

ANOTHER WOMAN CURED

By Lydia E. Pinkham's Vegetable Compound

Black Duck, Minn.—"About a year ago I wrote you that I was sick and could not do any of my housework. My sickness was called Retroflexion. When I would sit down I felt as if I could not get up. I took Lydia E. Pinkham's Vegetable Compound and did just as you told me and now I am perfectly cured, and have a big baby boy."—Mrs. ANNA ANDERSON, Box 19, Black Duck, Minn.

Consider This Advice.
No woman should submit to a surgical operation, which may mean death, until she has given Lydia E. Pinkham's Vegetable Compound, made exclusively from roots and herbs, a fair trial.

This famous medicine for women has for thirty years proved to be the most valuable tonic and invigorator of the female organism. Women residing in almost every city and town in the United States bear willing testimony to the wonderful virtue of Lydia E. Pinkham's Vegetable Compound. It cures female ills, and creates radiant, buoyant female health. If you are ill, for your own sake as well as those you love, give it a trial.

Mrs. Pinkham, at Lynn, Mass., invites all sick women to write her for advice. Her advice is free, and always helpful.

Art That is Understood.

It cannot be said that the majority of people lack the taste to esteem the highest works of art. The majority always have understood, and still understand, what we also recognize as being the very best art: the epic of Genesis, the Gospel parables, folk-legends, fairy-tales, and folk-song are understood by all. How can it be that the majority has suddenly lost its capacity to understand what is high in our art?—Tolstoi.

Wedded to Art, Perhaps.

Literary people seem to have as much trouble of late keeping the marriage vows as those who interpret the artistic side of life on the stage. Katherine Thurston and her husband are both novel writers, and no doubt that has had something to do with their inability to agree, a divorce having recently been granted Mrs. Thurston.—Toneka Capital.

A Package Mailed Free on Request of

MUNYON'S PAW-PAW PILLS

The best Stomach and Liver Pills known and a positive and speedy cure for Constipation, Indigestion, Jaundice, Biliousness, Sour Stomach, Headache, and all ailments arising from a disordered stomach or sluggish liver. They contain in concentrated form all the virtues and values of Munyon's Paw-Paw tonic and are made from the juice of the Paw-Paw fruit. I unhesitatingly recommend these pills as being the best laxative and cathartic ever compounded. Send us postal or letter, requesting a free package of Munyon's Celebrated Paw-Paw Laxative Pills, and we will mail same free of charge. MUNYON'S HOMOEOPATHIC HOME REMEDY CO., 53d and Jefferson Sts., Philadelphia, Pa.



For Miners, Quarrymen, Farmers and All Men Who Do Rough Work

They save you shoe money. Will outlast the shoe. They are easy to attach. Your shoe dealer has shoes already fitted with them—if not, any cobbler can put them on.

Send for booklet that tells all about them.
UNITED SHOE MACHINERY CO.
BOSTON, MASS.

HOUSEHOLD MATTERS

Raise Pile on Velvet.

Put on a table two pieces of wood, place between them bottom side up three very hot flatirons, and over them lay a wet cloth; hold the velvet over the cloth with the wrong side down; when thoroughly steamed, brush the pile with a light wisp and the velvet will look as good as new.—Mrs. Dema Cory, in the Boston Post.

To Repair Plastered Walls.

Small holes in white plastered walls can be easily filled without sending for the mason. Equal parts of plaster of paris and white sand such as is used in most families for scouring purposes, mixed with water to a paste, applied at once and smoothed with a knife. It will make the broken place as good as new. The mixture hardens very quickly, so it is best to prepare but a small quantity at a time.—Sylvia Grey, in the Boston Post.

Wood Work.

A good varnish: One-half pint of boiled linseed oil, one-half pint of turpentine, mixed and well shaken before using will fill the pores of the wood and give it a good gloss. Put on with a cotton cloth, then polish with a dry cloth. To remove stains from hands I keep lemon juice in a bottle. A little alcohol in it to keep it from spoiling. When I clean vegetables or peel apples I clean the stains off my hands with it.—Mrs. D. W. Lloyd, in the Boston Post.

For Amateur Dressmakers.

Amateur dressmakers, who experience trouble in making a good fit, may buy shoulder forms, the use of which materially adds to the appearance of a dress or coat. They come in various sizes, curves and weights, suitable to all figures and materials. Each pair is accompanied by directions telling exactly how to sew them in. Some are made with a little curved edge, which serves as a sleeve extender, projecting about an inch, and serving to support the gathers of the sleeve.—New York Telegram.

Hot Water Uses.

For all slight cuts or burns which a housekeeper frequently gets, a quick application of hot water—not warm, but hot; if on the hand or fingers, a quick plunge, removing quickly, then plunging again as long as the heat lasts; if on a place one can't plunge, fill a sponge or wad of cloth with the hot water; let the steam temper the injured part first; put nearer and nearer till one can bear it very hot; it will take the soreness from the cut or remove the sting from the burn after the very first application.—Mrs. C. H. Magrath, in the Boston Post.

How to Preserve Flowers.

When you receive a bouquet sprinkle it lightly with fresh water, then put it into a vessel containing some soapsuds, which nourish the roots and keep the flowers as bright as new. Take the bouquet out of the suds every morning and lay it side-wise in fresh water, the stock entering first into the water, keeping it there for a minute or two, then take it out and sprinkle the flowers lightly with the hand with pure water. Replace the bouquet in the soapsuds and the flowers will bloom as fresh as when first gathered. The soapsuds need to be changed every third day. By observing these rules a bouquet can be kept bright and beautiful for at least one month, and will last still longer in a very passable state, but attention to the fair and frail features as directed above must be closely followed.—Miss Eva A. Cahoon, in the Boston Post.

FOR THE EPICURE



Mushroom Sandwiches.—Cook the mushrooms, cut small and when tender add a little cream and a seasoning of crisp bacon cut in small pieces. Season also with salt and pepper and spread on thin slices of bread.

Tomato Souffle.—Put a small piece of butter and a little chopped onion in a frying pan. Cook ten minutes and add a little celery salt. Drain off liquid of one can of tomatoes in the frying pan. Add two well beaten eggs, season with salt and pepper and serve on toast. The liquid tomato may be used to flavor soups.

Spanish Cream.—One-third of a box of gelatine soaked in one and one-half pints of milk; bring to a boil in a double boiler, then stir in the beaten yolks of three eggs; add three tablespoonfuls of sugar and let cook a few minutes longer; beat the whites

of the eggs to a stiff froth and add immediately after taking from the fire; pour in wet moulds and cool over night.

Apple Indian Pudding.—Scald one quart milk, add to it two tablespoonfuls minute tapioca, one-half cup molasses, one-half cup Indian meal and salt; stir until very thick and then pour into a buttered baking dish and put into a hot oven; stir three times at an interval of five minutes; slice five apples and spread over the top of the pudding; bake for forty-five minutes; serve with cream.

Scallops and Fried Onions.—Slice as many onions as desired and put over the fire in a saucepan with melted butter. When they begin to soften add scallops that have been washed, drained, wiped dry and dredged with salt, pepper and cracker dust and cook until scallops and onions are a golden brown. Have ready finger pieces of buttered toast and arrange in parallel rows on each side of a hot platter, letting one piece overlap another. Place scallops and onions between them and serve.

A Missing Lady Teazle.

Tip was in Forbes-Robertson's cozy dressing room the other night when the callboy put a crack in the door and said, "Getting near you, sir!" And as he gathered his Inverness around his shoulders the Passer-By was reminded of what happened once when some one failed to hear a "cue." It was "The School for Scandal" that was being played by an inferior company in the provinces. Any one who has seen or read it recalls how much depends on the screen scene. When Lady Teazle was "discovered" she wasn't there! The lady is supposed to stay where she is hidden by Surface, but she thought she would slip into the dressing room, powder her nose and run back in time for the exposure. Of course the performance was ruined. The curtain was rung down amid roars of derision, and the night's receipts were lost by the negligence of the actress.—New York Press.

The Newspaper is Proof.

A newspaper can never very creditably represent a town whose business men do not advertise. He may howl himself hoarse bragging about the vim and energy and enterprise of his town, but if his declarations are not backed up by a liberal amount of advertising by the business men of the town, readers will be slow to take his statements as true. It takes more than the unsupported testimony of the local newspaper man to prove to the world that his town is the financial centre, the business centre, the best market and the best place on earth to buy goods; his evidence needs corroboration.

Woman a Clerk For 60 Years.

The death of Miss Martha Mitchell, of Alfred, Me., at the age of seventy-nine years, closes in all probability the most remarkable business career of any woman in the State. Miss Mitchell was born in Alfred, educated in the schools of the town and lived in the old house until she died. She entered the office of the register of deeds as a clerk about the year 1849 or 1850, and she has worked there or in the office of the register of probate ever since. Miss Mitchell did not leave her position at the desk until two weeks before she died.—Bangor News.

Living Up to Our Reputation.

There is a certain relaxation that comes when we know we are not going to be held up to what we have said; that we shall escape the annoyance of being expected to be the kind of person who said it, whatever it may be. When we meet a man who has written things we expect him to live up to his signature. Usually he doesn't, and then we grumble: "Isn't he the man who wrote ' ' ' ' ? I thought so. Well, he doesn't look it, does he?" Probably he is tired of being expected to "look it," and doesn't mean to, and is glad he doesn't.—Washington Star.

Old Vesuve.

Old Vesuve is a vesuvin' and the citizens are movin', which is probably the best that they can do, for they're very like to have a bath of pumice stone and lava if they don't get out Before Vesuvius is through.

All the scientific papers and the governmental capers have no value when Vesuve begins to move, and the neighborhoods diminish to a dull Pompeian finish when the fiery old Vesuve starts to vesuve.—Chicago-Post.

Trials of a Host.

"I suppose you will give some elaborate entertainments this winter?"
"Yes," answered Mr. Cumrox; "I think we'll improve on those of last season."
"Weren't they all successful?"
"Nope. It was my fault. I tried to make everybody have a good time, and the first thing I knew mother and the girls were complaining because they weren't sufficiently high class and formal."—Washington Star.

Good Roads

New Road Nomenclature.

Advancement in the science of road building is accentuated by the action of the committee on asphaltic and bituminous pavements, of the Organization of City Officials for Standardizing Paving Specifications, which was formed recently at Chicago.

According to reports of discussions in the committee, and as partly shown in the report, roads constructed from broken stone and bituminous materials are separated into two classes, "bituminous macadam" and bituminous concrete." A bituminous macadam road is defined as one constructed of broken stone of the various sizes commonly used in macadam roads, with sometimes sand and gravel, to which has been applied bituminous material by what is known as the "penetration method," i. e., the application of the bituminous material, either hot or cold, to the surface of the road after the stone has been placed in position and rolled.

A bituminous concrete road, is differentiation from a bituminous macadam road is defined as one built of a mineral aggregate, made up of broken stone, gravel and sand in various combinations, mixed with bituminous material before being placed in the roadway. This definition does away with the necessity for describing a road as one built by the "mixing method," when reference is made to one where stone and bitumen have been mixed, either hot or cold, before being placed in position. It is thought that the segregation of names will simplify methods of expression, so as to make them more readily understood, and also to bring them in accord with the facts.

It is urged that a road can only be considered a macadam road, when the stones are placed upon the ground, rolled and a binder applied. Primarily this binder consists of stone dust, washed into the crevices by means of water. Obviously, to fill up the interstices with bitumen would make a "bituminous macadam." No mention is made by the committee of a fact that this particular appellation is copyrighted by a company making patented pavements as one of its "trade names."

Bituminous concrete, on the contrary, has nothing in common with macadam in any way, except that the same materials enter into its mineral aggregate. Bituminous concrete, like cement concrete, is, and must be, made by a thorough mixing of the materials, to the end that the particles of the aggregate shall be thoroughly and entirely covered by the cementing material, so that, when placed in position and compressed, a dense and solid mass is formed possessing the requisite qualifications for a road surface.

Such changes or developments in nomenclature are the inevitable results of the progress made possible by constant experimentation in the science of highway construction. They are one of the indices of advancement.—Good Roads Magazine.

Support Good Roads Candidates.

It is an understood ethical principle, that whatever is worth having is worth making an effort to secure. In the more terse and expressive language of the street, "if you want a thing, go and get it."

The action of the Alabama Good Roads Association, at its recent convention at Montgomery, in appointing a committee on legislative candidates, is a case in point. The association has decided upon a system of improved roads, with State aid, and other progressive ideas. At the Montgomery convention both of the gubernatorial candidates were invited to express their views on the subject, and they did so in a manner which indicated to the members of the association that which ever may be elected the good roads measures will be treated favorably by the executive.

The legislature, however, which is to be elected in November, is as yet an unknown quantity. The members to be elected are not even placed in nomination. It is the function of this legislative committee to ascertain the sentiment of every candidate on the subject of good roads, and report same to the convention in Birmingham in October for action. The plain intimation is that the association will assist in the election of those who favor good roads for Alabama, and in the defeat of those who do not.

Good roads advocates in some other States, who have long been endeavoring to secure better road laws for their commonwealths, might find the example of the Alabama association worthy of emulation.—Good Roads Magazine.

The output of rubies in Burma during 1907 amounted to 2,128,368 trucks, valued in Magok books at \$577,325. The royalty revenue for the year was \$99,245. The market for rubies was fairly good the first of the year, falling away discouragingly toward the last of the year.



Better Health

A Pleasing Sense of Health and Strength Renewed and of Ease and Comfort

follows the use of Syrup of Figs and Elixir of Senna, as it acts gently on the kidneys, liver and bowels, cleansing the system effectually, when constipated, or bilious, and dispels colds and headaches.

To get its beneficial effects, always buy the genuine, manufactured by the California Fig Syrup Co.

Mother's milk will supply the baby laxative enough, if she takes a candy Cascaret. And the laxative will be natural, gentle, vegetable—just what baby needs. Try one and you'll know why millions of mothers use them.

Vest-pocket box, 10 cents—at drug-stores. People now use a million boxes monthly. 650

A Sailor's Prayer.

"O, Lord, I am no common beggar; I do not trouble Thee every day, for I never prayed to Thee before; and if it please Thee to deliver me this once, I will never pray to Thee again as long as I live."—Quoted by E. S. Bates in Atlantic.

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

The Steel Car Wheel.

In the development of the solid steel car wheel as distinguished from the steel-tired wheel, where the tire is fastened to a center made of cast iron or steel, it has been made the goal to produce a metal that should be the equal of the steel tire, and this has been done. By care in the croppings of the ingots to avoid piping and segregation, by close attention to heating, and by the use of very powerful machinery by which the rolling of the tread may be carried on down to a low temperature, the essentials of good tire metal have been obtained. These may be put at a high tensile strength, and limit of elasticity, a high ratio of elongation before rupture under load, and harness with the density of fine grain. The chemical features of low sulphur and phosphorus and high carbon are matters of the furnace and the steel maker, and can, of course, be obtained as well in an ingot intended for a solid wheel as for one that is to be made into tires. It was the mechanical features that gave trouble, added to the necessity of producing a low-priced wheel. All this has been done, and a suitable wheel is available.—Cassier's Magazine.

Trade of the United States with its non-contiguous territories aggregated \$172,000,000 in the year just ended, against about \$64,000,000 a decade ago. In addition to the \$172,000,000 worth of merchandise there was received from Alaska \$18,000,000 worth of gold of domestic production.

Lady Sibyl Grey recently accompanied her father, Earl Grey, Governor General of the Dominion, on his trip to the Canadian Arctic gold field, near Dawson City, the capitol of the Klondike.

Use of tobacco is universal in the Orient, and the word cheroot and its use come from Madras. The first cigars seen by Columbus were wrapped with corn shucks.

A clear brain and Steady, dependable nerves Can win wealth and fame For their owner.

Clear-headedness and a Strong, healthy body Depend largely on the Right elements in Regular food and drink.

Coffee contains caffeine—A poisonous drug.

Postum is rich in the Gluten and phosphates that Furnish the vital energy That puts "ginger" and "hustle" into body and brain.

"These's a Reason"