

Prophecy That Came True. When, in 1869, Richard Trevithick uttered the following words, there were many who considered him an insane, dangerous person: "The present generation will use canals, the next will prefer railroads with horses, but their more enlightened successors will employ steam carriages on railways as the perfection of the art of conveyance."

Hailroad in Japan. Japan has 4236 miles of railway, of which 210 miles were constructed in 1902. The number of passengers carried on these railways in 1903 was 210,000,000. The freight transported was 16,122,671 metric tons and the cash receipts amounted to about \$25,800,000.

Beware of Contaminated Catarrh. Catarrh of the bladder is a disease of small and completely derange the whole system when entering it through the mucous surfaces. Such articles should never be used except on prescriptions from reputable physicians, as the damage they will do to ten fold to the good you can possibly derive from them. Hall's Catarrh Cure, manufactured by F. J. Cheney & Co., Toledo, O., contains no mercury, and is taken internally, acting directly upon the blood and mucous surfaces of the system. In buying Hall's Catarrh Cure be sure you get the genuine. It is taken internally, and made in Toledo, Ohio, by F. J. Cheney & Co., Testimonials free. Sold by Druggists; price, 75c per bottle. Take Hall's Family Pills for constipation.

German Day. The State of Utah has established a holiday in honor of German. It is called General Health Day and is the first Monday in October. On this day all theatres, churches, public halls, hotels, boarding houses, etc., must be thoroughly disinfected.



Another club woman, Mrs. Hauke, of Edgerton, Wis., tells how she was cured of irregularities and uterine trouble, terrible pains and backache, by the use of Lydia E. Pinkham's Vegetable Compound.

"DEAR MRS. PINKHAM:—A while ago my health began to fail because of female troubles. The doctor did not help me. I remembered that my mother had used Lydia E. Pinkham's Vegetable Compound on many occasions for irregularities and uterine troubles, and I felt sure that it could not harm me at any rate to give it a trial."

"I was certainly glad to find that within a week I felt much better, the terrible pains in the back and side were beginning to cease, and at the time of menstruation I did not have nearly as serious a time as heretofore, so I continued its use for two months, and at the end of that time I was like a new woman. I really have never felt better in my life, have had no sick headache since, and weigh 30 pounds more than I ever did, so I unhesitatingly recommend your medicine."—Mrs. MARY HAUKE, Edgerton, Wis., Pres. Household Economics Club. —\$5.00 for full trial. Do not receive letter proving genuineness cannot be produced.

**DYSPEPSIA**  
SICK HEADACHE,  
TRADE MARK.

**CONSTIPATION**  
PROMPTLY AND PERMANENTLY CURED WITH

**Crab Orchard Water.**  
A Century's Experience, With Successful Results, is the Best Testimonial.

**Crab Orchard Water Co.,**  
Louisville, Ky.

**Better Fruits—Better Profits**  
Better peaches, apples, pears and berries are produced when Potash is liberally applied to the soil. To insure a full crop, of choice quality, use a fertilizer containing not less than 10 per cent. actual

**Potash**  
Send for our practical books of information. They are not advertising pamphlets, containing special fertilizers, but are authoritative treatises on the best methods of soil fertilizing.

**GERMAN KALI WORKS**  
92 Nassau St., New York.

**THE CURE FOR**  
TUBERCULOSIS  
Send for our practical books of information. They are not advertising pamphlets, containing special fertilizers, but are authoritative treatises on the best methods of soil fertilizing.

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## Household Matters

**Cake Frosting.**  
Cook together for ten minutes two cups of sugar, a rounding tablespoon of butter and two-thirds cup of milk. Beat until cold and spread over the cake.

**Orange Frappe.**  
Make a syrup of one and one-half cups of water and the same of sugar. Add the grated yellow peel of two oranges and cook ten minutes. Strain and add the strained juice of six oranges and a small lemon. Freeze at once and serve.

**Lemon Sherbet.**  
Boil together three cups of water and two cups of sugar ten minutes, or until it will thread when a cold fork is dipped in and held above it. Cool and add the juice of six lemons and two oranges, and a level tablespoon of the grated yellow rind of lemon. Let stand a half hour, then strain and freeze.

**Walsh Biscuit.**  
Break half a pound of mild cheese into small pieces and melt in the chafing dish with a level teaspoon of butter. Add slowly four tablespoons of milk, a saltspoon of salt and a dust of red pepper. When the mixture is smooth stir in two beaten eggs, and as soon as the egg is set serve on thin crackers.

**Creamed Onions.**  
Cook one quart of medium-sized onions in water, with one teaspoon of sugar, until nearly done, then add a level teaspoon of salt; finish cooking and drain. Have a rounding tablespoon of butter melted with one level tablespoon of flour rubbed in and cook two minutes. Add a cup of hot milk and cook three minutes; season with salt and pepper and pour over the onions, after they have been put in a deep hot dish. If the onions break while cooking chop them, add to the sauce, boil up once and serve.

**Excellent Plain Mince Meat.**  
Take a pint bowl for a measure and heap it with finely chopped and well packed meat. Measure four bowls of apple, chopped more coarsely, and mix with the meat. Add two cups of sugar, one and one-half cups of molasses, one cup of butter, or part butter and part melted suet, two cups of boiling water and one cup of liquor from pickled peaches. A cup of boiled cider may be used instead of this peach vinegar. Add one cup of whole seeded raisins, half a nutmeg grated, two teaspoons of cinnamon, one-quarter teaspoon of cloves, half a teaspoon of allspice and three level teaspoons of salt. Grate the yellow rind of one lemon and add it with the juice. Mix all well together and cook slowly for one hour. A little more water may be needed.

**Hint's For the Housekeeper**

Windows should never be cleaned when the sun is shining on them, or they will look smoky afterward.

A strip of carpet glued to a piece of wood will remove mud from boots quickly and without the slightest injury to leather, and is far better than the usual brush.

When pouring hot fruit into a glass dish place the latter on a wet cloth. This prevents any chance of the glass cracking, which would otherwise be very likely to happen.

When bottling pickles or ketchup it is a good plan to boil the corks, and while hot press them tightly into the bottles, so that when they are cold they are tightly sealed.

To prevent thread from knotting always thread your needle at the end of the cotton as you undo it from the reel, and make the knot at the end that is cut off. If this is done, your thread will never knot.

Wood ashes are excellent for cleaning tinware. Wring a piece of coarse flannel out of warm water, dip it in the ashes, and with this scour the tins. Rinse in warm water, dry and polish with a soft duster or leather.

To clean silver nothing is better than whitening and sweet oil. Mix a little to a smooth paste, dip a piece of flannel in and rub well the article to be cleaned. Then wipe with a soft duster and finally polish with a clean chamois leather.

Brewers' yeast, which many people use for breadmaking instead of German yeast, if a little cold water is poured over it, will keep good for several days. When needed pour the water carefully off and use in the ordinary way.

A burnt saucepan should be filled with cold water, to which a liberal allowance of soda has been added, and then brought slowly to a boil. If wood ashes are obtainable, a handful of these added to the water will greatly help in the cleansing.

To wash paint, make a good soapy lather by boiling one ounce of soap in half a gallon of water, rain water—if possible. This is a far more economical plan than rubbing the soap on a brush or flannel. Wash the paint in the soapy lather and dry first with a cloth wrung out of warm water, and then with a clean, dry duster.

Potato water is excellent for brightening shabby carpets. The carpets must first be well beaten and shaken. Then take half a dozen good sized potatoes and scrape them as finely as possible into a bucket full of warm water. Strain, wring a cloth full of the potato water, and with it give the carpet a good rub all over, rinsing frequently.

The nervous housewife who lives in constant dread of fire may, with very little trouble, make an extinguisher that will put out the blaze if used at once. All she needs to do is put three pounds of salt into a gallon of water, and to this add one and one-half pounds of sal ammoniac. This liquid should be bottled, and when the fire is discovered it should be poured on it.

## COMMERCIAL REVIEW.

R. G. Dun & Co.'s weekly review of trade says: Aside from some hesitation at the South, owing to the recent fall in the price of cotton, business conditions are favorable and optimistic sentiments are evidenced by extensive preparations for active trade. As annual reports appear, it is found that the closing months of 1904 made a much better exhibit than the first half, which starts the New Year with smaller stocks of goods in the hands of dealers, assuring liberal contracts in the near future for replenishing supplies. A few minor labor controversies have arisen, but the Fall River mills are more active and in most branches of manufacture there is a steady decrease in the proportion of idle machinery, one prominent producer of woollen goods reporting 9 per cent. of all plants in operation.

Failures for the week numbered 290 in the United States, against 400 last year, and 25 in Canada, compared with 37 a year ago. Wheat, including flour, exports for the week ending January 5, aggregate 1,417,047 bushels, against 981,140 last week, 3,359,321 this week last year, 5,098,951 in 1902 and 3,567,210 in 1901.

Corn exports for this week are the largest since March, 1903, and aggregate 3,186,533 bushels, against 1,582,342 last week, 1,249,599 a year ago, 2,856,081 in 1902 and 1,367,873 in 1901.

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**LASTING RELIEF.**  
J. W. Wells, Superintendent of Streets of Lebanon, Ky., says: "My nightly rest was broken, owing to irregular action of the kidneys. I was suffering intensely from severe pains in the small of my back and through the kidneys and annoyed by painful passages of abnormal secretions. No amount of doctoring relieved this condition. I took Doan's Kidney Pills and experienced quick and lasting relief. Doan's Kidney Pills will prove a blessing to all sufferers from kidney disorders who will give them a fair trial."

Foster-Milburn Co., Buffalo, N. Y., proprietors. For sale by all druggists, price 50 cents per box.

**Contest of Smelling Powers.**  
A new game for long evenings has been devised and tried by an English house party. It is a contest of smelling powers. Numbered programs and numbered bottles contain essence of cloves, gin, eucalyptus, sherry and other groceries. The game is to identify the contents. And the difficulty of distinction has occurred to many men who have tried the decanters with the nose in the hope of deciding whether it is brandy or whisky. In this particular effort to recapture a sense in which the dog masters mankind a woman won.

**BABY'S TERRIBLE SORE**  
Body Raw With Humor—Caused Untold Agony—Doctor Did No Good—Mother Discouraged—Cuticura Cured It Once.  
"My child was a very delicate baby. A terrible sore and humor broke out on his body, looking like raw flesh, and causing the child untold agony. My physician prescribed various remedies, none of which helped at all. I became discouraged and tried Cuticura Soap and Cuticura Ointment with almost immediate success. Before the second week had passed the soreness was gone, not leaving a trace of anything. Mrs. Jeannette H. Block, 281 Rosedale St., Rochester, N. Y."

A new brick was recently discovered in India in which contagious diseases are eliminated by killing those who are attacked.

**A Well Deserved Tribute.**  
The awarding of the Grand Prize to the Winchester Repeating Arms Co. New Haven, Conn., at the St. Louis Exposition, confers upon this company the highest mark of distinction attained by any manufacturer of guns or ammunition in the world. Although a great number of medals were given, the highest award of a Grand Prize was to the Winchester Repeating Arms Co.; given as it was in competition with the leading manufacturers of all countries. This latest recognition of superiority is the natural result of thirty years of careful and successful endeavor in maintaining the high quality of Winchester rifles, shotguns and ammunition.

**THE LAW VS. KINDNESS.**  
Good Samaritan Suffers for Eccentricities of Ohio Statutes.  
"Got a buzzard here?" Inquired Charles W. Heyl, deputy game warden of Mrs. Frank Edgerton of South Sixth street, according to the Columbus, Ohio, correspondent of the New York Herald.

"Yes, sir," the woman replied.  
"Want to sell it?"  
"No, sir; but you can have it if you want it."  
"Can I see it?"  
"Certainly; just come this way, please."

And Mrs. Edgerton walked back to the coal shed, where the bird was confined, opened the door and then walked back to the house. In a moment of two Heyl appeared with the buzzard under his coat. He showed a badge and said: "Tell your husband that I am a game warden and for him to appear before Squire Lakin."

A son of Mr. Edgerton, who is an employe in the Panhandle shops, while strolling through the fields, found a buzzard with a broken leg. The bird was fed and kindly treated and became a pet, running around the neighborhood as it pleased. When the family went away from the house the buzzard would be confined in the coal shed.

An affidavit charges Edgerton with having "in his possession a buzzard not then and there being in captivity prior to May 6, 1902, and not then and there having the permission to do it aforesaid act."

**MIGHT HAVE SAVED IT.**  
A Lot of Troubles From Too Much Starch Food.  
A little boy of eight years whose parents did not feed him on the right kind of food, was always nervous and suffered from a weak condition of the stomach and bowels. Finally he was taken down with appendicitis and after the operation the doctor, knowing that his intestinal digestion was very weak, put him on Grape-Nuts twice a day.

He rapidly recovered and about two months thereafter, his father states, "He has grown to be strong, muscular, and sleeps soundly, weighs 62 pounds, and his whole system is in a fine condition of health." Name given by Postum Co., Battle Creek, Mich.

It is plain that if he had been put on Grape-Nuts at an earlier period in his life, and kept from the use of foods that he could not digest, he never would have had appendicitis. That disease is caused by undigested food decaying in the stomach and bowels, causing irritation and making for the growth of all kinds of microbes, setting up a diseased condition which is the active cause of appendicitis, and this is more marked with people who do not properly digest white bread.

Grape-Nuts is made of the selected parts of wheat and barley and by the peculiar processes of the cooking at the factory, all of the starch is turned into sugar ready for immediate digestion and the more perfect nourishment of all parts of the body, particularly the brain and nerve centers.

Read the little book, "The Road to Wellville," found in each pkg.

## SWIMMING A GOOD EXERCISE.

Tests Show It Makes Greatest Increase in Red Blood Corpuscles.

A series of experiments conducted by Dr. Philip H. Hawk, demonstrator of physiological chemistry at the University of Pennsylvania, has proved that swimming is the most beneficial exercise.

As described by the World's Work, Dr. Hawk visited the dressing rooms at the athletic field and immediately before each athlete left for his exercise drew blood from him by means of the regularly prepared sterile needle. Then when the athlete returned to the dressing room after running, jumping, pole-vaulting or engaging in water polo the needle would again be brought into play and a second sample of blood drawn.

Analysis of the blood to discover how far each exercise increased the number of red corpuscles showed that water polo and other forms of swimming resulted in the largest increase. The swimming exercises were thus shown to be the most beneficial, for the greater the number of red corpuscles the richer is the blood. Swimming resulted in an average increase of 21 per cent, as against 17 per cent for the next best exercise—short-distance running.

After one of these examinations during the athletic season, while the men were in the pink of condition and exerting themselves to the utmost, Dr. Hawk found the following results, in round numbers, from the count of the blood corpuscles: Percentage of gain after the 100-yard dash, 25; 120-yard hurdles, 21.5; half-mile run, 18; mile run, 14; two-mile run, 9; broad jump six jumps, 15; three-minute water polo game, 27.

**Snakes with Eye-Glasses.**  
Snakes may almost be said to have glass eyes, inasmuch as their eyes never close. They are without lids, and each is covered with a transparent scale much resembling glass. When the reptile comes out with the eye scales come off with the rest of the transparent envelope out of which the snake slips.

This glassy eye-scale is so tough that it effectually protects the true eye from the twigs, sharp grass and other obstructions which the snake encounters in its travels, yet it is transparent enough to allow the most perfect vision. Thus, if the snake has not a glass eye, it may, at any rate, be said to wear eye-glasses.

A similarly protected or cased eye which very nearly approaches a glass eye, or, at any rate, an eye of glass—is to be found in fish. From the character of the element in which they live and the subdued light that reaches them, fish have no need of eyelids, either to wash the eye or protect it from glare, and, therefore, eyelids are absent; but some of them need the protection of the transparent, horny, convex cases which defend their eyes without obstructing the sight.

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer, 231 North Broad Street, Philadelphia, Pa. Dr. R. H. Kline, Ltd., 331 Arch St., Phila., Pa.

**A Guaranteed Cure For Piles.**  
Hitching, Blind, Bleeding or Protruding Piles. Druggists will refund money if Pazo Ointment fails to cure in 6 to 14 days. 50c.

All the soldiers in the army of Argentina are forced to play football.

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

**To Cure a Cold in One Day**  
Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. E. W. Grove's signature is on box. 25c.

There are 44,000 hotels in the United States.

Itch cured in 30 minutes by Woolford's Sanitary Lotion. Never fails. Sold by all druggists, 5c. Mail orders promptly filled by Dr. E. Detenon, Crawfordsville, Ind.

One of the new sports in England is fancying with motor cars.

## SUFFERED FROM CATARRH OF LUNGS SO COMMON IN WINTER. CURED BY PE-RU-NA.



**A COLD ON THE LUNGS THREATENS TO BECOME SERIOUS.**  
Pe-ru-na Brings Speedy Relief.

Mrs. H. E. Adams, ex-President Palmetto Club, of New Orleans, La., writes from 110 Garfield Court, South Bend, Ind., as follows: "I am pleased to endorse Pe-ru-na, as I took it about a year ago and it soon brought me relief from a cold on my lungs which threatened to be serious."

"The lungs were sore and inflamed, I coughed a couple of hours every night and I felt that something must be done before my lungs became affected. Pe-ru-na was suggested by some of my friends and I used it, and acting upon their advice I tried it and found that it was able to bring about a speedy cure. You have my highest endorsement and thanks for the good it did me."

**Spurning the Prates of Pe-ru-na.**  
Mrs. Frances Wilson, 32 Nelson St., Clinton, Mass., writes: "Had you seen me at the time of my illness and now, you would not wonder that I take delight in sounding the praises of Pe-ru-na. 'My ailment was a severe cold which attacked the bronchial tubes and lungs. I followed your special directions and after using six bottles of Pe-ru-na, I was on my feet again. I think Pe-ru-na a wonderful medicine.'"

**Constipation**  
Biliousness, Sick Headache and all Liver and Bowel Complaints cured by using according to directions  
**Parsons' Pills**  
They do not irritate the stomach and bowels like violent purgatives, but act gently and healthfully. Taken after dinner by hearty eaters they remove all morbidities of indigestion. 25 cents a bottle; five \$1.00, at druggists, or sent by mail on receipt of price. I. S. JOHNSON & CO., Boston, Mass.

**DROPSY NEW DISCOVERY**  
Write me at once for blanks and instructions. Free of charge. No Postage, No Pay. Address: W. H. WILLS, Wills Building, 312 Indiana Ave., Washington, D. C. Patents and Trade-Marks Sold.

**PENSION FOR AGE**  
A new order will give pension for age. Write me at once for blanks and instructions. Free of charge. No Postage, No Pay. Address: W. H. WILLS, Wills Building, 312 Indiana Ave., Washington, D. C. Patents and Trade-Marks Sold.

**BEST FOR THE BOWELS**  
**Cascarets**  
CANDY CATHARTIC

**GUARANTEED CURE FOR ALL BOWEL TROUBLES, APPENDICITIS, BILIOUSNESS, BAD BREATH, BAD BLOOD, WIND ON THE STOMACH, BILIOUSNESS, SORE THROAT, HEADACHE, INDIGESTION, PAINFUL REGULARITY ARE SICK. Constipation kills more people than all other diseases together. It starts chronic ailments and long years of suffering. No matter what ailment you get, start taking CASCARETS today, for you will never get well and stay well until you get your bowels regular. Take our advice, start with Cascarets today under absolute guarantee to cure or money refunded. The genuine tablet stamped C. C. R. Never sold in bulk. Sample and booklet free. Address: Sterling Remedy Company, Chicago or New York.**

**Every Coupon Counts for a present with GOOD LUCK Baking Powder**

Buy Good Luck Baking Powder. In so doing you get the most of the purest baking powder at the smallest cost. Furthermore, if you will save the coupons that you will find plainly printed on the label of each can, you can get the beautiful premiums we are now offering. Cut out these coupons. They are valuable. It takes but a few of them to obtain some of the numerous useful gifts on the premium list.

A little book inside of every can explains all about the premiums. It shows a picture of each gift and tells just how many coupons are required to get them. Don't fail to save the coupons. Take a delight in your baking and secure some of the charming premiums.

**GOOD LUCK Baking Powder**

was established in 1892. The sales have so increased to date, that to-day we are shipping Good Luck Baking Powder in carload lots to every section of the country. The cause of this enormous popularity is plain. In Good Luck, housekeepers get not only a positively pure baking powder of great leavening force, but at a price a little less than they have been accustomed to pay for some other kind that was not as satisfactory in results.

When buying Good Luck think of its purity and consider the good results obtained from its use. Remember every Good Luck coupon counts for a present. If your grocer doesn't keep Good Luck, send us his name and we will see that you are supplied.

**THE SOUTHERN MANUFACTURING CO.,**  
Richmond, Va.