

Dogs are slaughtered for culinary purposes in Munich.

Rich cured in 30 minutes by Woodford's Sanitary Lotion. Never fails. Sold by all druggists. \$1. Mail orders promptly filled by Dr. E. Detchon, Crawfordsville, Ind.

The rice paper tree is one of the most interesting of the flora of China.

NO SLEEP FOR MOTHER

Baby Covered With Sores and Scabs—Could Not Tell What She Looked Like—Marvellous Cure by Cuticura.

"At four months old my baby's face and body were so covered with sores and large scabs you could not tell what she looked like. No child ever had a worse case. Her face was being eaten away, and even her finger nails fell off. It itched so she could not sleep, and for many weeks night we could get no rest. At last we got Cuticura Soap and Ointment. The sores began to heal at once, and she could sleep at night, and in one month she had not one sore on her face or body.—Mrs. Mary Sanders, 709 Spring St., Camden, N. J."

Almost Too Generous.

"Our Hopeful" mother was determined he should be generous. "All ways divide with your friends," was her daily admonition. One day she was holding forth on this theme to an admiring friend when "Our Hopeful" appeared with a much-begrimed face. "Mother, I've brought you some taffy," unclasping the chubby fingers, which disclosed on the moist palm a dark, sticky substance, which he handed her. As she put it in her mouth "Our Hopeful" bent forward with his hands on his knees to watch the operation, mouth and eyes wide open. "Are you sure you swallowed it? Is it down good? Cause I gave it to Prince and he unswallowed it two times."

WOMEN WHO CHARM

HEALTH IS THE FIRST ESSENTIAL

It Helps Women to Win and Hold Men's Admiration, Respect and Love

Woman's greatest gift is the power to inspire admiration, respect, and love. There is a beauty in health which is more attractive to men than mere regularity of feature.



Mrs. Chas. F. Brown

To be a successful wife, to retain the love and admiration of her husband, should be a woman's constant study.

At the first indication of ill-health, painful or irregular menstruation, headache or backache, secure Lydia E. Pinkham's Vegetable Compound and begin its use.

Mrs. Chas. F. Brown, Vice-President Mothers' Club, 21 Cedar Terrace, Hot Springs, Ark., writes:

Dear Mrs. Pinkham: I dragged through a miserable existence, suffering with inflammation and falling of the womb, and worn out with pain and weakness. I consulted an assistant by a woman suffering as I was, but who had been cured by Lydia E. Pinkham's Vegetable Compound, and I determined to try it. At the end of three months I was a different woman. Every one remarked about it, and my husband fell in love with me all over again. Lydia E. Pinkham's Vegetable Compound built up my entire system, cured the womb trouble, and I felt like a new woman. I am sure it will make every suffering woman strong, well and happy, as it has me.

Women who are troubled with painful or irregular menstruation, backache, bloating (or flatulence), leucorrhoea, falling, inflammation or ulceration of the uterus, ovarian troubles, that "bearing-down" feeling, dizziness, faintness, indigestion, or nervous prostration may be restored to perfect health and strength by taking Lydia E. Pinkham's Vegetable Compound.

POTASH

Potash as Necessary as Rain

The quality and quantity of the crops depend on a sufficiency of

Potash

in the soil. Fertilizers which are low in Potash will never produce satisfactory results.

Every farmer should be familiar with the proper proportions of ingredients that go to make the best fertilizer for his kind of crop. We have published a series of books, containing the latest researches in fertilizer science, which will send you a free copy. Write now while you think of it to

GERMAN KALI WORKS
98 Nassau Street, New York.

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GERMAN KALI WORKS
98 Nassau Street, New York.

WET WEATHER WISDOM!

THE ORIGINAL

TOWER'S

FISH BRAND SLICKER

WILL KEEP YOU DRY NOTHING ELSE WILL

TAKE SUBSTITUTES

SHOWING FULL LINE OF GARMENTS AND HATS.

A. J. TOWER CO., BOSTON, MASS., U.S.A.
TOWER CANADIAN CO., LTD., TORONTO, CANADA.

PENSION FORAGE.

A new order will be sent you for blank and instructions. Free of charge. No Pension. No Pay. Address W. W. WILKINSON, 112 Indiana Ave., Washington, D. C. Patents and Trade-Marks Solicited.

30, 40 & 50 Per Cent. Paid for selling our Fruit & Ornamental Trees. Small Plants, Shrubs, Roses and Vines. Complete catalogue No. 121 sent free. Write to W. W. WILKINSON, 112 Indiana Ave., Washington, D. C.

ACHED IN EVERY BONE.

Chicago Society Woman, Who Was So Sick She Could Not Sleep at Night, Used by Doan's Kidney Pills.



Marion Knight, of 33 N. Ashland Ave., Chicago, Orator of the West Side Wednesday Club, says: "This winter when I started to use Doan's Kidney Pills I ached in every bone and had intense pains in the kidneys and pelvic organs. The urine was thick and cloudy, and I could barely get enough to live. I felt a change for the better within a week. The second week I began eating heartily. I began to improve generally, and before seven weeks had passed I was well. I had spent hundreds of dollars for medicine that did not help me, but \$6 worth of Doan's Kidney Pills restored me to perfect health."

A TRIAL FREE—Address Foster-Milburn Co., Buffalo, N. Y. For sale by all dealers. Price, 50 cts.

Now Dorothy Studies in School.

"I think I shall take Muriel out of school and teach her myself this winter," said Young Mother No. 1. "There must be something defective about the public school system, for she doesn't know how to read yet."

Young Mother No. 2 smiled reminiscently. "I tried that with Dorothy last year," she said.

"With what success?"

"Well, we got on very well until we came to double letters. There the child balked, for she couldn't seem to learn to spell the word without repeating the letter twice. 'You mustn't say b-e-l-l, Dorothy,' I insisted. 'Spell the word b-double l!'"

"Finally I succeeded in drilling the doubling process into her head only too thoroughly, as I found one day when I wanted to show her father how she had progressed under my tuition. I pointed to a lesson which began, 'Up, up, Mary, the sun is high,' and told her to read it. She looked at it for a moment with a puzzled frown, then she began confidently:

"Double up, Mary, the sun is high!"

"At her father's suggestion she returned to school next day."

Runaway horses are unknown in Russia. False teeth have been used by the people who lived in 1000 B. C.

FITS permanently cured. No fits or nervousness after first day's use of Dr. Kline's Great Nerve Restorer, 231 1/2 North 2nd Street, Philadelphia, Pa.

According to the census of 1900, the population of Spain was 18,891,574.

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

Porto Rico is the most lightly taxed country on earth.

Pink's Cure is the best medicine ever used for all kinds of throat and lung troubles.—W. O. Emsley, Vanburn, Ind., Feb. 10, 1903.

The man who takes life as a dose, always finds it a bitter one.

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

You could never make a woman believe all angels don't have nice, crinkly hair.

The United States is the largest consumer of tin in the world, but derives its supplies from the Straits Settlements, from Banca, and other European sources. Only a few hundred pounds of tin are mined in this country.

Wido Reward. \$100.

The readers of this paper will be pleased to learn that there is at least one dreaded disease that science has been able to cure in all its stages, and that is Catarrh. Hall's Catarrh Cure is the only positive cure now known to the medical fraternity. Catarrh being a constitutional disease, requires a constitutional treatment. Hall's Catarrh Cure taken internally, acting directly upon the blood and mucous surfaces of the system, thereby destroying the foundation of the disease, and giving the patient strength by building up the constitution and assisting nature in doing its work. The proprietors have so much faith in the curative powers that they offer One Hundred Dollars for any case that fails to cure. Send for list of testimonials. Address: F. J. CHENEY & Co., Toledo, O. Sold by Druggists, 75c.

Take Hall's Family Pills for constipation.

Just before he left the Pension Office, Commissioner Ware was asked for a recommendation by a watchman. "This is what Ware wrote: 'Dear Jackson—If you are not in Heaven when I get there, I'll fix it to have you transferred.'

To Cure a Cold in the Day

Take Laxative Bromo Quinine Tablets. All druggists refund money if it fails to cure. E. W. Grove's signature is on box. 25c.

Great souls can neither be starved by poverty nor choked by riches.

This Will Interest Mothers.

Mother Gray's Sweet Powders for Children, used by Mother Gray, a nurse in Children's Home, New York, cure Constipation, Eczema, Itching, Diarrhea, Stomach Troubles and Destroy Worms; 50 Cents. Testimonials of Cures. All druggists, 25c. Sample Free. Address Allen N. Olmsted, Le Roy, N. Y.

The average age at which civilized women marry is twenty-three and one-half years.

Earliest Green Onions.

The John A. Salzer Seed Co., La Crosse, Wis., always have something new, something valuable. This year they offer among their new varieties making vegetables, an Earliest Green Eating Onion. It is a winner. Mr. Farmer and Gardener!

JUST SEND THIS NOTICE AND 16c, and they will send you their big plant and seed catalog, together with enough seed to grow:

- 1,000 fine, solid Calibags.
- 2,000 rich, juicy Turnips.
- 2,000 blanching, nutty Celery.
- 2,000 rich, buttery Lettuce.
- 1,000 splendid Onions.
- 1,000 rare, luscious Radishes.
- 1,000 gloriously brilliant Flowers.

In all over 10,000 plants—great offer is made to get you to test their warranted vegetable seeds and

ALL FOR BUT 16c POSTAGE, providing you will return this notice, and if you will send them 26c in postage, they will add 10,000 plants—great offer is made to get you to test their warranted vegetable seeds and

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THE KEYSTONE STATE

Latest News of Pennsylvania Told in Short Order.

After a fierce struggle with a supposed mad dog, George Kessler, of Pottstown, held the animal on a trolley track while a car ran over it. The dog had bit Kessler and two other persons. The dog, which bore every symptom of being afflicted with rabies, created consternation by a run of six miles from Douglassville to Pottstown, biting at every man and animal it met. In Douglassville the dog ran through the village and bit Raymond Undercuffer, aged 14 years, as he was coming out of the postoffice. People on the street fled, and the dog continued to Bramcote, biting several horses and cows on the way. The dog entered the Lessig iron plant, and after biting two horses sank its teeth into the arm of Jacob Frech, one of the workmen. The dog was pursued and then turned upon George Kessler, of Douglassville. The animal sprang at Kessler's face, the man and dog rolled in the snow. The dog, with foam at his mouth, bit and reared efforts to bite Kessler, and tore his overcoat to shreds. Kessler was without a weapon and the onlookers were apparently afraid to go to his assistance. After a struggle Kessler succeeded in getting the dog to the trolley tracks and held it there until a car came along and crushed it to death.

The greatest surprise of all in the notorious Johnson murder case came at Towanda, when by direction of the Court, the jury hearing the evidence against Mrs. Julia Merritt rendered a verdict of not guilty. This action was taken after the District Attorney had decided not to put Bigler Johnson, the dead woman's husband and a confessed murderer, on the stand. Mrs. Sophia Merritt was held to be the chief conspirator in the plot that resulted in the killing and burning last September of Maggie B. Johnson and Annie Benjamin. The woman was entirely unmovable and seemed utterly indifferent to the situation when the verdict was announced, the stoicism of her Indian blood showing more strongly than ever. The cases against the children, Alanson and Nancy, were not pressed.

The State Forestry Commission is preparing an amendment to the Hoke bill which provides that the commission may grant to boroughs and municipalities the right to impound water on the State forestry reservation and pipe it to towns or cities for the purpose of serving citizens. This amendment would give the commission the right not only to grant such a privilege to municipalities, but to individuals and corporations as well.

More than 3000 persons viewed the bodies of Edwin, Lizzie and John Haefer, the three children who were drowned last Sunday in Conestoga Creek. After the services in Emanuel Evangelical Church, Brownstown, hundreds of people had dinner in the town hall, the meal being prepared by citizens of the town. Business was suspended for the day in Brownstown.

Another crash in Lancaster financial circles was chronicled by the United States Court adjudged Schroeder, Smith & Schroeder, paint manufacturers, voluntary bankrupts. The firm consists of Henry M. and J. Nevin Schroeder. The individual petition of the latter sets forth that his liabilities are \$129,417.72 and assets \$15,175, while that of his brother shows liabilities of \$74,047.04 and assets of \$13,975. In each case the firm's liability is added to that of the individuals. The suspension of the City Savings Fund & Trust Company undoubtedly hastened the failure, and it is the heaviest creditor of the firm.

The jury in the case of John Bodnar, a young Hungarian, of Phoenixville, charged with the murder of Mike Sics, in November last, after deliberating for several hours, returned a verdict of guilty of murder in the first degree. One of the prisoner's counsel, Thomas W. Pierce, asked permission to file motion and reasons for a new trial. This motion will likely be argued at the March term.

For the first time in the history of the Morristown High School hazing is causing trouble at the school. Promotion day many new students were hazed. After a reprimand from Principal A. D. Eisenhower the members of the senior classes agreed to abstain from further hazing. Three particular offenders were reported to the School Board for discipline. Despite the pledges a newcomer to the high school was seized and bathed under a hydrant, the hazers knowing that the principal was watching the proceeding. These offenders will be reported to the School Board, as the school authorities are determined to suppress hazing.

It is now said on good authority that Mrs. Kate Edwards, the condemned murderer, has written a full confession completely exonerating Greason. Her counsel declines to affirm or deny the rumor, but it is known she has made some statement and this will soon be in the hands of the Board of Pardons.

This, with the statement said to have been secured from Mary Edwards, the daughter, in which she emphatically states that another colored man and not Greason was the one most closely identified with the actions leading up to the murder, and will put a new phase on the case. It is now an almost assured fact that little Alma Edwards will be allowed to remain with her mother until the date set for the execution, Thursday of this week.

Edwin, aged 17; Lizzie, aged 11, and John, aged 9, children of George W. Haefer, a Conestoga Traction Company employe, of Brownstown, were drowned at Wenger's Dam, on Conestoga Creek. The eldest was skating and the others were coasting on a hill near by. No one saw the accident, but it is believed that Edwin finally began pushing the others on their sled on the creek when the ice broke and all were drowned. Some children found the sled beside the hole and this led to a search by C. S. Wenger and a companion, who recovered the bodies.

Mrs. Lester Larimer, wife of the assistant cashier of the American National Bank, of Ebensburg, gave birth recently to a son, the seventh one in succession. The family has been informed that President Roosevelt recently said he would give \$1000 to the father of a family of seven sons born in succession, and friends of Mrs. Larimer have requested the President to forward his check for the amount to the Ebensburg winners.

Bigler Johnson, husband of Maggie B. Johnson, who, in September last, was murdered and her body hurled in her house, pleaded guilty to murder.

COMMERCIAL REVIEW.

R. G. Dun & Co.'s weekly review of trade says:

Trade progresses steadily, all speculative excesses having been avoided thus far, and the numerous negotiations now pending indicate that the maximum of activity is yet to come. Some irregularity in reports for the first month were undoubtedly due to exceptionally severe weather. The weakness of cotton also had a tendency to check operations at the South. Taken as a whole, however, results for January were very much better than in the same month last year, particularly as to failures.

Distribution of merchandise is once more on a liberal scale, traffic blockades having disappeared and in many cases large clearance sales having disposed of burdensome stocks. Collectors are still somewhat irregular, but on the whole there is little cause for complaint. Manufacturing plants are making the best returns. Iron furnaces and steel mills operate close to their full capacity and the quarterly report of the leading concerns shows a continuous increase of business on the books at the end of the month, despite the fact that the closing months of 1904 made very good exhibits. Woolen mills maintain records of activity, but there is still much to be desired in cotton plants and shoe factories have only a moderate amount of business in sight.

Commercial failures this week in the United States are 259 against 303 last year, 335 the preceding week and 246 the corresponding week last year. Failures in Canada number 30 against 43 last week, 24 the preceding week and 29 last year.

Bradstreet's says: Wheat, including flour, exports for the week are 945,359 bushels against 1,101,287 last week, 2,504,226 this week last year, 3,055,016 in 1903 and 4,800,457 in 1902. Corn exports for the week are 5,302,503, the largest total for over four years, against 3,125,733 last week, 1,411,186 a year ago, 1,400,310 in 1903 and 1,69,145 in 1902.

WHOLESALE MARKETS.

Baltimore.—FLOUR—Quiet and unchanged; receipts, 9,207 barrels; exports, 8,761 barrels.

WHEAT—Strong; spot, contract, 1.16 @ 1.16 1/4; spot, No. 2 red, Western, 1.17 @ 1.17 1/4; February, 1.16 @ 1.16 1/4; 1.17 @ 1.17 1/4; May, 1.18 1/4; steamer No. 2 red, 1.09 @ 1.09 1/4; receipts, 6,665 bushels; Southern by sample, 1.01 @ 1.05; Southern on grade, 1.04 @ 1.10 1/4.

CORN—Steady; spot and February, 1914 @ 1914; March, April and May, 49 1/2 @ 49 1/2; steamer mixed, 47 1/2 @ 47 1/2; receipts, 52,795 bushels; exports, 154,285 bushels; Southern white and yellow 40 @ 40.

OATS—Easier; No. 2 white, 36 1/4 sales; No. 2 mixed, 35 1/2 @ 35 1/4; receipts, 9,950 bushels.

RYE—Dull; No. 2 Western, uptown, 85 bid; receipts, 100 bushels.

HAY—Steady and unchanged.

BUTTER—Firm and unchanged; fancy imitation, 22 @ 23; fancy creamery, 30; fancy lard, 19 @ 20; store packed, 16 @ 17.

EGGS—Firm, 28.

CHEESE—Firm and unchanged; large, 12 1/2; medium, 12 1/4; small, 13.

SUGAR—Strong and unchanged; coarse granulated and fine, \$6.25.

New York.—FLOUR—Winter straights, 5.25 @ 5.35; winter extras, 3.65 @ 4.30.

BUCKWHEAT FLOUR—Quiet; per 100 pounds, 2.00 @ 2.10.

BUTTER—Strong; receipts, 3,759. Street price, extra creamery, 30 @ 31. Official prices: Creamery, common to extra, 21 @ 20 do. held, common to extra, 24 @ 25; renovated, common to extra, 17 @ 24; Western factory, common to extra, 17 @ 23.

CHEESE—Firm and unchanged; receipts, 207.

EGGS—Strong; receipts, 4,530. State, Pennsylvania, and near-by fancy selected white, 33 @ 34; do. choice, 31 @ 32; mixed fancy, 32; Western firsts, 31; do. seconds, 28 @ 30; Southern, 24 @ 30; refrigerated, 21 @ 26.

HOPS—Quiet. State, common to choice, 29 @ 35.

Live Stock.

New York.—BEEVES—Good steady; common and common slow to top; lower; bulls dull and Western bulls top; off; cows steady; native steers, 3.50 to 5.75; oxen and stags, 3.40 to 4.60; bulls, 2.60 to 4.10; cows, 1.50 to 2.85.

CALVES—Barnyard calves steady; Western dull and weak; veals, 5.00 to 9.75; very choice veals; good barnyard calves, 4.00; Westerns, 3.25; dressed calves steady.

SHEEP AND LAMBS—Sheep in light supply and steady; lambs very dull, but hardly quotable lower; sheep, 4.00 to 5.50; lambs, 7.50 to 8.15; few fancy Jerseys, 8.75.

HOGS—Prime State hogs, 5.30. Chicago.—CATTLE—Market strong; good to prime steers, 5.60 @ 6.25; poor to medium, 4.65 @ 5.45; stockers and feeders, 2.35 @ 4.35; cows, 1.25 @ 2.45; heifers, 2.00 @ 3.15; canners, 1.25 @ 2.05; bulls, 2.00 @ 2.00; calves, 3.00 @ 7.25.

HOGS—Market a shade higher; mixed and butchers, 4.65 @ 4.85; good to choice heavy, 4.85 @ 4.95; rough heavy, 4.65 @ 4.70; light, 4.55 @ 4.80; bulk of sales, 4.65 @ 4.80.

SHEEP—Market stronger; lambs weak; good to choice wethers, 5.20 @ 5.75; to choice mixed, 4.15 @ 5.10; native lambs, 5.60 @ 7.75.

WORLD OF LABOR.

The net profit from the Russian Government monopoly in the sale of spirits last year exceeded \$200,000,000.

The population of Fall River, Mass., has decreased from 114,000 in July last, when the textile strike started, to 95,000 at present.

Of the \$1,087,300.27 spent last year by the United Mine Workers for the relief of strikers \$437,575.10 went into the Colorado district.

The five-man jury in the South Staffordshire and North Worcestershire districts of England recently submitted a reduction of 10 per cent. in wages in consequence of the trade depression.

The Central Labor Union of Indianapolis has a committee at work to purchase a park for the exclusive use of labor organizations of Marion county, Indiana, to be used for picnics and labor demonstrations.

The total membership of the Commercial Telegraphers' Union of America is between 13,000 and 14,000, divided among 100 local unions in the United States and Canada.

A referendum vote is being submitted to the members of the Cigar-makers' Union on the advisability of establishing a hospital for consumptives in Arizona or Colorado.

The Boston Bridge and Structural Ironworkers' Union has refused to accept the compromise offer by the various employers and insists on its demand for 50 cents an hour wage minimum.

SOME FACTS ABOUT AMERICA.

Brazil First So Named—Result of Quest for India.

"Uneducated Americans," says a correspondent of the London Times, "pronounce the name of their country America, calling themselves Americans. In so doing they not only give to a natural craving for a finer euphony, but quite accidentally, presume, are more correct, etymologically, than educated Americans—Americans being the Italian form of the Gothic Amalric, contracted to Americ. This personal name means 'strenuous in labor, resolute in action,' an appropriate motto to add to the Washington memorial in the national device of America."

"Brazil was the original America Down to the first quarter of the sixteenth century our North America was still mapped as an extension of India, Tibet, China and Japan, and our Brazil as an island, separated by the islands discovered by Columbus from the 'new world of Greater India,' and named 'America provincia,' and again 'America vel Brasilia.'"

"Not before the middle of the sixteenth century was the term 'America' extended to North America, with the addition 'vel Nova India.' In brief, the Americas were both named after the heroic seaman quest after 'spiced India.' This is the recoupled debt of the Anglo-Saxon race owes India."

CHANCES ARE THEY WERE.

Guest Asked for Soft-Bolled Eggs, but They Might Have Been Hard.

The wife of an out-of-town clergyman had been home for a week and had left certain light household duties for her husband to attend to during her absence, among them the getting of his own breakfast. On her return she was dismayed to learn that a brother clergyman had come to visit him and had remained one night at the rectory. In fear and trembling she inquired into the details of his "entertainment."

"I took him with me to the boarding house for dinner," her husband told her, "so that part was all right; and I knew that you always kept the guest room ready for occupancy, so I was safe on that point. The only thing that I am not sure of having been satisfactory is his breakfast. He said on retiring that he would like to be 'alled at 7 o'clock, and that all he would want to eat would be two soft eggs, so I put on the eggs at exactly 7, and then I called him. He never came down stairs until half-past 8, and there his eggs 'bolling in the pot, and they may have been hard boiled for all I know."—New York Times.

Welcome Home.

A New York custom house welcome described by an old lady: "The officer who meets you in the ship asks you your name, address, what date you sailed from the United States, name of steamer, how many trunks you have. If you have brought any dresser or are taking any presents home. On the wharf the inspector opened my parcel of wraps, pulled out my nightgown, hot water bottle and leggings.

"He then opened my handbag, looked into the little box where I keep my hairpins, also the box with the corn plasters, took my comb and brush out of the paper, looked into my bag with the sewing materials. Then my trunk was turned and he asked if everything was my own wearing apparel and so reports."

Too Many to Remember.

A gentleman about to move out of the city and wishing information in regard to help called on a friend and said:

"You've been living in the suburbs so long I suppose you've had considerable experience with servant girls?"

"Well, yes," replied the other. "It goes so that when my wife is interviewing an applicant now she always begins by asking: 'Were you ever employed by me before? If so, when and for how long?'"—Philadelphia Ledger.

READS THE BOOK.

"The Road to Wellville" Pointed the Way

Down at Hot Springs, Ark., the visitors have all sorts of complaints, but it is a subject of remark that the great majority of them have some trouble with stomach and bowels. This may be partly attributed to the heavy medicines.

Naturally, under the conditions, the question of food is very prominent. A young man states that he had suffered for nine years from stomach and bowel trouble had two operations which did not cure, and was at last threatened with appendicitis.

He went to Hot Springs for rheumatism and his stomach trouble got worse. One day at breakfast the waiter, knowing his condition, suggested he try Grape-Nuts and cream, which he did, and found the food agreed with him perfectly.

After the second day he began to sleep peacefully at night, different than he had for years. The perfect digestion of the food quieted his nervous system and made sleep possible.

He says: "The next morning I was astonished to find my condition of constipation had disappeared. I could not believe it true after suffering for so many years; then I took more interest in the food, read the little book 'The Road to Wellville,' and started following the simple directions.

"I have met with such results that in the last five weeks I have gained eight pounds in spite of hot baths which take away the flesh from anyone.

"A friend of mine has been entirely cured of a bad case of indigestion and stomach trouble by using Grape-Nuts Food and cream alone for breakfast.

"There is one thing in particular—I have noticed a great change in my mental condition. Formerly I could hardly remember anything, and now the mind seems unusually acute and retentive. I can memorize practically anything I desire." Name given by Postum Co., Battle Creek, Mich.

DANGERS TO BE AVOIDED IN FEBRUARY.

Intense Cold Breeds Catarrh. Sudden Changes Breed Catarrh.



Winter Scene in the North.

Severe weather. February is a month of severe storms and intense cold.

Even in the South where the prevailing temperature is much above country latitudes, February brings sudden changes of temperature.

Mercury sometimes drops 20 degrees in a single night.

Therefore, the following health hints are applicable to the whole of North America:

Ventilation.

The sleeping rooms should be well ventilated, but so as to avoid direct currents of air.

Bathing.

The vigorous health should take a cold water towel bath every morning before breakfast. Those in feeble health should take a brisk dry-towel-rub every morning.

Diet.

The diet should be a generous one, including meat, and occasionally fresh vegetables, including meat, and occasionally fresh vegetables.

Sunshine.

The nights being long and the days short, as much sunshine as possible should be let into the house during the day.

Clothing.

The feet should be kept cool at all times. The feet should be kept warm and dry, day and night.

Perfumes.

When unavoidably exposed to cold or wet, a few doses of Peruna will avert bad consequences.

Precaution.

When seated with a chill, or even slight chills, a dose of Peruna should be taken at once.

Catarrh of Head.

Mr. Frank Cobb, 173 Summit Street, Dorrington, Me., writes:

"I was troubled with catarrh in my head. I wrote to Dr. Hartman for advice and he prescribed Peruna.

"I took it and am happy to say it helped me at once. I feel better than I have for years."

Bronchial Trouble.

Mr. J. Ed. O'Brien, Pres. American Pilot Ass'n, Pensacola, Fla., writes:

"I heartily give my endorsement to Peruna as an effective cure for catarrh and bronchial trouble."

Throat and Lungs.

Frank Battle, Jr., 111 N. Market St., Nashville, Tenn., writes:

"Peruna has cured me of chronic bronchitis.

"It is the greatest discovery of the age for the throat and lungs."

Pneumonia.

Mr. A. C. Danforth, St. Joseph, Mich., writes:

"I contracted a severe cold, which settled on my lungs. I was threatened with pneumonia.

"Peruna gave me relief within a couple of days. Three bottles saved me a large doctor bill and a great deal of suffering."

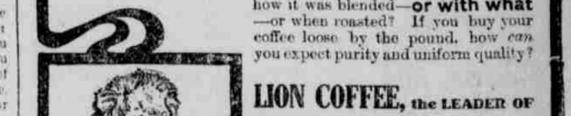
Thousands of Testimonials.

We have on file thousands of testimonials like the above. We can give our readers only a slight glimpse of the vast array of unolicited endorsements Dr. Hartman is constantly receiving.

Address: Dr. S. B. Hartman, President of The Hartman Sanitarium, Columbus, O.

Truths that Strike Home

Your grocer is honest and—if he cares to do so—can tell you that he knows very little about the bulk coffee he sells you. How can he know, where it originally came from, how it was blended—or with what—or when roasted? If you buy your coffee loose by the pound, how can you expect purity and uniform quality?



LION COFFEE, the LEADER OF ALL PACKAGE COFFEES, is of necessity uniform in quality, strength and flavor. For over a QUARTER OF A CENTURY, LION COFFEE has been the standard coffee in millions of homes.