Fresh gathered extra, per dozen, 20 1/2c; fresh gathered dirty, poor to fair, 6 1/2c; fresh gathered checks, poor to fair, per case, \$1.50 1/2c; state, Pennsylvania and nearby henney browns, 21 1/2c.

Poultry—Alive steady; spring chickens, 20 1/2c; fowls, 14 1/2c; turkeys, 11; dressed firm; Western broilers, 18 1/2c; fowls, 13 1/2c; turkeys, 12 1/2c.

Potatoes steady; new white seconds, \$1.50 1/2c; culls, 50c 1/2c. Cabbages steady; Long Island, \$5.00 1/2c; do per 100.

**PHILADELPHIA**—Wheat 1/2c lower; contract grade, No. 2 red, in export elevator, 88 1/2c 1/2c. Corn higher; No. 2 yellow, for local trade, 73 1/2c 1/2c.

Oats firm, 1c higher; No. 2 white natural, 53 1/2c 1/2c.

Butter firm; extra Western creamery, 27c; do, nearby prints, 29c.

Cheese—Pennsylvania and other nearby firms, free cases, \$5.55 per case; do, current receipts, free cases, \$5.10 per case; Western firms, free cases, \$5.40 per case; do, current receipts, free cases, \$4.95 1/2c 1/2c per case.

Cheese shade weaker; New York full cream, fancy new, 12 1/2c; do, fair to good, 12 1/2c.

Live poultry—Fowls higher; chickens lower; fowls, 16 1/2c; old roosters, 10 1/2c 1/2c; spring chickens, 18 1/2c; ducks, old, 12 1/2c; do, young, 14 1/2c.

Dressed poultry firm; fresh killed fowls, nearby, 15 1/2c 1/2c; do, Western, 13 1/2c 1/2c; old roosters, 9 1/2c; broiling chickens, nearby, 25 1/2c 1/2c; do, Western, 17 1/2c 1/2c.

**BALTIMORE**—Wheat—No. 2 red Western, 90 1/2c; contract, 88 1/2c; No. 3 red, 86 1/2c; steamer No. 2 red, 84 1/2c; steamer, No. 2 red Western, 86 1/2c.

Corn—Spot mixed corn, 68 1/2c; contract, 68 1/2c.

Oats—White No. 2, 52 1/2c; standard, 52 1/2c; No. 3, 52c.

Hay—No. 1 timothy, \$25.50; do, No. 2, \$24.50 1/2c; do, No. 3, \$19.00 1/2c. Choice clover mixed, \$21.50 1/2c; do, No. 1, \$21.00; do, No. 2, \$18.50 1/2c; do, No. 1 clover, \$14.00 1/2c; do, No. 2, \$14.00 1/2c.

## Live Stock

**PITTSBURG**—Cattle steady; supply light. Choice, \$6.60 1/2c 1/2c; prime, \$6.10 1/2c 1/2c.

Hogs active; receipts, 11 double decks. Prime heavies, \$6.90 1/2c 1/2c; mediums, \$7.15 1/2c 1/2c; heavy Yorkers, \$7.15 1/2c 1/2c; light Yorkers, \$7.15 1/2c 1/2c; pigs, \$5.75 1/2c 1/2c; roughs, \$5.50 1/2c 1/2c.

**KANSAS CITY**—Market steady to weak; dressed beef and export steers, \$6.15 1/2c 1/2c; fair to good, \$4.85 1/2c 1/2c; Western steers, \$4.50 1/2c 1/2c; stockers and feeders, \$3.60 1/2c 1/2c. Southern steers, \$3.25 1/2c 1/2c; Southern cows, \$2.50 1/2c 1/2c; native cows, \$2.25 1/2c 1/2c; native heifers, \$3.50 1/2c 1/2c; bulls, \$2.75 1/2c 1/2c; calves, \$4.00 1/2c 1/2c.

Hogs—Market 5c higher; close dull and weak. Bulk of sales, \$6.25 1/2c 1/2c; heavy, \$6.50 1/2c 1/2c; packers and butchers, \$6.35 1/2c 1/2c; lights, \$6.25 1/2c 1/2c.

## The Fountain Head of Life Is The Stomach

A man who has a weak and impaired stomach and who does not properly digest his food will soon find that his blood has become weak and impoverished, and that his whole body is improperly and insufficiently nourished.

**Dr. PIERCE'S GOLDEN MEDICAL DISCOVERY** makes the stomach strong, promotes the flow of digestive juices, restores the lost appetite, makes assimilation perfect, invigorates the liver and purifies and enriches the blood. It is the great blood-maker, flesh-builder and restorative nerve tonic. It makes men strong in body, active in mind and cool in judgement.

This "Discovery" is a pure, glyceric extract of American medical roots, absolutely free from alcohol and all injurious, habit-forming drugs. All its ingredients are printed on its wrappers. It has no relationship with secret nostrums. Its every ingredient is endorsed by the leaders in all the schools of medicine. Don't accept a secret nostrum as a substitute for this time-proven remedy of known composition. Ask your neighbors. They must know of many cures made by it during past 40 years, right in your own neighborhood. World's Dispensary Medical Association, Dr. R. V. Pierce, Pres., Buffalo, N. Y.

## AT THE BOARDING HOUSE.



"Who is that man," asked the new boarder, "who is making such a fuss because he has swallowed a fish-bone?"

"That's the sword swallower at the dime museum around the corner."

**Seventy-One Years in a Shoe Shop.** Charles H. Wilson of Troy, N. Y., occupies the unique position of having been in business in one building for 71 years; at least he will have completed 71 years in the shoe business at 242-244 River street August 12 next. This record, it is believed, can be equaled by few if any shoe retailers in this country. Mr. Wilson has also been in business for himself for more than 50 years. Mr. Wilson is today just as much in active business as he was almost three-quarters of a century ago, when as a thirteen-year-old lad he entered the employ of John Leonard Williams of Troy. To be exact, that was August 12, 1840. Mr. Williams kept a shoe store at 242-244 River street in a building which had been erected in 1803, and so the building now occupied by Mr. Wilson for his retail shoe business is one of the oldest buildings in Troy.

**Work for Extinction of Tuberculosis.** Exhibitions showing in graphic form the prevention of consumption have been shown in every state in the United States, except Nevada, Arizona, New Mexico and Wyoming, and also in most of the Canadian provinces and in Mexico, Porto Rico and Cuba, according to a statement made by the National Association for the Study and Prevention of Tuberculosis. There are now 25 states and 16 cities having permanent and traveling exhibits besides the two operated by the national association itself, and the total number of similar displays is over 200, including about 150 small school exhibits. The first tuberculosis exhibit in America was shown by the Maryland Tuberculosis commission in January, 1904. In 1906 there were four such exhibits.

**FALSE HUNGER** A Symptom of Stomach Trouble Corrected by Good Food.

There is, with some forms of stomach trouble, an abnormal craving for food which is frequently mistaken for a "good appetite." A lady teacher writes from Carthage, Mo., to explain how with good food she dealt with this sort of hurtful hunger. "I have taught school for fifteen years, and up to nine years ago had good, average health. Nine years ago, however, my health began to fail, and continued to grow worse steadily, in spite of doctor's prescriptions, and everything I could do. During all this time my appetite continued good, only the more I ate the more I wanted to eat—I was always hungry. "The first symptoms of my breakdown were a distressing nervousness and a loss of flesh. The nervousness grew so bad that finally it amounted to actual prostration. Then came stomach troubles, which were very painful, constipation which brought on piles, dyspepsia and severe nervous headaches. "The doctors seemed powerless to help me, said I was overworked, and at last urged me to give up teaching, if I wished to save my life. "But this I could not do. I kept on at it as well as I could, each day growing more wretched, my will-power alone keeping me up, till at last a good angel suggested that I try a diet of Grape-Nuts food, and from that day to this I have found it delicious always appetizing and satisfying. "I owe my restoration to health to Grape-Nuts. My weight has returned and for more than two years I have been free from the nervousness, constipation, piles, headaches, and all the ailments that used to punish me so, and have been able to work freely and easily." Name given by Postum Co., Battle Creek, Mich.

Read the little book, "The Road to Wellville," in pkgs. "There's a Reason."

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

## No Luck.

"I never do have any such luck as the other boys!" complained young Harold.

"Why, I am surprised!" answered his mother. "You have roller skates, a bicycle, a football suit, and a ticket to the gymnasium. Some boys would think themselves very lucky if they had those things."

"Yes, but Willie Swaddling's house burned down, and he helped to save things! Tom Anderson's house was robbed and he heard the burglar! And Jack Turner is sick, and the neighbors are carrying ice cream and stuff to him."

## Government Regulation.

"You've got poison in your system," said the doctor to the patient who thought he had malaria.

"Maybe I have," he admitted, "maybe I have. I don't eat anything but what is guaranteed under the pure food law."—Judge.

**USE ALLEN'S FOOT-EASE.** The antiseptic powder to be shaken into the shoe if you want rest and comfort for tired, aching, swollen, sweating feet, use Allen's Foot-Ease. Relieves corns and bunions of all pain and prevents blisters, sore and callous spots. Always use it to Break In New Shoes, Soften Old Shoes, etc. Don't accept any substitute. For FREE trial package, address Allen S. Olmsted, Le Roy, N. Y.

**The Retort Courteous.** Manager—Your prima donnas want so much for your services. Prima Donna—And you managers want our services for a song.

**FOR COLDS AND GRIP.** Hicks' CAPSICUM is the best remedy—relieves the aching, and feverishness—cures the COLD and restores normal conditions. It's liquid—effects immediately. 10c, 25c, and 50c. At drug stores.

It is a severe test of a man's Christianity to have the minister call on him during business hours.

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

Black looks are wasted on people who are color blind.

## Hearts

are hard to win when one's complexion is marred by pimples, blackheads and blotches. Strengthen your charms, by keeping your complexion clear, with

## Glenn's Sulphur Soap

Sold by Druggists. Mfg. by Hair and Whisker Dye, black or brown, 50c.

## PERFECT HEALTH.

Tutt's Pills keep the system in perfect order. They regulate the bowels and produce

## A VIGOROUS BODY.

Cure sick headache, constipation and malaria.

## Tutt's Pills

**DAISY FLY KILLER** placed anywhere, kills all flies, mosquitoes, gnats, house flies, etc. Guaranteed effect. 25c per package. Write for catalogue. FREE. We will send you a sample of our new product. Write us today. Enterprising Fruit Co., 205, South Ave., Indianapolis, Ind.

## BALE YOUR HAY PRESS

It will bring you more money. Send for Catalog. P. K. DEDERICK'S SONS 100 Tivoli St., Albany, N. Y.

## SWAMP-ROOT

Is not recommended for everything; but if you have kidney, liver or bladder trouble it will be found just the remedy you need. At druggists in fifty cent and dollar sizes. You may have a sample bottle of this wonderful new discovery by mail free, also pamphlet telling all about it. Address, Dr. Kilmer & Co., Binghamton, N. Y.

## Iron and Wire Fences

Plain and heavy, also light and ornamental. Wire of iron fences. Highest grade at lowest prices. Write for catalogue. FREE. We will send you a live agent in your town. You can make money. No capital required. Liberal contract. Write us today. Enterprise Fence Co., 205, South Ave., Indianapolis, Ind.

## STUDENTS WANTED

To learn the veterinary profession. Illustrated catalog sent free. Address VETERINARY COLLEGE, South 3rd Street, Terre Haute, Indiana

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Silver, Platinum, Old Jewelry, False Teeth of all kinds. Highest prices paid. Address REFINING WORKS, 906 Filbert Street, Philadelphia.

**SMALL INVESTORS** can earn 6% to 10% on their money in an exclusive California Manufacturing Company. Guaranteed security. Highest rated monthly and money back when wanted. Full particulars, F. A. GREEN, 1024 Market St., San Francisco, Cal.

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